

Apple Talk

JONATHAN



DELICIOUS

*Sixty
Recipes
for
Year-Round
Use
of
Apples*

YELLOW NEWTOWN

cat

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Issued by the Northern Pacific Railway

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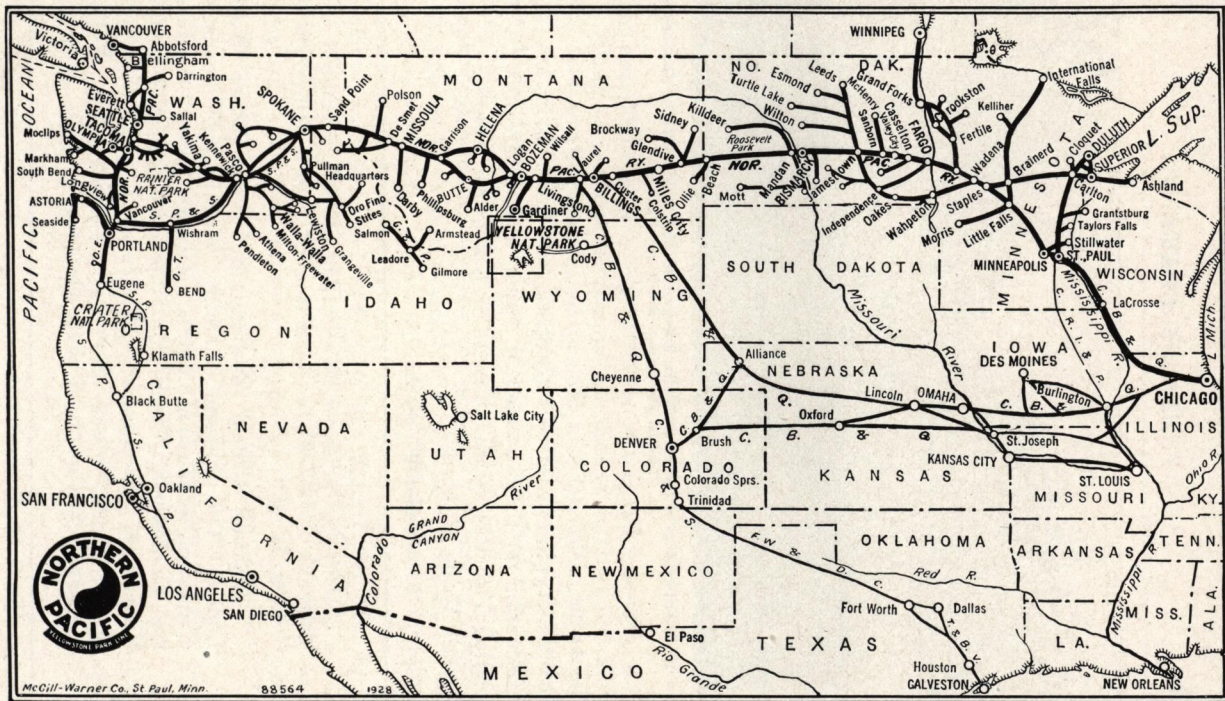


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The Northern Pacific Railway Serves the Apple Districts of Washington, Oregon, Idaho and Montana, including:

Yakima Valley, Washington; Walla Walla Washington; The Spokane Country, Washington; Lewiston-Clarkston, Idaho-Washington; Kittitas Valley, Washington; Goldendale, Washington; White Salmon, Washington; Vancouver, Washington; Flathead Region, Montana; Bitter Root Valley, Montana; Clark's Fork Valley, Montana; Willamette Valley, Oregon.

The Apple as Food

By J. A. HUSIK, M. D.

Extracts from article appearing in Portland, Oregon, Journal.

By far the most common fruit food is the apple. The apple is adapted, perhaps, more than any other fruit, to a great variety of uses in the household. It is most frequently used raw, but is also employed in making sauces, pies and pastry of different kinds.

Fully four-fifths of the ripe fruit is water and one-fifth solid material. About 15 per cent of the apple consists of nutritive materials. There are very small quantities of protein and fat, both not exceeding 1 per cent, while more than 14 per cent of the ripe fruit consists of carbohydrates partly in the form of sugar. The fuel value of the apple, therefore, depends almost entirely upon this sugar. The flavor of the apple is determined both by the quantities of sugar contained therein as well as by certain ethereal oils, and by a substance which is common to most fruits, known as tannin. The quantity of tannin in the apple is so small it produces no ill effects whatever. On the contrary, physicians and hygienists are agreed that the apple is a very beneficial food to eat, in that it tends to promote a very vigorous digestion. There are several points to be remembered, however, in regard to the healthfulness of apples. The fruit may prove injurious when eaten in either the unripe or overripe condition. The green apple (speaking of the unripe condition) is well known for its power to upset the digestive system. It is wise to peel the apple before eating or at least to wash its outer surface well.

Measured by the cost of producing them, the apple is perhaps the cheapest article of diet. The fruit should be eaten to a much greater extent than it is at present, because it is nutritious and wholesome.

