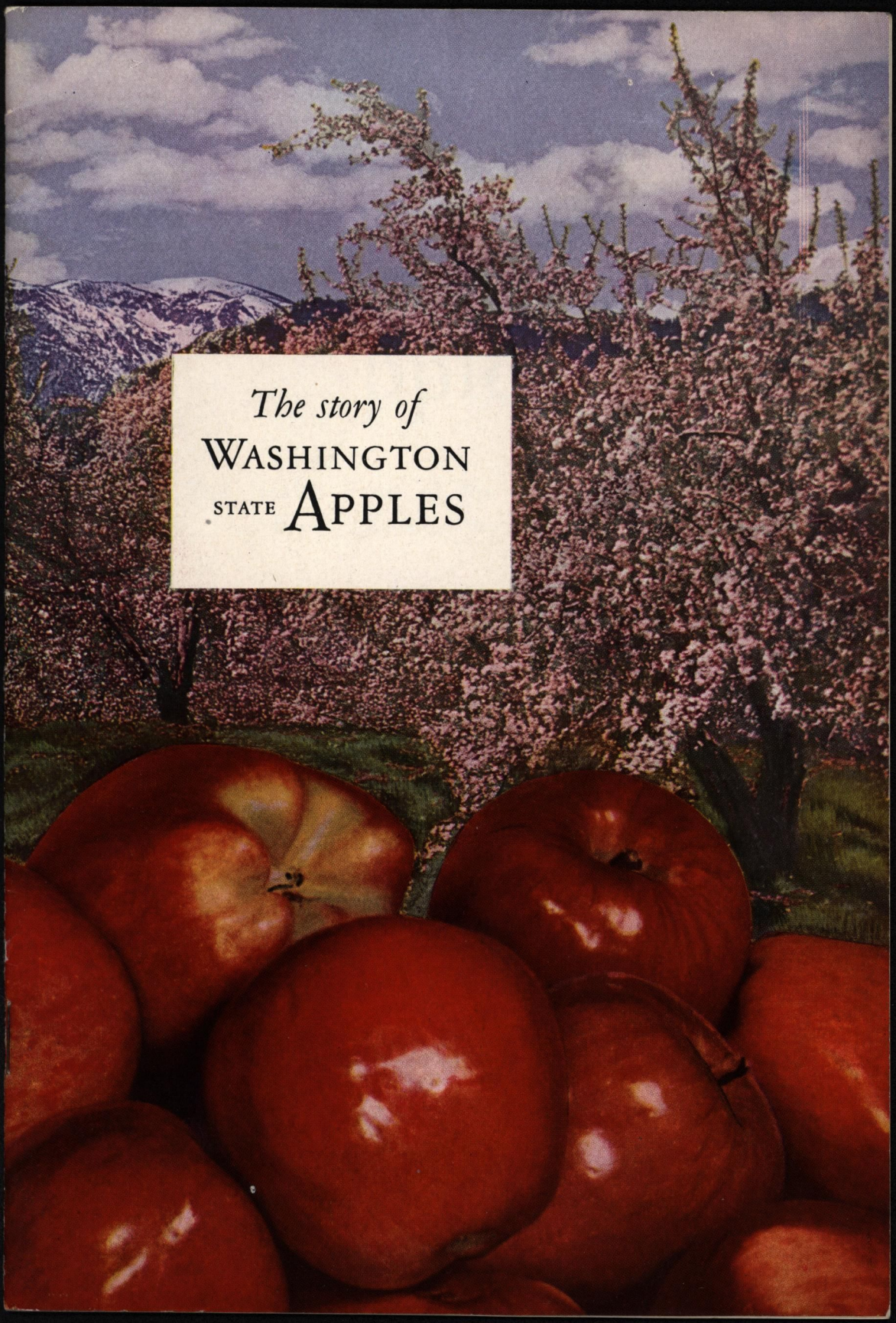

The story of WASHINGTON STATE APPLES

Washington State Apples

The Health Fruit of the State Where Husky Youngsters Grow

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Why Washington State Apples Help Keep You Healthy

SIMPLE clues give men of science their inspirations. Louis Pasteur was working on the ferments of wines and beers when the idea struck him that *germs* are a cause of disease. Our present wide use of the sun and the sun-lamp treatment can be traced to a young man who one day began wondering why his pet cat always slept in the sunshine.

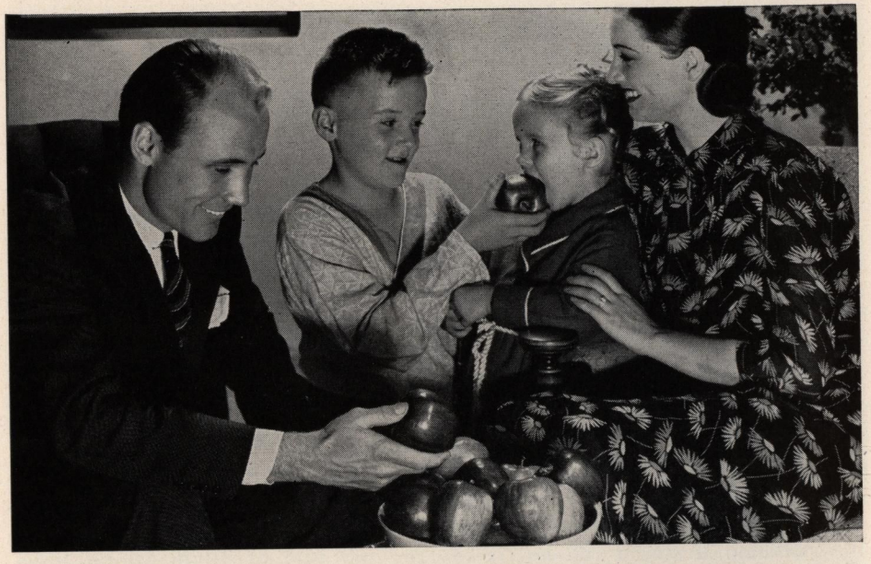
Dr. August Heisler got his inspiration about apples from a proverb.

August Heisler, born in the late '70s in Konigsfeld, Germany, was a physician who spent part of his time working in the Schwartzwald children's clinic. Here he had become well acquainted with infantile diarrhea and those other related intestinal disturbances which have, since the rise of civilization, taken such a great toll of human life. It was outside the clinic that Dr. Heisler's worst diarrhea patient, a young man, lay under his care. For years this case had seemed incurable. The doctor had tried everything—special diets, liquids, starvation — but the mysterious diarrhea persisted.

