



150
Recipes for
Apple Dishes
issued by
Agricultural Department
Union Pacific System
Omaha, Nebraska



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Let us tell you more about California and the attractions en route. For free illustrated booklet write any representative listed on page 2.



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150 Recipes for Apple Dishes

The Union Pacific System presents this handbook of recipes in the interest of good health, through an increased use of apples and apple dishes.

These 150 best recipes were selected from several hundred submitted during a prize Cookery Contest, instituted by the Union Pacific, in the Pacific Northwest, and for which \$500.00 in gold were awarded as prizes to the successful contestants.

The judges were experts in Domestic Science. They approved and selected these recipes, which are plain, simple and practical, and afford a most pleasing variety of forms in which the "King of Fruits" may be served.

Composition of Apples

Water.....	72.4	Sugar.....	12.0
Carbohydrates.....	10.8	Proteids.....	.3
Free Extracts.....	.4	Fats.....	.4
Cellulose.....	2.7	Acids.....	1.0

SOME REASONS WHY

"AN APPLE A DAY KEEPS THE DOCTOR AWAY"

By R. A. SMITH, Supervisor of Agriculture, Union Pacific System

Apples are a food necessity—not a luxury—and should be eaten freely, especially during Winter and Spring.

Wrong food combinations, and overeating, are among the chief causes of many ills.

Of course, "an ounce of prevention is worth more than a pound of cure," but, in the event of sickness, some physicians advise that all kinds of food, except fruit, should be discontinued, and nothing else eaten until the normal standard of health is regained.

Apples easily head the fruit list—in fact, Dr. J. H. Tilden, Denver, Colo., one of our most noted exponents of correct living, states that "apples furnish more nerve and brain power than any other fruit—and even more, in proportion to solids, than Wheat."

As fruits are digested, principally, in the intestine, the saliva and gastric secretion take little, if any, part in the process.

In apples, among the organic acids, malic acid (which possesses antiseptic properties) predominates and counteracts acidity in the blood and other bodily fluids, which are normally alkaline. It also aids in restoring the balance between the unorganized ferments (enzymes) and the organized ferments (bacteria), thus overcoming constipation and intestinal putrefaction. When the organized ferments are in excess, harmful fermentation and intestinal putrefaction take place; the poisonous products are absorbed; the blood stream becomes impure, and illness, in some form, usually follows.

Fruits, and especially apples, play an active and important part in the elimination of poisonous materials generated in the system.

Of the solids of apples (10% to 16%) approximately 75% is sugar, or carbohydrates of like character, with a small proportion of fat and protein.

The flavor and special characteristics of apples are derived from the different sugars (levulose—commonly called "fruit sugar"—

sucrose and dextrose) and the organic acids and essential oils that they contain.

Foods serve three purposes in the body: furnish energy necessary for muscular exertion; act as fuel to provide the body heat; supply material for the repair of worn out, or growing, muscle tissues.

Fats, carbohydrates, proteins and mineral compounds are the four classes of foods, based upon the purposes that they serve in the body; the first two furnish heat and energy and are the sources of carbon and hydrogen; the proteins furnish nitrogen for the growth and repair of the tissues; mineral matter in food is absolutely essential to all vital processes.

Fats: (Composed of carbon, hydrogen and oxygen), which have a high value in producing body heat and energy and serve to form layers of protective tissue, are also reserve storehouses of food which are drawn upon when necessary. Common examples of fats are: butter, meat fat, olives, olive oil, etc. Nuts, probably the most highly concentrated of foods, contain a large amount of fat.

Carbohydrates: (Carbon, with oxygen and hydrogen in the same proportion as in water— H_2O), resemble fats, in that they supply heat and energy to the body, although, in this respect, their value is about one-half that of fats. They also assist in building fats in the body. Sugars and starches are examples of carbohydrates.

Proteins: The purpose of which is to replace worn-out (and to supply nourishment to growing) muscle tissue—are organic compounds rich in nitrogen, which is the characteristic element thereof. Important sources of proteins are lean meat, white of eggs, fish, peas, beans, grains, cheese, etc.

Mineral Compounds: Are normal constituents of the blood, and are present in it in comparatively small quantities, but serve a great variety of important purposes, besides assisting in forming blood, bone and nerve tissue. Minerals are abundant in fruit and vegetable foods, as well as in eggs, milk and meat.

In mineral content, apples are comparatively rich, several analyses showing proportions, in the total ash (about .2% of the apples), as follows:

Potassium.....	35
Sodium.....	26
Calcium.....	4
Magnesium.....	9
Iron.....	1.4

When there is a deficiency of these salts in the blood cells, the free consumption of apples will aid in restoring them.

Unless the teeth are very badly damaged or eroded, the acids of fruit, such as those contained in apples, grapes, oranges or lemons, will be found to be a satisfactory mouth wash. The advice of a dentist should be sought, however, to determine the condition of the teeth and to decide whether an alkaline or acid wash is preferable for the individual case. But there is no question as to the efficacy of

the food acids in removing, quickly and entirely, the mucous films that are the first stages of dental decay.

An apple eaten at night will cleanse the teeth, mechanically and chemically, and, if followed by vigorous brushing, will protect them from bacteria during the night.

