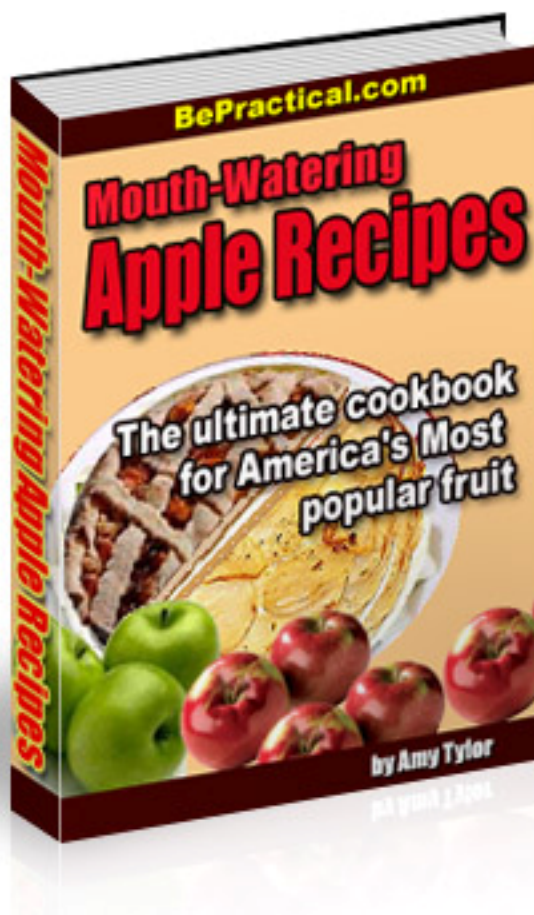


Mouth-Watering Apple Recipes

The Ultimate Cookbook for America's most popular fruit

By Amy Tylor



Legal Notice: - This e-Text is otherwise provided to you "AS-IS". No other warranties of any kind, express or implied, are made to you as to the e-Text or any medium it may be on, including but not limited to warranties of merchantability or fitness for a particular purpose. The Author/Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials.

Preface

This Little Ebook has been compiled with the object of laying before the public a Recipe Ebook for America's most popular fruit. This Apple Recipe Ebook will be useful not only to vegetarians, but also to flesh eaters. The book has been prepared with great care. Almost all the recipes have been well tested. Many of them repeatedly tested myself and some of the recipes are obtained from my friends. I desire to record my gratitude here to the friends who have sent me recipes from their own collections as well as from public domain content.



List of Apple Recipes

APPLE CRISP	DUTCH APPLE PUDDING	MOCK APPLE PIE
SPICY APPLE CRISP	APPLE MERINGUE PUDDING	APPLE AND PEACH PIE
RAISIN APPLE CRISP	BOILED APPLE PUDDING	GREEN APPLE PIE
CHOCOLATE APPLE CRISP	APPLE AND BROWN-BREAD PUDDING	APPLE AND ONION PIE
APPLE CAKE -1	BIRDS' NEST PUDDING	APPLE EGG PIE
APPLE CAKE -2	APPLE MELON PUDDING	APPLE CREAM
DRIED APPLE FRUIT CAKE	APPLE SAGO	APPLE TARTS -1
APPLE SAUCE CAKE	APPLE SAUCE -1	APPLE TARTS -2
APPLE CHARLOTTE -1	APPLE SAUCE -2	APPLE TRIFLE
APPLE CHARLOTTE -2	APPLE SAUCE -3	APPLE ROLL
APPLE COMPOTE	APPLE SAUCE (CIDER)	BOILED APPLE PUFFETS
APPLE-ORANGE COMPOTE	APPLE SAUCE (OLD FASHIONED)	APPLE BUTTER (with cider)
APPLE DUMPLINGS -1	APPLE CREAM	APPLE BUTTER (without cider)
APPLE DUMPLINGS -2	APPLE SOUP -1	APPLE SOUFFLE -1
APPLE DUMPLINGS -3	APPLE SOUP -2	APPLE SOUFFLE -2
APPLE DUMPLINGS -4	APPLE SANDWICH	APPLE GINGER
APPLE FOOL	APPLE SNOW	APPLE LEATHER
APPLE FLOAT	APPLE AND TAPIOCA	APPLE SHAKE
APPLE FRITTERS -1	APPLE OMELET	BUTTERSCOTCH APPLES
APPLE FRITTERS -2	APPLE CATSUP (KETCHUP)	BAKED APPLES
APPLE FRITTERS -3	APPLE TOAST	SPICED BAKED APPLES
APPLE JELLY -1	APPLE FILLING -1	BUTTERED APPLES
APPLE JELLY -2	APPLE FILLING -2	APPLE TANSEY
APPLE JELLY -3	APPLE CUSTARD	STEWED APPLES
CRAB-APPLE JELLY	APPLE CUSTARD PIE -1	PRESERVED APPLES
APPLE PUDDING -1	APPLE CUSTARD PIE -2	APPLE-GRAPE SALAD
APPLE PUDDING -2	APPLE CUSTARD PIE -3	FRUIT SALAD
APPLE PUDDING -3	APPLE PIE -1	SIMPLE APPLE DESSERT
APPLE-PUFF PUDDING	APPLE PIE -2	
APPLE CUSTARD PUDDINGS	IRISH APPLE PIE	
SAGO APPLE PUDDING		

APPLE CRISP

Ingredients

4 cup of Sliced Apples
1/3 cup All-purpose flour
1/2 cup brown sugar
1 cup oatmeal
1 teaspoon cinnamon
1 Tablespoon lemon juice
1/4 cup butter or melted margarine
Salt as necessary

Put Sliced Apples in a baking pan and Sprinkle with lemon juice. Combine all dry ingredients with butter or melted margarine and mix with a fork until crumbly. Sprinkle all this over apples and bake at 350 degrees for at least 30 minutes.

SPICY APPLE CRISP

6 to 8 cooking apples
1 cup flour
1 1/2 cups brown sugar
3/4 cup butter
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 peel of one lemon
1 tablespoon fresh lemon juice

Peel, quarter and core cooking apples. Cut apple quarters into thin slices and place it in a bowl. Blend nutmeg and cinnamon then sprinkle over apples. Sprinkle with lemon rind. Add lemon juice and toss to blend. Arrange slices in a large baking dish. Make a mixture of sugar, flour and butter in a mixing bowl then put over apples, smoothing it over. Place the dish in the oven. If dish is very full, put a pan under the dish to catch spills. Bake at 370° for 60 minutes, until browned and apples are tender.

