

Of Interest to Women

APPLES ARE AT THE CORE OF NUMEROUS GOOD DISHES

Here Are Ever So Many Ways of Using the Luscious Fruit That May Be New to You

We've just re-read John Burroughs' essay in the apple and consequently are feeling more than ever stirred about the "noble common fruit, best friend of men and most loved by him, following him, like his dog or his cow, wherever he goes!"

No wonder we Canadians like the fruit so much and find it so healthful, that we even have an "apple week."

Everybody knows, of course, about eating apples raw for the sake of the teeth, and baked or steamed apples are fine for babies.

Nearly all salads, whether they are fruit, vegetable or meat, are better for the addition of a few apples. Cubes of tender, crisp apple add flavor and body to fruit cups, too.

Apples for pie, sauce and puddings to be baked should be tart, well-flavored and of fine texture to insure quick cooking. Those wanted for baking should be perfectly formed, firm and of good size. If they are too delicate in grain, they will fall apart while baking and be unattractive for serving.

Add Sugar Last

When you make apple sauce, remember the rule of adding sugar to fruit after the fruit is cooked. Less sugar is needed to sweeten the sauce and the flavor is more delicate that way. If you have not carefully trimmed out all bruised spots before cooking, the sauce should be rubbed through a colander because the bruised flesh of apples becomes hard and tough after cooking. Also be sure that every particle of core is out, especially if children are to eat the sauce.

Applesauce with pork and roast goose is an old story, but try it with veal and chicken, too. Baked apples are a perfect dessert to serve with a lamb chop dinner. Minted apples are good with roast lamb. Instead of using a leg of lamb, choose the shoulder and have the butcher bone it for you. Save the bones for broth the next day. Then make a stuffing and fill the boned out, tie securely and roast as usual.

Apple Wine

Apple wine is well worth making. It has a delicious flavor something like champagne.

Cut the apples into small pieces, put them into a pan, and pour over a pint of cold water to every three pounds of apples.

Leave for four or five days, each day pressing out as much juice as possible. Strain through a cloth, and to every gallon of liquid add 2½ lbs. of loaf sugar. Stir well, and when the sugar has dissolved, put into a cask to ferment.

When it has worked a short time, bung it down. Should the fermentation continue, lift the bung and drop in a few pieces of isinglass. Bottle off in six months.

Fruit Snowballs

Both the grown-ups and children alike will come for second helpings of apple snowballs:

Pee, core and slice the apples, put them into a saucepan with sufficient water to prevent them burning, gently simmer until soft, then beat to a pulp with sugar to taste.

Allow the fruit to cool, then stir in two stiffly beaten whites of eggs. Form into balls, sprinkle with shredded coconut and place a cherry on the top of each. Serve with custard or junket.

Delicious Chutney

As an accompaniment to cold meat, apple chutney is a great success:

Weigh two pounds of hard, green apples, and after paring and coring, chop them into small pieces with two large onions and 1 lb. sultanas.

Mix together 4oz. salt, 4oz. ground ginger, 1oz. mustard seed, 1-2oz. chilies and a little garlic, if liked, add two tablespoons vinegar and mix to a paste.

Put the apples, onions and sultanas into a stewpan, pour over 2½ pints of vinegar, then simmer gently for half an hour. Add the paste and heat gently until boiling, then add 1 lb. demerara sugar and continue boiling until the chutney is soft and thick. Stir with a wooden spoon to prevent burning, then pour into jars, tie down and store in a cool, dry place.

Try apple cordial with a mixed grill dinner some evening when you have a man guest.

Apple Cordial

Four large apples, ½ lemon, ½ cup light domestic wine, ½ cup sugar, 4 tablespoons water, 1 tablespoon butter.

Wash and core apples but do not peel. Slash skin four or five times from top of apple down half way. Put in a buttered baking dish. Sprinkle with grated rind and juice of lemon and pour over a syrup made of wine, sugar water and butter. Cover baking dish and bake one hour or until apples are tender in a slow oven (325

degrees F.). Baste the apples often with the juice in the dish. Serve warm or chilled with the juice in the baking dish and a dab of whipped cream.

