

Republic Home Economics

GOOD for LIFE

PACIFIC NORTHWEST APPLES



Bring in Your 'Red' Apples

CLIC RELANDER

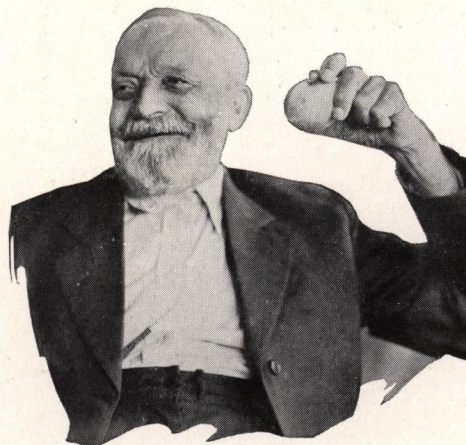


FOR YOUTH

PACIFIC NORTHWEST APPLES

Recipes for the Fruit Salad Bowl, Bermuda Salad Bowl, Orange-Apple Salad, Apple and Peanut Salad, Cranberry Ring With Waldorf Salad, Apple and Celery Root, Molded Waldorf Salad, Children's Luncheon Salad, Apple and Salmon and menus for the Family Luncheon, Summer Luncheon and Thanksgiving Dinner are from Sunset Magazine's Salad Book and are copyrighted by the Lane Publishing Company. Acknowledgment also is made to Washington State College, Oregon University, Minnesota University and the numerous individuals who suggested material from which the text was prepared and who contributed recipes and pictures.

FOR AGE



GOOD for LIFE

...

THE NORTHERN PACIFIC'S
BOOK ABOUT PACIFIC
NORTHWEST APPLES—IN-
CLUDING RECIPES AND
OTHER SUGGESTIONS FOR
USE OF APPLES.

FIFTY YEARS OF SERVICE



Quality of Pacific Northwest Fruits is Protected Enroute by Refrigerator Cars

Nearly 50 Years Ago the Northern Pacific Railway Hauled the First Carload of Apples Shipped From Washington's Yakima Valley

Every Year Our Perishable Freight Service Delivers Thousands of Carloads of Fresh, Crisp Apples to the Nation's Markets

DEPENDABLE, FAST SERVICE

R. W. Clark, General Traffic Manager St. Paul, Minn.
 L. R. Capron, Freight Traffic Manager..... St. Paul, Minn.
 E. E. Nelson, Passenger Traffic Manager..... St. Paul, Minn.
 J. L. Burnham, Western Traffic Manager..... Seattle, Wash.
 W. A. Hein, General Perishable Freight Agent..... St. Paul, Minn.
 C. H. Goodhue, Manager, Mail, Baggage & Express..... St. Paul, Minn.
 J. W. Haw, Director, Department of Agricultural Development.... St. Paul, Minn.

OFFICES IN MANY CITIES

THE NORTHERN PACIFIC RAILWAY
 FIRST OF THE NORTHERN TRANSCONTINENTALS

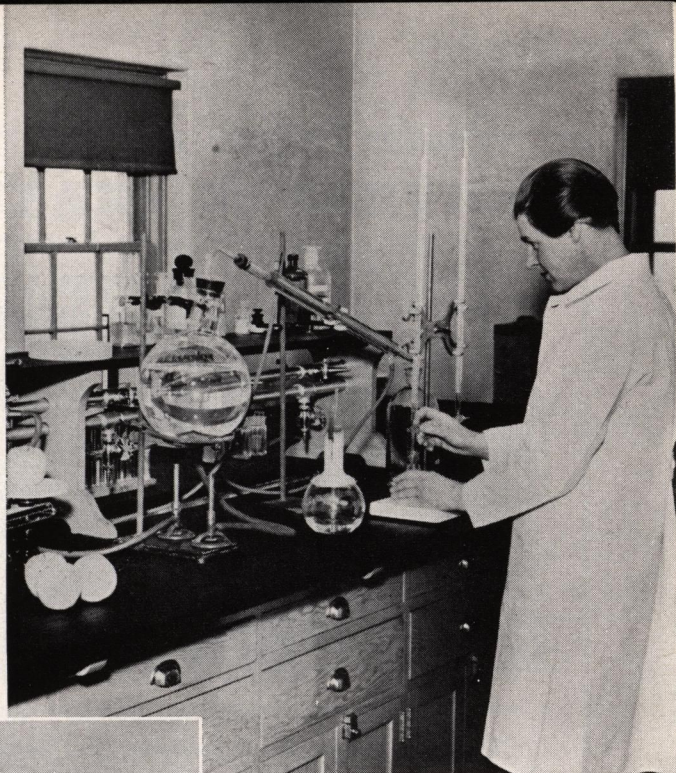
Apples Before History

The apple antedates history. Its charred remains have been found on the site of Europe's prehistoric Lake Dwellings and it is accurately represented in some of the earliest stone carvings. The common apple appears in the mythology, tradition, history and archaeology of the most ancient nations. Reference is made to it in the Bible, Code of Menu, Book of the Dead and others. It is mentioned in the annals of early China, Babylon and Egypt. Caesar must have been an apple grower, for the Romans cultivated the apple. They introduced it into Britain.

Historians do not agree as to origin of the apple. One group claims Higher Asia, another Asia Minor, while apples apparently native to the American Continent grew here centuries ago. The crab apple of Europe is the parent of many of the present varieties.

Apple cultivation in this country began almost with settlement of the Colonies. A Colonial governor traded 200 acres of land for a commercial planting of 500 apple trees in 1648. North America has become by far the leading apple growing country. Commercial production in the Pacific Northwest was pioneered in the 1880's. Already there were large orchards in the East and some in California, but after the first commercial plantings in the Yakima valley of Washington about 1888, the state began to gain prestige as a fruit region. By 1900 the Yakima valley had 3,000 acres in apple orchards but in the next eight years plantings increased tremendously. Today the Pacific Northwest is the most important apple growing section both in volume and quality of fruit. Nowhere else in the country have scientific horticultural methods been more diligently followed.

This laboratory scene at Washington State College typifies attention scientists all over the world have given to determining the food and health value of apples—a good source of vitamins, minerals and carbohydrates—a vital part of the menu.



Speaking of Health

In recent years scientists all over the world have been heaping attention on the apple. They have used the guinea pig to demonstrate the vitamin potency of this fruit. A guinea pig getting his vitamin C from a daily slice of apple grows and thrives, keeps up his interest in life. His next door neighbor who receives the same diet except that the apple slice is omitted becomes listless, goes down hill and finally is the victim of complicated disorder induced by nutritional deficiency. Washington State college and Oregon university have been prominent in establishing and confirming much of the newer knowledge on apples from a nutrition and health standpoint and the place of this food in the family diet.

