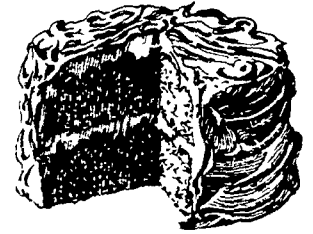


Home On The Range

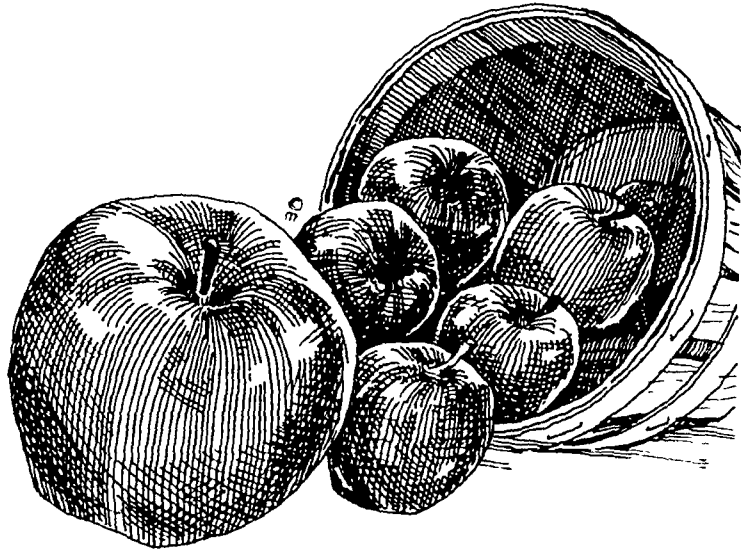


Whet Their Appetites with Apples

Apples are grown in 34 of the 50 states. Their popularity arises from the fact that the crunchy fruit is good all by itself or whipped into a myriad of other dishes.

There is nothing like the aroma of a just-baked apple pie or the sweet smoothness of homemade applesauce.

And remember the old saying that an apple a day keeps the doctor away. As cold season approaches, the vitamin C abundant in apples is a real plus.



APPLE POTATO SALAD

- 2 tablespoons lemon juice
- 8 oz. sour cream
- 2 teaspoons minced dill
- 1 teaspoon salt
- pepper to taste
- 1 cup diced potatoes, cooked
- 1/2 cup diced celery
- 1 onion diced finely
- 3 cups diced apples

Mix together first five ingredients. Wash, dry and peel apples - dice and add to sour cream mixture. Add potatoes, celery and onions. Cover and chill. Just before serving, sprinkle with pepper.

Mrs. Charles Wingert
State College

APPLE FRITTERS

- 1 1/2 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 1 egg, beaten
- 3/4 cup milk
- 4 medium tart apples

Mix together and deep fry until brown.

Mrs. Charles Biehl
Mertztown

GOLDEN APPLE PIE

- 3/4 cup water
- 1 tablespoon lemon juice
- 6 cups apples (Golden Delicious preferred)

Cook until apples are almost tender. Add one cup of sugar. Cook for two more minutes. Blend 1/4 cup water two tablespoons of corn starch. Add to the juice. Cook until thickened. Pour in unbaked shell. Sprinkle with cinnamon and sugar. Bake at 400 degrees for 15 minutes, then at 325 degrees for 25 or 30 minutes more.

APPLE AND ALMOND CAKE

- 5 small tart apples
- 3 tablespoons water
- sugar to taste
- 2 cups ground almonds
- 2 whole eggs
- 1 egg yolk
- 1 egg white
- 1 1/4 cup sugar
- 1 lemon (grated rind only)
- 2 cups chilled heavy cream

In a saucepan, combine apples, peeled, cored and chopped, with water. Bring the water to a boil over moderately high heat and cook the apples, covered, until they are soft. Cook the mixture, uncovered, stirring until it is a thick puree. Cool. In a bowl, combine almonds with eggs and egg yolk, all lightly beaten. In a saucepan, melt butter and add sugar and the grated lemon rind. Stir the mixture into the almond paste. In a small bowl, beat the egg white until it holds stiff peaks and fold it into the batter. Transfer the apple puree to a nine-inch round cake tin one and a half inches deep, spoon the batter over the puree, and bake the cake in a preheated oven at 300 degrees for one hour. Turn the cake out on a rack and let it cool. Decorate with whipped cream.

