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### Farm and Home

Brenda Cleeve

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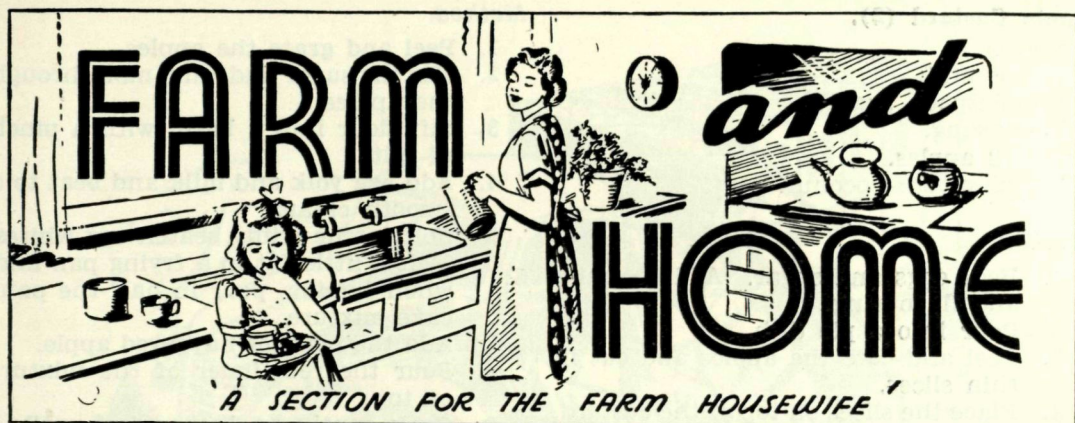
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## AN APPLE A DAY

By BRENDA CLEEVE

**T**HE apple deservedly maintains its position at the top of the popularity list. The good cook welcomes this fruit as it lends itself to a variety of tasty dishes which are family favourites of long standing. Make the most of this apple season to add interest to your menus.

Here are a few salads in which apples play their part in adding variety to summer menus.

### Apple and Date Salad.

Mix together 2 cups chopped apples and  $\frac{1}{2}$  cup stoned and chopped dates. Carefully stir in sufficient salad dressing to give a thin coating to the mixed fruits.

Serve in curled lettuce leaves, garnished with dates and more dressing.

### Apple, Date and Walnut Salad.

Add  $\frac{1}{2}$  cup of chopped walnuts to the above salad.

### Apple and Celery Salad.

Mix together equal quantities of finely chopped apple and celery. Sprinkle with salt and add sufficient salad dressing to bind. Serve in curled lettuce leaves.

### Apple and Carrot Salad.

Mix together 1 cup chopped apple,  $\frac{1}{2}$  cup each of grated carrot, raisins, chopped nuts. Sprinkle with the juice of an orange. Serve in lettuce leaf cups.

### Apple and Ham Salad.

Mix together  $\frac{3}{4}$  cup diced ham,  $\frac{3}{4}$  cup chopped apple,  $\frac{1}{4}$  cup chopped celery,  $\frac{1}{2}$  head lettuce, shredded finely. Add enough salad dressing to coat the ingredients.

## SOME APPLE DESSERTS

### Apple Custard (1).

4 or 5 apples.

1 banana.

Juice of an orange.

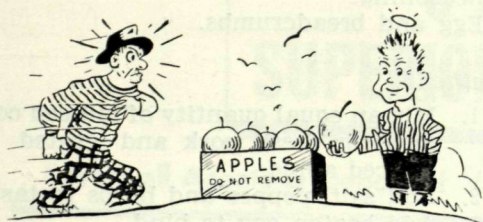
2 eggs.

$\frac{1}{2}$  pint milk.

Few drops lemon or orange flavouring.

### Method.

1. Peel, core and quarter the apples.
2. Place in a pie dish. Sprinkle with sugar and add  $\frac{1}{2}$  cup water.
3. Bake until soft.
4. Add the sliced banana and orange juice.
5. Beat the eggs, add milk and flavouring.
6. Pour over the fruit in the pie dish.
7. Bake in a moderate oven until set.





### Apple Custard (2).

- 2 eggs.
- 1 pint milk.
- 1 tablespoon sugar.
- Flavouring.
- 1 or 2 apples.
- 2 tablespoons coconut.