Now, every country in the world has legends and proverbs about simple curative foods. Many of these legends speak of the apple. The Turks believed that apples had the power of restoring youth. In Pomerania, a province in Prussia, an apple eaten on Easter morning was said to insure against fever. The peasants of Westphalia used apples mixed with saffron as a cure for jaundice. In Devonshire, England, an apple cut in two and rubbed on warts was thought to cure them.

Germany had many legends about the apple as a curative food. One came to the attention of Dr. Heisler. In the provinces of Silesia and Thuringia the peasants ate apples "from the bottom up" to cure constipation and "from the top down" to cure diarrhea. The idea suddenly came to Dr. Heisler: "Why not use this apple treatment on his 'incurable' patient?" The very next day he began feeding his patient with raw apples.

Twenty-four hours after the first dose of raw apples, the young man showed definite improvement. And a few days later that stubbornly "incurable" case of diarrhea was released from Dr. Heisler's care—cured!



An old Washington custom — "The Apple Hour"

That was in the year 1908. Yet so very careful a scientist was August Heisler that it was twenty years after this when he published his first report on the apple treatment. In those two decades at the Schwartzwald children's clinic he had used the "apple therapy" for many of the serious intestinal troubles associated with diarrhea. His cures by that method seemed almost miraculous.

Other doctors gradually took up the treatment and published their findings. Since 1929, literally thousands of case histories have been reported from at least a dozen countries. Through all those reports there is one common denominator. The apple diet is a most effective treatment for many of the intestinal disturbances which have caused so much misery and suffering to the people of the world.

Such a discovery was particularly important. A table of the causes of death show that *enteritis* (inflammation of the small intestine) has brought death to more people than has typhoid fever, scarlet fever, diphtheria, or infantile paralysis. As a scourge to humanity it is almost as bad as influenza.

The tables do not show how many other people have suffered from time to time with intestinal trouble and recovered. The growing evidence is that the apple is not only curative but *preventive* not only for constipation but also, paradoxically enough, for many forms of intestinal inflammation the outward sign of which is diarrhea. To the healthy person this simply means that the apple is an excellent food to help keep one's intestinal tract in normal, trouble-free condition. When a simple fruit food is proved to do that, the science of keeping well has certainly advanced!

While Drs. Heisler, Moro and others were working with apple therapy, such investigators as Zilva, Sherman, Fellers and a host of others had been looking into the other nutritional values of principal fruits and of green vegetables. People began to learn about the importance of vitamins and minerals, proteins and calories. Let us consider the apple in its content of these "protective" nutritional factors.

The Apple and Minerals

There are thirteen minerals present in the body. These minerals serve mainly as regulators of bodily activity. Of these the most widely discussed are calcium, phosphorus and iron. The first two, calcium and phosphorus, form a principal content of our bones and teeth. A shortage of these minerals in the diet soon shows itself in a weakening of these parts. Phosphorus has been termed "indispensable for all active tissues of the body" (Rose) while calcium is known to be of significance in the regulation of many body processes, such as the control of the contractibility of muscles, the normal response of nervous tissue to stimuli, and the coagulating power of blood. The body contains more calcium and phosphorus than any other minerals. In fact, together, these two account for about one-fortieth of a man's weight.

Iron, on the other hand, forms a very small part of the weight of the human body—less than one-tenth of an ounce. Yet iron is, perhaps, of equal importance to calcium and phosphorus. Without iron, the red corpuscles of our blood are unable to carry oxygen to the other cells. In other words, without *iron* in the blood we could not live! This body iron must be replenished constantly, because the red blood corpuscles use each bit for only a short time and our bodies are capable of storing up very little of it.

What foods will give us iron, calcium and phosphorus? Nutritionists and dietitians recommend dairy products as a prime source of calcium and a good source of phosphorus. They point to certain of the fruits and green, leafy vegetables as good sources of food-iron as well as sources of the other vital minerals. Fruits—including the apple—have certain advantages in supplying minerals. First, most everybody likes the fruits. Second, they are in the market almost every month of the year all over the country at reasonable prices. Third, in such fruits as the apple the needed minerals are found in a

U. S. MORTALITY RATES
From Some of the
COMMON DISEASES

	Per 100,000
Influenza	17.3
Enteritis	
(Under 2 years)	**13.4**
(2 years and over)	**4.9**
Measles	5.5
Bronchitis	3.3
Typhoid Fever	3.3
Dysentery	**2.7**
Scarlet Fever	2.0
Smallpox	less than .01

From Metropolitan Life Ins. Co. statistics

TABLE I

APPLES FOR HEALTH

Supply these many food essentials

PECTIN

as in jelly

—promotes normal intestinal activity. It combines with water to form more "bulk" than do so-called "roughage foods." Bulk from pectin is not irritating to the intestine. Apples are a primary source.

CALCIUM

as in milk

—is a bone-building material, helps regulate other body processes. Milk is rich in it. Apples offer it, and eating apples helps the system absorb the calcium in other foods.

PHOSPHORUS

as in cheese

—is another important bone and tooth building element. Apples are a fair source of this vital mineral for which cheese, fish, nuts, and eggs are often recommended.

IRON

as in eggs

—plays a vital part in making red blood. Apples contain iron; and their regular eating also helps the body to absorb the iron in other foods such as eggs, and liver.

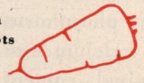
ENERGY

as in bread

—comes largely from "fuel foods" like bread, sugar. But the fruit sugar in apples is in "pre-digested" form — its energy is available to the system almost instantly.

VITAMIN A

as in carrots



—helps ward off colds and other infections. Also promotes growth. Carrots are rich in it. Apples, such as the Newtown, have been found to contain 50% more than oranges.

VITAMIN B

as in yeast

—helps to keep the nerves healthy. It is provided in primary quantities by yeast, milk and eggs. Apples are commended as a supplementary source of vitamin B.

VITAMIN C

as in tomatoes

—is vital in keeping bones and teeth sound, the body normal. Apples are rated a "good" source of vitamin C. Other sources are the citrus fruits, tomatoes and green leafy vegetables.

VITAMIN G

as in liver

—has been called the "appetite vitamin." Promotes digestion and growth. Apples are rated a better source than many of the fruits. Yeast, liver, milk are rich in it.

form most easily assimilated by our bodies. Thus, while apples contain very small amounts of iron, the body uses a larger proportion of it than of the iron in certain other common foods. And, more significant, the eating of apples is now known to help our bodies absorb the iron in other foods.

The Apple and Vitamins

About 1910 a new word, *vitamin*, came into being, derived from the Latin *vita*, meaning *life*.