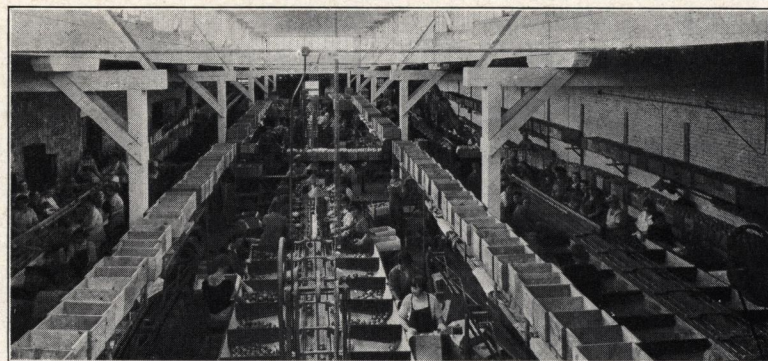
How the Apple Should Be Purchased for Economy and Cared For in the Home

The consumer of the apple will find it of great advantage to purchase by the original package, as packed at the orchard; this insures the variety, grade and quantity as stamped on package; acquaints you with the district where the fruit is grown; is desirable from a sanitary standpoint as it places the fruit in your possession free from exposure and contamination from rehandling, and from an economic view it effects a very large saving under the price one pays when purchased by the dozen, peck or any quantity of broken package. Purchasing it in this manner places the apple among the staple foods in your home rather than in the class of luxuries.

The western box package is preferable to the barrel, as it contains one-third the quantity, thus avoiding loss by deterioration before the fruit is consumed and also the necessity of frequent picking over; it is graded and packed under close inspection; in highest grades each apple is carefully tissueed to prevent bruising and when unwrapped will be found as perfect as when picked from its tree.

How to Store Apples at Home

Proper storage of the apple in the home is simple and consists of placing the packages where the atmosphere is dry, cool and subject to as little variation in temperature as possible. A small room can be partitioned off in the basement and, if possible, should have an outside window to assist in proper ventilation. Place the lower box on two sticks and always rest boxes on their side rather than on top or bottom, as bruising might occur; place the stamped end out. After cover has been removed then box may be placed on its bottom.



In this Yakima Valley Plant Only the Best Apples, Free from Disease, Are Packed, Which Is True Also in the Various Other Apple Producing Districts.

Information for the Consumer of Apples and the Dealer

By C. I. LEWIS

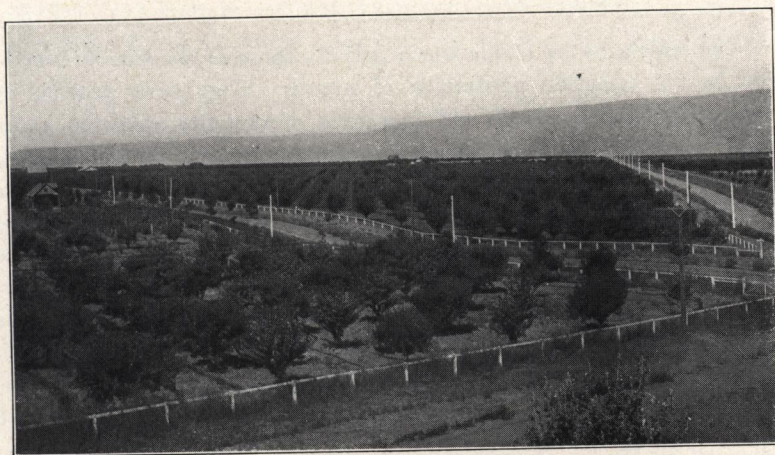
Managing Editor, American Fruit Grower Magazine.

No fruit growers of the world surpass those of the Pacific Northwest in the scientific production of apples. They early learned to choose, from the hundreds and thousands of varieties available, those fifteen or twenty that are especially adapted to the soils and climatic conditions found in the Pacific Northwest. Coupled with this wise selection, the growers have skillfully learned to correlate their orchard practices to the extent that they are producing large crops of fine sized specimens of superb quality and the highest degree of color. Probably no group of fruit growers in the entire United States is growing such a large percentage of their fruit as free from blemish and imperfection as is true of the apple growers of the Pacific Northwest. Not only are these apples beautiful to look at but they are of superb keeping qualities and of the highest flavor. When you buy a box of Northwestern apples you can always find out by looking at

the end of the box how many apples it contains, just what the grade is and the variety, and when you open one of these boxes on the top or on the side you know that the apples that are buried from sight are of the same size, quality and color, and the same degree of perfection as those shown at the top of the box. This combination has been brought about by very skillful packing on the one hand, supported by very efficient State or Federal inspection on the other hand, and this has insured fruit of the best grades, skillfully packed and practically guaranteed to measure up to the stamps on the outside of the package.

The following list indicates the number of apples contained in each box according to their size, including all sizes that at the present time are being packed, 36, 41, 45, 48, 50, 54, 56, 64, 72, 80, 88, 96, 104, 112, 118, 120, 125, 128, 138, 150, 163, 175, 188, 200, 213, 225.

If the range of numbers is small, it indicates the variety is large; for instance, King Tompkins, 72-128, indicates a large variety; Grimes Golden, 112-165, indicates a smaller sized variety.



These Spitzenbergs at Lewiston Are One of the Popular Varieties.



The Yakima Valley Is the Largest Fruit Producing Section in Washington. The Valley Averaged 13,000 Cars of Apples Annually for the Last Five Years.