#### Method.

1. Beat eggs and sugar. Add the milk and flavouring.
  2. Pour into a pie dish.
  3. Peel and core the apples and cut in thin slices.
  4. Place the slices on top of the custard.
  5. Sprinkle the coconut on top.
  6. Stand pie dish in a tray of cold water. Bake in a moderate oven until set.
- N.B.—This pudding needs to be watched carefully as the coconut burns easily.



### Try this method of making Apple Charlotte.

- 2 lb. apples.
- $\frac{3}{4}$  cup sugar.
- Few strips of lemon rind.
- 2-3 cups bread crumbs.
- Butter.

#### Method.

1. Stew the apples to a thick pulp with the sugar and lemon rind and as little water as possible.
  2. Fry the crumbs until golden brown in butter.
  3. Put the drained apples and crumbs in layers in a buttered pie dish. Finish with a layer of crumbs.
  4. Bake in a moderate oven 15-20 minutes.
- (Delicious served with custard or cream.)

### Apple Pancakes.

- 2 apples.
- 8 oz. flour.
- $\frac{3}{4}$  pint milk.
- 2 eggs.
- 2 tablespoons sugar.
- 2 teaspoons cinnamon.

#### Method.

1. Peel and grate the apples.
2. Mix the sugar and cinnamon through the apples.
3. Sift flour into a basin with a pinch of salt.
4. Add egg yolk and milk and beat to a smooth cream.
5. Fold in the stiffly beaten egg whites.
6. Melt a little fat in a frying pan and, when fuming, pour in half the pancake mixture.
7. Add the layer of flavoured apple.
8. Pour the remainder of the mixture on top.
9. Cook gently on both sides until a golden brown.
10. Service sprinkled with castor sugar, to which cinnamon may be added.

### Apple Blush.

- 1 cup sugar.
- 2 cups water.
- Grated rind of a lemon.
- Red colouring.
- 6 medium apples.

#### Method.

1. Peel and core the apples.
2. Place sugar, water, lemon rind and a few drops of red colouring into a saucepan, which should be large enough to fit the apples without overlapping.
3. Bring to the boil.
4. Place the apples in the syrup and cook them gently until tender but not mashed.
5. Lift out carefully on to a serving dish.
6. Boil the remaining liquid with the lid off the pan until it is a thick syrup.
7. When cool, pour this over the apples.

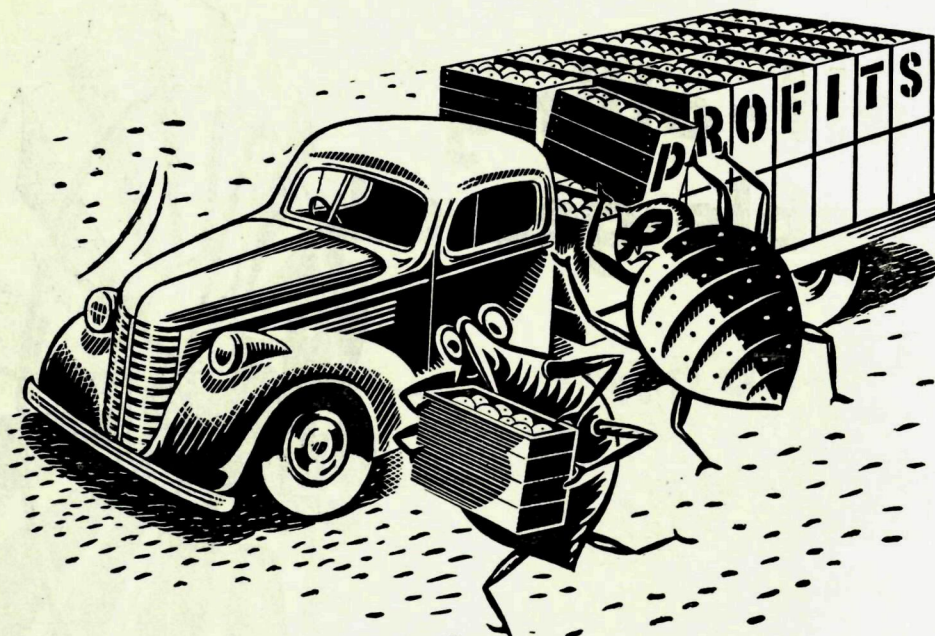
### Apple Rissoles.

- Left-over cold meat or fresh pork.
- Grated apple.
- Seasoning.
- Egg and breadcrumbs.