Brown Betty

The following recipe was found in an eighty-year-old cookery-book. Pare, core and slice some fine juicy but not sweet apples. Cover with apples the bottom of a large, deep pie-dish. Sweeten them well with plenty of brown sugar, adding grated lemon or orange peel. Strew over them a thick layer of breadcrumbs, and add to the crumbs a few bits of butter. Then put in another layer of cut apples and sugar, followed by a second layer of breadcrumbs and butter. Next, more apples and sugar, then more breadcrumbs and butter, repeating until the dish is full and finishing with breadcrumbs. Bake until the apples are soft and send to the table hot.

Tomorrow's Menu

BREAKFAST: Pineapple juice, cereal, cream, omelet, cornmeal muffins, milk, coffee.

LUNCHEON: Asparagus with poached eggs, fruit salad, toasted muffins, fudge cake, milk, tea.

DINNER: Meat loaf, baked beans, scalloped potatoes, apple pie, milk, coffee.

BARGAIN FARES OFFERED BY C. N. RAILWAY

MONCTON, N. B., Oct. 14—Two choice bargain fare excursions are being offered to the people of the Maritime Provinces to visit relatives and friends and do some sight seeing, one to Montreal, Ottawa and Toronto, including also Quebec City and Three Rivers leaving on Friday, October 18th next, from stations in the province of Quebec east of River DuLoup and Monk, including the Gaspé Peninsula, in addition to stations in Nova Scotia, New Brunswick and Prince Edward Island.

The other excursion will be operated to Boston and New York, leaving the following week, on Friday, October 25th and will mark the first occasion on which one of these popular coach excursions has been operated from the Maritimes to take in New York City. It is anticipated many will take advantage of the low fares offering to see the Metropolis of the new world where there is so much to attract the visitor, the tallest building in the world "The Empire State Building," the theatres and other places of interest.

A generous return limit has been allowed on both coach excursions.

In the case of Montreal and Ottawa including Quebec City and Three Rivers, tickets are good to return leaving these cities the following Tuesday, October 22nd and Toronto Wednesday, October 23rd for the Boston and New York excursions tickets will be good to return leaving Boston not later than special train departing at 8:30 P. M., E. S. T., the following Tuesday, October 29th and from New York, Wednesday, October 30th.

THREAT OF DEATH SENT MAE WEST

LOS ANGELES, Oct. 12—Following an asserted plot to extort \$1,000 from Mae West, film actress, under threats of disfiguring her with acid, District Attorney's investigators tonight arrested seven men a few minutes after one assertedly attempted to pick up a packet of money placed in a vacant lot on Sunset Boulevard.

Authorities said Miss West received a series of threatening letters, and that the writer said that he would disfigure her with acid.

In a letter, the extortionist threatened to kill Mae West if she did not comply with his demands to produce the money.

TOLEDO, Oct. 12—"Cap" E. E. Richardson, the most shot-at-and-hit man in Lucas County, had to throw it all over because his insurance company got nervous.

For the past five years Richardson, a police equipment salesman, has been conducting personal demonstrations of his bullet-proof vests, firing away at himself when no one else would take the risk of holding the gun.

The last time "Cap" was shot he had to put on the vest of a competitor to prove he wasn't ringing in a tin vest for sake of comparison with his own.

"That was the worst beating I ever took from a bullet," said Richardson. "It burned and stung my whole left side."

McADAM and HARVEY

AND THEIR BUYING OPPORTUNITIES

OCTOBER MEETING OF FTON PRESBYTERY HERE LAST WEEK

The October meeting of the Fredericton Presbytery of the United Church of Canada met here last week in the school room of Wilmot church, the chairman, Rev. J. W. Bartlett presiding. After a devotional period conducted by the chairman the roll was called showing the following ministers and laymen present: Ministers—Revs. J. W. Bartlett, Geo. Telford, W. Burge, M. D. Howe, J. E. Shanklin, B. H. Turner, Mr. Upham, D. E. Hattie, H. J. Rowley, R. H. Barker, J. A. Sulston, Gordon Pringle, H. H. Blanchard, J. W. Demville, E. E. Fytche, Dr. Wightman and J. S. Gregg, Rev. R. W. Barker and D. R. Chown being away on vacation were excused. Rev. Harry Burns was also absent through sickness and being seriously ill, prayer was offered for his recovery. Laymen present were Messrs. John Jewett, John Arnold, Lester MacNamara, Frank Jamieson, Wm. Rossborough, W. E. McMullin and H. B. Fowler.