Vitamin A. The vitamin A itself has a marked effect on growth. It also plays a large part in the ability of the individual to ward off infection. The explanation of the latter function is extremely interesting. Along the inside of those passages such as the digestive tract, lungs, nose, etc., along which things from the outside world pass, there is a protective coating of mucus, secreted by minute cells. In a vitamin A deficiency these cells are unable to secrete this mucus and then the passage is laid open to infection. As far as the nose and throat are concerned, this means that a vitamin A deficiency reduces one's resistance to the common cold. Apples contain good amounts of vitamin A. Recent investigators have shown that some varieties of Washington State apples exceed the orange by as much as 50 per cent in vitamin A potency. Oranges were considered at one time to be second only to such foods as milk, butter, and eggs in this respect.

Vitamin B. Vitamin B is often called the nerve vitamin, since it has to do with controlling the functions of the

For him: Health guarding pectin, minerals and vitamins

nervous system. An extreme shortage gives rise to a disease called beriberi, a nervous affliction marked by wasting of muscles, paralysis, anemia, and neuralgic pains. Partial deficiencies cause sagging stomach and counteract normal functioning of the intestinal tract as well as the nerves. Apples—not a leading source of this vitamin — are yet among those foods which nutritionists recommend for use in the diet to supply vitamin B.

Vitamin C. Before the turn of the century, sailors who went on extended voyages often developed a disease called scurvy. This we know today to be a direct result of vitamin C shortage. These sailors when they returned home were given large quantities of fresh fruits and vegetables, and the fruit and vegetable treatment usually relieved the dis-

ease. Apples played a prominent part in those early diets to "cure" scurvy.

Scurvy itself illustrates all the effects of a vitamin C shortage. In this disease the joints become tender. The appetite falls off so that before long nutritional deficiency begins to show by loss of weight. The bones and teeth become porous and delicate, and certain conditions in the blood vessels give rise to internal hemorrhages. Vitamin C is frequently called the "bone" vitamin, so closely is its presence related to normal condition of the bones and teeth. Apples are rated a good source of it.

Vitamin G. The acute shortage of this vitamin shows up as a commonly known disease called pellagra. This disease is marked by skin eruptions, indigestion and diarrhea. While science has not yet studied the lesser deficiencies of this substance, it is known to be necessary for our growth and well being. Apples contain small but valuable amounts of vitamin G.

The two vitamins which fruits do not supply are vitamin D, the sunshine vitamin, and vitamin E. The former is closely connected with bone formation, and shortages result in rickets. It is supplied by fish oils and the yolks of eggs. Science has not yet fully explained vitamin E in nutrition, nor its primary food sources.

The apple is thus valuable among the fruits for its *vitamin* content as well as for its mineral. From the eating of apples we get particularly those vitamins that nutritionists look for in the fruit foods—vitamin A, the "growth" vitamin, and vitamin C (guardian of teeth). Leading varieties of Washington State apples supply both these great "protective" food factors in "good" amounts.

The apple, furthermore, is one of the best foods for keeping our digestive tracts in a normal, healthy condition. This is because, among all fruits, the edible portion of the apple contains the greatest amount of a substance called pectin. It is also quite rich in the valuable fruit acids. By combating harmful toxins, pectin and the fruit acids help protect us from many forms of intestinal ills. By forming with water a bulky mass in the lower intestine, they stimulate normal intestinal activity. Thus, the apple has a protective influence against common intestinal disorders which result in constipation in some cases and diarrhea in others.

The apple is a good food to include in "reducing diets," also. It is very low in fat and protein, and contains but a relatively small number of calories. This means that it may be featured in the diet of those who wish to keep a slim waistline, yet wish to protect themselves with a supply of the food minerals and vitamins.

Children traditionally have loved the big, red apple as it is grown in Washington State. Here, nature has set up a real appetite appeal to induce them to eat one of the things that are good for them. Those valuable minerals and vitamins which Washington State apples supply are in even greater demand in the bodies of growing children than they are in adults. And children should be encouraged in the practice of eating apples slowly, chewing them well, in order to get the greatest enjoyment and nutritive value from them.

No matter how complicated research may become, no matter what many-syllabled words it may produce, there is one fundamental rule. It applies to all average, healthy people. Eat plenty of simple, varied foods, and don't worry. A balanced diet has the best chance of supplying all that is necessary for good health.

And in speaking of a balanced diet, medical science recommends three types of food. Those which build tissue, those which supply energy, and those which increase our resistance *(the protective foods)*. And it is well known that normal people eat too much of the first two kinds, and altogether too little of the *protective* foods—fruits and vegetables.

By nutritionists everywhere, apples such as these wonderful *eating varieties* grown in Washington State, are rated a great protective food. And the "protective" apple tastes good, is available the whole year 'round, is inexpensive, and is easy to secure.

One of our first rules of health should be to eat freely of these luscious Washington State apples the year around.

Your dealer brings you these apples orchard fresh and crisp

Washington Boys *have an average life expectancy* of*	**61.37**	**Years**
Average U. S. Boy *has a life expectancy at birth of* . . .	**59.31**	**Years**
Washington Girls *have an average life expectancy* of* .	**65.41**	**Years**
Average U. S. Girl *has a life expectancy at birth of* . .	**62.83**	**Years**

**At birth.*

TABLE II

What makes life expectancy greater in Washington? Health figures indicate Washington is a healthier place to live. Climate, outdoor living are reasons often given. Moreover, in the State of Washington, children and adults eat a great deal of what medical men call "protective" foods. One of the greatest of these "protective" foods is the Washington State apple.

How the State of Washington Became the Apple Bowl of the World

The story of apples in Washington State begins five million years ago.

Geologists call that period the Mesozoic era. Clumsy reptiles dominated the living things of the earth. Strange, new continents appeared. Up in what we now call the Pacific Northwest, future "Apple Bowl of the World," mighty forces began pressing the earth and the famed Cascade mountains were squeezed up from the plains. Ages slipped by. The crest of the Cascades became one long, open slit from which, for countless centuries, lava and volcanic dust flowed and settled on the land. This volcanic ash material, exceedingly rich in minerals on which apples thrive, eventually covered a gigantic area to great depths, in places up to 3700 feet! Let us leave that vast deposit to the erosive forces of wind, rain, glaciers, and time. The next chapter of this apple history lies with man.

Iced cars rush these juicy apples to your city

The apple, as we know it, originated in Southwestern Asia from where it migrated to Europe.

Ash remains of the apple have been found in the settlements of the early lake dwellers of central Europe. These prehistoric people, who built their houses on stilts over the lakes of Switzerland, lived perhaps ten, perhaps fifteen thousand years ago. Apples were mentioned, too, in the histories of Egypt, Greece and Rome, and were introduced into the Anglo-Saxon tribes of England during the Roman invasions of the first century, B. C.