RAISIN APPLE CRISP

3 Apples
1/4 cup Raisins
1/4 cup Chopped nuts
1/8 cup Water
3/8 cup Brown sugar
1/8 teaspoon Cinnamon
1/2 tablespoon Lemon juice
2 tablespoon Flour
2 tablespoon margarine
1/8 teaspoon Salt

Wash, pare, core and slice apples thinly. Mix with raisins. Place in a greased casserole Add cinnamon, salt, lemon juice and water Work sugar, flour and margarine (fat) together to form crumb like consistency Spread over apple and raisin mixture Bake in 380 degree oven for at least 30 minutes.

CHOCOLATE APPLE CRISP

3 Apples, unpeeled if desired, chopped
1 1/2 cup flour
1 1/2 cup of uncooked Quick oats
1 cup of brown sugar
1 cup Pecans or walnuts, chopped
3/4 cup Butter
1/2 teaspoon Baking soda
1/4 teaspoon Salt
1 packet semi-sweet chocolate mini morsels, divided (12 oz)

Preheat the oven to 375 degrees F. In large bowl, combine flour, brown sugar, baking soda and salt. With 2 knives or pastry blender, cut in butter until mixture resembles fine crumbs. Stir in oats; press half of oat mixture into greased 13x9" baking pan. To remaining oat mixture, add Nestle Toll House semi-sweet chocolate mini morsels, apples and pecans; stir to combine. Sprinkle over base. Bake at least 35 minutes until lightly browned. Cool slightly; cut into squares.

APPLE CAKE -1

6 oz. Allinson fine wheat meal
6 oz. white flour
4-1/2 butter
1 - egg
1-1/2 lbs. of apples

1 teaspoonful cinnamon
3 oz. castor sugar
and a little cold water

Rub the butter into the meal and flour, beat up the egg and add it, and as much cold water as is required to make a smooth paste; roll out the greater part of it 1/4 inch thick, and line a flat buttered tin with it. Pare, core, and cut the apples into thin divisions, arrange them in close rows on the paste point down, leaving 1 inch of edge uncovered; sift the sugar and cinnamon over the apples; roll out thinly the rest of the paste, cover the apples with it, turn up the edges of the bottom crust over the edges of the top crust, make 2 incisions in the crust, and bake the cake until brown in a moderately hot oven; when cold sift castor sugar over it, slip the cake off the tin, cut into pieces, and serve.

APPLE CAKE -2

1-1/2 cups flour
3 teaspoons Baking Powder
1/2 teaspoon salt
2 tablespoons shortening
1/2 cup milk
4 or 5 apples
1/2 cup sugar
1 teaspoon cinnamon

Sift together flour, baking powder and salt; add shortening and rub in very lightly; add milk slowly to make soft dough and mix. Place on floured board and roll out 1/2-inch thick. Put into shallow greased pan. Wash, pare, core and cut apples into sections; press them into dough, sprinkle with sugar and dust with cinnamon. Bake in moderate oven 30 minutes or until apples are tender and brown. Serve warm with milk or cream.

DRIED APPLE FRUIT CAKE.

3 Cupfuls of dried apples
3 cups of molasses
3 cupfuls of flour
3 eggs
1 cupful of butter
1 teaspoonful soda
1 cupful of seedless raisins - optional
Add spices if necessary

Soak dried apples over night in cold water enough to swell them; chop them in the morning and put them on the fire with three cups of molasses; stew until almost soft; add a cupful of nice seedless raisins (if possible) and stew a few moments; when cold, add three cupfuls of flour, one cupful of butter, three eggs and a teaspoonful of soda; bake in a steady oven. This will make two good-sized panfuls of splendid cake; the apples will cook like citron and taste deliciously. Raisins may be omitted; also spices to taste may be added.

APPLE SAUCE CAKE

2 cupfuls flour
1/8 teaspoonful cloves
1 1/2 teaspoonfuls cinnamon
1 teaspoonful nutmeg
1 teaspoonful baking soda
1/4 teaspoonful salt
1 cupful sugar
1 cupful apple sauce (unsweetened)
1/3 cupful fat
1 cupful raisins, cut in halves

Mix the sugar and apple sauce; add the fat. Mix the dry ingredients. Through a sifter, add them to the apple sauce mixture. Flour the raisins and stir them into the batter. Turn into a greased loaf-cake pan or into two layer-cake pans. Bake in a moderate oven (375 degrees F.). If the cake is baked in layers, put Raisin Filling between them, but omit the raisins in the cake batter.

APPLE CHARLOTTE -1.

2 lbs. of good cooking apples
2 oz. chopped almonds
4 oz. of currants and sultanas mixed
1 stick of cinnamon about 3 inches long,
the juice of 1/2 a lemon
Allinson bread and butter cut very thinly
And sugar to taste.

Pare, core, and cut up the apples, and stew them with a teacupful of water and the cinnamon, until the apples have become a pulp; remove the cinnamon, and add sugar, lemon juice, the almonds, and the currants and sultanas, previously picked, washed, and dried; mix all well and allow the mixture to cool; butter a pie-dish and line it with thin slices of bread and butter, then place on it a layer of apple mixture, repeat the layers, finishing with slices of bread and butter; bake for 3/4 hour in a moderate oven.

APPLE CHARLOTTE -2.

Juicy Apples

castor sugar

grated lemon rind

butter or nutter

bread-crumbs or Granose flakes (Bread-crumbs make the more substantial, granose flakes the more dainty)

Peel, core, and slice the apples. Grease a pie-dish. Put in a thin layer of crumbs. On this dot a few small pieces nutter. Over this put a generous layer of chopped apple. Sprinkle with sugar and grated lemon rind. Repeat the process until the dish is full. Top with crumbs. Bake from 20 minutes to half an hour. When done, turn out on to dish, being careful not to break. Sprinkle a little castor sugar over. Serve hot or cold. Boiled custard may be served with it.

APPLE COMPOTE.

Take large ripe pippin apples. Pare, core, and weigh them, and to each pound allow a pound of fine loaf-sugar and two lemons. Parboil the apples, and then set them out to cool. Pare off very nicely with a penknife the yellow rind of the lemons, taking care not to break it; and then with scissors trim the edges to an even width all along. Put the lemon-rind to boil in a little sauce-pan by itself, till it becomes tender, and then set it to cool. Allow half a pint of water to each pound of sugar; and when it is melted, set it on the fire in the preserving kettle, put in the apples, and boil them slowly till they are clear and tender all through, but not till they break; skimming the syrup carefully. After you have taken out the apples, add the lemon-juice, put in the lemon-peel, and boil it till quite transparent. When the whole is cold, put the apples with the syrup into glass dishes, and dispose the wreaths of lemon-peel fancifully about them.

APPLE-ORANGE COMPOTE.