It is with pardonable pride that attention is called to the fact that thirteen out of the fifteen varieties shown below originated in the United States, one in Canada, and one in Germany.

There are three grades of Northwestern apples used: The extra fancy, which includes only apples of the highest degree of color, free from all blemishes and of superb quality; second, the fancy, which are nearly as good as the extra fancy except that very slight blemishes may be found occasionally on an apple here and there; third, the "C" grade, which is put up especially for trade which wants a popular priced apple and many of these apples are used for cooking and baking.

No diseased fruit will be permitted in any grade.

Be sure to buy Northwestern boxed apples, from fruit dealers and grocers with established reputation for straight dealing.

The following table names the varieties, their eating and cooking qualities, the months in which they are best to use, their flavor, size, color and origin, which will be of interest to the consumer.

An All-Year Program for Using Apples

Variety	Eating Qual-ity	Cook- ing Qual- ity	Months for Using		Flavor	Size	Color	Origin
			Com- mon Stor- age	Cold Stor- age Will In- clude				
Graven-stein	Good	Excel-lent	Aug. Sept.	Oct.	juicy, crisp	72-150	red-yel striped	Ger
King Thomp-kins	Excel-lent	Good	Sept. Oct.	Nov.	mild, juicy	72-128	red to yel	N. J.
McIntosh Red	Excel-lent	Fair	Sept. Oct.	Nov. Dec.	pleasant, juicy	112-200	br red	Ont.
Jonathan	Excel-lent	Good	Oct. Nov.	Dec.	mild, juicy, crisp	96-225	br red	N. Y.
Grimes Golden	Excel-lent	Fair	Oct. Nov.	Dec.	mild, pleasant	112-165	yel some pink bl	Va.
Wagener	Excel-lent	Good	Oct. Nov.	Dec.	juicy, subacid	96-165	red-yel striped	N. J.
Spitzen-berg	Excel-lent	Excel-lent	Nov. Dec. Jan	Feb. Mar.	spicy, subacid, crisp, rich, juicy	80-150	br red	N. Y.
Delicious	Excel-lent	Fair	Nov. Dec. Jan.	Feb. June	mild, slightly sweet	72-140	red-yel mottled	Iowa
Winter Banana	Good	Fair	Dec. Jan.	Feb. Mar.	mild	80-150	yel pink blush	
Ortley	Excel-lent	Excel-lent	Dec. Jan.	Feb. Mar.	mild, juicy, subacid	80-150	golden yellow	N. J.
Staymen Winesap	Excel-lent	Fair	Dec. Jan.	Feb. Mar.	mild, subacid	96-175	yel-red striped	Kan.
Rome Beauty	Very Good	Excel-lent	Dec. Jan.	Feb. Mar. Apr.	pleasant, subacid	72-165	yel-red mottled	Ohio
Newtown pippin	Excel-lent	Excel-lent	Jan. Feb. Mar. Apr.	May	acid, very juicy, crisp	80-200	yel some blush	N. Y.
Winesap	Excel-lent	Good	Jan. Feb. Mar. Apr.	May	sub-acid, crisp, very juicy	128-225	dk red	N. J.
Arkansas Black	Fair	Good	Feb. Mar. Apr. May	June	moderate	72-165	deep dark red	Ark.

Leading Varieties and Seasonableness of Northwestern Grown Apples

By E. F. BENSON

Agricultural Development Agent, Northern Pacific Ry.

To most people, an apple is an apple. Too few realize that there are perhaps a thousand varieties of apples grown in this country today. Some are excellent for eating purposes, some excellent for cooking, others only of fair quality for either purpose, while many varieties are worthless because of poor quality. Apples do not all mature at the same time. Good, fresh apples for both eating and cooking purposes can now be had twelve months in the year and the housewife should come to know those varieties most suitable for either cooking or eating purposes, for each season. To accomplish this she only needs to become familiar with about a dozen varieties, as they can be so chosen as to give her the most excellent eating and cooking apples for the twelve months.

Yellow Transparent.—A very handsome, almost transparent yellow, attractive apple, a little tart for eating but superb for green apple pies and sauce.

Gravenstein.—It has been said

that were the Gravenstein a long keeper, we would need no other apple. When thoroughly mellow, it is pleasant as an eating apple, but otherwise is a little tart. For pies, baking, sauces and jelly it is unsurpassed. (Season: September and October.)

Jonathan.—The blood-red Jonathan, with its high quality and crisp flesh, is very inviting for the breakfast table during the fall and early winter.

Grimes Golden.—A beautiful deep yellow apple, probably unexcelled in its season for eating. It can be obtained in the market from September to December.

Fameuse, or Snow Apple.—So called because of its white flesh, is delightfully crisp and snappy and of the highest quality. Its red skin makes it very attractive.

McIntosh Red.—Belongs to the same family as the Fameuse, being a cousin, but it is a little larger and a little redder, having the same whiteness and crispness.



Careful Picking and Handling in the Yakima Valley, as Well as in Other Large Producing Areas, Protects the Quality of Northwest Apples.

Delicious.—Doubtless the most popular eating apple, but not especially good for cooking. Unless kept in cold storage its season is October to December. It keeps unusually well in cold storage and when so stored it carries through the entire year. Its bright red color, overwashing a deep yellow, and its crown of five points to the calyx, give it a characteristic appearance. In flavor it is mild and sweet.