The first European apple tree to be grown in America was planted by the Pilgrim Fathers at Massachusetts Bay just nine years after the first colony had been established.

By the middle of the next century the Dutch had planted apple trees extensively throughout New York. Commercial apple plantings, however, were not commenced for another hundred years.

Firm, juicy, vividly colored, they're especially grown for eating

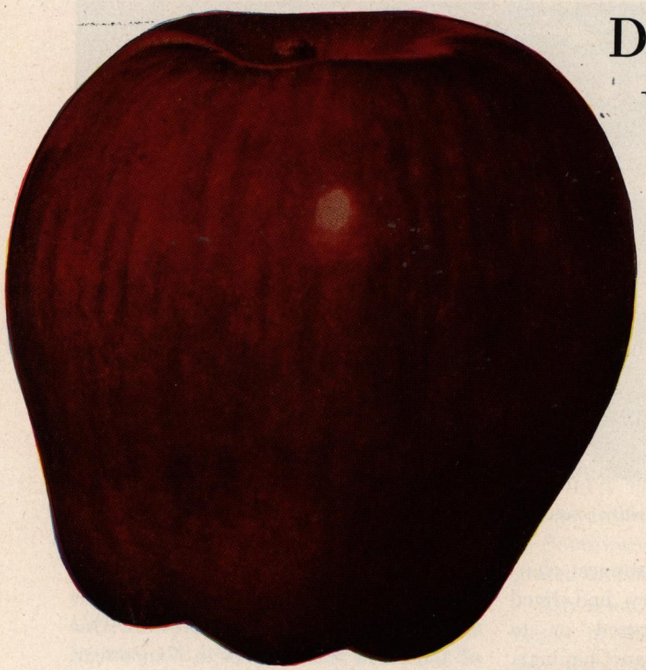
By that time one of the strangest characters in American history had lived and died—Johnny Appleseed—or to use his real name—Jonathan Chapman. This deeply religious man, whose motives have never been fully explained, spent half a century wandering on the western fringe of American civilization, carrying sacks of apple seed and planting them wherever he thought they would grow. Johnny Appleseed will always be remembered wherever apples are grown.

In 1826, a banquet was held in London to honor a Hudson Bay company under the command of Captain Simpson, bound the following morning on the long voyage around the Horn to settle in our Pacific Northwest. One of the young ladies present determined to present Captain Simpson with something which always would remind his men of their native England. What she gave him were the seeds of an apple. Planted the following spring, they became the first apple trees in the Northwest. One of these old trees stands in Vancouver, Washington, and still, after more than a hundred years, bears rich fruit.

For many years the growing of apples in Washington was confined largely to small or family orchards although the trees flourished in this region and bore magnificent fruit. Fred Thompson established a commercial orchard in 1889 and in 1894 he shipped the first carload of Washington State apples to be sold east of the Mississippi. In 1889 the state's first irrigation project was completed; it brought a total of 600 acres under controlled watering—a new step forward in apple culture. Today, the state produces annually a crop of approximately 32,000,000 boxes — the equal of one out of every three apples grown in the entire United States for fresh fruit consumption.

Do You Know These Six Marvelous Varieties from Washington State?

(Four here, two on next page)

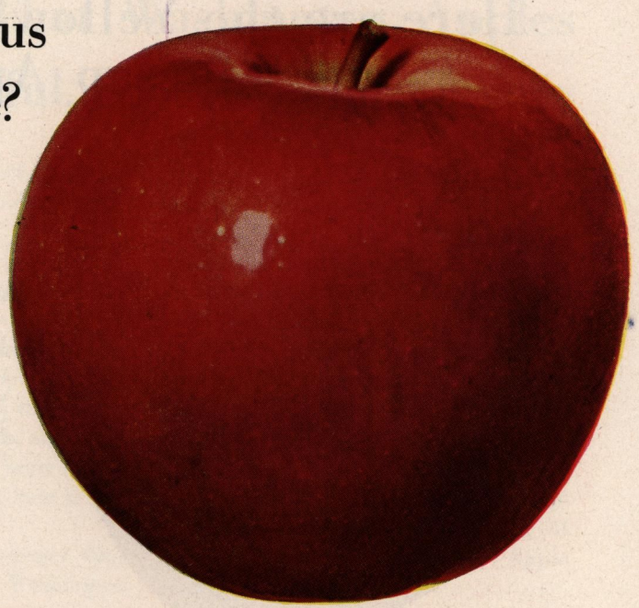


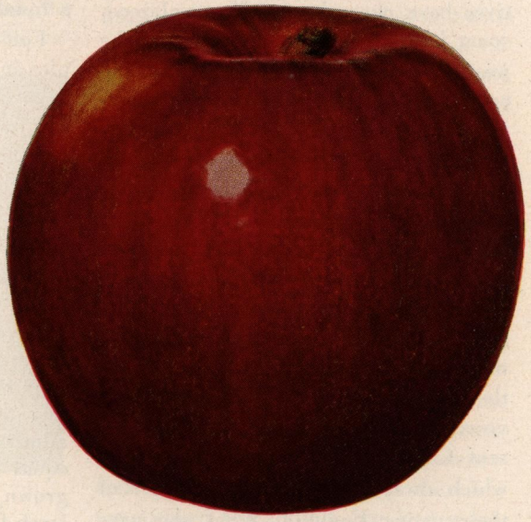
DELICIOUS

Under that rich, red skin with its faint "shadows of light," lies clean white meat—fine grained, mild and fragrant. You'll know the Delicious by those five prominent points at the calyx end and that "broad-shouldered" look. October to February is its season.

ROME BEAUTY

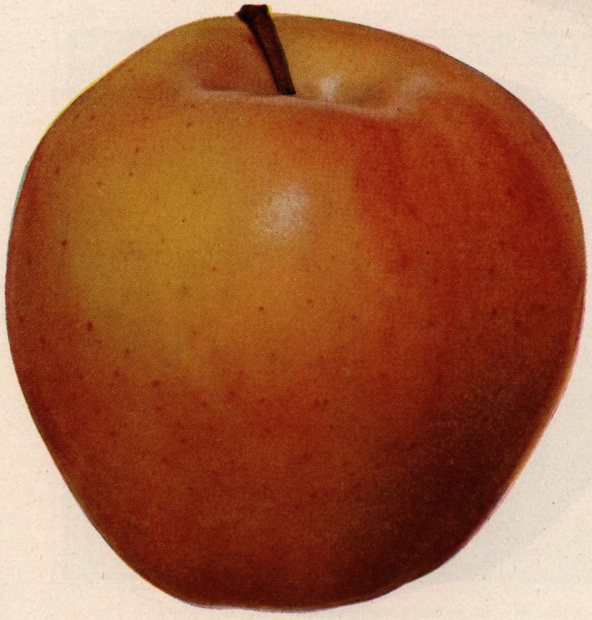
The all-purpose apple supreme is the big, round Rome Beuaty as Washington State grows it. Juicy, of course—mildly acid and aromatic. When you bake it, or cook in a flaky crust of an apple pie, be prepared for a new taste thrill. Its season: November to March.





