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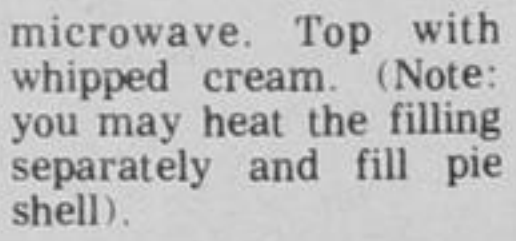
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FOOD COLUMN

Apples, the hit of the season

By SHEILA PECK
Got the crunchy — munchies? Well, it is time to bite into a big, juicy, crisp apple and savour the delicious taste of its tartness and sweetness. Shine one to perfection, grasp it in your hand, open your mouth and bite, bite, bite. Great, eh?
One of the best family outings at this time of the year, is to head for a "pick-your-own apple orchard" and enjoy the pleasures of the outdoors, filling a bag or more from a tempting tree laden with apples.
For years, I centered Fall birthday parties on picking apples and was utterly amazed at the pleasure the children had from picking their own. As a matter of fact, many had never picked an apple before.
Last week, I headed to the Chudleigh Apple Orchard in Milton and not only came home with two bags full, but, Carol Chudleigh's favorite recipes which she offered to share with you.
Carol Chudleigh makes her pastry with lard, saying the recipe can be found on the box.
For the following recipe of Deep Dish Apple Pie, the filling may be prepared in advance, stored in a container and used when required. Great for the working person who can simply fill a baked pie shell, heat and top with whipped cream.
DEEP DISH APPLE PIE
Individual baked pie shells
3 tablespoons cornstarch
1 1/2 cups sugar
2 cups water
8-10 sliced apples
2 tablespoons butter
1 tablespoon lemon
Mix the cornstarch and sugar together and slowly add the water. Cook until thickened. Peel and core the apples and slice thinly. Poach the apples in the cornstarch mixture until tender. Remove the apples from the liquid and place in a container. Spread the butter on top and drizzle the lemon juice over. Store until ready to use.
CINNAMON TOPPING
1 cup white sugar
1 tablespoon cornstarch
1 tablespoon cinnamon
1 cup water
Mix together sugar, cornstarch and cinnamon. Slowly add water and cook until thickened. Assembling: Place the apple filling in the cooked pie shell, drizzle with cinnamon topping and heat in oven or microwave. Top with whipped cream. (Note: you may heat the filling separately and fill pie shell.)



EASY APPLE KUCHEN
1 cup sifted all-purpose flour
2 tablespoons white sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup shortening
1 egg, beaten
1/4 cup milk
2 or 3 MacIntosh apples — peeled and sliced
1/4 cup brown sugar
2 tablespoons melted butter
1 teaspoon cinnamon
Sift together first four ingredients — cut in shortening finely. Combine egg and milk and mix lightly into dry ingredients. Spread in well-greased 8" square pan. Place overlapping slices of apple over top — sprinkle with the 1/2 cup brown sugar, butter and cinnamon. Bake at 375 degrees about 30 minutes. Serve in squares with brown sugar sauce.

APPLE GINGERBREAD
1/2 cup sugar
1/2 cup boiling water
4 tart apples, peeled and quartered
1/2 cup shortening
one-third cup sugar
1 egg
one-third cup molasses
1/2 teaspoon soda
1/2 teaspoon ginger
1 teaspoon cinnamon
1/4 teaspoon cloves
1/2 teaspoon salt
1 cup flour
one-third cup sour milk
Make the syrup by adding the boiling water to the 1/2 cup of sugar. When the sugar has dissolved, add the apples and cook until almost tender. Pour into a greased 10 x 6" pan and leave to cool. Cream shortening, add the sugar and blend well.
Beat in the egg then the molasses. Sift the dry ingredients and add with the sour cream to the shortening and molasses mixture. Stir as little as possible for a smooth batter. Pour over the cooled apples and bake at 325 degrees for about 50 minutes and serve warm.

APPLE DAPPLE CAKE
2 cups sugar
1 cup vegetable oil
3 eggs
2 teaspoons vanilla
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons cinnamon
4 cups raw apples, chopped
Mix ingredients by hand in order given. Pour into 13" x 9" pan. Bake at 350 degrees for 30-40 minutes. Meanwhile in To 1 gallon of Sweet Cider saucepan, combine 1 cup brown sugar, 1/4 cup cream or milk, 1/4 pound cream or milk, 1/4 pound Add: 4 tablespoons honey saucepan, combine 1 cup Add: 4 tablespoons honey cream or milk, 1/4 pound 1 cinnamon stick (3-4 inches) Pour over baked cake, and return to oven for a few minutes.



HOT SPICED APPLE CIDER
To 1 gallon of Sweet Cider
Add: 4 tablespoons honey
1/4 cup 15 whole cloves
1/4 pound 1 cinnamon stick (3-4 inches)
1/2 lemon sliced
Simmer 10 minutes without boiling.