#### Method.

1. Mix an equal quantity of minced cold meat or fresh pork and grated or minced apple.
2. Add salt, pepper and herbs to taste.
3. Add beaten egg to bind.





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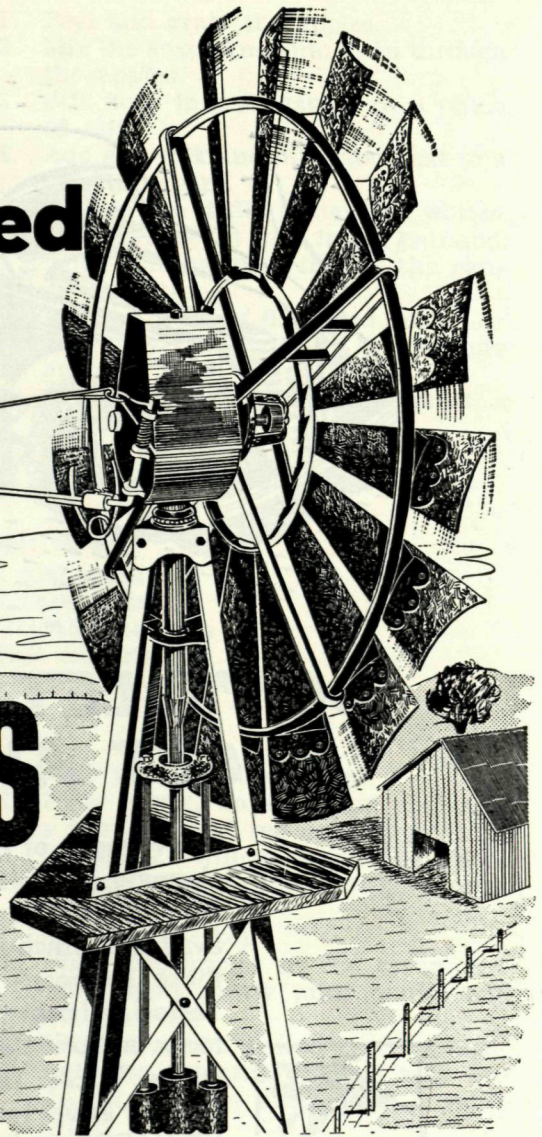


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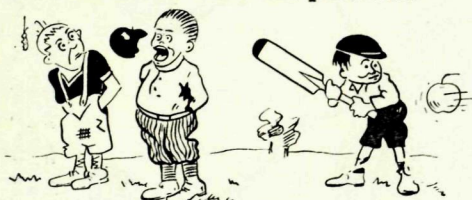
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4. If the mixture is too moist, add bread-crumbs.
5. Make into small cakes and roll in egg and breadcrumbs. If sufficient egg has been used to bind the mixture, the cakes can be rolled in crumbs only.
6. Fry until a golden brown.
7. Serve with creamed potatoes.



## PRESERVES

### Apple and Apricot Jam.

- 2 lb. dried apricots.
- 2 lemons.
- 4 pints water.
- 5 lb. apples.
- 7 lb. sugar.

#### Method.

1. Soak the apricots in the water with two finely cut lemons for 24 hours.
2. Peel and slice 5 lb. of apples.
3. Add the apples to the apricots and boil until soft.
4. Add the sugar and boil quickly until "jell" point is reached.
5. Pour into bottles and seal.

### Apple and Mint Jelly.

- 2 lb. windfall apples.
- Sugar.
- 4 tablespoons chopped mint.

#### Method.

1. Cut apples without peeling.
2. Place in pan and almost cover with cold water. Boil for 10 minutes.
3. Add the prepared mint and boil for another 20 minutes.
4. Strain through a cloth.
5. To each cup of juice allow  $\frac{1}{2}$  cup sugar.
6. Boil until the jelly sets when tested.
7. Bottle and cover.

## AND NOW—A NEW SAUCE

Try this ginger sauce to be served with baked and boiled apple puddings.

### Ginger Sauce.

- $\frac{1}{2}$  pint milk.
- 1 dessertspoon cornflour.
- 2 tablespoons golden syrup.
- 1 teaspoon butter.
- $\frac{1}{2}$  teaspoon ground ginger.

#### Method.

1. Mix the ginger and cornflour and blend to a smooth paste with some of the milk.
2. Heat the remainder of the milk and pour over the blended mixture.
3. Return to the pan and bring to the boil.
4. Boil for 3 minutes. Remove from the stove.
5. Stir in the golden syrup.