6 oranges, 8 fine sweet apples, 1 oz. of ground sweet almonds, syrup as in "Orange Syrup." Peel the oranges and the apples, cut them across in thin slices, coring the apples and removing the pips from the oranges. Arrange the fruit into alternate circles in a glass dish, sprinkling the ground almonds between the layers. Pour over the whole the syrup. Serve when cold.

APPLE DUMPLINGS -1

Core as many apples as may be required. Fill the holes with a mixture of sugar and cinnamon; make a paste for a short crust, roll it out, and wrap each apple in it. Bake the dumplings about 30 or 40 minutes in the oven, or boil them the same time in plenty of water, placing the dumplings in the water when it boils fast. Serve with cream or sweet white sauce.

APPLE DUMPLINGS -2

6 codlins or any other good apples.
butter paste
salt and water as necessary

Take codlins or any other apples, pare and core them, make a little cold butter paste, and roll it up about the thickness of your finger, so lap around every apple, and tie them single in a fine cloth, boil them in a little salt and water, and let the water boil before you put them in; half an hour will boil them; you must have for sauce a little white wine and butter; grate some sugar round the dish, and serve them up.

APPLE DUMPLINGS -3.

Peel and core some good cooking apples, but keep them whole. If you have no apple-corer, take out as much of the core as possible with a pointed knife-blade. Fill the hole with sugar and a clove. Make short paste and cut into squares. Fold neatly round and over apple. Bake from 30 to 45 minutes. If preferred boiled, tie each dumpling loosely in a cloth, put into boiling water and cook from 45 minutes to 1 hour.

APPLE DUMPLINGS -4.

Make rich biscuit dough, the same as soda or baking powder biscuit, only adding a little more shortening. Take a piece of dough out on the molding-board, roll out almost as thin as pie crust; then cut into square pieces large enough to cover an apple. Put into the middle of each piece two apple halves that have been pared and cored; sprinkle on a spoonful of sugar and a pinch of ground cinnamon, turn the ends of the dough over the apple and lap them tight. Lay the dumplings in a dripping-pan buttered, the smooth side upward. When the pans are filled, put a

small piece of butter on top of each, sprinkle over a large handful of sugar, turn in a cupful of boiling water, then place in a moderate oven for three-quarters of an hour. Baste with the liquor once while baking. Serve with pudding-sauce or cream and sugar.

APPLE FOOL

2 lbs. of apples
1/2 lb. of dates]
3/4 pint of milk
1/4 pint of cream
6 cloves tied in muslin
and a little sugar.

Pare, core, and cut up the apples, stone the dates, and gently stew the fruit with a teacupful of water and the cloves until quite tender; when sufficiently cooked, remove the cloves, and rub the fruit through a sieve; gradually mix in the milk, which should be boiling, then the cream; serve cold with sponge-cake fingers.

APPLE FLOAT.

12 apples, pared and cored
1 1/2 pound of sugar
1 large lemon
1 ounce of gelatin
and water as necessary

Put the apples on with water enough to cover them and let them stew until they look as if they would break; then take them out and put the sugar in the same water; let the syrup come to a boil, put in the apples and let them stew until done through and clear; then take them out, slice into the syrup one large lemon and add an ounce of gelatin dissolved in a pint of cold water. Let the whole mix well and come to a boil; then pour upon the apples. The syrup will congeal. It is to be eaten cold with cream.

APPLE FRITTERS -1.

3 good juicy cooking apples
3 eggs
6 oz. of Allinson fine wheat meal
1/2 pint of milk
and sugar to taste.

Pare and core the apples, and cut them into rounds 1/4 inch thick; make a batter with the milk, meal, and the eggs well beaten, adding sugar to taste. Have a frying-pan ready on the fire with boiling oil, vege-butter, or butter, dip the apple slices into the batter and fry the fritters until golden brown; drain them on blotting paper, and keep them hot in the oven until all are done.

APPLE FRITTERS -2.

4 Eggs
four spoonfuls of fine flour
1/4 pound of sugar
Milk, Nutmeg and Salt as necessary

Take four eggs and beat them very well, put to them four spoonfuls of fine flour, a little milk, about a quarter of a pound of sugar, a little nutmeg and salt, so beat them very well together; you must not make it very thin, if you do it will not stick to the apple; take a middling apple and pare it, cut out the core, and cut the rest in round slices about the thickness of a shilling; (you may take out the core after you have cut it with your thimble) have ready a little lard in a stew-pan, or any other deep pan; then take your apple every slice single, and dip it into your bladder, let your lard be very hot, so drop them in; you must keep them turning whilst enough, and mind that they be not over brown; as you take them out lay them on a pewter dish before the fire whilst you have done; have a little white wine, butter and sugar for the sauce; grate over them a little loaf sugar, and serve them up.

APPLE FRITTERS -3.

Make a batter in the proportion of one cup sweet milk to two cups flour, a heaping teaspoonful of baking powder, two eggs beaten separately, one tablespoonful of sugar and a salt spoon of salt; heat the milk a little more than milk-warm, add it slowly to the beaten yolks and sugar; then add flour and whites of the eggs; stir all together and throw in thin slices of good sour apples, dipping the batter up over them; drop into boiling hot lard in large spoonfuls with pieces of apple in each, and fry to a light brown. Serve with maple syrup, or nice syrup made with clarified sugar.

APPLE JELLY -1.

Take many apples as may be required. 1 pint of water to each 1 lb. of apples. Wash and cut up the apples, and boil them in the water until tender; then pour them into a jelly bag and let drain well; take 1 lb. of loaf sugar to each pint of juice, and the juice of 1 lemon to each quart of liquid. Boil the liquid, skimming carefully, until the jelly sets when cold if a drop is tried on a plate. It may take from 2 hours to 3 hours in boiling.

APPLE JELLY -2.

Select apples that are rather tart and highly flavored; slice them without paring; place in a porcelain preserving kettle, cover with water, and let them cook slowly until the apples look red. Pour into a colander, drain off the juice, and let this run through a jelly-bag; return to the kettle, which must be carefully washed, and boil half an hour; measure it and allow to every pint of juice a pound of sugar and half the juice of a lemon; boil quickly for ten minutes. The juice of apples boiled in shallow vessels, without a particle of sugar, makes the most sparkling, delicious jelly imaginable. Red apples will give jelly the color and clearness of claret, while that from light fruit is like amber. Take the cider just as it is made, not allowing it to ferment at all, and, if possible; boil it in a pan, flat, very large and shallow.

APPLE JELLY -3.