Vitamins are as abundant in apples as in most other fruits and are present in greater amount than in some fruits. Apples are a reliable source particularly of vitamins A and C, the former necessary to growth and general good health. The necessity of vitamin C to prevent various organic complications is imperative. Four-fifths of the ripe fruit is water and one-fifth consists of solids. Fifteen per cent of the apple is comprised of nutritive materials. Much of this is sugar. Sugar and acids in the fruit are ready for immediate absorption and supply the body with nutrition in the most easily available form.

The apple compares favorably with most other fruits in content of minerals and is of value in the diet as an aid in meeting the daily requirements for calcium, phos-

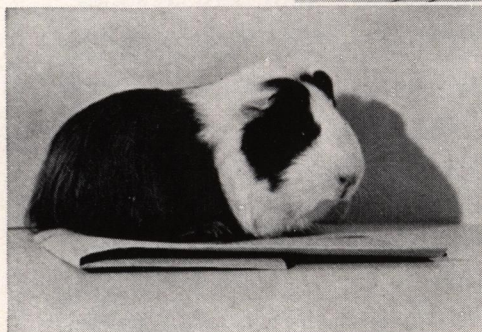
phorus, magnesium, manganese, copper and iron.

Nature wraps apples in a protective covering which she colors attractively. When eaten unpeeled they are of more value from a nutrition viewpoint than those peeled. Pectin stimulates intestinal activity as do the acids, and the whole combination in the apple aids in the motility of the foods through the digestive tract.

In the light of present knowledge, we now may say, "Eat many apples a day to take the poisons away." In practice today that is what physicians who understand apples prescribe them to do. Increasing numbers of doctors on this continent and in the Old World are advising apples in specific cases for their preventative and curative values. Babies, even only a few weeks old, who receive scraped raw apple or apple powder daily are more robust and experience less of the troubles frequent in infants.

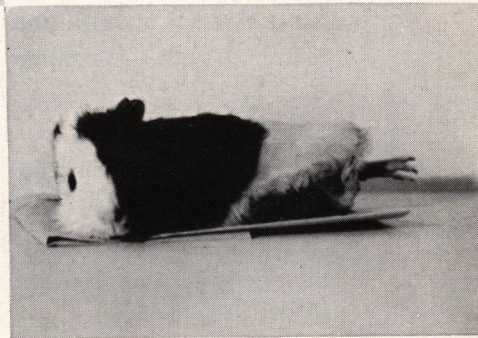
Uncooked, ripe apples, eaten at night before retiring, are one of the oldest of beauty and health prescriptions for toning up the system. They mechanically and chemically clean the teeth, protect them from bacterial ravages at night when the most damage is done. They stimulate the gums.

Too often this fruit is overlooked. It deserves a regular place on the housewife's buying list and recognition in the budget not as a luxury but as a basic, necessary food.



Guinea pigs have demonstrated the vitamin potency of apples. The pig at the left received a balanced ration and his vitamin C was supplied by a daily portion of apple. He thrived on this diet.

The pig at the right got the same ration, except the apple was omitted. He soon was a victim of nutritional disorder caused by absence or inadequate amount of vitamin C. He was too weak to sit up for the photographer.



Northwest Apples are Superior

Pacific Northwest apples have no superior. Humans are prone to acquire and retain regional prejudices and preferences. As we look back on childhood, we now yearningly recall some apples that were native to our birthplace and that we ate with great relish. We frequently talk about the quality of the apples that in our childhood were brought up nightly from the barrel in the cellar. We fail to take into account the jaded character of our appetite today as compared with that of our childhood. Intervening years have magnified the flavor and juiciness of that apple, which may have been a variety whose name we do not now recall—which has become obscure in the parade of advancing horticultural science, the selection and improvement for superior varieties. If it were possible to compare today that apple of yesterday with the choice varieties grown in the Pacific Northwest, the superior quality—size, color and flavor—of the western product would readily be apparent.

Other growers cannot produce an apple

that is really comparable in quality. They depend on uncertain natural rainfall while the western fruit man has irrigation, a dependable, adequate supply giving uninterrupted leaf action making for high sugar content and consequently high flavor. There are few cloudy days in summer in western valleys. They have a preponderance of sunshine. The frequently depleted soils of other sections do not compare as a plant food source with the rich volcanic ash soils of western irrigated valleys. Coupled with the practice, universal in the area, of thinning the number of apples on each fruit spur, abundant sunshine and rich soils give remarkable color and size. To grow the best apples, cool nights also are an aid. The Pacific Northwest always has cool refreshing nights. It has, therefore, a greater share of the requisites for flavor, size, color and nutritive values in apples than have other sections.

Western apple men pioneered the boxed, graded pack. No others have been able successfully to duplicate the high standard

Trained workers in fresh uniforms, wearing clean cloth gloves, wrap each Northwest apple in tissue before packing carefully in a box. No bruised, blemished or ill-shaped fruit is included.



and uniformity of the western pack. Other growers cannot under their conditions equal the color and finish of the western fruit nor can they compete as to size. Some lay claim to producing an apple with finer cellulose structure and more dividing walls separating the juice cells, factors which they say give their product greater keeping quality as compared with western fruit. There is no research which proves that point and many unbiased judges do not subscribe to it.

Western apples stand up, retain their crispness and firmness of flesh. The growers and shippers have invested hundreds of thousands of dollars in modern storage facilities and are meticulous in their care that apples are stored at temperatures which will hold that quality. Graded and packed in the storage houses, these apples go immediately to refrigerator cars as they are moved into consumer channels. They come to the jobber or retailer in good condition.

Apples from irrigated orchards do not contain an excess of moisture. Scientific research substantiates that statement.

Methods of applying the water to orchards have been so perfected that best results are obtained.

Pacific Northwest boxed apples are clean. They are washed carefully before being packed and each apple is wrapped in paper. Those who pick and pack these apples wear clean white gloves and work under supervision of federal inspectors. The fruit is ready to eat when you remove it from its tissue and is not bruised, diseased, wormy or ill-shaped. Growers are untiring in their attention to orchard care, gathering and handling the fruit.

The growers are specialists, the average one confining his attention to one or two commercial varieties. Their workmen are trained. Pickers, for example, earn their right to work after careful training. They use canvas bags to carry the apples in and not pails or buckets which would bruise the fruit.

