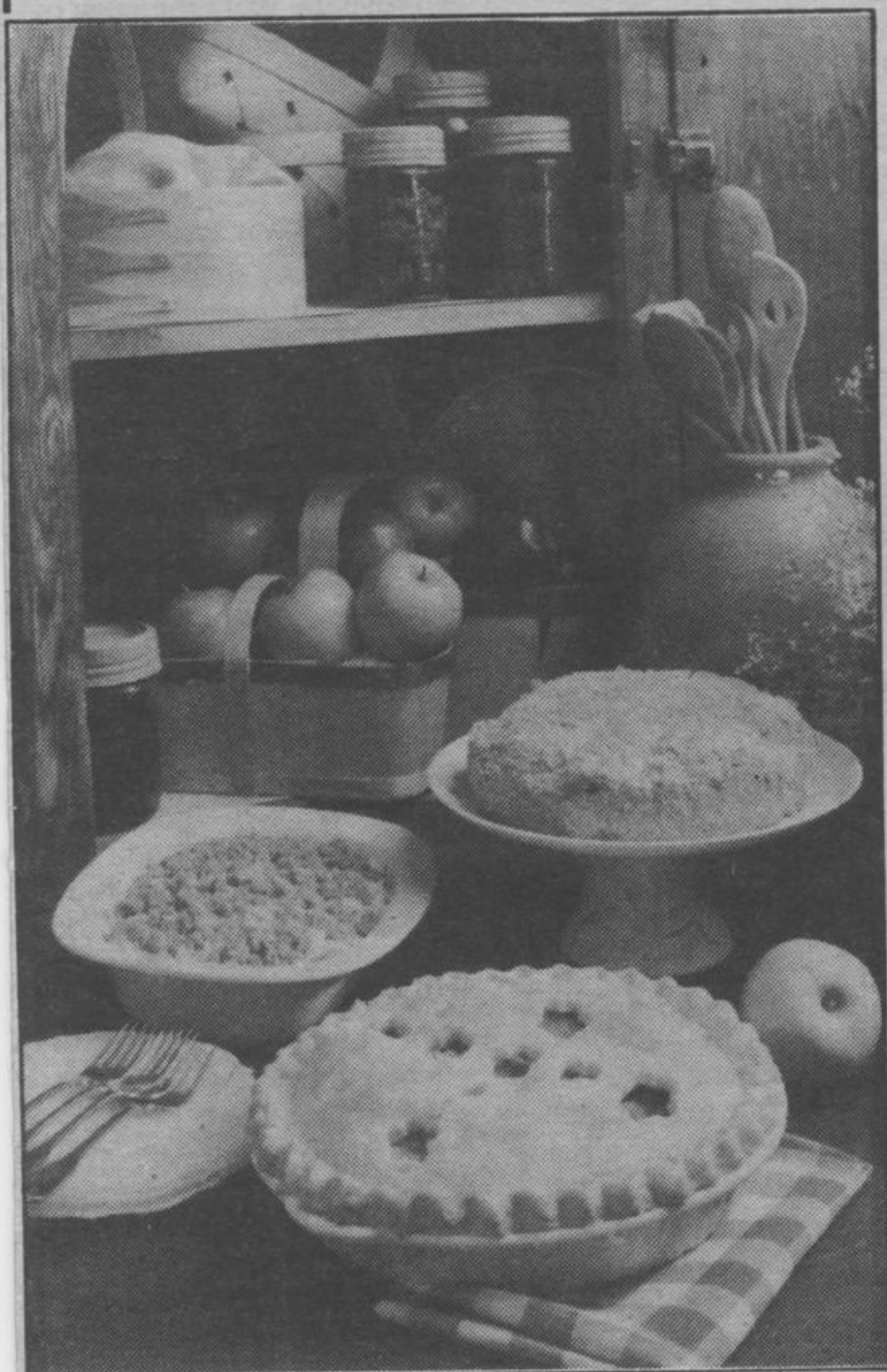


## A is for Apple

### B is for Best Apple Desserts



Since Canada's first settlers planted apple trees in the early 1800's, this fruit has played a major role in Canada's culinary heritage.

Each fall, another harvest of Red Delicious, McIntosh, Spartan, Northern Spy, Golden Delicious and Cortland apples prompts homemakers across the country to present their families with a wide array of home baked apple desserts ranging from apple dumplings to apple sauce to everyone's favorite apple pie.

What better way to pay tribute to this true Canadian classic fruit than with a sampling of traditional apple recipes? All Canadian Apple Pie, Easy Apple Crisp and Autumn Apple Spice Cake are three such creations from the Krona Kitchen, all reminiscent of those treasured recipes that have been in the family for generations. Each one is delicious, easy to make and best tasting when served warm from the oven. Even better, most ingredients are probably stocked in every kitchen pantry.

Krona continues to draw praise as a preferred ingredient in all types of baking. Even guarded family favorites are enhanced by its buttery taste — yet more reasonable price.