JONATHAN

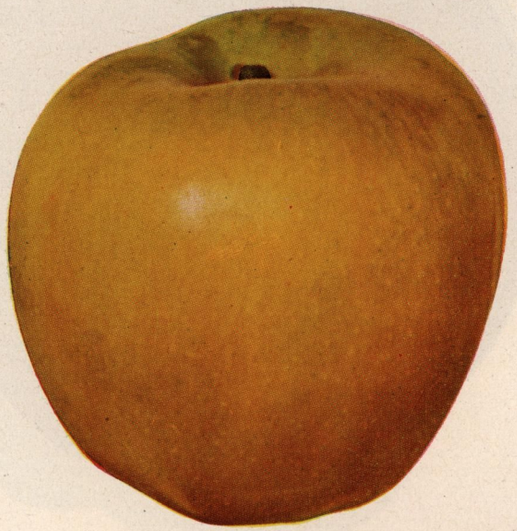
A pleasant, lingering tartness of flavor rewards you for biting into a Washington State Jonathan. It is a brilliant scarlet in color, somewhat lighter than the Delicious. Jonathan apple meat is fine in structure, marvelous eating. Tiny bubbles of juice surge up as you break the skin. Its season: September to December.



GOLDEN DELICIOUS

To your grocer over the crest of winter goes this "yellow" variety, transformed in color to solid gold by growth in the Washington State apple country. It's ideal for eating as it comes—firm celled and brisk to the taste. And its crackling texture gives an ideal snap to many kinds of salads. At its best in November and December.

Here are the Yellow Newtown and Winesap Apples



YELLOW NEWTOWN

Here's what Washington's ideal soils and brisk climate do to the yellow apples. Many call it the "Autocrat of the breakfast table." Its yellow exterior encloses a flavor truly distinctive. For decorative purposes, too, the Yellow Newtown mingles smartly with its red relatives.

WINESAP

A flash of bright and crimson red—that's the Washington State Winesap. All the flavor and juice of the earlier varieties have been crammed into this Winesap—smooth and glossy on the skin. An extra good eating apple and a grand "keeper" in your home. Its long season runs from November to June.

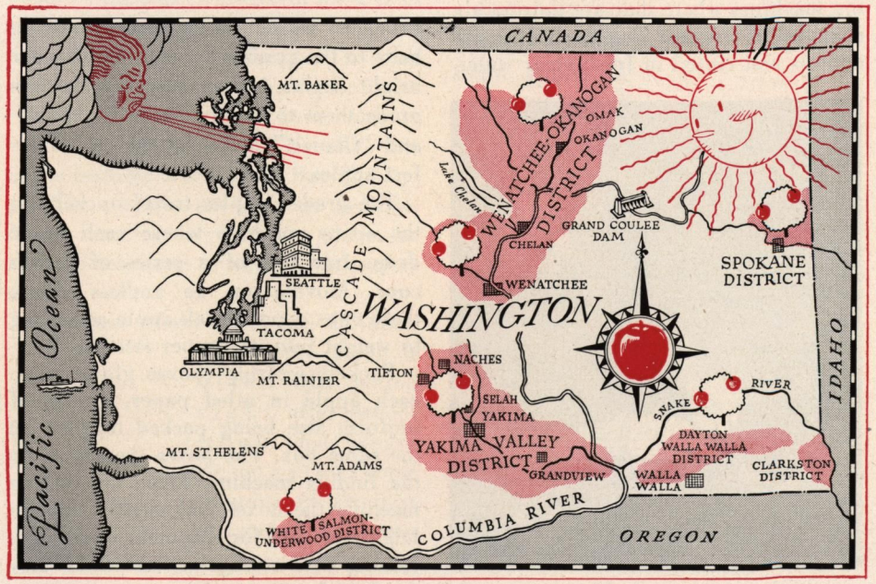
Why It Is That Washington Apples are So Colorful, So Crisp and Flavory

Washington grows nearly all of its apples just east of the snowy Cascade mountains. We have seen how nature gave to this area a fertile, heavily mineralized volcanic ash soil, an ideal source of nourishment for apples.

Here, too, climatic conditions are just about perfect for apple culture. The Cascade range protects this region from the damp coastal winds, and keeps the air dry, the way apples seem to like it best. The annual rainfall here is less than twelve inches.

In this northern state, summer days are unusually long. Thus, Washington State apples get more sunshine and are able to grow bigger, juicier and wonderfully tangy. Even the short, cool nights in this region do their part in painting these Washington apples with more vivid hues of red and yellow. Cool nights, furthermore, make for special firmness so that these Washington State apples fairly crackle to your bite.

Add to these nature-given advantages of soil and climate the controlled irrigation of man, and you sum up an apple paradise. No wonder the State of Washington has been called the "Apple Bowl of the World."



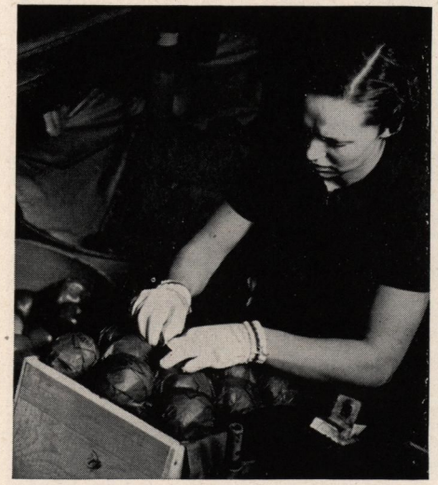
Where super apples grow in the "World's Apple Bowl"

Preparing Washington State Apples for You

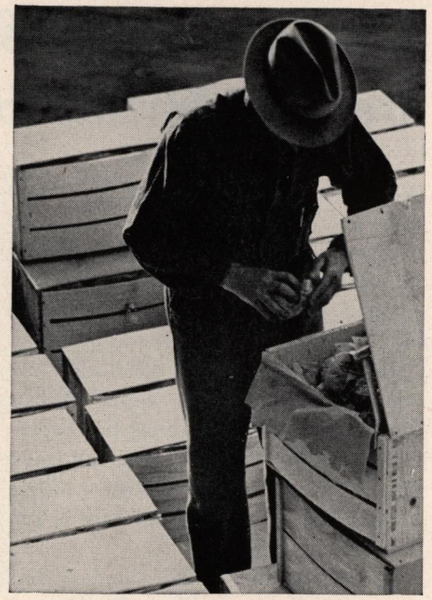
The extreme care taken in the preparation of Washington State apples for market begins each year when the fruit is still quite small in size. The apples are thinned by hand so that the apples do not touch each other. This thinning permits the tree to put all its energy into the development of the best fruit and produces apples that are more uniform in size, of better color and finer quality.

