

**Apples Help
Pep Up Leftovers**

Apples make the best low-calorie snacking. They make a wonderful dessert "as is" after heavy meals, and are a protective fruit against winter colds and over-acid body chemistry.

Besides — what more cheerful end to a long day than biting into an apple as you mull over past events before a crackling fire in the fireplace. Try it sometime for "tired nerves."

Delicious, both red and golden. Winesaps and Jonathans from Washington state are all in the local markets now.

This week comes some ideas for using apples to rescue leftovers in the refrigerator from dullness. We pass them on to you.

**CURRIED APPLE-TURKEY
CASSEROLE**

- 1/4 cup chopped onion
- 2 tablespoons butter (or margarine)
- 2 cans (10 1/2-oz.) condensed cream of chicken soup, undiluted
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground nutmeg
- 2 cups cubed cooked turkey or chicken
- 2 cups cubed, cored, unpeeled apples
- 1/2 cup raisins
- 1/2 cup almonds

Saute onion in butter until tender. Combine all other ingredients and place into two-quart baking dish. Prepare pastry using one cup flour as for one-crust pie or one stick prepared pie-crust mix. Roll out as for pie crust to fit baking dish. Place over turkey mixture sealing edges with a fork. Bake in 425 degree oven for 30 minutes. Serves six.

APPLE-HAM BAKE

- 3 large thin slices of boned precooked ham or (leftover slices)
- 2 apples
- 1 cup cooked rice
- 1 teaspoon salt
- 3 teaspoons prepared mustard
- 3 tablespoons brown sugar
- 1/4 teaspoon ground cloves
- 1/4 cup hot water
- 1 tablespoon lemon juice

On each ham slice place thinly sliced, peeled apples. Blend together cooked rice, salt, prepared mustard, brown sugar and cloves. Spread a third of the mixture over each slice of ham. Roll up each ham slice and fasten with skewers. Place in shallow baking dish. Pour water and lemon juice mixture over the ham slice and bake in 350 degree oven for 35 to 40 minutes, until apples and ham are tender. Baste occasionally. Serves six.

GOLDEN MANDARIN WALDORF

- 4 Golden Delicious apples
- 1 can (11-oz.) mandarin oranges
- 1/4 cup mayonnaise
- 1/4 cup honey
- 1/4 teaspoon mace
- Lemon juice to taste
- 1/4 cup flaked coconut

Wash, core and dice apples into a bowl. Add drained mandarin oranges, marshmallows and coconut, toss. Blend honey, lemon juice, mace and mayonnaise; fold into salad mixture. Serves six.

Cook's Tour

NEW YORK (UPI) — A composer's name on the menu at Philharmonic Cafe indicates a new dish has been created.

Anton Gotsche, Vienna-born manager, explained that European tradition entitles a chef to name any dish he creates. Gotsche accordingly honors world-famous composers in planning food service for the restaurant in the first building to open at the Lincoln Center for the Performing Arts.

The music men honored so far are all Europeans, but the food is primarily American with continental touches, said Gotsche in an interview.

One supper menu included New England lobster newburg, Gulf shrimp remoulade in a sharp mayonnaise sauce, and sliced hot barbecued beef Maudelouise, in tomato sauce.

A salad list included Alaska king crab with avocado, Supreme of chicken Offenbach on a dinner menu turned out to be breast of chicken in a white wine sauce. Sweetbread Debusay are in a white wine sauce.

Americans' taste for European favorites prompted the inclusion of veal parmesan, coq au vin (chicken in wine sauce) and fillet of sole bonne femme, in mushroom and wine sauce. In French service, food is brought to the table on a cart and partly prepared in front of the guest, said Gotsche, who wrote a text on table service when he was a student at the Cornell University School of Hotel Administration.

The other types of service are American and Russian, he added. In American service, food is dished onto plates in the kitchen. In Russian service, food is brought to the dining room on a silver platter and transferred onto a plate before each guest.



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Fig Bars	Busy Baker, Vanilla and Wheat.	2-lb. pkg.	49c
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Tomato Soup	Campbell's, Hearty flavor, and so nutritious. 10 1/2 oz.	5 for	49c
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Choc. Marshmallow	Macadamia	Neapolitan	Butterbrick's	Gal.	
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MIX or MATCH 'EM. Your Choice.

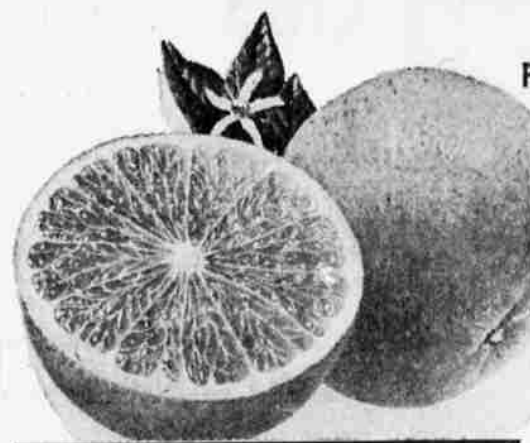
Juice Bases	Real Gold, Grape, Lemon, Orange, Blend, Papple-G'fruit.	6 oz. can
Applesauce	Highway, Always ready to be served.	No. 303 can
Cream Corn	Gardenside, Fine quality, yet economical	No. 303 can
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Green Beans	Saracen, Fine quality vegetable.	No. 303 can
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ARIZONA MARSH SEEDLESS
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Deliciously tender
Close trimmed of all excess bone, fat and waste before weighing.
98¢
Pound
SIRLOINS 89¢
Full cut, bone in, U.S.D.A. Choice Aged Beef lb.

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Skylark Rolls
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Quality Controlled for Freshness and Lean Content!

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Meatless Spaghetti	Lucerne, 16 oz. ctn.	39c
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Extra Large AA Eggs	Cream O' Crop, doz.	53c