Take twenty large ripe juicy pippins. Pare, core, and chop them to pieces. Put them into a jar with the yellow rind of four lemons, pared thin and cut into little bits. Cover the jar closely, and set it into a pot of hot water. Keep the water boiling hard all round it till the apples are dissolved. Then strain them through a jelly-bag, and mix with the liquid the juice of the lemons. To each pint of the mixed juice allow a pound of loaf-sugar. Put them into a porcelain kettle, and when the sugar is melted, set it on the fire, and boil and skim it for about twenty minutes, or till it becomes a thick jelly. Put it into tumblers, and cover it with double tissue paper nicely fitted to the inside of the top. The red or Siberian crab apple makes a delicious jelly, prepared in the above manner.

CRAB-APPLE JELLY.

The apples should be juicy and ripe. The fruit is then quartered, the black spots in the cores removed, afterward put into a preserving kettle over the fire, with a teacupful of water in the bottom to prevent burning; more water is added as it evaporates while cooking. When boiled to a pulp, strain the apples through a coarse flannel, then proceed as for currant jelly.

APPLE PUDDING -1.

1-1/2 lbs. of apples
1 teaspoonful of ground cinnamon
1/2 lb. of Allinson fine wheat meal
2-1/2 oz. of butter or vege-butter
and sugar to taste.

Pare, core, and cut up the apples; make a paste of the meal, butter and a little cold water; roll the paste out, line a pudding basin with the greater part of it, put in the apples, and sprinkle over them the cinnamon and 4 oz. of sugar - a little more should the apples be very sour; cover the apples with the rest of the paste, and press the edges together round the sides; tie a cloth over the basin and boil the pudding for 2-1/2 to 3 hours in a saucepan with boiling water.

APPLE PUDDING -2.

6 baking apples
2 oz. of sugar
3/4 pint of milk
3 eggs
6 oz. of Allinson whole meal
1 heaped up teaspoonful of ground cinnamon
And 1 oz. of butter.

Core the apples, mix the sugar and cinnamon, and fill the hole where the core was with it; put the apples into a buttered pie-dish; make a batter of the milk, eggs, and meal, melt the butter and mix it into the batter; pour it over the apples, and bake the pudding for 2 hours in a moderate oven.

APPLE PUDDING -3.

6 large codlins or pippens
8 eggs
1/2 pound Sugar
1/2 pound clarified butter
lemon-peel

bread crumbs or biscuit
and orange or citron

Take codlins or pippens, roast them and take out the pulp; take eight eggs, (leave out six of the whites) half a pound of fine powder sugar, beat your eggs and sugar well together, and put to them the pulp of your apples, half a pound of clarified butter, a little lemon-peel shred fine, a handful of bread crumbs or biscuit, four ounces of candid orange or citron, and bake it with a thin paste under it.

APPLE-PUFF PUDDING.

Put half a pound of flour into a basin, sprinkle in a little salt, stir in gradually a pint of milk; when quite smooth add three eggs; butter a pie-dish, pour in the batter; take three-quarters of a pound of apples, seed and cut in slices, and put in the batter; place bits of butter over the top; bake three-quarters of an hour; when done, sprinkle sugar over the top and serve hot.

APPLE CUSTARD PUDDINGS.

Put a quart of pared and quartered apples into a stew pan, with half a cupful of water and cook them until they are soft. Remove from the fire and add half a cupful of sugar, two tablespoonfuls of butter and the grated rind and the juice of a lemon. Have ready mixed two cupfuls of grated breadcrumbs and two tablespoonfuls of flour; add this also to the apple mixture, after which stir in two well-beaten eggs. Turn all into a well-buttered pudding-dish and bake forty-five minutes in a moderate oven. Serve with sugar and cream or hard sweet sauce.

SAGO APPLE PUDDING.

One cupful of sago in a quart of tepid water, with a pinch of salt, soaked for one hour; six or eight apples pared and cored, or quartered, and steamed tender and put in the pudding-dish; boil and stir the sago until clear, adding water to make it thin, and pour it over the apples; bake one hour. This is good hot, with butter and sugar, or cold with cream and sugar.

DUTCH APPLE PUDDING.

One pint of flour, one teaspoonful of cream of tartar, half a teaspoonful of soda, half a teaspoonful of salt, an egg, a generous two-thirds of a cupful of milk, two table-spoonfuls of butter, four large apples. Mix the salt, soda and cream of tartar with the flour, and rub through the sieve. Beat the egg light, and add the milk. Rub the butter into the flour. Pour the milk and egg on this, and mix quickly and thoroughly. Spread the dough about half an inch deep on a buttered baking pan. Have the apples pared, cored and cut into eighths. Stick these pieces in rows into the dough. Sprinkle with two tablespoonfuls of sugar. Bake in a quick oven for about twenty-five minutes. This pudding is to be eaten with sugar and cream or a simple sauce.

APPLE MERINGUE PUDDING.

Two quarts of pared and quartered apples, a lemon, two cupfuls of granulated sugar and six table-spoonfuls of powdered, six eggs, one quart of milk, three teaspoonfuls of corn-starch. Pare the thin yellow rind off of the lemon, being careful not to cut into the white part, and put it in a saucepan with one and two-thirds cupfuls of the granulated sugar. Boil ten minutes; then put in the apples and juice of the lemon. Cover, and simmer half an hour. The apples should be tender, but not much broken. Take them up, and boil the syrup until thick. When it is reduced enough, pour it over the apples, and put these away to cool. Make the sauce and finish the pudding the same as for peach meringue, flavoring the sauce, however, with extract of lemon.

BOILED APPLE PUDDING.

3 apples
3 eggs
1/4 pound of breadcrumbs
1 lemon
3 ounces sugar
3 ounces of currants
1/2 a wine-glassful of wine
nutmeg, butter and sugar as necessary

Pare, core and mince the apples and mix with the bread crumbs, nutmeg, grated sugar, currants; the juice of the lemon and half the rind grated. Beat the eggs well, moisten the mixture with these and beat all together, adding the wine last; put the pudding in a buttered mold, tie it down with a cloth; boil one hour and a half and serve with sweet sauce.

APPLE AND BROWN-BREAD PUDDING.

Take a pint of brown bread crumbs, a pint bowl of chopped apples, mix; add two-thirds of a cupful of finely-chopped suet, a cupful of raisins, one egg, a tablespoonful of flour, half a teaspoonful of

salt. Mix with half a pint of milk, and boil in buttered molds about two hours. Serve with sauce flavored with lemon.

BIRDS' NEST PUDDING.

Core and peel eight apples, put in a dish, fill the places from which the cores have been taken with sugar and a little grated nutmeg; cover and bake. Beat the yolks of four eggs light, add two teacupfuls of flour, with three even teaspoonfuls of baking powder sifted with it, one pint of milk with a teaspoonful of salt; then add the whites of the eggs well beaten, pour over the apples and bake one hour in a moderate oven. Serve with sauce.

APPLE MELON PUDDING.