The following recipes reflect the tried and trusted quality offered in the Krona Kitchen's Fine Times and Festive Days recipe booklet. Complimentary copies are available by writing:

Krona Kitchen  
80 Bloor Street West  
Toronto, Ontario  
M5S 2V1

**All Canadian Apple Pie**  
Lemon and orange rind add flavour to this tangy filling with a light and flaky crust.

**Pastry:**  
1 cup Krona margarine (250 ml)  
3 cups all purpose flour (750 ml)  
1 large egg, beaten  
1 tbsp. lemon juice (15 ml)  
3 tbsp. cold water (40 ml)

**Filling:**  
5-6 Spy Apples  
½ cup granulated sugar

½ cup brown sugar (125 ml)  
1 tbsp. flour (15 ml)  
¼ tsp. nutmeg (1 ml)  
1 tsp. cinnamon (5 ml)  
grated rind of ½ lemon  
grated rind of ½ orange  
1 tbsp. orange juice (15 ml)  
1 tbsp. Krona margarine (15 ml)

#### To Make Pastry:

Rub Krona into flour until mixture resembles fine breadcrumbs. Mix together egg, lemon juice and cold water. Sprinkle over flour mixture. Combine together and knead gently until mixture forms a ball. Divide into two. Wrap and refrigerate for 30 minutes. On floured board roll out half pastry and fit into a 9" (23 cm) pie plate with a removable base.

#### To Make Filling:

Peel, core and slice apples. Combine granulated sugar, brown sugar, flour, nutmeg, cinnamon and grated rinds. Cover bottom of pastry shell with sliced apples and sprinkle with sugar mixture. Repeat layers until pie shell is filled. Sprinkle with orange juice. Dot with Krona.

Roll out remaining pastry and fit over apples. Trim and crimp edges together. Make two vents in centre of pie to allow steam to escape. Bake at 425 degrees F (220 degrees C) for 10 minutes. Lower heat to 375 degrees (190 degrees C) and bake for a further 35-40 minutes or until crust turns golden and juice is bubbling.

Makes 8 servings.

#### Easy Apple Crisp

An easy dessert that families love. You can use granola instead of oats, but regardless, both are delicious topped with vanilla ice cream.

**Filling:**  
5 Spy or Golden Delicious Apples  
juice of ½ lemon  
¼ cup granulated sugar  
**Crisp:**  
1 cup all purpose flour (250 ml)  
½ cup oats (125 ml)  
½ cup brown sugar (125 ml)  
½ cup Krona (125 ml)

#### To Make Filling:

Mix sugar with apples and sprinkle with lemon juice. Spoon into 12" (30 cm) greased gratin dish.

#### To Make Crisp:

Mix flour, oats and sugar together. Rub in Krona until mixture resembles coarse meal. Scatter over apple mixture. Bake at 375 degrees for 35 minutes.

Makes 8 servings.

#### Autumn Apple Spice Cake

A not too sweet treat. Great for teatime, brunch, midnight snacks ... or anytime.

#### Cake Base:

¼ cup Krona margarine (50 ml)  
½ cup granulated sugar (75 ml)  
1 egg  
1½ cups all purpose flour (375 ml)  
1 tsp. baking powder (5 ml)  
1 tsp. cinnamon (5 ml)  
½ tsp. nutmeg (2 ml)

#### Filling:

8 McIntosh Apples  
½ cup granulated sugar  
2 tbsp. lemon juice  
2 tbsp. Krona margarine  
**Topping:**  
½ cup all purpose flour (125 ml)

#### Cake:

In a food processor, or by hand, mix together Krona, sugar, egg, flour, baking powder, cinnamon and nutmeg. Press ¾ of dough into an 8" (20 cm) springform pan. (This will be a thin layer).

#### Filling:

Peel, core and slice apples. Layer apples over dough. Sprinkle with sugar. Pour over lemon juice and dot with Krona. Add flour to remaining dough. The mixture will be crumbly. Sprinkle on top of apples. Bake at 350 degrees for 1 hour.

Makes 8 servings.



HEART  
AND STROKE  
FOUNDATION  
OF ONTARIO

VOTE  
**Mary  
Cashmore**

for  
**Town Councillor**

- community minded
- interested
- willing, able and ready to work for Terrace Bay

**CASHMORE, Mary**



## Infant Nutrition

### Good Foods for Teething Babies

Around 6 to 8 months, your baby will probably start to teethe. But even before the first tiny white teeth break through those pink gums, you can prepare the way to help ensure those first baby teeth and later permanent ones will be strong and healthy.

Babies chew with their gums and can become expert at it long before their first tooth appears. Anything they can manoeuvre into their mouths - fingers, toes, toys - is an opportunity for them to practice their chewing skills. So it's important that they be given foods that help them develop the chewing habit early.