There are no violent fluctuations from year to year in volume of the Pacific Northwest apple crop. Neither is there variation in the high quality. Buyers continually can depend on a satisfactory supply.

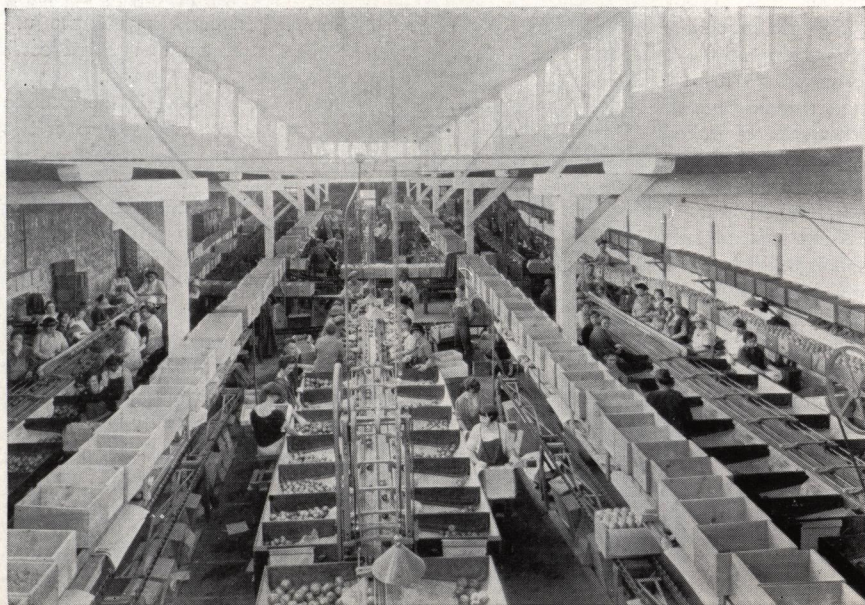


Northwest apples are scrubbed in special washing machines before they are packed for shipping. They come to you clean and ready to use.

Things to Know When Buying Apples

Northwest apples are packed in boxes, the standard box having a cubic capacity of one bushel. The number of apples in a box depends on their size but commonly will run from 48 to 188. There are three grades in the boxed product; the extra fancy, being the acme of quality and including only apples of the highest color and free from blemishes; the fancy, nearly the same as the extra fancy, except that slight minor blemishes may be found occasionally; C grade, put up especially for trade wanting a low-priced apple. Many of the C's are used for cooking and baking. The number in each box, indicating the size, is stamped on the outside along with the grade and name and address of the packer or shipper. All apples in a box are the same size.

Modern machinery in large packing plants washes, dries and sorts choice kinds of apples. Storage facilities keep them cool and crisp, ready for delivery to your retailer in first class condition.



The housewife with large family should purchase apples by the box, since it is more economical. However, many apples are bought by the pound or the dozen and this is satisfactory when one sees the original package they come from. Even when purchased in small lots they should not be considered a luxury because, from the standpoint of nutritive and health values, apples are a standard food for daily use.

Kept in the household refrigerator, apples retain their crispness and do not get mealy. This is the best place for them until they are used. A cool apple is much more appetizing than a warm one. The retailer should be expected to furnish customers with firm, juicy apples, fresh out of cool storage only a few hours.

A Few Choice Kinds

While hundreds of varieties of apples are grown in this country, the housewife may narrow her choice to a few of the best and get what she needs for serving raw and cooked. Fresh apples are available nearly the whole year 'round from Northwest states.

The **Winesap** is one of the most useful. It is about medium size, roundish and is bright, deep red to purplish red, smooth and glossy. The flesh is tinged with yellow veins, juicy, slightly tart. It is a good keeper and suited equally well for eating "out of hand" and for baking and other cooking purposes. Its season is December to June.

The modern apple de luxe is the **Delicious**—causing more favorable comment than any other variety. The Northwest Delicious is practically perfect. Its bright red color overwashes a deep yellow. There are Delicious sports running to the deep red. The variety is better for eating than for cooking. Normally its season is October to December, but with cold storage it is good much longer. The Delicious is elongated and has five knob-like points projecting around the blossom end. The flesh is mildly sweet, crisp, juicy, with a wine-like aroma. The Yellow Delicious is a yellow variety of high quality, but is grown in limited amount.

Rich red overlaying a straw-colored background, creamy whiteness within, the **Jonathan** reaches perfection in the Pacific Northwest. Sometimes it is called the Halloween apple because the peak commercial movement occurs thereabouts. For the breakfast table and all-purpose use it has few competitors of equal or greater popularity from fall to early winter.

Of all the apples, the **Yellow Newtown** is the one for use, with ordinary cool storage, from January to April. With storage near 32 degrees Fahrenheit, its season is prolonged to July. "The Autocrat of the

breakfast table," the Newtown is excellent as a dessert or for culinary purposes where fine quality is appreciated—in salads, baked apples, pies. It has a distinctive flavor. The fruit is medium to large, slightly obtuse, uniform in color, being bright yellow when ripe.

The "baked apple supreme" is the **Rome Beauty**. It holds its shape and maintains a pleasing appetite appeal when baked. It is round, runs to large sizes, is juicy, mildly acid, fine-grained and aromatic. It is yellow or green mottled with bright red and striped with carmine. The season is December to April. It is only fair for eating uncooked.

For decorative purposes **Arkansas Black** easily leads the list due to its waxy mahogany blackness and symmetric beauty. For salads and other table uses, uncooked, it finds a place, does not quickly discolor when peeled. Good for all purposes but should not be used before February.

The **Stayman** is a variety of Winesap attaining much popularity as an all-purpose fruit. The skin is smooth, somewhat thick, nearly covered with dull, mixed red color indistinctly striped with carmine and often has light grey or russet dots. It is best from December to February.

The **Spitzenberg** is strawberry red, slightly elongated, flesh showing a rich yellow tinge as it matures, crisp, juicy, somewhat tart, desirable for all purposes. It is good from November to March and later if intelligently handled.

The **McIntosh Red** belongs to the snow apple family, having the same whiteness and crispness but is a little larger and somewhat redder. Many people consider it an excellent apple for eating out of hand and it is good, with proper storage, up until the first of the year.

For the Meal Planner

No other fruit presents to the housewife or the dietitian such wide opportunity for its use in pleasing menus as does the apple. It may take its place admirably in several ways—as a zestful appetizer, as an accessory to the meat course, as a component of the most important part of the dinner or as a satisfying dessert.

Apples are nutritious and healthful. Nature gives great care to building the apple and in the long days it hangs in the sun she packs it full of vitamins, minerals, carbohydrates in the form of sugar, and beneficial acids.