At maturity the apples are carefully picked, usually by gloved hands, and slipped into canvas picking bags designed to prevent bruising. After transfer to orchard boxes they are hurried to the packing house.

In the packing house, Washington apples go first to the power-driven washing machines where they are thoroughly cleansed of orchard dust and all spray deposit and rinsed in fresh clear water.



Tissue wrapped and packed



Last inspection before the boxes are shipped to market

From the washers they pass on moving belts to the grading tables where, under bright lights, expert women sorters grade them to "Extra Fancy," "Fancy" and "Choice," and sort out all imperfect apples.

The graded apples travel on belts to the sizing machine where each apple drops into one of a series of canvas cups. Moving on an endless chain, these cups deposit each apple according to weight into its proper size bin.

Packers wearing canvas gloves wrap each apple in oiled paper, apples of uniform size being packed together in the same box. The boxes then move to the lidding machine. From the lidding machine the boxes roll swiftly into refrigerator cars for shipment or into adjoining cold storage rooms where they are held for future shipment.

New Thoughts and Old on Serving Apples

Have you noticed, recently, how many smart hostesses have revived that grand old custom of passing the apple bowl? This gracious gesture brings back to modern living a note of the old-fashioned hospitality.

Eating crisp, flavorsome apples with one's friends somehow seems to make for closer fellowship. Perhaps it is because apples bring back cherished memories of childhood, perhaps it is because of the sheer enjoyment there is in eating luscious apples.

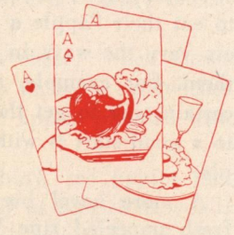
In the State of Washington, it is an old custom to serve apples in the home each night at what they have come to call "The Apple Hour." Usually, this is the bedtime snack hour. But The Apple Hour comes not only at bedtime. Many families serve apples alone, or with raisins, dates or nuts, directly after dinner.

In homes where there are children, The Apple Hour is often that period right after school when the hungry youngsters come trooping in. Or it is at luncheon; or even at breakfast where baked apples hold the honor as the regular morning fruit. The important thing about The Apple Hour is that it helps us to make sure we eat apples at some regular time *every day*.

Of the endless ways to enjoy apples, some of the best, yet least known, are wholesome dishes that can be prepared with fresh, uncooked apples.

Supposing the bridge club is coming and you want an unusual yet satisfying salad. In this booklet, you'll find several appetizing and easy-to-prepare fresh apple salads.

If it's one of those days when you and a book are lunching alone—a couple of fresh red Winesap or Jonathan apples, a wedge or two of mild cheese, coffee and nuts compose an ideal menu!



A really stunning dinner dessert, one imported from Europe, by the way, is the Apple-Cheese Tray. At the corners of the wooden tray, place thin slices of unpeeled apples. Then arrange wedges and squares of cheese around the tray, with crisp crackers along the sides.

(The simpler service of a bowl of shiny red apples and a plate of cheese is also suitable although served more often as a family dessert.)

Apple Ways to a Child's Heart

What boy or girl can pass an apple orchard in harvest time without a watering of the mouth? And even today, what does the tot bent on expressing his affection for his teacher put on her desk but a shiny red apple! Yes, apples have always been the special joy of children.

Nowadays, with modern distribution —when such magnificent eating apples as those grown in Washington State are rushed to market by fast refrigerator cars—every child should have all the juicy, wholesome, fresh apples he wants. Such apples help to bring glowing health, they supply valuable food minerals and vitamins . . . and they aid in regulating intestinal activity, a function of real importance in every child's dietary.

While it is no problem to get children to eat their "apple a day," wise mothers vary the ways in which they serve them. For example, at breakfast, one certain way to get the young ones off to a good start is with a big baked apple.

A more novel breakfast treat is a fresh unpeeled ripe Winesap or Delicious apple sliced and eaten with sugar and cream. Or a sliced fresh apple combined with the dry breakfast cereal! You should see how children go for this combination!

Does your child come home to lunch?

Apples will make him anticipate his noonday meal with curiosity and excitement.

Jonathans from Washington State ripen in time for Hallowe'en

One trick is to cut unpeeled Winesaps or Jonathans in small wedges, spread with cream cheese moistened with milk. Or cut unpeeled cored apples in rings and spread with a mixture of cream cheese and peanut butter.

To top off a noon day meal, serve a big red Delicious apple or a tangy Winesap. And if your youngster carries his lunch to school, a juicy apple belongs in the lunch box along with molasses cookies or graham crackers.

For after school refreshment have lots of fresh, crisp apples! Apples and milk will appease the hungriest in a healthful manner.

For dinner dessert, try red apples crisp-fresh from the refrigerator.

Or serve the apple bowl after dinner when the family is gathered around the fire and let the younger members pop popcorn and eat it with firm, juicy Washington State apples, a fine pair for The Apple Hour.

Clever Party Suggestions

At a Hallowe'en party there's nothing more appropriate for table favors than Apple Jack O' Lanterns. With a sharp knife carve a face on the side of each apple as is done with pumpkins. Sprinkle lemon juice on cut parts to prevent discoloration. Place apple on crepe paper frill and cock a crepe paper hat on top.

Polished red apples make most attractive candlesticks. Choose large apples, scoop out a little at the top, put a bright red candle into the opening. Place on a base of autumn leaves.

Here's a delicious snack that will make a hit with celebrating youngsters and oldsters alike. With tangy apples, serve quarters of hot waffles spread with butter and sprinkled with brown sugar.

A pretty and tasty refreshment suitable for luncheons or suppers is the Waldorf Salad in Red Apple Shells. (See recipe in next section.)

Apples Help to Make It Christmas!

No Christmas tree is really decorated without gleaming red apples hanging from the branches.

If you're planning a children's party during the Christmas season, here's a clever idea for decorating the table. For each child, make a Santa Claus doll using a whole red apple for the body. Place a mashmallow on a toothpick for the head, using raisins for the face, cotton for the beard. Legs and arms are made of gum drops, or marshmallows, skewered on toothpicks. Gum drops down the front of the apple indicate buttons.

And of course an apple must be tucked in the toe of every child's Christmas stocking.

