



**APPLES ACCENTUATED**—Today's lesson accentuates the positive attractions of the apples of our Pacific Northwest. Most versatile of fruits, eaten for zest and flavor, apples also are packed with good nutrition.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Applesnacking Makes Many Valuable Health Contributions

No doubt about it we will readily agree that America's apple bowl is in our Pacific Northwest where the land has been seasoned by 5 million years of wind, rain, glaciers and volcanic ash. Here are the orchards that grow one out of every three apples sold in the United States. Five thousand growers raise apples with scientific care, market them throughout the world as a result of storing and shipping methods that prolong the life of the fruit, retain its unique tree-fresh flavor.

### Apples for Health

Keep apples chilling in the refrigerator for frequent applesnacking of the growing boys and girls of the family, their friends and parents. We don't often go into the nutrition-wise characteristics of a food but apple health virtues are so many and varied that once a year we tell these vital facts.

— Vitamins A and C found in apples promote growth, help ward off colds.

— Minerals Iron, Phosphorus and Calcium in apples are fully utilized by the human body.

— Pectin and Uronic acid in apples assist detoxification of the system and help maintain intestinal activity.

— Apples help keep the blood alkaline, counteract acids formed in the body.

— High levulose content of apples makes them acceptable to a diet for many diabetics.

— Crunchy pulp of raw apples acts as a "natural toothbrush" on the teeth, helping to keep them, as well as the gums, in a healthy condition.

— An average apple represents 80 to 90 calories making them an ideal low-calorie snack.

Besides these and other virtues, they taste so good!

— Jonathans are the apples of brilliant scarlet color, striped with strong red and speckled with gold. Flesh is tart and firm, crunchy for eating, excellent for all cooking purposes.

es: in pies, sauces, cookies, puddings.

— Red Delicious is that handsome red apple with tall broad shoulders tapering to five prominent points at the blossom end. The tender frost-white meat is superb for fresh eating, ideal for snacking, perfect for salads.

— Soon come the Golden Delicious, the Rome Beauty and the Winesap, each with its distinctive appearance and flavor.

**Foil Baked Apples**

Many think hot baked apples a superlative dessert. Here we make them in heavy aluminum foil retaining full flavor, juiciness. Wrap apple leaving peeled area exposed to heat.

6 Jonathan apples  
1/2 cup melted butter  
1/4 cup sugar mixed with 1/4 teaspoon cinnamon  
1 cup brown sugar  
1/2 cup white raisins  
1/4 cup broken walnut meats  
1/4 cup bite-size marshmallows  
1/2 teaspoon salt

Core and peel apples one inch down from top. Dip peeled apple into melted butter and sprinkle with sugar-cinnamon mixture. Wrap apple in heavy foil leaving peeled area exposed to heat. Place in baking pan. Fill cavity with mixture of remaining ingredients. Press down firmly. Bake at 375 degrees for one hour. Six servings.

**Make Seven Dozen Applesauce Cookies**

You can make many persons of all ages happy by making a big batch of these applesauce cookies. Refrigerate dough at least four hours before slicing, baking.

1 cup shortening  
1 1/2 cups brown sugar  
1 egg, slightly beaten  
4 cups sifted flour  
1 teaspoon salt  
1/2 teaspoon soda  
1/2 teaspoon cinnamon  
1/4 teaspoon ground cloves  
1 cup thick apple sauce  
1/2 cup chopped nuts  
Cream shortening, add brown sugar and cream until fluffy. Add egg, blend well.

## Blindness No Music Handicap

Alamosa, Colo. — (UPI) — Evelyn Tozier, a music teacher and composer here for 40 years, feels that concentration and keen senses have made her a successful musician.

Although blind since she was born during the 1890's in the mining camp of Rico, Colo., Miss Tozier in no way thinks of her blindness as a handicap.

"Contrary to the belief of the sighted, there is no sensation of blackness in being blind," she said recently. Instead, all thought of light is dismissed, she explained, "and the world then becomes a world of thought."

The result is concentration and a development of the senses so that nature itself can be enjoyed, according to Miss Tozier.

Nature, in fact, has inspired most of the compositions written by the Alamosa music teacher. Most of them concern the mountains, valleys and shifting sand dunes of the area around her home.

**SLICING IT THIN**

Southbridge, Mass. — (UPI) — Biological tissues can now be sliced so thin that 254,000 layers would be needed for a one-inch thickness. This is possible as the result of an automatic microtome knife sharpener developed by the American Optical Co.

### RETIRED ADMIRAL DIES

San Diego, Calif. — (UPI) — Adm. Frederick J. Horne, 79, retired, will be buried Thursday at Ft. Rosecrans National cemetery. Horne, the Navy's No. 2 officer in World War II, died Sunday.

Sift together flour, salt, soda, cinnamon and cloves. Sift together three times. Add alternately to creamed mixture with apple sauce. Add chopped nuts.

Form into two rolls. Wrap in waxed paper. Refrigerate at least four hours. Slice thin; bake on greased cookie sheet in 375 degrees oven, 15 minutes. Makes seven dozen cookies.

### Apple Cider Salad

A crunchy, satisfying salad that makes eight servings, combines cider, apple, celery, carrot and walnuts in a lemon flavor gelatin for eight servings. Make in eight individual molds or one large mold. For lunch-taking, mold in plastic containers.