Apples as they come from the tree, ripe

and juicy, are ready to eat. They have maintained their standing as the foremost table use either uncooked or cooked. Apples have color appeal which is useful in meal planning. They are appropriate in the crisp, zippy salads and, as apple pie—well, apple pie still holds its place at the top of the dessert list.

We have tried in this book to give a few of the best recipes which will suggest apple dishes exactly to fit various menus and occasions. Also we have told a story about Northwest apples which we hope has held your interest.



Northwest soils, water supplies, climate and sunshine combined with enlightened methods of culture produce apples of high color, flavor, size and general quality.

Apples the Year 'Round

Variety	Eating Quality	Cooking Quality	Months for Using		Flavor	Size	Color
			Common Cool Storage	Cold Storage Will Include			
Gravenstein	Good	Good	Aug., Sept.	Oct.	Juicy, Crisp	72-150	Red, Yellow Striped
White Winter Pearmain	Good	Fair	Sept., Oct., Nov.	Dec., Jan., Feb.	Old Wine Bouquet, Crisp, Tart	72-140	Green to Yellow
McIntosh Red	Excellent	Fair	Sept., Oct.	Nov., Dec.	Pleasant, Juicy	112-200	Bright Red
Golden Delicious	Excellent	Fair	Oct., Nov., Dec.	Jan., Feb.	Mild, Juicy, Crisp	72-138	Yellow to Golden
Jonathan	Excellent	Good	Oct., Nov.	Dec., Jan.	Mild, Juicy, Crisp	96-225	Rich Red over Straw Color
Spitzenburg	Excellent	Good	Nov., Dec., Jan.	Feb., Mar.	Spicy, Crisp, Sub-acid, Rich, Juicy	80-150	Strawberry Red
Delicious and Red Sports	Excellent	Fair	Nov., Dec., Jan.	Feb., Mar., April	Mildly Sweet, Juicy, Wine-like Aroma	72-140	Striped Red to Red
Ortley	Excellent	Good	Dec., Jan.	Feb., Mar.	Mild, Juicy, Sub-Acid	80-150	Golden Yellow
Stayman	Excellent	Fair	Dec. Jan.	Feb., Mar.	Pleasantly Tart, Juicy	96-175	Mixed Red Striped
Rome Beauty	Fair	Excellent	Dec., Jan.	Feb., Mar., April	Pleasant, Mildly Acid	72-165	Yellow-Red Mottled
Newtown	Excellent	Good	Jan., Feb., Mar., April	May, June	Very Juicy, Tart, Crisp	80-200	Bright Yellow
Winesap	Good	Good	Jan., Feb., Mar., April	May, June	Slightly Tart, Juicy, Crisp	128-225	Bright Deep Red, Glossy
Arkansas Black	Fair	Good	Feb., Mar., April	May, June	Moderate	72-165	Mahogany, Waxy



This view across a part of Washington's amazingly rich and productive Yakima valley illustrates how the thousands of acres of orchards cover fertile benchlands, slopes and valley floors in Pacific Northwest irrigated sections. From this favored spot in the West come, year after year, some of the best apples, with superior flavor, size, color and crispness, that reach the large consumer trade at home and abroad. In this picture you witness a section of the world's greatest commercial apple growing region.

Salads

APPLE AND GRAPEFRUIT SALAD

Red Apples

Grapefruit sections

Arrange on a lettuce leaf, grapefruit sections, skin and membrane removed, alternating with thin sliced sections of unpeeled apples. Just before serving, pour on the following dressing.

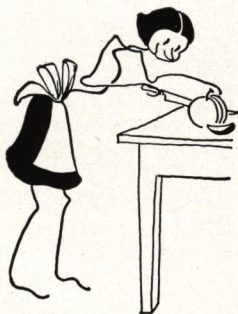
10 tablespoonfuls of sugar	1 onion, grated
1 teaspoonful of mustard	1 cupful of oil
1 teaspoonful of salt	1½ cupfuls of vinegar
1 tablespoonful of celery seed	

Beat the first five ingredients about 20 minutes. Add the vinegar slowly. Last, add the celery seed.

BAKED APPLE SALAD

Bake well-flavored, tart apples until thoroughly done. Stuff the centers with nuts, diced celery, chopped cabbage. Serve on lettuce leaf, with salad dressing.

SUNSET MAGAZINE © LANE PUBLISHING COMPANY



When preparing apples for salad, use red or deep yellow-skinned ones. Cut round and round to the core, then lengthwise. This makes tiny squares or strips, and the peel adds color to the salad.



This bowl salad separates the fruits against a background of greens. Serve each person a portion of each fruit. Pass sweet French dressing made with lemon juice. See recipe on page 17.

CHILDREN'S LUNCHEON SALAD

2 large apples, diced
2 carrots, grated
½ cupful of raisins

¼ cupful of walnut meats
2 tablespoonfuls of sugar
2 tablespoonfuls of malted milk

Mix, add mayonnaise to moisten and serve on shredded lettuce. Serves four.

APPLE AND CELERY ROOT

For a hearty winter luncheon or supper, serving six or more, combine

1 cupful of diced raw apple
1 cupful of diced cooked celery root

1 cupful of diced grapefruit
½ cupful of chopped walnuts
1 cupful of diced orange

Mix lightly with a dressing made by stirring together

1 cupful of mayonnaise
½ cupful of grated American cheese

½ cupful of evaporated milk
Seasonings to taste

Serve in a bowl, or on a lettuce leaf on individual salad plates, sprinkling the top thickly with grated cheese.

BERMUDA SALAD BOWL

For each two persons to be served, allow 1 crisp, tart apple, 1 large orange and 2 slices of mild white onion. Peel the orange, cutting away all the white outer membrane, then cut into segments. Dice the apple and mince the onion, and add to the orange. Blend with well seasoned French dressing made pink with paprika, and serve in a lettuce-lined bowl.

APPLE-ORANGE SALAD

2 tart apples

3 stalks celery
Orange juice

Dice apples and celery, add a few broken walnut kernels and dress simply with orange juice and grated orange rind. Serve on lettuce.

Salads

FAMILY LUNCHEON

Celery Root

Salad

Hot Biscuits

Orange Marmalade

Tea *Milk*

Chocolate

Pudding



Unpeeled apples are more nutritious than those that are peeled.

Salads

Dip apple sections in lemon juice and they will not discolor as quickly.