A teething biscuit will encourage baby to chew. It also allows him to sample the exciting experience of feeding himself. As he happily grasps his new treat and then puts it into his mouth in triumph, you're watching one of the first steps towards independence.

#### Chunky Foods

Baby's gums will continue to harden through the next few months. Most pediatricians consider 6 to 8 months the "sensitive learning period" for chewing and feeding and delay of introduction of lumps of food beyond this stage may result in later feeding "difficulties". Around this time you should move from strained foods and begin to offer chunkier food. Commercially prepared "junior foods" are the right texture for this stage of growth. Pieces are large enough to chew yet small enough to be digestible if swallowed whole.

Your baby may be suspicious of this chunky new food at first but you can introduce it gradually by mixing it with strained food for a few days.

At nine months you can give your infant finger foods such as plain dried bread, pieces of soft cooked carrot or banana. Sometimes teething pain can affect your baby's appetite, so don't be alarmed if he occasionally turns down your attempts to feed him. Teething biscuits or a teething ring may soothe him.

Calcium intake is always important for infants but especially when teeth are forming. So make sure your baby continues to have plenty of milk during

the teething stage. To protect the newly forming teeth, never prop him up with a bottle or give him a bedtime bottle containing milk or juice or any drink containing sugar. It will promote tooth decay.

Raw carrot and celery sticks, for instance, should not be given before your baby is over four years of age, according to Dr. David Kenny, Dentist-in-Chief at Toronto's Hospital for Sick Children. "They are not acceptable as a teething finger food, the child uses the incisor teeth to nibble off pieces that can be inhaled while walking about or playing," says Dr. Kenny in an article which appears in a recent issue of "In Touch" published by the Infant Nutrition Institute.

#### Prevent Choking

To prevent choking, Dr. Kenny also advises offering finger (teething) foods only when the child is seated in an upright position if the child is under two years old; and only feeding when an adult is present. He cautions against serving peanut butter "on its own" as it could stick to the child's vocal cords. "Always put peanut

butter on bread or toast." Do not feed children nuts or wieners as they are the major causes of choking for one and two year olds. "In fact," says Dr. Kenny, "it may be prudent to tell siblings or other youngsters not to feed a baby anything unless an adult is present."

While your baby's hand-

some new tooth might prompt you to offer him a variety of finger foods, it's safer to limit them to the ones that minimize the risk of choking.

For more information on infant feeding, write to the Heinz Baby Nutrition Centre, 250 Bloor St. E., Toronto, M4W 1G1.

## Unicef

continued from page 7

your coins ready for the trick-or-treaters and their UNICEF boxes, and you will be helping UNICEF supply basic education around the world.

UNICEF brings education and literacy to children and mothers by helping governments print textbooks, build classrooms and train teachers. UNICEF is particularly interested in closing the gap between female and male education statistics. It recognizes that a mother who can read is in a much better position to care for and teach her children than is an illiterate mother.

When you see a Canadian school child at your door with a UNICEF box on Hallowe'en, please be

generous - you are helping to bring schooling to another child in the Third World.

### UNICEF FIGHTS CHILDHOOD DISEASES.

By putting coins into trick-or-treaters' UNICEF boxes on Hallowe'en, you are helping UNICEF fight the six biggest child killers in the world: polio, measles, whooping cough, tetanus and tuberculosis. To-day most of these diseases are only a bad memory in the developed world, but in the Third World Nations they remain a major threat to child survival. You can give a child a to-morrow by helping UNICEF fight communicable diseases. It is as easy as trick-or-treat.



**Perth's**

**DRYCLEANING SERVICES**  
PHOTO PRINTS - TERRACE BAY  
TRAVEL REST - SCHREIBER

## Fabulous Fall Savings

October 14 to October 27

<b>Sleeping Bags</b>	- \$5.49	Reg. \$7.75
<b>Bedspreads</b>	- \$4.99	Reg. \$6.00
<b>Heavy Winter Coats &amp; Parkas</b>	- \$5.99	Reg. \$7.75
<b>Blankets</b>	- \$2.49	Reg. \$4.45

PHOTO PRINTS - Simcoe Plaza, Terrace Bay  
TRAVEL REST - Highway 17, Schreiber

825-3776

824-2617

## Tender Call

### Medical Heliport

### Geraldton District Hospital Geraldton, Ontario

Sealed tenders, delivered to the undersigned at Geraldton, Ontario will be received until 1500 hours, local time, Wednesday, October 30, 1985, for the construction of a Medical Heliport.

Copies of drawings and specifications prepared by:

BALDWIN, HERST, PETERSMEYER, ARCHITECTS  
1314 Ellice Avenue  
Winnipeg, Manitoba  
R3G 0E9  
204/786-7564

will be available from Geraldton District Hospital by Tuesday, October 15, 1985.

The lowest or any tender will not necessarily be accepted.

MR. J.O. EVANS  
Administrator  
Geraldton District Hospital  
Geraldton, Ontario  
POT 1M0