For "Christmas cheer," when guests unexpectedly drop in, serve sandwiches of finely chopped apples blended with marmalade.

For the big, shiny, red apples that look as Christmasy as they taste, you'll want Delicious, Winesaps or other varieties from Washington State.

The Thanksgiving Centerpiece

An attractive and appropriate centerpiece is a low wide bowl filled with polished red apples. Decorate with raisin clusters and nuts, and bank autumn leaves around the bowl.

Baked Apples

An old-time favorite luncheon and dinner dessert, baked apples are also one of the finest fruits for breakfast. They provide just about everything you want in your morning fruit. Rich, delicious flavor . . . pleasing texture . . . zest and tang . . . vitamins and minerals. And, they're so simple to prepare. You bake them the night before when you're getting dinner, place in the refrigerator, and they are ready to serve the next morning.

Some apples, however, are better bakers than others; what you want is a variety whose shape and texture will stand up under the baking process. Perhaps the finest of all baking apples is the Rome Beauty as grown in the State of Washington. Yellow, striped with red, large and handsome, a Washington State Rome Beauty properly baked is something to boast about!

Another secret is long cooking in a slow oven in an *uncovered* pan with perhaps an inch between apples. Below is a good standard recipe, and some variations for when you require something particularly elaborate.

Plain Baked Apples

Wash medium-size Rome Beauty apples, core and remove peeling an inch down from the small end of the apple. Place apples in baking dish, allowing an inch between apples. Sprinkle 1 tbsp. granulated sugar over each apple, cover bottom of pan with ½ cup water and bake in slow oven (300° F.) one hour and 15 minutes. Baste apples frequently with juice in pan. (Cinnamon, nutmeg and butter may be added but the true flavor of the apple is best when baked as above.)

Famous Apple Games

There are a few time-honored games that simply must be played on Hallowe'en if that festive evening is to be a success. These games, however, will add wholesome gaiety to any winter evening gathering—and with grown-ups as much as with the youngsters.

Bobbing for apples in a tub of water with the hands behind the back is one of those frolicsome sports that everybody enjoys!

Biting apples suspended by strings, also with the hands behind the back, is another old-time favorite.

Apple bowling is lots of fun, too. You place 3 toothpicks in each apple so it will stand solidly. Arrange ten of these 3-legged apples in the usual tenpin formation. Then using an apple for a ball, let the children score at knocking the apples down.

Lunch Box Tips

Fresh fruit, *especially apples,* should always be included in lunch boxes. Packed lunches must, of necessity, run heavily to starches, and fruits should be included both from the standpoint of health and appetite appeal. The crisp tartness of apples furnishes a good contrast to the sandwich-cake n' cookie combination which most lunch boxes contain.

Apples eaten as dessert also furnish the very best of mouth cleansing. Scientific tests have proved that the chewing of raw apple cleans the teeth and leaves the entire oral passage in a sweet, clean, germ-free condition.

Children enjoy an extra apple to eat at recess, and industrial workers enjoy an extra one for the mid-morning and mid-afternoon rest period. Be sure to include fresh fruit, *especially apples,* in all lunch boxes.

Washington Apple Crisp

3 cups chopped apple (unpeeled) (Jonathan, Winesap or Stayman)
½ cup dark corn syrup
¼ cup hot water
½ cup brown sugar
1 cup rolled oats
¼ cup butter or margarine
¼ cup flour
Scant tsp. salt
1 pkg. salted pecans

Place chopped apple in a buttered baking dish and add corn syrup and hot water combined. Mix butter, brown sugar, flour, salt and rolled oats until they are a crumbly consistency. Sprinkle over top of apples. Bake at 350° F. 1 hour. The pecans are optional, but if used should be sprinkled on top of dry mixture. Apples need not be chopped very fine.

Apple Dumplings

Pare and core six small Jonathan, Winesap or Stayman apples. Place each apple on a 7″ square of rich pastry (piecrust). Fill cores with any of the fillings suggested for baked apples, and sprinkle each apple lightly with sugar and a dash of salt. Moisten edges of pastry and pull corners together over top of apple, envelope fashion, sealing well.

Place dumplings 1½″ apart in a shallow baking pan, and pour boiling syrup over and around them (syrup directions below). Bake immediately in hot oven (500° F.) for 5 minutes; lower heat to 350° F. and bake 40 minutes longer. Serve hot with surrounding sauce and cream.

Syrup: 1 cup brown or white sugar, 2 cups water, 4 tablespoons butter, ½ teaspoon cinnamon. Boil 5 minutes, or until well blended.

Washington State Apple Pie Filling

Five medium Washington State Jonathan, Winesap, Stayman, Yellow Newtown or Golden Delicious Apples.

¾ to 1 cup sugar (white or brown)
¼ tsp. salt
2 tbsps. of flour
1 tbsp. of butter
½ tsp. cinnamon

Line a 9″ pie tin with rich pie crust; wash, quarter and core apples, but *do not peel;* cut in medium thin slices, crosswise. Mix all dry ingredients in a bowl and add to apples, turning until each slice is covered with dry mixture. Fill pie shell, add sugar, dot with butter, cover with top crust, sealing well on edges. Bake 10 minutes in hot oven (425° F.); reduce heat to 325° and bake until done, approximately 45 minutes.

Special Apple Pancakes

Sift together 2 cups flour, 3 tsp. baking powder, ½ tsp. salt. Add 1½ cups milk, 1 egg, well beaten, 3 tbsp. melted shortening, 1 cup grated apple.

Mix above ingredients well and bake quickly on hot griddle. The cup of grated apple may be added to any standard 2-cup quantity of ready prepared pancake mix, and may also be added to waffle or muffin recipes. The grated apple gives an especially delightful flavor to bran muffins.

Salads

Waldorf Salad in Red Apple Shells

6 Winesap apples
Juice of 1 lemon
6 tbsps. mayonnaise
1¼ c. diced celery
½ c. chopped walnuts

Scoop out apples without breaking the skin. Chop apple meat, sprinkle with lemon juice, add mayonnaise and toss lightly with celery and nuts. Pile into apple shells which have been brushed inside with lemon juice. Chill. Serve on crisp lettuce, top with mayonnaise. Serves 6.

Apple and Cabbage Salad

1 Jonathan apple, unpeeled
3 cups shredded cabbage
1 tbsp. lemon juice
2 tbsps. flour
2 tbsps. sugar
¼ tsp. salt
1 tbsp. salad oil
1 cup unsweetened pineapple juice

Dice apple, sprinkle with lemon juice and mix with shredded cabbage. Blend flour, sugar, salt and add salad oil and pineapple juice. Cook over direct heat 5 minutes. Chill and pour over apple and cabbage mixture.