The apple—well named “The King of Fruits”—is one of Nature’s best and cheapest medicines: preventive as well as curative.

The above will explain, in part, at least, the statement, “An apple a day keeps the doctor away.”

APPLE VARIETIES— WHEN AND HOW TO USE THEM

Variety	Eating Quality	Cooking Quality	Best When Used From To		
Arkansas Black	Fair	Good	February	June	inclusive
Baldwin	Excellent	Excellent	December	March	inclusive
Ben Davis	Poor	Medium	January	April	inclusive
Delicious	Excellent	Fair	November	June	inclusive
Gano	Poor	Medium	January	April	inclusive
Gravenstein	Good	Excellent	August	October	inclusive
Grimes Golden	Excellent	Good	October	December	inclusive
Jonathan	Excellent	Good	October	December	inclusive
McIntosh	Excellent	Fair	September	December	inclusive
Monmouth	Poor	Medium	November	February	inclusive
Northern Spy	Good	Good	November	February	inclusive
Ortley	Excellent	Excellent	December	March	inclusive
Rhode Island Greening	Excellent	Excellent	December	February	inclusive
Rome Beauty	Very good	Excellent	December	April	inclusive
Spitzenberg	Excellent	Excellent	November	March	inclusive
Stayman Winesap	Medium	Fair	December	March	inclusive
Tompkins King	Fair	Good	September	November	inclusive
Wagner	Excellent	Excellent	October	April	inclusive
White Pearmain	Excellent	Good	November	April	inclusive
Winesap	Excellent	Good	January	May	inclusive
Winter Banana	Fair	Good	November	February	inclusive
Yellow Bellflower	Excellent	Excellent	October	January	inclusive
Yellow Newtown Pippin	Excellent	Excellent	January	May	inclusive

UNITED STATES DEPARTMENT OF AGRICULTURE

BUREAU OF PLANT INDUSTRY

WASHINGTON

LCC-NH

February 18, 1924

HORTICULTURAL INVESTIGATIONS

Mr. R. A. Smith,
Supervisor of Agriculture,
Union Pacific System,
1416 Dodge Street, Omaha, Nebr.

Dear Mr. Smith:-

The apple is the most important fruit of the temperate zone. It is adapted to a wide diversity of conditions, and, in both the northern and southern hemispheres, its culture practically encircles the globe. No small part of its importance, as a commercial crop, is due to the fact that it lends itself to such a great variety of uses.

The apple is not only a most toothsome and wholesome dessert fruit, but it lends itself to a great variety of culinary uses; and in addition, there is no fruit juice which, when properly handled, is more wholesome, or more pleasing to the palate, than properly prepared pasteurized apple juice.

In the variety list of apples there are several thousand names, and, among them, may be found an apple for every use and for, practically, every locality within the temperate zone. But commercial apple culture does not thrive on a great list of varieties. Each important producing region has determined for itself the list of varieties best adapted to the particular locality, from the standpoint of season of maturity and market requirements, and the growers in each region devote their attention in an effort to produce perfect fruits of each of these varieties. While there is some overlapping of varieties in the several regions, each region produces some sort better than any other; and, consequently, the growers make a specialty of that particular variety. This explains why Jonathan and Spitzenberg may be the leaders in one region, while Baldwin and Greening may be those of chief importance in another.

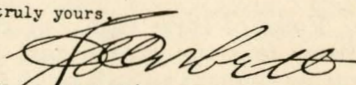
It is well known that certain varieties are especially desirable for eating out of hand; other varieties are particularly suited to the culinary arts. Certain varieties are of special interest because of their long-keeping qualities, such, for instance, as the Newtown Pippin and Winesap; others are of special interest and value because of their early season of ripening.

There are other factors essential to the success of the commercial apple industry. Transportation must be available to carry the perishable product to the markets, and the variety list must be such as to cover the requirements of the trade throughout the year. But since the climate of the temperate region imposes upon its inhabitants a period when plant growth cannot take place, it becomes necessary, in order to have apples the year round, to provide varieties possessing a long storage life, when provided with a suitable environment.

After transportation, the next important feature of commercial apple production was the development of a system of cold storage warehouses capable of accommodating a sufficient supply of apples of long-keeping varieties to bridge the gap from harvest time, in October, to the return of fresh fruit in June. Both have been accomplished to a high degree, and the markets are now annually provided with fresh apples 365 days each year.

The producers of apples have developed their industry so as to meet the exacting requirements of a year round trade. The extensive area over which apples can be produced in the United States makes it possible to produce a liberal supply, annually, for the largest requirements of the markets of the country. In fact, the United States is potentially able to supply apples for the world. The one factor, which is now needed to make the apple industry the economic success that the skill and efforts of the growers of high grade apples justify, is a keener appreciation on the part of consumers of the value of this superior fruit as a food. Apples are not as universally used in the diet as their food value justifies; they are not as universally used as the extent of the annual supply would warrant. Apples should be among our most abundant, most liberally used, and cheapest fruit. The apple should be the fruit of the masses, so far as the United States is concerned. Let us make it so.