1 lb. of Allinson breadcrumbs, 3 apples, 1-1/2 lbs. of melon, 12 cloves, 1/2 pint of milk, 1 oz. of butter, 3 eggs, sugar to taste. Peel and cut up the apples and melon, and stew the fruit 15 minutes, adding sugar and the cloves tied in muslin. Place a layer of breadcrumbs in a buttered dish, remove the cloves from the fruit, place a layer of fruit over the breadcrumbs, and so on until the dish is full, finishing with a layer of breadcrumbs; beat up the eggs, mix them with the milk, and pour the mixture over the pudding; spread the butter in bits over the top, and bake the pudding 1 hour.

APPLE SAGO.

1-1/2 lbs. of apples
5 oz. of sago
Juice of a lemon
A teaspoonful of ground cinnamon
and sugar to taste.

Wash the sago and cook it in 1-1/2 pints of water, to which the cinnamon is added; meanwhile have the apples ready, pared, cored, and cut up; cook them in very little water, just enough to keep the apples from burning; when they are quite soft rub them through a sieve and mix them with the cooking sago, adding sugar and lemon juice; let all cook gently for a few minutes or until the sago is quite soft; put the mixture into a wetted mould, and turn out when cold.

APPLE SAUCE -1.

1 lb. of good cooking apples

Sugar to taste.

Pare, core, and cut in pieces the apples, cook them in a few spoonfuls of water to prevent them burning; when quite soft rub the apple through a sieve, and sweeten the sauce to taste. Rubbing the sauce through a sieve ensures the sauce being free from pieces should the apple not pulp evenly.

APPLE SAUCE -2.

When you wish to serve apple sauce with meat prepare it in this way:- Cook the apples until they are very tender, then stir them thoroughly so there will be no lumps at all; add the sugar and a little gelatin dissolved in warm water, a tablespoonful in a pint of sauce; pour the sauce into bowls, and when cold it will be stiff like jelly, and can be turned out on a plate.

APPLE SAUCE -3.

1 lb. of apples, 1 gill of water, 1-1/2 oz. of sugar (or more, according to taste), 1/2 a teaspoonful of mixed spice. Pare and core the apples, cut them up, and cook them with the water until quite mashed up, add sugar and spice. Rub the apples through a sieve, re-heat, and serve. Can also be served cold.

CIDER APPLE SAUCE

Boil four quarts of new cider until it is reduced to two quarts; then put into it enough pared and quartered apples to fill the kettle; let the whole stew over a moderate fire four hours; add cinnamon if liked. This sauce is very fine with almost any kind of meat.

OLD FASHIONED APPLE SAUCE.

Pare and chop a dozen medium-sized apples, put them in a deep pudding-dish; sprinkle over them a heaping coffee cupful of sugar and one of water. Place them in the oven and bake slowly two hours or more, or until they are a deep red brown; quite as nice as preserves.

APPLE CREAM.

6 large apples (coslings or any other apples that will be soft)
4 eggs
3/4-pound double-refined sugar
1-2 spoonful of rose water
And lemon-peel.

Take your apples and coddle them; when they are cold take out the pulp; then take the whites of four or five eggs, (leaving out the strains) three quarters of a pound of double-refined sugar beat and sifted, a spoonful or two of rose-water and grate in a little lemon-peel, so beat all Together for an hour, whilst it be white, then lay it on a china dish, to serve it up.

APPLE SOUP -1.

1 lb. apples
1 qt. water
1-tablespoon sago
and sugar and flavoring as required.

Wash the apples and cut into quarters, but do not peel or core. Put into a saucepan with the water and sugar and flavoring to taste. When sweet, ripe apples can be obtained, people with natural tastes will prefer no addition of any kind. Otherwise, a little cinnamon, cloves, or the yellow part of lemon rind may be added. Stew until the apples are soft. Strain through a sieve, rubbing the apple pulp through, but leaving cores, etc., behind. Wash the sago, add to the strained soup, and boil gently for 1 hour. Stir now and then, as the sago is apt to stick to the pan.

APPLE SOUP -2.

1 large cooking apple
1 small finely chopped onion
Seasoning and sugar to taste
a little butter
1 teaspoonful of corn flour
1/2 pint of water.

Peel and cut up the apple, and cook with the onion in the water till quite tender. Rub the mixture through a sieve, return to the saucepan, add the butter, seasoning and sugar, thicken the soup with the corn flour, and serve.

APPLE SANDWICH.

Juicy Apples

1/2 lb. flour

3 ozs. nutter or butter

castor sugar and lemon rind

Rub the nutter or butter lightly into the flour. Add enough cold water to make a fairly stiff paste. Roll it out to a 1/4 inch thickness. Well grease some shallow jam sandwich tins. Roll out the paste very thin and line with it the tins. Peel, core, and finely chop some good, juicy apples. Spread well all over the paste. Sprinkle with castor sugar and grated lemon rind. Cover with another layer of thin paste. Bake for about 20 minutes in a hot oven. When done, take carefully out of the tin to cool. Cut into wedges, sprinkle with castor sugar, and pile on a plate.

APPLE SNOW.

Stew some fine-flavored sour apples tender, sweeten to taste, strain them through a fine wire sieve and break into one pint of strained apples the white of an egg; whisk the apple and egg very briskly till quite stiff and it will be as white as snow; eaten with a nice boiled custard it makes a very desirable dessert. More eggs may be used if liked.

APPLE AND TAPIOCA.

1/4-pint tapioca

1 lb. apples

1-pint water

Lemon peel

And sugar.

Soak the tapioca in the water overnight. Peel and core the apples, cut into quarters, stew, and put in a pie-dish. Sprinkle with sugar to taste, And the grated yellow part of a fresh lemon rind. Mix in the soaked Tapioca and water. Bake about 1 hour. Serve cold, with or without boiled Custard.

APPLE OMELET.

9 Large tart apples

4 Eggs

1 cup of sugar

1 tablespoonful of button

Cinnamon or other spices as necessary.

Stew the apples till they are very soft; mash them so that there will be no lumps; add the butter, sugar and spices while they are still warm; but let them cool before putting in the beaten eggs; bake this till it is brown; you may put it all in a shallow pudding-dish or in two tin plates to bake.

APPLE CATSUP (CETCHUP/KETCHUP).

Peel and quarter a dozen sound, tart apples; stew them until soft in as little water as possible, then pass them through a sieve. To a quart of the sifted apple, add a teacupful of sugar, one teaspoonful of pepper, one of cloves, one of mustard, two of cinnamon, and two Medium-sized onions, chopped very fine. Stir all together, adding a tablespoonful of salt and a pint of vinegar. Place over the fire and boil one hour, and bottle while hot; seal very tight. It should be about as thick as tomato catsup, so that it will just run from the bottle.