Serve on crisp lettuce. Serves 6.

Baked Apple Salad

4 Rome Beauty apples, baked
½ cup diced pineapple
½ cup orange sections
¼ cup French dressing
¼ cup mayonnaise mixed with
¼ cup whipped cream

Stuff center of baked apples with pineapple and orange. Marinate with French dressing, and serve on crisp lettuce with mayonnaise mixed with whipped cream. Serves 4.

Apple and Cheese Salad

Mix ¼ cup chopped pecans with 1 three-oz. pkg. cream cheese softened with milk. Season with salt, pepper, paprika. Make into 18 tiny balls. Core 2 unpeeled Delicious apples and slice crosswise into 3 rings about half an inch thick. Arrange rings on lettuce leaves and place 3 cheese balls on each ring. Serve with cream salad dressing. Serves 6.

Apple, Carrot and Raisin Salad

3 apples (Jonathan or Delicious)
¾ cup carrot strips
Juice of ½ lemon
¼ cup raisins
½ cup Thousand Island dressing mixed with chopped pickle relish

Cut unpeeled apples and peeled carrots into tiny strips. Toss lightly with lemon juice and raisins and pile into crisp lettuce cups. Serve with Thousand Island dressing. Serves 6.

Apple-Cottage Cheese Salad

2 large Winesap apples
1 tsp. lemon juice
1 cup cottage cheese
¼ cup mayonnaise

Wash and core apples, do not peel. Slice two thick center slices from each apple, sprinkle with lemon juice. Place on crisp lettuce. Fill center with cottage cheese. Top with mayonnaise. Serves 4.

Minted Apple Salad

Core and peel small Winesaps, Stayman or Yellow Newtown apples, and simmer until transparent *but not soft*, in the following syrup:

Syrup: 2 cups sugar, 2 cups water, ½ tsp. green food coloring, 4 drops peppermint oil.

When apples are transparent, and a delicate green, carefully remove from syrup and cool. Before serving, fill centers with shredded American Cream Cheese and top with a swirl of mayonnaise and a sprig of watercress. Parsley may be substituted for watercress.

Spiced Apple Halves

3 Rome Beauty apples
½ cup brown sugar
½ cup tomato catsup
2 tbsps. butter

Wash, core apples, but do not peel. Cut in half lengthwise and place in baking dish with cut side up. Cover with brown sugar, catsup, dot with butter. Cover bottom of baking dish with water and place in moderate oven (350° F.). When apples begin to bake turn them with cut side down to finish baking. Serves 6. Good with vegetable plate, fish, meat, poultry.

Special Holiday Dressing

1 large loaf (1½ lbs.) white bread
1 pint fresh oysters
½ cup shortening
1 tbsp. salt
1 tsp. pepper
2 tsp. sage
½ cup chopped celery
1 cup chopped apple
1 small onion minced
1 cup giblet stock

Crumble or cut bread into small cubes. Dampen slightly by sprinkling with water. Melt shortening (preferably butter) in large skillet and lightly brown bread cubes. Season throughout with salt, pepper and sage. Add celery, apple (including peeling) and onion, mixing well. Add oysters, which have been cut into small pieces. Moisten well with the one cup of stock or liquor in which the giblets have been cooked; or with one cup of water, if giblet stock is not available. This is sufficient quantity to stuff one 10 pound fowl. Do not press in too tightly.

Apple Coffee Ring

Coffee Cake Mix:
2 cups flour
4 tsp. baking powder
½ tsp. salt
2 tbsp. shortening
1 tbsp. sugar
¾ cup milk

Filling:
4 c. chopped apple
½ cup sugar
1 tsp. cinnamon
½ cup chopped nuts
¼ cup corn syrup

For cake mix, sift together dry ingredients; cut in shortening with pastry mixer; add milk slowly to make soft dough. Roll into a square, ¼″ thick on floured board.

Spread cake mix with filling which has been well mixed together. Roll up in fashion of a jelly roll. Cut with very sharp knife at ½″ intervals, leaving one edge of roll uncut. Place in oiled pan, curled into a ring. Brush entire surface with melted butter and sprinkle lightly with sugar and cinnamon, if desired. Bake 45 minutes in moderate oven (350° F.).

Apple Butter Filled Cookies

5 cups all-purpose flour
2½ tsp. baking powder
1 tsp. nutmeg
1 tsp. salt
} Sift and measure flour; resift with baking powder, salt and nutmeg.

1 cup shortening
1½ cups sugar
} Cream until light

3 eggs, well beaten
½ cup milk
1 tsp. lemon ex.
} Add to sugar-fat mixture. Add flour gradually, and mix thoroughly.

Roll dough fairly thin, and cut rounds with biscuit cutter. Place teaspoon of applebutter in center of one round and top with another round on which a face or some other design has been cut. Press together around edges with fork tines. "Rouge" cheeks with red sugar cake decoration. Bake at 425° F., 10 to 15 minutes.

Ham-Apple Casserole

4 or 5 Washington State apples
Brown sugar
2 thin center slices of ham
1 tbsp. lemon juice

Pare and slice apples. Trim off part of fat from ham and cut ham into serving-size pieces. Into a baking dish put a layer of ham, cover with sliced apples, and sprinkle lightly with brown sugar—1 to 2 tbsps. for each layer. Repeat until all ingredients are used, having top layer apples. Sprinkle lemon juice over top, cover, bake in a moderate oven (375° F.) about 25 minutes, or until apples are tender; then remove cover and bake 20 to 25 minutes longer, until apples brown slightly and juice thickens somewhat. Serves 4 to 6.

WASHINGTON STATE APPLE CALENDAR

	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	June
JONATHAN Brilliant red with patches of straw color. The Fall apple for Hallowe'en.	●	●	●	●						
GOLDEN DELICIOUS Bright yellow with minute green specks. Grand for use in salads.			○	○	○	○				
DELICIOUS Red stripes on red. Winelike flavor makes it a Christmas favorite.		●	●	●	●	●				
ROME BEAUTY Yellow or green, mottled with red, carmine striped. Grand all-purpose apple.			●	●	●	●	●			
WINESAP Bright red to purplish red. Very juicy, slightly tart.			●	●	●	●	●	●	●	●
YELLOW NEWTOWN Green yellow to bright yellow. One of the best keeping apples.					○	○	○	○	○	○

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about our world-famed Washington Apples? We have recipe cards of convenient kitchen file size, a recipe booklet, a map-recipe folder—also a leaflet, "Apples," especially prepared to give Washington Apples their proper place in the home economics field. We'll be happy to answer specific questions, too. Write:

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Wenatchee, Washington or Yakima, Washington