Variations:

- 1. Add cinnamon or nutmeg. Allow 1/4 t. spice to 1/2 cup of sugar for 8 apples.
 - 2. Use honey instead of sugar.
 - 3. Fill the centres with a mixture of raisins, nuts, butter and sugar.
- 4. Put a marshmallow on top of each apple a few minutes before taking from oven.
- 5. Let cool after baking, fill cavity with jam or jelly, garnish with whipped cream. Jam or jelly may be placed in apples before baking.

Coddled Apples

2 c. water

1 or 2 c. sugar

8 apples

Make a syrup by boiling water and sugar about 5 minutes. Pare and core the apples and cook slowly in syrup. Cover closely. When cooked, lift out the apples, boil down the syrup a little more, if necessary, and pour over the apples.

Variations:

- 1. Apples in Bloom. Use bright well-coloured apples. Wash, wipe and core. Cook in syrup until skins will slip off. Scrape some of the red colour from inside of skins and return to syrup. Continue cooking till apples are tender.
- 2. Apple Porcupine. Stick coddled apples with pieces of blanched almonds cut in spikes lengthwise.
- 3. Apples Jellied. Cut apples in eighths and cook in syrup. Remove apples and to each cup of syrup add 2 T. lemon juice and 3 T. gelatine which has soaked in 1/4 c. cold water for 10 minutes. Chill this mixture till it thickens slightly. Add the apples and pour into a moistened mould to eat. Serve with cream or custard sauce.

Apple Charlotte

Slices of bread 1/4 inch thick; stewed tart apples mashed and seasoned with sugar and nutmeg; melted butter. Line a greased mould with bread slices, dipped into or brushed over with melted butter. Fit the slices close together or overlap. Fill the centre with the stewed apples and add chopped almonds, if desired. Cover the top with slices of the bread and bake 1/2 hour in a moderate oven. Turn out on serving dish and serve hot.

Variations:

Rhubarb may be used in place of apples. Proportions, 4 c. rhubarb, 1 c. sugar. Bake 45 minutes.

Pre-school Pie

Cut a slice of bread to resemble pie and toast it, if desired. Butter and spread thick with apple sauce. A bit of whipped cream or a small portion of jelly may be put on top.

Fruit Whip

3 c. fruit pulp mashed or put through a sieve, or 1½ c. fruit cut in fine pieces (cooked prunes, apricots, fresh or canned peaches, strawberries or raspberries), 2 egg whites, 1 T. lemon juice (optional), sugar to taste.

Beat whites until stiff, gradually add the fruit pulp, lemon juice and enough sugar to sweeten to taste. Chill and serve with custard sauce, if desired.

Variations:

- 1. Pour mixture into a baking dish and oven poach in a moderate oven until centre is firm (about 30 minutes).
- 2. Use one whole egg instead of 2 whites, add the beaten yolk to pulp and fold in the stiffly beaten white (good for apple whip).
- 3. Substitute ½ c. whipping cream for the egg whites. Whip the cream until it will stand up. Fold in the fruit mixture. Serve cold.

Fruit Sponge

1 c. fruit pulp 1 T. gelatine

1/4 c. cold water

l c. fruit juice or hot water 1/4 to 1/2 c. sugar

1 T. lemon juice

2 egg whites

Soak the gelatine in the cold water for 10 minutes. Add the fruit pulp and sugar to the fruit juice and heat to boiling point. Pour hot mixture over the soaked gelatine and add the lemon juice. Set mixture in a cold place until it begins to thicken, then beat with an egg beater until it is frothy and light in colour. Fold in the stiffly beaten egg whites. Pour into a moistened mould and chill. Serve with custard sauce.

Custard Sauce

2 egg yolks

1 c. milk 1/4 t. vanilla

Pinch of salt.

Beat egg yolks, add sugar, salt and milk. Cook in a double boiler, stirring constantly until the mixture creams the spoon. Cool and add vanilla.

Grape Sponge

1 T. granulated gelatine

1/4 c. cold water

3 T. sugar or more 1 t. lemon juice ²/₃ c. grape juice

1/4 c. boiling water

Whites of 2 eggs

Soak gelatine in cold water and dissolve it in the boiling water. Add sugar, lemon and grape juice. Stir occasionally while cooling. When mixture begins to thicken, beat until frothy; then fold in the stiffly beaten egg whites. Pour into a moistened mould and chill.

Baked Rhubarb

4 c. rhubarb

1 c. sugar

Wash thoroughly, cut in one inch pieces. If rhubarb is tender, it should not be peeled. The peel gives a delicate "pinkish" colour to the sauce. Put with sugar in covered casserole. Bake in a moderate oven until tender (about 45 minutes). Remove cover and brown 3 or 4 minutes. It may be eaten cold, but, if it stands too long, the juice will be reabsorbed.

Variations:

- 1. Use brown sugar.
- 2. Add ½ c. seeded raisins.

3. Add 2 T. grated orange peel (dry or fresh). 4. Add juice, pulp and grated rind of 1 orange, 1 t. cinnamon, ½ t. mace.

Uncover for last 15 minutes to absorb the extra liquid.

Stewed Rhubarb

1 c. sugar

Prepare same as Baked Rhubarb. Put in saucepan. Add sugar. Mix well. Cover; let stand 20 or 30 minutes. Cook slowly without stirring until tender. From ½ to 1 c. water may be added and mixture cooked at once.