Esopus Spitzenberg.—Takes highest rating, by the American Pomological Society, of any apple commercially grown in the United States. It is a beautiful light red. Its qualities are superb, both for eating and cooking. It is at its best during the Christmas Holidays, but if not given cold

storage it loses its firm texture soon after New Year's.

Staymen Winesap.—The Staymen Winesap is a remarkable apple of December, January and early February. Perhaps none that are produced in the West are of higher quality for that season of the year. It is not only a very excellent eating apple, attractive because of its size and red color. It is a good cooker.

Yellow Newton.—Of all the apples, the Yellow Newton Pippin, called in Virginia the Albemarle Pippin, is the apple for use, with ordinary cool storage, from January to April. With cold storage its season is much prolonged. It is crisp and juicy, equally good for eating, for baking, for sauce and for pies. It is the most popu-

lar American apple in England and the Orient.

Rome Beauty.—The Rome Beauty is a very attractive apple in appearance. Its thick skin protects it; it ships and keeps well. While only of fair quality to eat, it is a remarkable apple for cooking and today is by far the most popular baking apple.

Winesap.—A very attractive small to medium-sized apple, dark red, shaded with even darker red. It grows to a wonderful degree of perfection in the irrigated valleys of the Northwest. It is popular with growers and users

because of its color and its keeping qualities. It is good for both eating and cooking. Its season is January and February, without cold storage; but if kept in cold storage it is good until June.

Arkansas Black.—Those dark mahogany-colored apples that are so shiny and black, which we see on the fruit stands in the spring of the year, and which are shown in such striking, beautiful contrast to the Yellow Newton or the Ortley, are the Arkansas Black. Their quality for eating is not good, but they keep well and they make a good baking apple.



Many Sunny Days and Cool Summer Nights Contribute to the Unexcelled Quality and Color of Northwest Apples, as in These in the Spokane Valley.

Dietetic Value of the Apple

By LEILA W. HUNT

Head of Foods and Nutrition, State College of Washington.

The apple is a combination of refreshing acids, substantial bulk and stimulating juices. Its possibilities of food and drink are wonderful. It is concentrated power which may be supplied toward the establishment and preservation of health. Let the body become sluggish and no better physician can be summoned to its aid than a liberal fruit dietary. Let the individual grow anemic and the liver become torpid, no better medicine can be administered than fruits. The apple is both food and medicine for man.

Apples have a fuel value of 285 calories per pound—edible portion—which comes from its carbohydrate and protein content. They also contain acids, most prominent being malic acid.

Equally important are the various mineral constituents, such as calcium, phosphorus, etc. These help to purify the blood and maintain proper alkalinity of body fluids. Apples are of medicinal value because they act as cathartics, diuretics, laxatives, and have some anti-scorbutic action. The diuretic effect is caused partly by the high percentage of water present, but chiefly because

of the presence of mineral constituents and acids which stimulate the action of the kidneys. The laxative action is caused by the high percentage of water and by the cellulose or bulky material that this fruit contains, as well as by the action of the mineral constituents. They are anti-scorbutic because they contain some water soluble C vitamine and this vitamine is the one that prevents scurvy (a nutritional disease) which is often found among people who have an improperly balanced diet.

An uncooked ripe apple, eaten at night before retiring (a glass of water to follow it), is one of the oldest of beauty and health prescriptions, keeping the digestive tract clean, and thereby giving clearness of complexion. Doctor Barnard, former chairman of Food Division of the American Chemical Society, says: "An apple eaten in the evening will mechanically and chemically clean the teeth and protect them from the bacterial ravages during the night when the most damage is done."

Apples are also rich in pectin. This substance, when vegetable acids are also present, causes fruit juices to jelly.

Recipes for Serving the Apple

Revised by Leila W. Hunt, head of Foods and Nutrition, College of Economics, State College of Washington.

Apple Balls with a Mixture of Fruit.—Peel large apples, with a potato scoop, cut out small balls, dropping them into water with a little vinegar added to keep them white. Prepare a mixture of grapefruit pulp, pineapple and banana and put into glasses; add a few of the apple balls, pour over all the juice left from the fruit which has been boiled down with sugar; cool and serve at once or the apples may turn brown.

Apples in Bloom.—Cook red apples in boiling water until soft. Have the water half surround the apples and turn often. Remove skins carefully that the red color may remain and arrange on serving dish. To the water add one cup of sugar, grated rind of one lemon and juice of one orange; simmer until reduced to one cup. Cool and pour over the apples. Serve with cream sauce.

Cream Sauce.—Beat the white of one egg stiff; add the well-beaten yolk of one egg and gradually add one cup of powdered sugar. Beat one-half cup of thick cream and one-fourth cup of milk until stiff, combine the mixture and add one-half teaspoonful of vanilla.

Brown Betty.—Pare and chop six apples; place a layer of apple in a well-buttered pudding dish, then a layer of bread crumbs, sprinkle with brown sugar and cinnamon, repeat until the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the pan. Bake in a moderate oven until brown and serve with plain or whipped cream.

Apple Butter Canapes.—Cut thick slices from a loaf of brown bread; stamp into rounds with a biscuit cutter. Spread each round with apple butter. In the center place an English walnut or hickory-nut meat and arrange a border of chopped nuts around the edge. Serve with cheese cubes.