APPLE TOAST.

Cut six apples into quarters, take the core out, peel and cut them in slices; put in the saucepan an ounce of butter, then throw over the apples about two ounces of white powdered sugar and two tablespoonfuls of water; put the saucepan on the fire, let it stew quickly, toss them up, or stir with a spoon; a few minutes will do them. When tender cut two or three slices of bread half an inch thick; put in a frying pan two ounces of butter, put on the fire; when the butter is melted put in your bread, which fry of a nice yellowish color; when nice and crisp take them out, place them on a dish, a little white sugar over, the apples about an inch thick. Serve hot.

APPLE FILLING -1.

Peel and slice green tart apples, put them on the fire with sugar to suit; when tender, remove, rub them through a fine sieve and add a small piece of butter. When cold, use to spread between the layers; cover the cake with plenty of sugar.

APPLE FILLING -2.

One coffee cup of sugar, one egg, three large apples grated, one lemon grated, juice and outside of the rind; beat together and cook till quite thick. To be cooled before putting on the cake. Spread between layers of cake.

APPLE CUSTARD.

Pare, core and quarter a dozen large juicy pippins. Stew among them the yellow peel of a large lemon grated very fine, and stew them till tender in a very small portion of water. When done, mash them smooth with the back of a spoon (you must have a pint and a half of the stewed apple); mix a half cupful of sugar with them and set them away till cold. Beat six eggs very light and stir them gradually into a quart of rich milk alternately with the stewed apple. Put the mixture into cups, or into a deep dish and bake it about twenty minutes. Send it to table cold, with nutmeg grated over the top.

APPLE CUSTARD PIE -1.

Select fair sweet apples, pare and grate them, and to every teacupful of the apple add two eggs well beaten, two tablespoonfuls of fine sugar, one of melted butter, the grated rind and half the juice of one lemon, half a wine-glass of brandy and one teacupful of milk; mix all well and pour into a deep plate lined with paste; put a strip of the paste around the edge of the dish and bake thirty minutes.

APPLE CUSTARD PIE -2.

Three cupfuls of milk, four eggs and one cupful of sugar, two cupfuls of thick stewed apples, strained through a colander. Beat the whites and yolks of the eggs lightly and mix the yolks well with the apples, flavoring with nutmeg. Then beat into this the milk and, lastly, the whites. Let the crust partly bake before turning in this filling. To be baked with only the one crust, like all custard pies.

APPLE CUSTARD PIE -3.

Peel sour apples and stew until soft, and not much water left in them; then rub through a colander; beat three eggs for each pie to be baked and put in at the rate of one cupful of butter and one of sugar for three pies; season with nutmeg.

APPLE PIE -1

1-1/2 cups flour
1-1/2 teaspoons Baking Powder
1/2-teaspoon salt
1/3 cup shortening
Cold water
4 apples or 1 quart sliced apples
4 tablespoons sugar

1-tablespoon butter

Sift flour, baking powder and salt; add shortening and rub in very lightly; add just enough cold water to hold dough together. Roll half out on floured board, line bottom of pie plate; fill in apples, which have been washed, pared and cut into thin slices; sprinkle with sugar and dot with small pieces of butter; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pastry; cover pie, pressing edges tightly together. Trim off extra paste. Prick top of crust with fork or knife and bake in moderate oven 30 minutes. Sprinkle with powdered sugar and serve hot.

APPLE PIE -2

2 medium-sized cooking apples, sugar and cinnamon or lemon peel to taste. Some paste for short crust. Pare, core, and cut up the apples, and fill a small pie-dish with them; add sugar and cinnamon to taste, and a little water. Cover with paste, and bake in a fairly quick oven until brown, then let cook gently for another 1/4 hour in a cooler part of the oven.

IRISH APPLE PIE.

Pare and take out the cores of the apples, cutting each apple into four or eight pieces, according to their size. Lay them neatly in a baking dish, seasoning them with brown sugar and any spice, such as pounded cloves and cinnamon, or grated lemon peel. A little quince marmalade gives a fine flavor to the pie. Add a little water and cover with puff paste. Bake for an hour.

MOCK APPLE PIE.

Crush finely with a rolling pin, one large Boston cracker; put it into a bowl and pour upon it one teacupful of cold water; add one teacupful of fine white sugar, the juice and pulp of one lemon, half a lemon rind grated and a little nutmeg; line the pie-plate with half puff paste, pour in the mixture, cover with the paste and bake half an hour.

APPLE AND PEACH MERINGUE PIE.

Stew the apples or peaches and sweeten to taste. Mash smooth and season with nutmeg. Fill the crusts and bake until just done. Put on no top crust. Take the whites of three eggs for each pie and whip to a stiff froth, and sweeten with three tablespoonfuls of powdered sugar. Flavor with rose-water or vanilla; beat until it will stand alone; then spread it on the pie one-half to one inch thick; set it back into the oven until the meringue is well set. Eat cold.

GREEN APPLE PIE.

Peel, core and slice tart apples enough for a pie; sprinkle over about three tablespoonfuls of sugar, a teaspoonful of cinnamon, a small level tablespoonful of sifted flour, two tablespoonfuls of water, a few bits of butter, stir all together with a spoon; put it into a pie-tin lined with pie paste; cover with a top crust and bake about forty minutes and a delicious juicy pie will be ready.

APPLE AND ONION PIE.

6 oz. apples, 1/4 lb. Spanish onions, 1 hard-boiled egg, a little butter, pepper and salt to taste, some paste for a short crust. Peel and cut up the apples and onion, stew gently with a little water. When nearly tender, season and add the butter, turn the mixture into a small pie-dish, quarter the egg, and place the pieces on the mixture, cover with a crust, and bake the pie 1/2 hour.

APPLE EGG PIE.

Take and boil half a dozen eggs, half a dozen apples, a pound and a half of beef-suet, a pound of currans, and shred them, so season it with mace, nutmeg and sugar to your taste, a spoonful or two of brandy, and sweet meats, if you please.

APPLE CREAM.

Take apples when they are full ripe, cut them in quarters, scald them till they be soft, pare them, and mash the clear part of them, and the pulp, and put it through a sieve, take an equal weight of apple and double refined sugar beaten and sifted; and the whites of eggs beat till it is as white as snow, then put it into dishes.

APPLE TART -1.