The secretary, Rev. R. W. Barker not being present, Rev. R. H. Barker was appointed pro tem and minutes of recent executive meetings read and correspondence presented.

The chairman then thanked the Presbytery for honoring him with the office and welcomed into the presbytery the new members, Revs. M. D. Oliver, Gordon Pringle and B. H. Turner.

Rev. Dr. Wightman reported having carried the greetings of the Presbytery in behalf of the chairman, to the Advent Christian conference recently held in North Devon. The report of the Home Mission Committee was presented by Rev. Geo. Telford and was adopted. Rev. Dr. Robert Leard of Toronto, general treasurer, and Rev. Kenneth Beaton, home missionary secretary, being present, were introduced and asked to participate in the discussions. Both spoke briefly. The Missionary and Maintenance committee report was made by Rev. E. E. Fytche and after some discussion was referred back to the committee for further action. Rev. Harold Rowley requested permission to take up residence in Fredericton in order to pursue studies at U.N.B., while still holding the pastorate of Keswick Ridge. After some discussion the request was granted.

An arrangement for visitation of the different charges in connection with the observance of the tenth year of Union was reported as follows: Chipman, Revs. E. E. Fytche and G. Pringle; Devon, R. W. Barker and M. D. Oliver; Marysville, J. W. Bartlett and J. E. Shanklin; Keswick Ridge, D. E. Hattie and R. H. Barker; Prince William, George Telford and Dr. Wightman; Sheffield, W. J. Demville and H. H. Blanchard; Nashwaak, R. W. Barker and Wm. Burge. These visitations are to be made so far as possible before the end of October. Previous arrangements had been made for the aid receiving charges.

Dr. Wightman of the publications committee moved that the first Sunday in November be set apart as a time to emphasize the importance of the ministry of reading and the wider use of our church publications. After disposing of other routine matters the meeting adjourned with the benediction by the chairman.

The ladies of the Presbyterial, which met at the same time in Fraser Memorial Hall after the close of their meeting came to Wilmot Church where luncheon was served to both groups, which filled the spacious room.

At 7.30 the meeting was again called to order by the chairman, the audience filling the school room to capacity. Opening devotions of music, Scripture by Rev. M. D. Oliver, and prayer by Rev. Gordon Pringle, followed. A special solo by Mrs. Inch accompanied by Prof. Harrison was much appreciated. The chairman then called on Miss Summerville of St. John, a returned missionary from Honan, China, who gave an interesting talk on her work in that land.

The special features of the morning were the stirring addresses delivered by the visiting representatives of the General Council, Rev. Dr. Laird and Mr. Beaton. Each address was of a high order.

Mr. Beaton briefly reviewed the work of the United Church from coast to coast. He gave a vivid picture of the manifold activities of the church in the pioneering districts of the Northwest, among the mines of New Ontario and among the new Canadians in the larger cities. His address was illustrated by numerous incidents.

Dr. Laird dwelt with the financial aspect of the church's work. He pointed out that in the six years following union, the missionary generosity of the people had reached levels never paralleled before. After 1931, however, the depression had halted and hindered the normal expansion of the church's work. The speaker concluded an appeal for further consecrated devotion to the great missionary objective.

Hearty singing and the benediction brought to a close a gathering which will be long remembered by the large congregation present.

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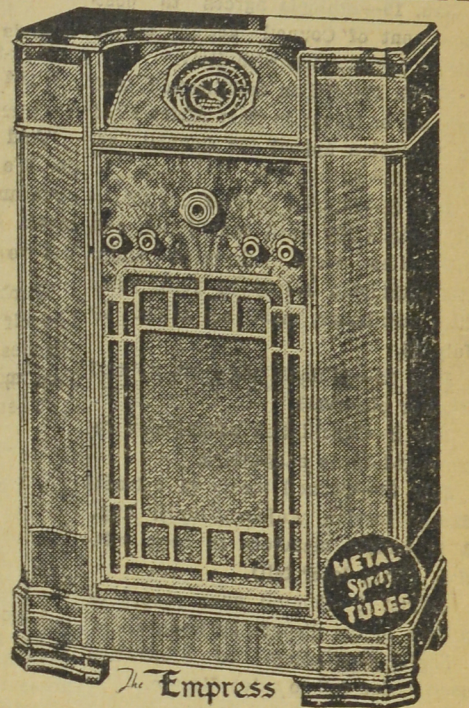
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