APPLE-PEANUT SALAD

2 cupfuls of diced apples
1 cupful of diced celery
1 tablespoonful of peanut butter
6 tablespoonfuls of lemon juice

Blend the peanut butter and lemon juice into a dressing; mix this with the apples and celery, add salt and pepper to taste and serve on lettuce garnished with salted peanuts. Serves 4 to 6. Children like this salad.

WALDORF SALAD

Mix 1 pint of diced apples, a half pint of chopped celery, and walnut meats broken into small pieces with boiled dressing. Serve in apple cups or on lettuce.

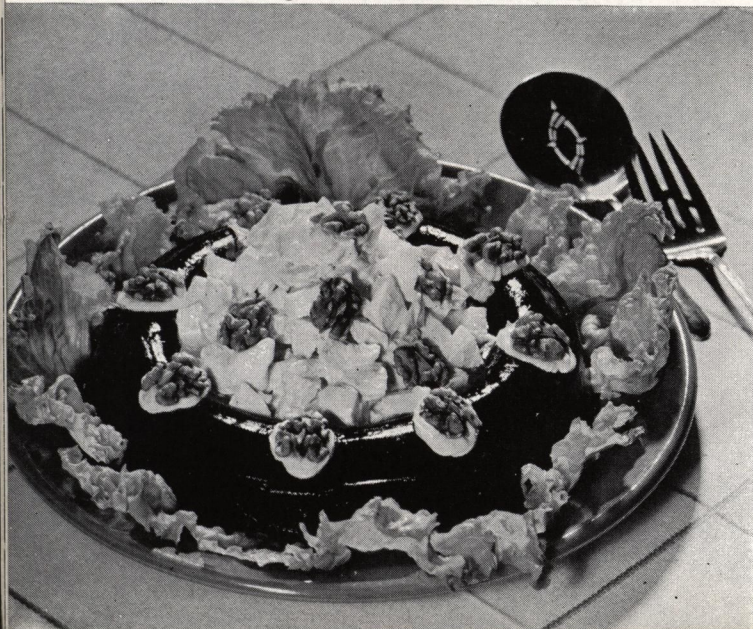
MOLDED WALDORF SALAD

Dissolve 1 package of lemon or lime flavored gelatine in 2 cupfuls of hot water. Chill until syrupy, then fold in 2 cupfuls of diced crisp, tart apples, 1 cupful of diced celery and $\frac{1}{2}$ cupful of chopped walnuts. Season with $\frac{1}{4}$ teaspoonful each of salt and paprika. Pour into a mold, chill and serve in slices or squares on lettuce, with cooked salad dressing or mayonnaise. Serves 8 or 10 persons.

SUMMER LUNCHEON

Fruit Salad Bowl
Fresh Orange Rolls
Hot or Iced Tea
Chocolate Cake with
Peppermint Icing

SUNSET MAGAZINE © LANE PUBLISHING COMPANY



An idea for simplifying holiday table service is this ring mold of cranberry jelly filled with Waldorf salad, garnished with halves of walnuts and crisp lettuce leaves. See recipe on page 17.

Salads

FRUIT SALAD BOWL

8 slices of red-skinned apple, unpeeled
2 bananas
4 crescents of avocado
4 semi-circles of pineapple
4 slices of orange
4 long fingers of cantaloupe
Watermelon balls
Perfect strawberries on their stems

Use a shallow flaring bowl, grouping each variety of fruit separately. This is a good assortment and serves four persons generously. Dip the cut apple, banana and avocado in lemon juice to prevent discoloration. On a bed of lettuce or chicory arrange the long fingers of banana and cantaloupe, then place around them the other fruits, sandwiching each orange slice between two slices of apple. Use the watermelon balls and strawberries for garnish. In serving, see that each person receives a portion of each kind of fruit. Pass sweetened French dressing or any other desired variety.

CRANBERRY RING WITH WALDORF SALAD

Cook together for 15 or 20 minutes, 4 cupfuls of cranberries and 2 cupfuls of water. Add 2 cupfuls of sugar and cook, stirring, until dissolved. Meanwhile soak 2 tablespoonfuls (2 envelopes) of granulated gelatine in $\frac{1}{2}$ cupful of cold water. Remove from stove and stir in the softened gelatine. Force through a coarse strainer if desired. Pour into a ring mold and chill until firm. This should fill a medium-sized mold to the brim. Unmold on a large plate and heap the center with Waldorf salad. Decorate the top with halves of walnuts, wreath the ring with crisp lettuce hearts or lacy green chicory leaves. Appropriate way to serve both cranberry jelly and salad at a holiday dinner. The plate should be passed at the table.



The New England colonists grew and used apples. A Colonial governor, in 1646, traded 200 acres of land for 500 apple trees.

THANKSGIVING DINNER

Clear Bouillon
Tiny Salted Wafers
Ripe and Green Olives
Pickles
Roast Turkey
Cornbread Stuffing
Giblet Gravy
Riced Potatoes
Buttered String Beans and Carrots
Hot Rolls
Butter
Cranberry Ring with Waldorf Salad
Individual Pumpkin Pies
Cheese
Coffee
Nuts and Raisins

Main Course Dishes

Add several apples, sliced, to soup when using carrots, cabbage, turnips or rutabagas. This will blend the vegetables and tone down any strong flavors.

APPLE RINGS

Make a syrup of water and sugar. Core the apples, but leave the skins on. Red skinned apples look best. Slice the apples in rings $\frac{3}{8}$ to $\frac{1}{2}$ inch thick, so they look like doughnuts. Red fruit coloring may be added to the syrup. Simmer the apple slices in this syrup until they are transparent. Garnish platter with the rings and serve with chops or roast in center.

APPLE FRITTERS

- | | |
|-----------------------------------|------------------------------|
| 1 $\frac{1}{2}$ cupfuls of flour | $\frac{3}{4}$ cupful of milk |
| 2 teaspoonfuls of baking powder | 1 egg |
| $\frac{1}{4}$ teaspoonful of salt | 2 tart apples, medium size |

Mix and sift the flour, baking powder and salt. While stirring add gradually the milk, and the egg well beaten. Core, pare and cut the apples into thin slices and stir them into the batter, then drop this by the spoonful into hot deep fat and fry until delicately brown. Drain on brown paper. This may be varied by slicing the apple 'round and 'round instead of the long way.

FRIED APPLES

- | | |
|-------------------|---------------------------|
| 5 apples | 1 tablespoonful of butter |
| 1 cupful of sugar | 3 tablespoonfuls of water |

Quarter and core the apples without paring. Place sugar, butter and water into a frying pan, allowing the first two to melt, then lay in the apples with skin up. Cover and fry slowly until brown.