2 lbs. of apples
1 cupful of currants and sultanas
2 oz. of chopped almonds
1 teaspoonful of ground cinnamon
12 oz. of Allinson fine wheat meal
4-1/2 oz. of butter.
Sugar and water as necessary

Pare, core, and cut up the apples; stew them in very little water, only just enough to keep from burning; when nearly done add the currants, sultanas, almonds, cinnamon, and sugar; let all simmer together until the apples have become a pulp; let the fruit cool; make a paste of the meal, butter, and a little water; roll it out and line a round, flat dish with it, and brush the paste over with white of eggs; turn the apple mixture on the paste; cut the rest of the paste into strips $\frac{3}{8}$ of an inch wide, and lay them over the apples in diamond shape, each 1 inch from the other, so as to make a kind of trellis arrangement of the pastry. If enough paste is left, lay a thin strip right round the dish to finish off the edge, mark it nicely with a fork or spoon, and bake the tart for $\frac{3}{4}$ hour. Serve with white sauce or custard.

APPLE TARTS -2.

Pare, quarter, core and boil in half a cupful of water, until quite soft, ten large, tart apples; beat until very smooth and add the yolks of six eggs, or three whole ones, the juice and grated outside rind of two lemons, half a cup of butter; one and a half to two of sugar; beat all thoroughly, line patty-pans with a puff paste and fill; bake five minutes in a hot oven.

APPLE TRIFLE.

Peel, core and quarter some good tart apples of nice flavor, and stew them with a strip of orange and a strip of quince peel, sufficient water to cover the bottom of the stew pan, and sugar in the proportion of half a pound to one pound of fruit; when cooked, press the pulp through a sieve, and, when cold, dish and cover with one pint of whipped cream flavored with lemon peel.

APPLE ROLL

4 medium sized apples
1-1/2 cups sugar
2 cups water

Peel, core and chop apples fine. Cook sugar and water in baking pan over slow fire. While cooking make rich biscuit dough (see strawberry shortcake page 21). Roll out about $\frac{1}{2}$ inch thick, spread with apples and roll into a long roll; cut into pieces about $\frac{1}{2}$ or 2 inches long; place with cut side down in hot syrup, put small piece of butter on top and sprinkle with cinnamon and sugar. Bake in hot oven until apples are done and crust golden brown. Turn out on platter; add syrup and serve with plain or whipped cream. Peaches or other fruit may be used in place of apples.

BOILED APPLE PUFFETS.

Three eggs, one pint of milk, a little salt, sufficient flour to thicken as waffle batter, one and one-half teaspoonfuls of baking powder. Fill teacups alternately with a layer of batter and then of apples chopped fine. Steam one hour. Serve hot with flavored cream and sugar. You can substitute any fresh fruit or jams your taste prefers.

APPLE BUTTER (with cider).

This is a compound of apples and cider boiled together till of the consistence of soft butter. Fill a very large kettle (MUST NOT be boiled in a brass or bell-metal kettle) with cider, and boil it till reduced to one half the original quantity. Then have ready some fine juicy apples, pared, cored, and quartered; and put as many into the kettle as can be kept moist by the cider. Stir it frequently, and when the apples are stewed quite soft, take them out with a skimmer that has holes in it, and put them into a tub. Then add more apples to the cider, and stew them soft in the same manner, stirring them nearly all the time with a stick. Have at hand some more cider ready boiled, to thin the apple butter in case you should find it too thick in the kettle.

If you make a large quantity, it will take a day to stew the apples. At night leave them to cool in the tubs, (which must be covered with cloths,) and finish next day by boiling the apple and cider again till the consistence is that of soft marmalade, and the color a very dark brown. Twenty minutes or half an hour before you finally take it from the fire, add powdered cinnamon, cloves, and nutmeg to your taste. If the spice is boiled too long, it will lose its flavor. When it is cold, put it into stone jars, and cover it closely. If it has been well made, and sufficiently boiled, it will keep a year or more.

APPLE BUTTER (without cider).

To ten gallons of water add six gallons of the best molasses, mixing them well together. Put it into a large kettle (MUST NOT be boiled in a brass or bell-metal kettle) over a good fire; let it come to a hard boil, and skim it as long as any scum continues to rise. Then take out half the liquid, and put it into a tub. Have ready eight bushels of fine sound apples, pared, cored and quartered. Throw them gradually into the liquid that is still boiling on the fire. Let it continue to boil hard, and as it thickens, add by degrees the other half of the molasses and water, (that which has been put into the tub.) Stir it frequently to prevent its scorching, and to make it of equal consistence throughout. Boil it ten or twelve hours, continuing to stir it. At night take it out of the kettle, and set it in tubs to cool; covering it carefully. Wash out the kettle and wipe it very dry. Next morning boil the apple butter six or eight hours longer; it should boil eighteen hours altogether. Half an hour before you take it finally out, stir in a pound of mixed spice; cloves, allspice, cinnamon, and nutmeg, all finely powdered. When entirely done, put up the apple butter in stone or earthen jars. It will keep a year or more.

APPLE SOUFFLE -1.

One pint of steamed apple, one table-spoonful of melted butter, half a cupful of sugar, the whites of six eggs and the yolks of three, a slight grating of nutmeg. Stir into the hot apple the butter, sugar and nutmeg, and the yolks of the eggs, well beaten. When this is cold, beat the whites of the eggs to a stiff froth, and stir into the mixture. Butter a three-pint dish, and turn the soufflé into it. Bake thirty minutes in a moderate oven. Serve immediately with any kind of sauce.

APPLE SOUFFLE -2.

4 eggs, 4 apples, 2 oz. of castor sugar (or more if the apples are very sour), 1 gill of new milk or half milk and half cream, 1 oz. of Allinson cornflour, and the juice of 1 lemon. Pare, cut up, and stew the apples with the sugar and lemon juice until they are reduced to a pulp. Beat them quite smooth, and return them to the stew pan. Smooth the corn flour with the milk, and mix it with the apples, and stir until it boils; then turn the mixture into a basin to cool. Separate the yolks from the whites of the eggs; beat the yolks well, and mix them with the apple mixture. Whisk the whites to a stiff froth, mix them lightly with the rest, and pour the whole into a buttered soufflé tin. Bake for 20 minutes in a moderately hot oven, and serve at once.

APPLE GINGER.

Four pounds each of apple and sugar. Make a syrup of the sugar, adding a pint of water. Chop the apple very fine--with one ounce of green ginger; or, if you cannot get the green ginger, use white ginger root Put in the syrup with the grated rind of four lemons, and boil slowly for two hours, or until it looks clear.

APPLE LEATHER.

To six pounds of ripe apples, (pared and quartered), allow three pounds of the best brown sugar. Mix them together, and put them, into a preserving kettle, with barely water enough to keep them from burning. Pound and mash them a while with a wooden beetle. Then boil and skim them for three hours or more, stirring them nearly all the time. When done, spread them thinly on large dishes, and set them in the sun for three or four days; Finish the drying by loosening the apple leather on the dishes, and setting them in the oven after the bread is taken out, letting them remain till the oven is cold. Roll up the apple leather and put it away in a box.