Apple Butter.—Pare, core and quarter the desired quantity of apples, allowing one-third of sweet to two-thirds of sour apples. Boil sweet cider until it is reduced one-half. While the cider is boiling rapidly add apples until the mixture is the desired thickness. Cook slowly, stirring constantly and skimming when

necessary. When the apples begin to separate from the cider take two pounds of sugar to each bushel of apples used; add a little ground cinnamon and boil until it remains in a smooth mass, when a little is cooled. Usually one and one-half bushels of apples are enough for one and one-half gallons of boiled cider.

Candied Apples.—Core, pare and cut into one-half inch slices medium sized apples (Jonathan is one of the best). When the apples are sliced they should look like a doughnut. Drop a few at a time into syrup made of 2C. sugar and $\frac{1}{2}$ C. water. Simmer until clear. Drain on a plate. Dry a few hours, then roll in granulated sugar. Let stand overnight, then roll in granulated sugar. Repeat this process until they will not absorb any more sugar, then pack in boxes lined with oiled paper.

Apple Catsup.—One cup thick apple sauce, one-half cup cider vinegar, one-half cup brown sugar, one small onion, red pepper, black pepper, salt, cloves and cinnamon to taste.

Old Fashioned Apple Butter.—4 gallons prepared apples, 1 gallon sweet cider, 4 pints of sugar, 1 teaspoon allspice, 1 teaspoon cinnamon.

Pare, core and slice apples. Boil sweet cider until it is reduced one-half. Add apples to cider while boiling. Cook slowly, stirring frequently so as to prevent burning. When it begins to thicken add the sugar and spices. Cook until it remains in a smooth mass when a little is cooled. Place in jars and cover with paraffine, or seal.

Apple Honey.—4 cups of apples, 6 cups of sugar. Pare and core juicy apples with a good flavor. Put through the coarse part of the meat chopper. Add sugar. Simmer gently until of the consistency of honey. Then seal in glass jars.

Apple Relish.—3 lbs. of apples, pared and cored, 3 lbs. sugar, 1 lb. raisins, 2 oranges, 1 cup of English walnut meats. Put apples, raisins and oranges through the coarse part of meat chopper. (Orange rind may be omitted if desired.) Add sugar and cook for about 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 paraffine.

Washington Apple Pie.—Break 2 eggs into a cup, then fill the cup with milk. Add 1 teaspoon flavoring and beat well. Put in sifter $1\frac{1}{2}$ cups flour, 1 cup sugar, $\frac{1}{2}$ teaspoon salt, 3

level teaspoons baking powder. Sift 3 times. Beat all together, then add 4 tablespoons butter, melted. Bake in layers.

Pare, core, and grate 2 large apples. Add 2 egg whites, 1 cup sugar, juice of $\frac{1}{2}$ lemon. Beat this until thick and white, and spread between the layers, then heap some on top.

Apple Biscuit.—To one pint of light bread sponge add one-quarter cup of molasses, one tablespoonful of lard, and graham or whole wheat for a soft dough. Beat vigorously and finally work into the dough one large cup of chopped apple; shape the dough into biscuits and place in muffin pans and allow them to be very light before baking.

Apple Charlotte.—Soak one-half box of granulated gelatine in one-half cup of cold water for half an hour. Whip one pint of cream and set on ice; add one-half cup of powdered sugar, a tablespoonful of lemon juice and two good sized apples, grated. Dissolve the gelatine over hot water and strain into the mixture; stir quickly and pour into a mould. Set on ice to chill and serve.

Apple Cobbler.—Pare and quarter enough tart apples to fill a baking dish three-fourths 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 the steam to escape. Bake for three-quarters of an hour and serve hot with sugar and rich cream.

Apple Conserve.—For each pound of quartered and pared apples allow three-quarters of a pound of sugar and half a pint of water. Boil sugar and water until a rich syrup is formed; add the apples and simmer until clear. Take up carefully, lay on plates and dry in the sun. Roll in sugar and pack in tin boxes lined with waxed paper.

Apple Compote and Orange Marmalade.—Boil twelve tart apples in one quart of water until tender, strain through a jelly bag; add one pound of granulated sugar and let boil. While boiling add twelve apples, cored and pared. When the apples are tender drain them carefully in a perforated skimmer. Boil the syrup until it jells; fill the apples with orange marmalade and pour the syrup over them. Serve with whipped cream.

Crabapple Marmalade.—Wash and core crabapples and put them through the meat chopper. Put into a preserving kettle and add water until it shows through the top layer of apples. Cook until

soft. Weigh and add an equal weight of sugar. Cook until the mixture forms a jelly when cooled and pour into sterilized glasses. Cover with paraffine.

Apple Custard.—Beat the yolks of four eggs and add one-half cup of sugar; cook for one or two minutes and remove from the fire. Gradually add one pint of grated apple. Pour into a serving dish and serve with a meringue made of the well-beaten whites of four eggs and three tablespoonfuls of powdered sugar.

Apple Cup Custard.—Pare, core and steam four good-sized tart apples until tender; press through a sieve. While hot add one tablespoonful of butter, four tablespoonfuls of sugar, the yolks of four eggs and one-half pint of milk. Turn into baking cups and bake for twenty minutes. Beat the whites of four eggs until stiff, add four tablespoonfuls of sugar, beat and heap over the top of the cups; dust thickly with powdered sugar and brown in the oven. Serve cold.