APPLE CROQUETTES

Pare, quarter and core enough tart apples to make a pint; place in a sauce pan with 1 tablespoonful of butter and, if the apples are not juicy, a few tablespoonfuls of water. Cover and stew gently until tender, then press through a sieve. Return to the fire and add sugar. Add 1 tablespoonful of cornstarch and $\frac{1}{4}$ teaspoonful of salt mixed to a thin paste with cold water; stir until thickened, cover and cook slowly for 15 minutes. Turn out on a greased dish and set away until cold. Form into tiny croquettes, roll in bread crumbs, dip in lightly beaten egg, then roll again in crumbs and fry in deep fat; drain on unglazed paper and serve with pork or goose.

APPLE SANDWICH

Butter two slices of bread, preferably whole wheat or raisin, spread one generously with peanut butter, cover it with thin slices of unpeeled apple and top with the second piece of bread. Crisp apple and the peanut butter make a combination pleasing to children.

Whole apples or an apple sandwich are a tempting between-meal snack for children.



Main Course Dishes

APPLES AND SWEET POTATOES

- | | |
|-------------------------------------|-------------------------------|
| 3 medium sweet potatoes | 2 tablespoonfuls of butter |
| 4 apples | 1 teaspoonful of salt |
| $\frac{1}{4}$ cupful of brown sugar | $\frac{1}{4}$ cupful of water |

Boil or bake the sweet potatoes and then cut them into slices. Core apples but do not peel. Cut them into thin rings. In a casserole arrange a layer of apple, then a layer of sweet potato, sprinkle with brown sugar and salt and dot with butter, putting layers alternately until casserole is filled. Put in water, cover and bake 1 hour at 350 degrees.

APPLES AND BAKED HAM

- | | |
|-----------------------------------|-------------------------------------|
| 2 large, thin slices of baked ham | $\frac{1}{2}$ cupful of brown sugar |
| 1 teaspoonful of dry mustard | 1 teaspoonful of butter |
| 2 teaspoonfuls of vinegar | 2 apples |

Remove bone from the ham. Mix together the mustard and vinegar. Spread the mixture thinly on the ham. Slice the apples very thin and spread in layers on the ham. Sprinkle well with brown sugar. Roll the ham slice the long way and make secure with metal skewers or tie with string. Place in baking pan and dot with butter. Bake in moderate oven 25 to 30 minutes or until ham is done. Baste several times while baking. Sliced boiled sweet potatoes browned in the ham and apple juice are a delicious accompaniment.

APPLES AND PORK SAUSAGE

Fill the bottom of a greased baking dish with apples cut in quarters or eighths—sprinkle with a very little sugar. Cover with a layer of pork sausages. Sprinkle with flour. A layer of bread crumbs can be placed on top. Place in the oven and bake until sausages are done. It takes 30 to 45 minutes. Serve with baked or French fried potatoes.

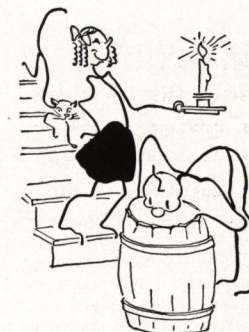
APPLE AND SALMON

- | | |
|--|--|
| 2 tart apples | $\frac{1}{2}$ cupful of walnuts, chopped |
| 1 can (1 lb. size) of red salmon, chilled, drained and flaked. | About $\frac{1}{2}$ cupful of salad dressing |
| $\frac{1}{2}$ cupful of diced celery | Juice of 1 lemon |
| 1 small onion, minced | Salt and pepper to taste |

Mix the ingredients lightly and heap in nests of crisp lettuce. Serves 6 persons.

DELMONICO APPLES

Put a layer of apple sauce in a buttered pudding dish, sprinkle with ground almonds, dot with butter and sprinkle with crushed macaroons, add a little water and bake. Serve with meats.



For best results in use of apples, the apple barrel in the basement is out-moded. This fruit now is bought in smaller packages and should be kept in the refrigerator.

Lemon juice improves flavor when cooking some of the less tart apples and reduces the time required to make them tender. More sugar is required, however.

Desserts

To make good pie crust use $1\frac{1}{2}$ cupfuls of flour, $\frac{3}{4}$ teaspoonful of salt, 6 tablespoonfuls of lard, cold milk. All ingredients should be cold. Sift flour and salt together, chop in shortening or mix lightly. Add enough cold milk to make a stiff dough. Roll out and fit into pie tin. If placed in ice box this way overnight it will be more flakey. It will make two crusts for a nine-inch pie.

Brushing the upper crust of pie with milk before baking produces a glaze and an appetizing brown color.

To have apples fresh and crisp when you are ready to use them, keep them in the refrigerator.



APPLE PIE

Tart apples
 $\frac{1}{2}$ cupful of sugar
2 tablespoonfuls of butter

Cinnamon if desired
Juice, half lemon

Fill pastry-lined pie tin with peeled and thinly sliced apples. Pour sugar over apples and dot with butter. Wet edges of crust and put on top crust. Bake in hot oven 450 degrees about 15 minutes until crust is light brown. Lower oven to 350 and cook 20 to 25 minutes.

DIFFERENT APPLE PIE

2 cupfuls of chopped apples
2 eggs
 $\frac{1}{2}$ cupful of sugar

1 tablespoonful of flour
Juice and grated rind of $\frac{1}{2}$ lemon
Juice of $\frac{1}{2}$ orange
Pinch of nutmeg
Pinch of cinnamon

Beat eggs very light, add sugar and flour, add orange and lemon juices, rind and spices. Add chopped apples and pour into pastry lined pie tin. Cover with pastry strips for upper crust. Bake in hot oven 450 degrees until crust is set, lower fire and bake until done, about 40 minutes. May be served with whipped cream.

COCOANUT APPLE PIE

5 large apples
 $\frac{1}{2}$ cupful of sugar

$\frac{1}{4}$ teaspoonful of cinnamon
2 tablespoonfuls of butter

Line large shallow pan with pastry and cover with pared and thinly sliced apples. Sprinkle with sugar and cinnamon. Dot with butter. Bake at 425 degrees for 20 minutes. Cover with following and bake at 375 degrees for 15 minutes until delicately brown:

2 cupfuls of shredded coconut
 $\frac{1}{2}$ cupful of sugar

Dash of salt
1 egg, beaten
 $\frac{1}{4}$ cupful of milk

APPLE BUTTER PIE

1 cupful of apple butter
 $\frac{1}{2}$ cupful of milk
1 tablespoonful of corn starch
1 egg, slightly beaten

$\frac{1}{4}$ teaspoonful of baking powder
Sugar to taste according to kind of apple butter used.