APPLE SHAKE

1/2 orange peeled, leave on white pithy part
2 green apples, seeded
1 ripe banana
1-tablespoon brewers yeast
And orange slice for garnish

Juice the orange and apple. Place juice, banana, and yeast in a blender or food processor, and blend until smooth. Garnish with orange slice.

BUTTERSCOTCH APPLES

5 apples
2/3 cupful brown sugar
1/2 cupful water
3/4 cupful milk
1/2 tablespoonful cornstarch
1/8 teaspoonful salt
1/2 to 1 tablespoonful butter
1/2 teaspoonful vanilla

Wash the apples, and cut them into quarters, pare and core them. Into a saucepan put the sugar and water, and heat. When the syrup boils, add the apples. Cover and boil gently until the apples are tender. Remove the apples from the syrup with a skimmer or a wire eggbeater, placing the fruit in sherbet glasses or other suitable dishes for serving. In another pan, mix the milk and cornstarch thoroughly. Stir and cook until the mixture reaches the boiling point, then add it to the syrup in which the apples were cooked. Boil for a few minutes. Add the salt, butter, and vanilla. Stir these into the mixture, then pour the sauce over the apples. Serve Butterscotch Apples hot or cold for a dessert.

BAKED APPLES.

Take a dozen fine large juicy apples, and pare and core them; but do not cut them in pieces. Put them side-by-side into a large baking-pan, and fill up with brown sugar the holes from whence you have extracted the cores. Pour into each a little lemon-juice, or a few drops of essence of lemon, and stick in every one a long piece of lemon-peel evenly cut. Into the bottom of the pan put a very little water, just enough to prevent the apples from burning. Bake them about an hour, or till they are tender all through, but not till they break. When, done, set them away to get cold. If closely covered they will keep, two days. They may be eaten at tea with cream. Or at dinner with boiled custard poured over them. Or you may cover them with, sweetened cream flavored with a little essence of lemon, and whipped to a froth. Heap the froth over every apple so as to conceal them entirely.

SPICED BAKED APPLES

5 apples
5 tablespoonfuls sugar
Water
1 lemon
Whole cloves

Wash and core the apples. They may be pared if desired. Stick 2 or 3 whole cloves in each apple. Place the apples in a baking-dish, put 1 tablespoonful of sugar in the cavity of each apple, and a slice of lemon on the top. Add enough water to cover the bottom of the baking-dish. Cover, bake at 400 degrees F. until soft. Serve cold. If the apples are very sour, more sugar should be used.

BUTTERED APPLES.

1 lb. of apples, 2 oz. of butter, ground cinnamon and sugar to taste. Pare, core, and slice the apples; heat the butter in a frying-pan, when it boils turn in the apples and fry them until cooked; sprinkle with sugar and cinnamon, and serve on buttered toast.

APPLE TANSEY

Pare your Apples and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinnamon, Ginger, Sugar, with a little Rose-water, beat all these together, and pour it upon your Apples and fry it.

STEWED APPLES.

Take a dozen green tart apples, core and slice them, put into a saucepan with just enough water to cover them, cover the saucepan closely, and stew the apples until they are tender and clear; then take them out, put them into a deep dish and cover them; add to the juice in the saucepan a cupful of loaf sugar for every twelve apples, and boil it half an hour, adding to the syrup a pinch of mace and a dozen whole cloves just ten minutes before taking from the fire; pour Scalding hot over the apples and set them in a cold place; eat ice cold with cream or boiled custard.

PRESERVED APPLES.

Take fine ripe pippin or bellflower apples. Pare and core them, and either leave them whole, or cut them into quarters. Weigh them, and to each pound of apples allow a pound of loaf sugar. Put the apples into a stew-pan with just water enough to cover them, and let them boil slowly for about half an hour. They must be only parboiled. Then strain the apple water over the sugar into a preserving kettle, and when the sugar is melted put it on the fire with the yellow rind of some lemons pared thin, allowing four lemons to a dozen apples. Boil the syrup till clear and thick, skimming; it carefully; then put in the apples, and after they have boiled slowly a quarter of an hour, add the juice of the lemons. Let it boil about fifteen minutes longer, or till the apples are tender and clear, but not till they break. When they are cold, put them into jars, and covering them

closely, let them set a week. At the end of that time give them another boil in the same syrup; apples being more difficult to keep than any other fruit.

APPLE-GRAPE SALAD

1 envelope of unflavored gelatin (1 Tbsp.)
1 cup Rome or Fuji apple, unpaired, diced
1/2 cup red grapes, halved and seeded
1 1/2 cups apple juice
1/4 cup chopped celery
and 1/4 cup water

Soften 1 envelope of unflavored gelatin in water for 5 minutes. Heat gelatin over low heat, stirring constantly, until dissolved. Add apple juice. Chill until mixture begins to thicken. Stir in fruit and celery. Pour into 3-cup mold. Chill until set.

FRUIT SALAD.

Take sweet, ripe apples, oranges, bananas, and grapes. Peel the oranges, quarter them, and remove skin and pips. Peel and core the apples and cut into thin slices. Wash and dry the grapes, and remove from stalks. Skin and slice the bananas. Put the prepared fruit into a glass dish in alternate layers. Squeeze the juice from 2 sweet oranges and pour over the salad. Any other fresh fruit in season may be used for this salad. Castor sugar may be sprinkled over if desired, and cream used in place of the juice. Grated nuts are also a welcome addition.

SIMPLE APPLE DESSERT

4 red, sweet apples, Cinnamon and Spring water.

Core the apples, and grate 2 or 3 of them. Pure, the grated apples with some spring water in a mixer. Cut the remaining apples into little cubes and place in a bowl or plate. Pour the apple-pure, over the cubes, add some cinnamon and serve.

- The End -



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
- [Hair Loss](#)
- [Immune System](#)
- [Respiratory](#)
- [Detox & Cleansing](#)
- [Embarrassing Conditions](#)

- [Digestion](#)
- [Infections, Cuts & Bruises](#)
- [Pain & Recovery](#)
- [Addictions](#)
- [Ear Health](#)
- [Energy Levels](#)
- [Joints & Muscles](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of [Omega 3](#) in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good [fish oils](#)' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our [fish oil](#) than any other known manufacturer. [DHA](#) is the most important fatty acid in the human brain.

High in [DHA](#) and proven to be pure and free of contaminants the [Xtend-Life](#) brand is considered to be the 'Rolls Royce' of concentrated [Omega 3 fish oils](#) at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

[Xtend-Life Multi-Xtra](#) is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products '[whole food](#)' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use [vitamins](#) which are derived from petrochemicals. [Multi-Xtra](#) contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. [Multi-Xtra](#) is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.