Estrid Cosgrove
Middletown

APPLE PUNCH

- 1 quart apple juice
- 1 cup pineapple juice
- 1 lemon
- 2/3 cup of sugar

Combine the ingredients. Chill and serve over ice.

Mrs. Charles Biehl
Mertztown

FAVORITE APPLE VARIETIES

Variety	Best Use	Remarks
Red Delicious	Fresh	The most popular and widely available apple in the world
Golden Delicious	Fresh, cooking, salads	Versatile and outstanding for all culinary purposes. Stays whiter when sliced
McIntosh	Fresh, cooking	A quick-cooking, juicy apple which requires less sugar. The most aromatic of all apples
Cortland	Fresh, cooking, salads	Excellent all purpose apple like Golden Delicious, resists browning when sliced
Jonathan	Fresh, cooking, salads	A superior all purpose cooking and eating apple. A great parent for a number of new varieties
Idared	Fresh, cooking, salads	Keeps well. Good for all culinary uses. Mildly tart. A late ripener
Stayman Winesap	Fresh, cooking, salads	An excellent all purpose apple
Rhode Island Greening	Cooking	An old time culinary variety, first propagated in Colonial New England
Rome Beauty	Baking	An outstanding baking and cooking apple. Stays firm and keeps its shape
Northern Spy	Cooking	A premium apple for all culinary uses
York Imperial	Cooking	Well known as a preferred variety for processed apple products. Retains shape, texture and natural apple flavor
Empire	Fresh, cooking	From McIntosh and Delicious parentage, one of the best flavored new varieties

Cook's Question Corner



ANSWER - In response to a request for pickled cherry peppers, Mrs. James P. McConnell, Blairsville R2, sent us this recipe.

Sweet Peppers, Oil and Vinegar

- 1 clove garlic
- 1 teaspoon salt
- 1 1/2 teaspoon oil

Put ingredients in a quart jar. Wash cherry peppers, prick with fork and put in jar with the above ingredients.

- 3 cups sugar
- 1 quart vinegar
- 1 quart water

Boil ingredients and add to peppers. Seal and process for 10 minutes. This can also be done with hot peppers.

ANSWER - Mrs. Alvin S. Fox, Ephrata, also sent us a cherry pepper recipe.

Pickled Cherry Peppers Stuffed

Take seeds out of peppers and blanch the peppers. Fill them with shredded cabbage and put into jars.

- Syrup
- 1 cup vinegar
- 1 cup sugar
- 1 cup water

Boil ingredients together and pour over peppers. Cold pack for 15 to 20 minutes. This recipe can also be used for peppers without the stuffing.

Recipe Topics

September	
17	Let Them Eat Cake
24	Microwave Meals
October	
1	Favorite Pies

Featured Recipe

Helen Miller is a champion flower arranger and grower of plants. Flowers are not the only thing discussed at the meetings of the Lebanon Flower Club, however, sometimes a recipe or two pop up. The apple cookie recipe printed below, one of Helen's favorites, was first introduced to her at a Flower Club meeting. Read about Helen's success on page B22, then try her recipe.

Apple Cookies

- 1/2 cup shortening
- 1 egg
- 2 cups of flour
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 2 cups raw apples, chopped
- 1 cup nuts
- 1 1/2 cups brown sugar, packed
- 1/4 cup milk
- 1 teaspoon baking soda



Helen Miller

1 teaspoon cinnamon
1/4 teaspoon cloves
Mix and drop on greased cookie sheet. Bake for 10 to 14 minutes at 400 degrees.