Mix ingredients and pour into pie tin lined with rich pastry. Arrange strips of pastry across top in criss-cross fashion and bake in hot oven 450 degrees for 20 minutes.

APPLE COBBLER

Pare and core enough tart apples to fill a baking dish $\frac{3}{4}$ full. Cover with a rich baking powder biscuit dough made soft enough to stir, spread it over the apples without rolling. Make several cuts in the center to allow steam to escape. Bake for 45 minutes and serve hot with sugar and rich cream.

Desserts

APPLE CHARLOTTE

2 large apples
 $\frac{1}{2}$ box of gelatine

1 pint of whipping cream
 $\frac{1}{2}$ cupful of powdered sugar
1 teaspoonful of lemon juice

Soak the gelatine in $\frac{1}{2}$ cupful of cold water for half an hour. Whip the cream and add powdered sugar, lemon juice and the apples grated. Dissolve the gelatine over hot water and strain into the mixture. Stir quickly and pour into a mold. Chill and serve.

GLAZED APPLES

Core apples and slit skin at right angles to core around middle and place in sauce pan. Put sugar mixed with spice in the core openings. Use spice in the proportion of 1 teaspoonful to $\frac{1}{2}$ cupful of sugar. Add $\frac{1}{4}$ cupful of water for each apple. Cover and place over low fire. Cook until tender, usually 7 to 15 minutes, taking care not to over-cook, as the apples cook to a mush quickly. Remove cover during last minute of cooking and turn apples once during this period to produce glaze.

BAKED APPLES

8 tart apples

$\frac{1}{2}$ cupful of sugar
 $\frac{1}{4}$ teaspoonful of cinnamon

Core the apples and place them in a baking dish. Fill the centers with the sugar and cinnamon. Cover the bottom of the dish with boiling water and bake in a hot oven until soft, basting often with syrup in the dish. Serve hot or cold with cream.

Baking apple pie in a hot oven, 425 degrees Fahrenheit, gives the most desirable pie. Temperature of 350 degrees may be used if the time is increased.



A Sunday night supper idea using sections of apples with cheese and wafers as a pleasing dessert.



Apple pie retains its place at the top of the dessert list. See recipe on page 20.

Desserts

In preparing apples for pie, peel but don't core them. Slice parallel to the core in $\frac{3}{8}$ inch slices. Only two or three slices will contain any core, which then can be cut away quickly.

A different apple sauce is made by cooking apples slowly in apple cider that first has been reduced one-half in volume by boiling.

Steamed Apple Pudding



APPLE CRISP

- | | |
|-------------------------------------|-------------------------------------|
| 6 apples | $\frac{1}{4}$ cupful of butter |
| $\frac{1}{2}$ cupful of water | $\frac{1}{2}$ cupful of brown sugar |
| 1 teaspoonful of cinnamon | $\frac{1}{2}$ cupful of flour |
| $\frac{1}{4}$ teaspoonful of nutmeg | Pinch of salt |

Butter a casserole and fill with the apples which have been pared and thinly sliced. Add the water and sprinkle with the cinnamon, nutmeg and a little white sugar. Mix the butter, brown sugar, flour and salt until crumbly, spreading the mixture over the top. Bake at 400 degrees for 40 minutes.

STEAMED APPLE PUDDING

- | | |
|---|---|
| 1 heaping cupful of apples, grated | 2 cupfuls of flour |
| 1 heaping cupful of carrots, grated | 1 teaspoonful of soda |
| 1 heaping cupful of raisins, cut (may be omitted) | 1 teaspoonful of cinnamon |
| 1 heaping cupful of sugar | $\frac{1}{2}$ teaspoonful of cloves, ground |
| 1 heaping cupful of beef suet, cut | $\frac{1}{4}$ teaspoonful of salt |

Mix well, pour in buttered mold and steam three hours. Serve hot with following sauce:

- | | |
|--------------------------------|-------------------|
| $\frac{1}{2}$ cupful of butter | 1 cupful of cream |
| 1 cupful of brown sugar | 1 egg yolk |

Cook in double boiler until thick and serve hot over pudding.

APPLE SAUCE CAKE

- | | |
|--|--------------------------------------|
| $\frac{1}{2}$ cupful of butter | 1 teaspoonful of soda |
| 1 cupful of sugar | $\frac{1}{2}$ teaspoonful of cloves |
| 1 egg | 1 teaspoonful of cinnamon |
| 1 cupful of apple sauce, unsweetened | 1 teaspoonful of allspice |
| 2 cupfuls of cake flour | 1 cupful of chopped raisins |
| $\frac{1}{2}$ teaspoonful of salt | $\frac{1}{4}$ cupful of chopped nuts |
| $\frac{1}{2}$ teaspoonful of baking powder | |

Cream the butter, add sugar, beat until light. Add well-beaten egg and the apple sauce. Sift flour, salt, baking powder, soda, cloves, cinnamon and allspice together. Add to first mixture; then add chopped raisins and nuts. Pour into tin, lined with greased, waxed paper. Bake in oven at 375 degrees for 30 to 35 minutes.

Desserts

APPLE COFFEE KUECHEN

- | | |
|----------------------------|-------------------------------------|
| 2 tablespoonfuls of butter | 2 teaspoonfuls of baking powder |
| 1 cupful of sugar | 1 teaspoonful of salt |
| 1 egg | $\frac{1}{4}$ teaspoonful of nutmeg |
| 2 cupfuls of flour | Milk to make soft batter |

Cream butter and sugar. Add beaten egg. Sift and add dry ingredients and add milk to make soft batter ($\frac{2}{3}$ to 1 cupful of milk). Put in buttered baking pan. Slice apples in even, thin sections. If round pan is used arrange slices in overlapping circle around cake, covering the top. If square or oblong pan, lay in even rows. Sprinkle generously with sugar and dot with butter. Put into moderate oven for 30 minutes. When half done, pour over $\frac{1}{2}$ cupful of thick cream and finish baking. This may be served plain or with cheese or with cream.