# REMOVING FRUIT STAINS

By BRENDA CLEEVE

**N**OW that the stone fruit season is drawing to a close, many fruit stains will probably be apparent on table linen and children's clothes. Unfortunately the old adage that these stains will disappear when the season for that particular fruit finishes is not founded on fact and more than faith is necessary to remove the unsightly marks.

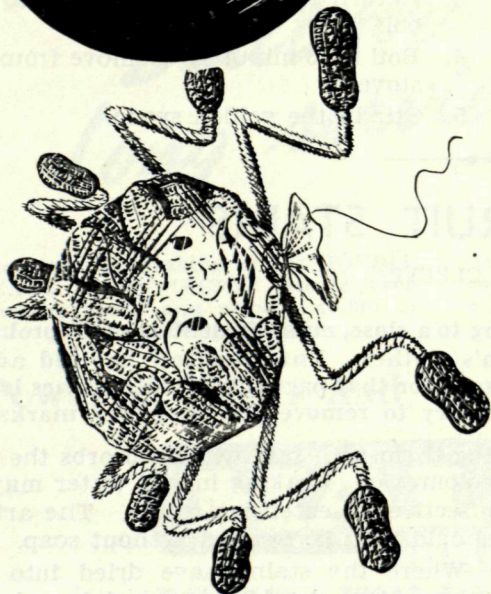
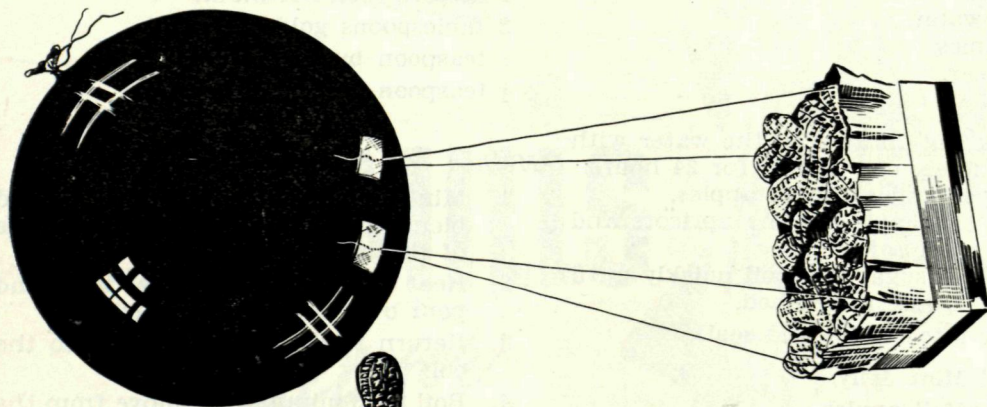
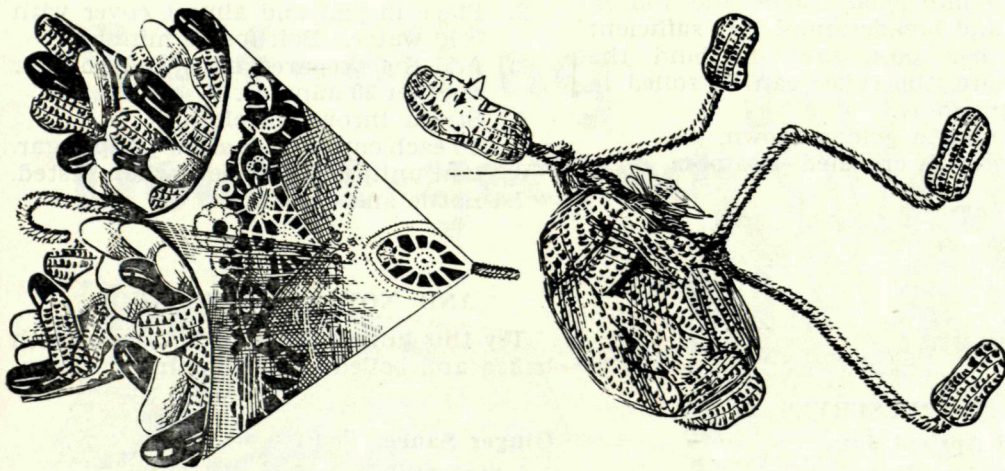
Like all other stains, fruit stains should, where possible, be treated as soon as they appear, and before the cloths are washed, as the alkali in soap sets the marks into the fabric.