Apple Croquettes.—Pare, quarter and core enough tart apples to make a pint; place in a saucepan with one small 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 one tablespoonful of cornstarch and one-quarter of a teaspoonful of salt mixed to a thin paste with cold water; stir until thickened, cover and cook slowly for fifteen 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 the crumbs and fry in deep fat; drain on unglazed paper and serve with roast pork or roast goose.

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. Delicious when served with meat.

Apple Float.—A simple dessert may be made as follows: Beat the whites of four eggs to a stiff froth, add four tablespoonfuls of powdered sugar and beat until dry. Grate two large tart apples into the egg mixture, a little at a time, beating all the time. Have a large dish partly filled with plain cream; drop the apple and egg mixture by the tablespoonful over the surface of the cream and dot with candied cherries.

Fried Apples, I.—Quarter and core five apples without paring.

Put into a frying pan and melt beef drippings in it; when hot lay a layer of apples in it, skin side down, sprinkle with brown sugar, and when nearly done turn and brown; place on a platter and sprinkle with sugar; set in hot oven and continue frying apples one layer at a time.

Fried Apples, II.—Quarter and core five apples without paring. Put into a frying pan one cup of sugar, one tablespoonful of butter and three tablespoonfuls of water. Let this melt and lay in the apples with the skin up. Cover and fry slowly until brown.

Apple Fritters, I.—Mix and sift one and one-third cups of flour, two teaspoonfuls of baking powder and one-fourth teaspoonful of salt. Add gradually, while stirring constantly, two-thirds of a cup of milk and one egg well beaten. Wipe, core, pare and cut two medium-sized sour apples into eighths, then slice the eighths and stir into the batter. Drop by the spoonful into hot deep fat and fry until delicately browned; drain on brown paper and sprinkle with powdered sugar.

Apple Fritters, II.—Core and pare four apples. Cut into slices one-third inch thick, leaving the hole in the center. Sprinkle with sugar, lemon juice and cinnamon.

Dip each slice in fritter batter and fry in deep fat. Drain on brown paper and sprinkle with sugar.

Glazed Apples with Spiced Prunes.—Choose large apples of uniform size; pare, core and cook until tender in syrup. Remove to a platter. Boil the syrup down to a jelly and pour over the apples. Fill the centers with spiced prunes and dust the top of each apple with powdered sugar and serve hot.

Apple Icing.—One cup of sugar, one-third cup of water, one salt-spoonful of cream of tartar; heat gradually and boil without stirring until the syrup will thread when dropped from a fork. Pour slowly over the well-beaten white of one egg, beating constantly, and continue until thick enough to spread. Add two tablespoonfuls of grated apple, beat, and spread on the cake.

Sauce for Apple Jonathan.—One and one-half cupfuls sweet milk, one tablespoonful butter, one-half cupful sugar, two tablespoonfuls cornstarch, three heaping tablespoonfuls raspberry jam. Place milk in porcelain dish over fire, let boil slowly; mix butter, sugar and cornstarch together; add one-third cupful cold milk; mix until smooth, then stir slowly into the boiling milk; let boil five minutes, then remove from fire

and add raspberry jam. To be served hot.—J. W. W., New York City.

Apple Loaf.—Reserve enough bread dough to make a small loaf. Work thoroughly into it one tablespoonful of butter, one-third cup of sugar, one-quarter of a teaspoonful of cinnamon and two well-beaten eggs. Add flour to make a soft dough, knead lightly and let rise. Divide into three equal parts and roll each part to fit the pan. Lay one piece in a buttered pan, spread over it an inch layer of sour apples chopped fine. Pour over the apples a tablespoonful of melted butter; cover with the second piece of dough and continue as before; brush the top with milk and let rise until very light. Steam for one hour, then place in a hot oven to brown lightly. Serve in slices with sugar and cream.

Apples, Nut Stuffing and Whipped Cream.—Scoop out apples and fill the shell with English walnuts and apple pulp mixed with mayonnaise; place in a circle on a large serving dish and heap whipped cream in the center.

Apples with Oatmeal.—Core apples, leaving large cavities, pare and cook in a syrup made by boiling one cup of sugar with one and one-half cups of water for five minutes. When the apples

are soft drain and fill cavities with the hot, well-cooked meal and serve with cream and sugar.

Apple-Pan Dowdy.—Line a baking dish with thin slices of buttered bread. Fill in the center with sliced apples, sprinkle over the top four tablespoonfuls of dark-brown sugar and one-half teaspoonful of cinnamon. Add one-half a cup of water and cover with another layer of buttered bread, with the buttered side up. Bake for one hour in a moderate oven. Serve with liquid pudding sauce.

Apples and Rice.—Pare and core apples, place in a baking dish and fill the holes in the apples with chopped raisins and sugar; fill the spaces between the apples with rice that has boiled for fifteen minutes. Cover and bake for fifteen minutes, remove cover and bake for fifteen minutes longer. Serve hot with cream.

Apple Sponge.—Cover one-half box of gelatine with cold water and allow it to stand for half an hour, then pour over it half a pint of boiling water and stir until dissolved. Mix a pint of strained apple sauce with the gelatine, add a pound of sugar and stir until it melts, and the juice of two lemons. Set on ice until it begins to thicken. Beat the whites of three eggs to a stiff

froth, stir into the apple mixture and pour into a mould. Serve with whipped cream.