APPLE UPSIDE DOWN CAKE

- | | |
|---------------------------------------|---|
| $\frac{1}{4}$ cupful of butter | 2 teaspoonfuls of baking powder |
| $\frac{1}{2}$ cupful of sugar | $\frac{1}{4}$ teaspoonful of salt |
| 1 egg | $\frac{1}{2}$ cupful of milk |
| 1 teaspoonful of vanilla | 2 to 4 firm apples |
| $\frac{1}{2}$ cupfuls of sifted flour | 2 teaspoonfuls of cinnamon mixed with $\frac{1}{4}$ cupful of sugar |

Warm butter and cream into sugar. Add well-beaten egg and vanilla. Sift dry ingredients together and add alternately with the milk to the first mixture. Spread a thick coating of butter on the bottom and sides of a baking dish. Core, pare and slice apples into thin rings, spreading these in a single over-lapping layer on the bottom of the baking dish. Sprinkle with half the cinnamon and sugar. Add another layer of apples and the remainder of the cinnamon and sugar. Pour the cake mixture over the apples. The batter is thick and may need to be smoothed over with a knife. Bake in a moderate oven, 300 to 325 degrees Fahrenheit, for 45 minutes. Loosen sides of the cake from the pan, turn out upside down. Serve hot with hard sauce or cream.

APPLE DUMPLINGS

- | | |
|---------------------------------|--------------------------------|
| 2 cupfuls of flour | $\frac{3}{8}$ cupful of milk |
| 2 teaspoonfuls of baking powder | 1 teaspoonful of cinnamon |
| 1 teaspoonful of salt | 1 tablespoonful of brown sugar |
| 1 tablespoonful of lard | 1 tablespoonful of butter |

3 large tart apples

Combine the first five ingredients to make a biscuit dough, roll it out and spread with the butter. Add apples, sliced thin, cinnamon and brown sugar. Roll up like a jelly roll and cut into slices two inches thick. Put in a buttered baking dish and cover with sauce made as follows:

- | | |
|--------------------------|-------------------------------------|
| 1 cupful of sugar | $\frac{1}{2}$ teaspoonful of butter |
| 1 tablespoonful of flour | 1 cupful of hot water |
| | $\frac{1}{2}$ lemon sliced |

Cook three minutes and pour over raw dumplings. Bake in a medium oven. Serves eight.

GERMAN DINNER

Pickled Herring
Braised Spareribs and
Sauer Kraut
Boiled Pig Hocks
Homemade Noodles with
Bread Crumbs in Casserole
Mashed Potatoes
Wilted Lettuce with Bacon
Rolls Butter
Jelly
Apple Coffee Kuechen
Coffee

Jellies and Relishes



Because of their pectin content apples may be used to advantage with a number of other fruits in making jelly.

MINT APPLE JELLY

Prepare 2 quarts of apple juice as you would for apple jelly by cooking two quarts of chopped green apples until tender in two quarts of water and draining in jelly bag. Add a few drops of mint extract or prepare your own as follows: pack solid one cup fresh mint leaves, put into a sauce pan, add one cup boiling water, cover and let steep for one hour. Then proceed as in making apple jelly. A little green vegetable coloring is added just before pouring into glasses. Especially nice with lamb, cold meats or fish.

APPLE RELISH

3 pounds of pared and cored apples 1 pound of raisins
3 pounds of sugar 2 oranges
1 cupful of walnut meats

Put apples, raisins and oranges through the coarse part of the meat chopper. Orange rind may be omitted if desired. Add sugar and cook for 1 hour or until thick enough to spread. Add nuts 5 minutes before removing from the fire. Put in glasses or jars and seal with paraffin.

APPLE BUTTER

1 quart of apple pulp 3 cupfuls of sugar
1 teaspoonful of cinnamon

Apple pulp is prepared by running through a colander or ricer after most of the juice has been extracted. Add sugar and cinnamon and cook until the consistency of marmalade, stirring frequently to keep from scorching. Turn into glasses and cover with paraffin or put into glass jars and seal.

APPLE CHUTNEY

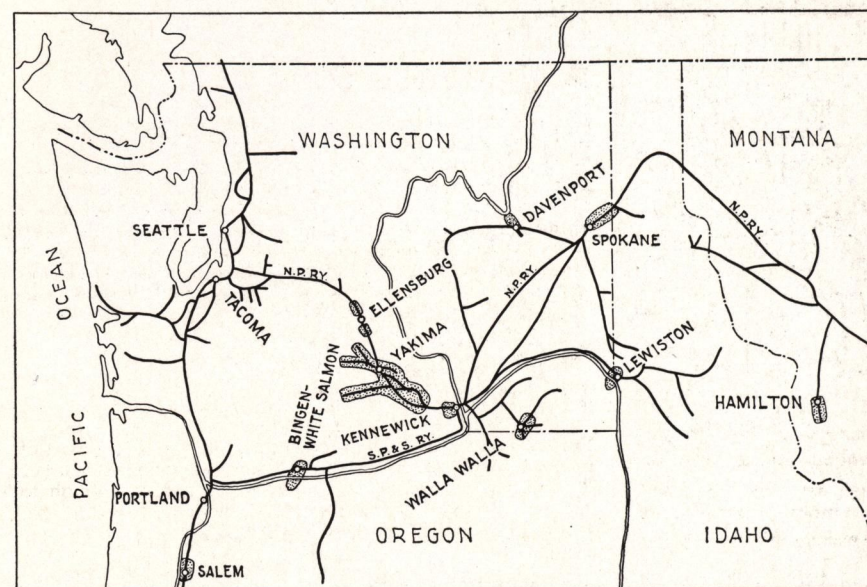
12 very tart apples 1 cupful of raisins
6 green tomatoes 2 cupfuls of sugar
4 small onions 2 tablespoonfuls of mustard seed
2 green peppers 1 quart of vinegar
2 teaspoonfuls of salt

Cut apples, tomatoes, onions and green peppers into uniform cubes. Mix with other ingredients and cook slowly for 45 minutes. Seal.

APPLE CATSUP

4 cupfuls of apple sauce 1 teaspoonful of mustard
1 teaspoonful of ginger 1 teaspoonful of onion juice
1 teaspoonful of cinnamon 3 tablespoonfuls of salt
1 teaspoonful of cloves 1 to 2 cupfuls of vinegar
1 teaspoonful of pepper

Mix ingredients and simmer slowly until thick, about one hour. Bottle and seal.



Showing the principal commercial apple districts of the Pacific Northwest served by the Northern Pacific Railway

In making apple jelly use $\frac{2}{3}$ of a cupful of sugar to each cupful of apple juice, never cooking more than 3 cupfuls of juice at a time.

The addition of a thin outer rind of lemon improves apple jelly.

Leading apple districts in Washington, Idaho, Montana and Oregon served by the Northern Pacific Railway are shown on the map above and include, in Washington, the Yakima valley, Kennewick, the Kittitas valley, the Spokane country, Walla Walla, Clarkston and Bingen - White Salmon; Lewiston, in Idaho; The Bitter Root valley, Montana; the Willamette valley, in Oregon.



Northern Pacific Railway