1 pkg. lemon flavor gelatin  
1 cup boiling water  
1 cup chilled apple cider  
1 cup grated unpeeled celery  
1/2 cup finely chopped celery  
1/2 cup finely grated carrot  
1/2 cup chopped walnuts  
Dissolve gelatin in boiling water, stirring well. Add the chilled apple cider, mix well. Chill until thick and syrupy. Then fold in grated apple and carrots, chopped celery and walnuts. Pour into individual molds or large mold. For lunch-taking, mold in plastic containers.

Teens and their "elderly" parents alike will give a high score to this ready-to-heat-and-eat specialty after the football game, before or after basketball or bowling. Eight generous servings made heartily with spaghetti, tuna, three types of cheese.

A salad, garlic bread and a freezer or refrigerator dessert and the meal's ready.

1 tablespoon salt  
3 quarts boiling water  
8 ounce package spaghetti  
1 1/2 cup (large can) undiluted evaporated milk  
1/2 teaspoon salt  
1 1/2 teaspoons dry mustard  
1 tablespoon steak sauce or Worcestershire  
2 cups (about 8 ounces) grated processed American cheese  
2 7-ounce cans solid-pack tuna, drained  
1 cup creamed cottage cheese  
1/2 pound Swiss cheese, sliced

Add one tablespoon salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Or follow package directions for exact timing. Drain in colander.

Meanwhile, combine evaporated milk, one-half teaspoon salt, mustard and steak sauce in saucepan and simmer over low heat (do not boil) about two minutes. Add American cheese; stir over low heat until cheese melts (about one minute). Break tuna into pieces. Add tuna to cheese sauce; mix well.

Arrange alternating layers of spaghetti, tuna-cheese mixture, cottage cheese and Swiss cheese in greased shallow baking dish.

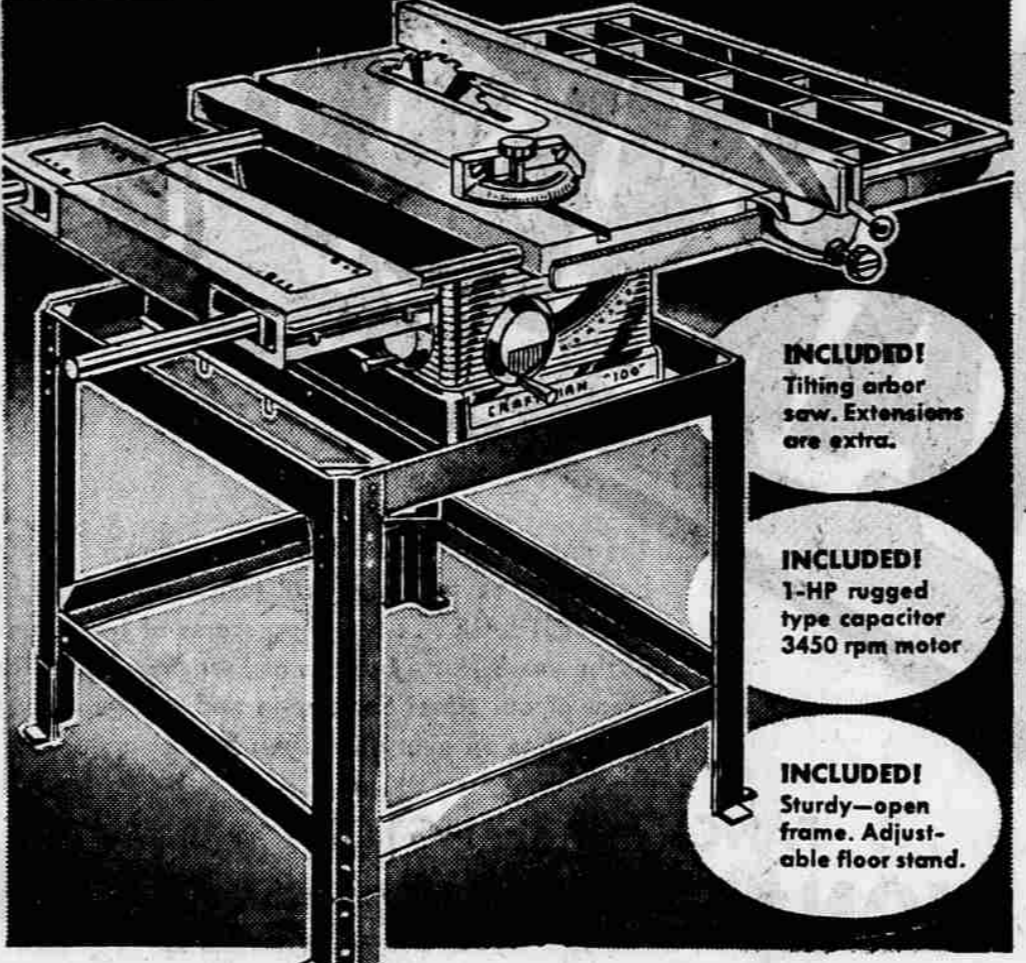
Ahead of serving time, bake in moderate oven, 350 degrees, 30 minutes.

**Cereal Medley**

Children will react happily when offered an assortment of cereals with a pitcher of milk alongside, a choice of white sugar, brown sugar or honey.

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