Apples Stuffed with Figs.—Pare and core large apples; fill centers with chopped figs, cover with sugar, place in a deep baking dish and add a little water; bake, basting well frequently. Serve with cold cream.

Prune and Apple Tart.—Stone one can of prunes, put them into a pudding dish, add to them one pound of sliced apples, three tablespoonfuls of sugar, one teaspoonful of mixed spice and grated rind of half a lemon. Cover with a good pastry and bake in a hot oven until ready.

Apple Sauce Cake.—Cream half a cup of butter and beat in one cup of sugar; add a cup of raisins chopped and dredged with flour, one saltspoonful of salt, one and one-half teaspoonfuls of cinnamon and one-half teaspoonful of grated nutmeg. Mix these ingredients. Dissolve one teaspoonful of baking soda in a little warm water and stir into a cupful of unsweetened apples; let it foam over into the other ingredients and beat thoroughly; add two cups of flour and bake three-quarters of an hour in a moderate oven.

“Health’s best way—eat apples every day.”

Panned Baked Apples.—Core and cut apples into eighths. Put a layer in a baking dish, sprinkle with two tablespoonfuls of sugar, add another layer of apples and continue until the dish is full. Add to each quart of apples a half pint of water, cover the dish and bake in a quick oven until soft. The skin, which is left on, gives a fine flavor. Serve hot in the dish in which they were baked. This is very nice when served with the meat course at dinner.

Apple Tapioca.—Soak three-fourths of a cup of tapioca in water for one hour to cover, drain, add two and one-half cups of boiling water and one-half teaspoonful of salt; cook in double boiler until transparent. Core and pare apples, arrange in a buttered baking dish, fill cavities with sugar, pour tapioca over apples and bake in a moderate oven until the apples are soft. Serve with sugar and cream or with cream sauce. Sago may be used instead of tapioca.

Apple Turnovers.—Cut ordinary pie crust in squares. Put apple sauce through a sieve, add a few grains of salt and a few gratings of nutmeg. The apple sauce should not be too moist. Trace a

figure on one side of the square of paste, on the other side, diagonally, place a spoonful of the apple sauce.

Baked Apples.—Wipe and core sour apples. Place in a baking dish and fill centers with sugar and cinnamon, allowing one-half cup of sugar and one-fourth teaspoonful of cinnamon to eight apples. 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.

Baked Apple Dumplings.—Cut rich pie crust into six-inch squares. In the center of each place a small apple, pared and cored. Fill the apples with sugar, cinnamon and a whole clove. Wet the edges of the pastry with white of egg, fold it over the apple, pinch and flute to look well; bake about forty minutes; toward the last brush the top with white of egg and sprinkle with sugar. Serve with hard sauce.

Individual Apple Dumplings.—Butter six muffin rings and set them on a shallow agate pan which has been well buttered. Fill the rings with sliced apples. Make a dough of one and one-half cups of pastry flour sifted several times with one-half teaspoonful of salt and three level teaspoon-

fuls of baking powder. Chop into the dry ingredients one-fourth of a cup of shortening; gradually add three-fourths of a cup of milk or water. Drop the dough on the apples on the rings. Let bake about twenty minutes. With a spatula remove each dumpling from the ring, place on a dish with the crust side down. Serve with cream and sugar, hard sauce or with a fruit sauce.

Apple and Rhubarb Jelly.—Cut apples into quarters. To every pound of apples add one cup of rhubarb juice. Let simmer until apples are soft. Strain through a jelly bag without pressure. To each pint of juice add one pound of sugar. Boil briskly, stirring well and removing all scum until of the desired consistency. Pour into tumblers and cover with paraffine. The addition of the thin outer rind of the lemon is considered an improvement to apple jelly.

Apple and Quince Preserves.—Pare, core and quarter Baldwin apples; add a third as many quinces that have been pared, cored and cut into small pieces and boiled until tender. Make a syrup of the water in which the quinces were boiled and as much sugar as there are apples and quinces. Let boil, skim and drop the quinces and apples in, and let

boil for fifteen minutes; dip out carefully and put into jelly glasses; boil the syrup until it will jelly and pour over the fruit.

Bird's Nest Pudding.—Core and pare eight apples, put into a deep, well-buttered pudding dish, fill the centers with sugar and a little nutmeg, add one pint of water and bake until tender, but not soft. To two cups of flour add three teaspoonfuls of baking powder, one teaspoonful of salt, one pint of milk and the well-beaten yolks of four eggs; stir thoroughly and fold in the whites of four eggs beaten dry. Pour over the apples and bake for one hour in a moderate oven. Serve hot with any pudding sauce.

Indian Pudding with Apples.—Scald two quarts of sweet milk, stir in a cup of cornmeal until the mixture thickens. Remove from the fire, add one and one-sixth cups of molasses, one teaspoonful of salt, one-half teaspoonful each of nutmeg and cinnamon and two cups of sweet apples, pared, cored and quartered. Pour into a deep pudding dish and bake for four hours. When the pudding has baked for one and one-half hours, add, without stirring, one pint of cold milk. Serve with cream and sugar or syrup.