Fresh stains—where the mark is still wet with fruit juice—can be removed by cover-

ing them with salt, which absorbs the discoloration. Soaking in salt water may be effective on extensive stains. The article should then be washed without soap.

Where the stains have dried into the fabric, they should be soaked in a borax solution. Use  $\frac{1}{2}$  teaspoonful of borax to

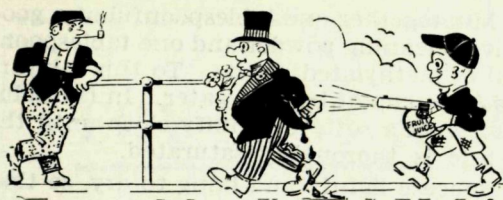




Some ideas for presenting the ever-popular "Peanuts and Lollies" in an attractive form. The squares of cellophane and another pipe-cleaner make the parasol and the posy, and the balloon squares of cellophane and another pipe-cleaner make the parasol and the posy, and the balloon is self-explanatory.

## PARTY NOVELTIES





a cup of boiling water for the solution. If the stains occur on delicate or coloured fabrics use warm instead of boiling water.

For stubborn stains on white cotton and linen **only**, a bleaching solution may be needed to remove the stains. As these mixtures destroy colour and weaken more delicate fabrics, they must never be used on coloured cloths, rayons, silks or woollens.

A cheap bleaching solution can be made using four ounces chlorinated lime and two pints of boiling water. Place these in an old bowl and add one tablespoonful of washing soda. Mix with an old wooden spoon until all lumps are dissolved. Cover and allow to stand for at least 12 hours, when all the sediment should have settled. Carefully pour off the clear solution and strain into a bottle, preferably one of dark glass with a glass stopper.

This solution must be further diluted before using it on the stain. Use one part of the bleach to four parts of water. Soak the stain in the diluted solution until it is removed.

Should the stain be still apparent after 20 minutes, it should be removed from the bleaching solution and the article washed. It is better to give two or three short treatments for old stains as long soaking in the bleach will weaken the fibres, and cause them to rot.



After fruit stains have been removed by any of the above methods, the article should be washed thoroughly and boiled, where possible, to complete the removal process.

## NOVELTY IDEAS FOR SWEETS

By BRENDA CLEEVE

**N**OVEL arrangements of sweets for children's parties or bazaars can serve a dual purpose as decorations at little extra work or cost. Here are a few suggestions:—

### Peter the Peanut Man.

Take two pipecleaners and twist them together for half their length. Bend the untwisted halves of each cleaner individually to resemble legs, leaving  $\frac{1}{2}$  in. for feet. Use a third cleaner, attached to the body to form arms.

Choose four even-sized peanuts and place one on the end of each cleaner to form hands and feet. With coloured ink, pencil or paint, mark eyes, mouth and a nose on a larger peanut. Place this on the top of the body section.

Tie a handful of peanuts into a square of coloured paper and attach to the back to form a swag. Attach a length of string or shirring elastic around the body to use for hanging.

### The Spider.

Use four pipecleaners and tie together in the centre. Bend the ends out to resemble legs. Tie some peanuts together in coloured paper to form the body and fasten this on to the centre of the legs. With ink mark the eyes at one end. Attach a piece of string or shirring elastic to the centre.

### Posies.

Select some small sweet such as jelly beans, boiled lollies or other small, coloured varieties. Cut out some 3 in. squares of clear or coloured cellophane and wrap one sweet in each, leaving as long a tail as possible. Place 10 or 12 sweets together and fasten the tails with an elastic band.



Around the edge tie a band of green paper cut in scallops to resemble leaves or use a paper d'oyley to give a decorative effect.

Larger and more elaborate sprays can be made by wiring the wrapped sweets together in groups as when wiring fresh flowers for sprays. When wire is used to hold the groups in position, heavier sweets can be used.

### **Umbrellas.**

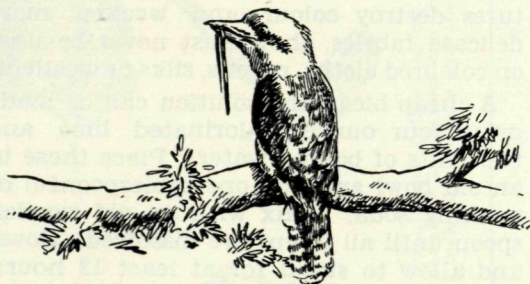
To make the handle, bend over one end of a pipecleaner to form the hook. Take a paper d'oyley and place the straight end of the pipecleaner through the centre. Pinch the paper around the cleaner and catch in position with a few stitches. Fold the d'oyley in halves and catch the top edges to the cleaner. Now fold up the side sections to make four positions and fasten these to the handle. Fill with small sweets or popcorn.