Impressions '79 at Hillcrest Mall

The Fall of '79 heralds the return to more sophisticated, sociable clothes. Shape is decidedly the signature for the coming season. Distinctive "Impressions" will be made at Hillcrest Mall's Fall Fashion Show, October 4, 5, 6 in the Mall's Centre Court.
"High spiked heels, narrow skirts with definite shorter hemlines have caused this to be called the 'Year of the Leg', as feel will be liberated from boots and legs will be adorned in exciting leg-wear innovations and beautiful shoes," says Pamela Eves-Chesboro, Fashion Director for the Toronto Eaton Centre.
Pamela, the guest commentator for Hillcrest's show, also states that "Designers have been inspired to create realistically for today's women.
True fashion chic readily describes the mood of the day which brings about a definite division of daytime and nighttime dressing".
With 46 per cent of Canadian women now working, the suit is making a leadership statement for daytime dressing.
Smart coats and knits will also be fashion leaders.
For the evening, the return of glamour and femininity is the predominant mood.
Another definite statement in the show will be Black, standing powerfully alone or as an important mixer for brights. Black will appear everywhere in quiet moods, such as carved jackets, coats, jersey chemise dress or Chanel-inspired suits.
The "Impressions" fashion show, which promises to be exciting, informative and entertaining is being coordinated by Wanda Colton with music programmed and played by Audiotrend. The show begins at 7 p.m. on Thursday and Friday evenings, and at 1 p.m. on Saturday.
Fashion in the '70's certainly departed from reality. Hopefully the '80's will come to terms with today's modern lifestyle, at Hillcrest Mall, on Yonge Street.

TRAVEL: Napoleon's home Malmaison is posh, elegant and powerful

By JOHN KERNAGHAN
RUEIL-MALMAISON, FRANCE. — How many husbands would excuse excesses such as the purchase of a 650-acre estate on a whim, or stretching the then-housekeeping money to fill closets with 600 dresses, 400 pairs of shoes and 200 pairs of gloves? But then how many husbands were as exceptional as Josephine's Napoleon Bonaparte?
The Chateau de Malmaison, in this district just kilometres from Paris proper, bears mute witness to their remarkable 13-year marriage and figures as a backdrop in Napoleon's meteoric rise and fall from power and grace. Josephine, born Marie-Joseph-Rose Tascher de la Pagerie, arranged the purchase of the then-modest chateau in 1799 for 325,000 francs while her husband was off conducting his Egyptian and Syrian campaigns. Even without knowing if Napoleon had survived the expedition and undaunted by her own empty coffers, she committed her husband to the price.
Fortunately, a November 1799 coup d'etat gave Bonaparte the position as First Consul of the Republic and he was able to honor his wife's commitment.
Now, thankfully saved and refurbished due to private and government funds, Malmaison museum proves the ideal tour for one wanting to walk in the footsteps of the little general.

When we toured the chateau, the images of Napoleon and Josephine were sharply drawn by an enthusiastic tour director whose Gaulish shrugs and gesticulations compensated for a dismal ignorance of French nomenclature.
Indeed, the ebullient host mimicked the famous Napoleon pose, hand firmly thrust in his museum tunic, and advised his audience that the gesture was actually a painful one as Napoleon suffered from stomach pains and in fact died of cancer of the stomach.
That grave vignette was lightened though, as our guide rolled his eyes and lent a roguish edge to his voice as he confided that Josephine had committed other than monetary indiscretions at Malmaison.
Our interpreter noted that it was ironic that the very garden where Josephine met visiting gentlemen for amorous trysts is now famous as a backdrop for wedding photos.
Those sidelights aside the chateau's rooms fairly reek of elegance and power, the like of which the world will probably never observe again.
If the structure had humble beginnings as a mere barn on the abbey lands of St. Denis and an early, grisly history as a shelter for lepers, the period from 1799 to 1804 (before Napoleon's court moved to larger, even more opulent residences) saw it flower as did Bonaparte's fortunes.
The rather plain building was adorned with columns, arcades and mural paintings

inspired by Greco-Roman antiquity, and the heightened activity of hunting parties, balls, plays and the constant procession of advisors to the Emperor's quarters was in bold counterpoint to its former role as a home for invalids.
While one can vividly imagine the gaiety of the music room, where Josephine's daughter Hortense, an accomplished composer, labored at her piano, and conjured up splendid notions of refined dinner parties over the solid silver, gold-plated service, there's a severity to Bonaparte's rooms befitting a brilliant, intense man.
As you walk the 13-acre site the final, sad scene in Napoleon and Josephine's love affair is embossed on the mind. Bonaparte, arms linked behind his back, wanders the paths mourning her death and preparing to leave his family. He is there during the Hundred Days and after he has been vanquished and has abdicated for the second time. Only the Isle of Elba and banishment from France remained.
Chateau de Malmaison is accessible by underground and bus from Paris. The museum is open every day except Tuesday and holidays.