

Apples Are Good Year-round Food

Frequent Use Of Them Will Help Absorb Farmers' Surplus

BY FANNY FERN

Thanks to Luzerne County's bumper

crop last Fall, apples are still plentiful hereabouts and housewives who neglect to take advantage of the prevailing prices are missing an economical and tasty bet. Besides, a frequent use of apple dishes will do a great deal of good and will help farmers, who still have tremendous stores of apples to sell.

Luzerne County Agricultural Extension Association, which is endeavoring to interest housewives in apple dishes, as a means of using some of the surplus, stresses that apples are "nature's food."

Apples are a good source of those body

building materials, calcium, magnesium, and phosphorus, Vitamins A, B, C and G. They are a mild, safe laxative and they build strong teeth and healthy gums. Apples consist of 80 per cent water and thus will not interfere with the regular meals.

A baked apple is one of the easiest to prepare of all the apple dishes. And it can be one of the most delicious.

To prepare an apple for baking, take out the core, but don't remove the blossom end. Be sure though to get out all the little tough wings that radiate from

the core, then fill the hollow with sugar and butter or add raisins, nuts, or whatever you like. Sprinkle a bit of salt over each apple. This will bring out the flavor. If you want the skin to pop open, cover the baking dish. If you want the skin to remain unbroken, bake in an uncovered dish. Bake in a hot oven (400 degrees F.)

There are scores of other ways to cook apples—fried with bacon or sausage—dumplings served with hard sauce, chocolate coated as a candy, and always as a classic apple sauce. Every cookbook tells

Restaurant Is Handy For Skaters At Lake

For many years a famous summer resort, the restaurant at Harvey's Lake Picnic Grounds has been redecorated and modernized and bids fair to become as widely-known for its winter hospitality. The attractive new bar and taproom will be opened formally on Saturday night.

Skating at the Lake is excellent now, according to John E. Hansen, proprietor of the park and restaurant, and hundreds of persons enjoy the sport on the cleared and floodlighted surface in front of the restaurant.

On Saturday night Texas Ann Mix and her company, which made such a hit at the Lake last Fall, will be featured in a return engagement. The big restaurant has been made unusually attractive and good roads make it a convenient destination, not only for those who skate themselves, but for spectators or parties.

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