These umbrellas can be made more colourful by cutting rounds of coloured paper or cellophane and using these as lining so that the colours show through the pattern in the d'oyley.

Mix together one tablespoonful of a good silver cleaning powder and one tablespoonful of methylated spirits. To this mixture add one cup of boiling water. In the solution soak a soft, non-fluffy cloth until the fabric is thoroughly saturated.

Squeeze lightly and hang to dry, so that the maximum amount of solution dries through the cloth.

Use this cloth for a quick, clean and easy polishing of your silver. It is not suitable for removing bad stains.

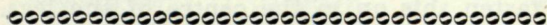


### **Balloons.**

Make a shallow container as though for a basket, but without a handle. Instead, attach two long loops of string (approximately 2ft. long), crossing in the centre and secure the four ends spaced evenly around the edge of the container so that it balances.

Fasten the centre of the loops to the bottom of an inflated balloon, with a strip of cellulose tape. Fill the bases with sweets.

These balloons look most attractive hung from a string across a room, or stall.



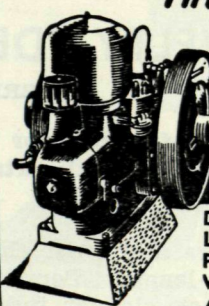
## **SILVER POLISHING CLOTH**

By **BRENDA CLEEVE**

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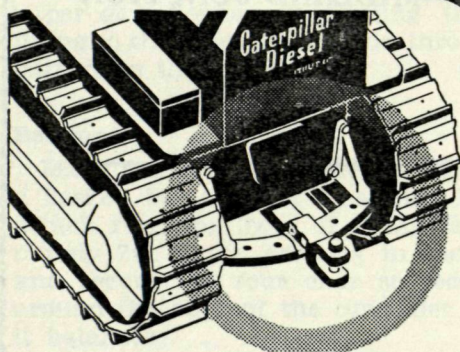
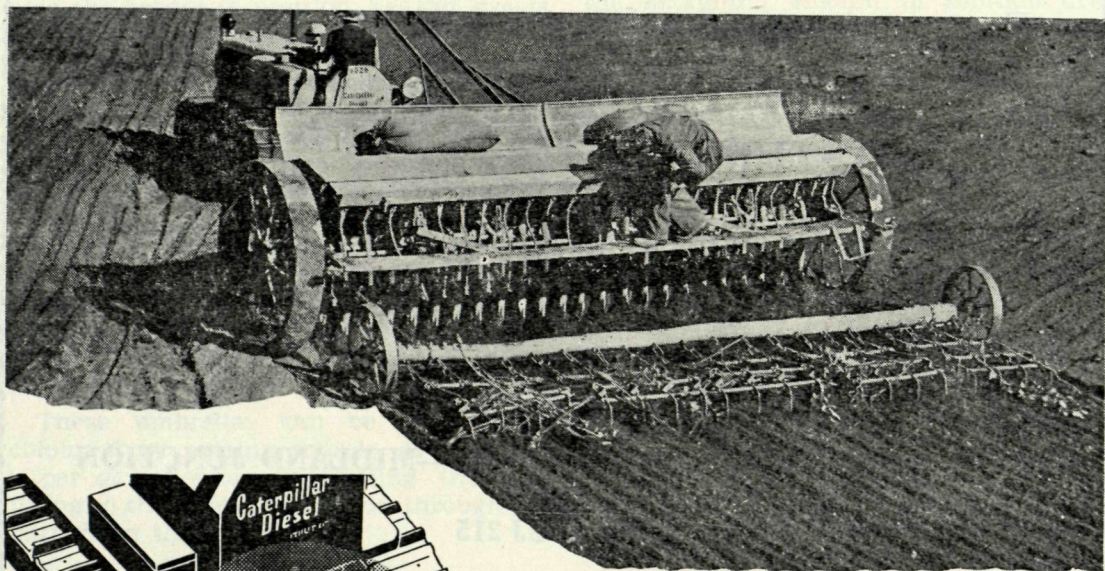
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