Pastry; General Rules.—Have everything cold; do not make the

dough too moist; use pastry flour if possible; roll only once. Paste kept on ice overnight becomes much more flakey than when first made. To prevent the lower crust from becoming soaked brush over with white of egg. Brush the edge with unbeaten white of egg or water and press the two crusts together with the thumb and finger, a pastry roller or the tines of a fork. Always leave an opening in the center of the upper crust that the steam may escape. Bake pies having a cooked filling in a quick oven and those with an uncooked filling in a moderate oven. Let pies cool upon plates on which they are made, because slipping them onto cold plates develops moisture which always destroys the crispness of the lower crust.

Beating and Baking a Meringue.—Have cold, fresh eggs; beat the whites until frothy; add to each white one level tablespoonful of powdered sugar. Beat until so stiff that it can be cut with a knife. Spread on the pie and bake with the oven door open until a rich golden brown. Too much sugar causes a meringue to liquify; if not baked long enough the same effect is produced.

Plain Pastry.—Sift one cup of flour and one-fourth teaspoonful

of salt into a bowl; rub into it five level tablespoonfuls of shortening until the whole is reduced to a fine powder; add cold water, slowly, to make a stiff dough. Place on a slightly-floured board and roll into a circular shape to fit the plate. Fit it loosely into the plate, as it shrinks when baked.

Apple Pie, I.—Line a pie plate with good paste; fill with thin slices of good cooking apples, sprinkle with one-half cup of sugar which has been mixed with a heaping teaspoonful of flour and a pinch of salt; cover with an upper crust and bake in a moderate oven for half an hour.

Apple Pie, II.—Line a deep pie plate with good paste; pare, core and chop enough tart apples to make one quart; stir through the apples one cup of granulated sugar which has been mixed with one tablespoonful of dry flour and a pinch of salt. Squeeze the juice from half a lemon evenly through the apple mixture and fill the pie plate; dot with small pieces of butter. Lay one-half inch strips of pastry across the top, crossing them in diamond shape. Bake in a moderate oven.

Apple Pie, III.—Pare, core and cut into eighths four or five sour apples; fill a pie plate that has been lined with paste. Mix

one-third of a cup of sugar, one-eighth of a teaspoonful of salt, one-fourth of a teaspoonful of nutmeg, one teaspoonful of lemon juice and a few gratings of lemon rind; sprinkle over the apples; dot over with one teaspoonful of butter cut into bits. Wet edges of crust, cover with upper crust and bake forty to forty-five minutes in a moderate oven. A good pie may be made without the lemon juice, butter or lemon rind. Evaporated apples may be used in place of fresh ones if soaked over night in cold water.

Dried Apple Pie.—Soak and stew apples until tender, pass through a sieve and add sugar, a little orange or lemon rind and a small amount of butter. Fill and bake as any other pie. Serve warm with sweetened cream.

School children should eat more APPLES and less candy and sugar.

Apple Pie Decorated with Cream and Cheese.—Make an apple pie after your favorite recipe. Have ready a cream cheese, press through a ricer, cut and fold into the cheese a cup of double cream beaten until solid; add a few grains of salt. Put this mixture through a pastry tube, in any pattern, on top of the pie. Serve as a dessert at either luncheon or dinner.

Date and Apple Pie.—Line a pie plate with a rather rich crust; fill it with a mixture of chopped dates and apples, sprinkle over half a cup of sugar and one teaspoonful of cinnamon; add two tablespoonfuls of water, cover with a top crust and bake about one-half hour in a moderate oven.

Apple and Nut Salad.—Mix one pint of celery and one pint of apples cut into small match-like pieces with one-half pint of English walnut meats broken into small pieces. Dress with boiled salad dressing and serve in apple cups or on lettuce leaves.

Apple Chicken Salad.—Take six ripe apples and scoop out the centers; fill them with cold cooked chicken, minced fine, seasoned with finely minced green peppers and salt, with enough cream to moisten. Place apples in a steamer and cook until almost tender. Put them on ice and serve with mayonnaise on lettuce.

Boiled Salad Dressing.—Scald one cup of milk in a double boiler. Blend three tablespoonfuls of flour, one teaspoonful of mustard, two teaspoonfuls of salt, one teaspoonful of sugar and a dash of cayenne; add to the slightly-beaten yolks of two eggs. Pour the hot milk slowly over the egg mixture, stirring constantly. Re-

turn to the double boiler and cook until it thickens; add slowly one-half cup of vinegar and one tablespoonful of butter. Whip in, a little at a time, the well-beaten whites of the eggs. Strain into glasses or glass jars. This dressing will keep for several weeks if in a cool place.

Cider Apple Sauce.—Reduce four quarts of new cider to two by boiling; add enough pared, cored and quartered apples to fill the kettle. Let cook slowly for four hours. This is very nice when served with roast pork.

New England Apple Sauce.—Pare, core and quarter twelve tart apples of medium size. Put into an earthen jar or deep casserole; add one and one-half cups of sugar and one cup of water. Cover and bake slowly in a moderate oven until a deep red, from two to three hours.

(The recipes contained in this book are selected from a list published in book form and dedicated to the National Apple Show by L. Gertrude Mackay, Ph. G. B. S., B. A., Aikin Avenue, Pittsburgh, Pa. Any one desiring a copy of "the Housekeepers' Apple Book," send to Little, Brown & Co., Boston.)

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