Very truly yours,



(I. C. Corbett)

Horticulturist in Charge.

APPLE PIE

¹ (a) Five or six apples, one cup sugar, one-third cup water, one teaspoon extract lemon. Peel, quarter and core apples, put in stew pan with sugar and water. When tender, remove. When cold, add extract and fill pie plate, lined with paste. Wet the edges, cover with paste rolled out thin, and wash with milk. Bake in steady moderate oven twenty minutes.

(b) Three tart apples, one-half cup sugar, one-half lemon rind grated. Peel, core and slice apples very thin. Line pie plate with paste, put in apples, sugar and little water. Wet the edges, cover with paste rolled out very thin. Wash with milk. Bake in steady, moderate oven twenty-five minutes, or till apples are cooked.

² Sift one cup of flour and one-fourth teaspoon of salt into a bowl. Rub into it four tablespoons of shortening until the whole is reduced to a fine powder. Add cold water slowly to make a stiff dough. Roll thin, spread with a tablespoon of shortening, fold and roll again. Cover tin loosely with this paste, brush over with white of egg, fill with thin slices of good cooking apples. Sprinkle with one cup of sugar mixed with a tablespoon of flour. Sprinkle over a few small lumps of butter. Moisten edges with unbeaten white of egg. Cover with crust. Bake in moderate oven thirty minutes.

APPLE PIE

Gravensteins

³ One cup of flour, two large tablespoons of shortening, quarter cup of water, salt. Mix flour and shortening and add water. Line pan with crust, fill with sliced apples, small lumps of butter, vanilla. Cover with sugar and bake in a slow oven.

PIE—TENNESSEE STYLE

Cook four large apples with sufficient water, and while hot press through a sieve. Now mix with this a tablespoon of butter. Cool and stir in the yolks of three eggs, which have been well beaten, the rind and juice of one lemon and a cup of sugar well mixed together. Cover a deep pie tin with pie crust and fill with apple mixture. Bake in a moderate oven forty-five minutes.

DAINTY APPLE PIE

Quarter and core four large apples. Grate, sweeten and chill. Beat the whites of three eggs stiff. Now add the apples, flavor and beat well. Place in a partially baked pastry shell and finish baking in a slow oven. Cover with whipped cream and serve hot.

APPLE CUSTARD PIE

Yolks of three eggs, one cup sugar, one teaspoon corn starch or flour, one cup grated tart apple. Whip thoroughly. Add sweet cream to make enough to fill deep pie pan lined with rich crust. Dust with nutmeg and bits of butter. Bake slowly.

FRENCH APPLE PIE

Three apples, one cup sugar, one-half cup butter, one and one-half cups flour, two teaspoons baking powder, one cup milk, two eggs. Season to taste. Cover deep baking dish with sliced apples, season with sugar, cinnamon and add tablespoon of boiling water. Cover tightly and bake for fifteen minutes in moderate oven. Make a batter of above ingredients and spread over the cooked apples. Bake till brown. Then invert a pie dish and cover with meringue made from the whites of the eggs. Set back in the oven to brown.

GERMAN APPLE PIE

Make a rich pie crust for bottom of pie pan only. Dress and slice four medium sized apples. Slice thin lengthwise of the apple. Place slices of apple in pie tin, lapping over each other like shingles on a roof at an angle of forty-five degrees, or half pitch. Sprinkle on top of apples one teaspoon of cinnamon, distribute evenly on top of apples, one cup of sugar, beat up two eggs, add to the beaten eggs one-half cup plain commercial cream, spread carefully mixture of eggs and cream on top of pie. Cut up one tablespoon of butter into tiny squares and distribute over top of pie. Bake for one hour in deep pie tin.

DUTCH APPLE PIE

Place on ends thickly quartered Jonathan apples in deep pie tin lined with any good rich crust. Sprinkle freely with sugar and cinnamon and put bits of butter on top. Fill one-half full with sweet milk and bake in a moderate oven until tender.

PINEAPPLE APPLE PIE

Take a pint of grated apples, add a half cup of sugar, a pinch of salt and half tablespoon of flour. Line a pie pan with pastry, add the grated apples, dot with butter and bake until the apples are tender. Take half a cup of grated pineapple, add one-quarter cup of sugar, a little lemon juice, boil up, spread hot over the pie. Cover with a meringue.

DATE AND APPLE PIE

Chop apples and stoned dates together, equal quantities. Sprinkle with one-half cup of sugar, teaspoon of cinnamon and two tablespoons of water. Fill a rich pie crust with this mixture. Add a top paste and bake half an hour.

MOST DELICIOUS OF ALL PIE CRUSTS

Two cups of flour after sifting, four tablespoons of shortening, chop lightly and add two tablespoons of ice water, pinch of salt. Toss together with fork. Place on floured cloth or board. Bring together with cold hands very gently; roll out with quick, even strokes. Cut off enough for bottom crust, line pan with crust. One tablespoon flour, three tablespoons sugar. Mix thoroughly, put in the crust. Then fill pan with apples cut in eighths. Mix three tablespoons of sugar with one-fourth teaspoon cinnamon and sprinkle over top. Dot

with bits of butter, add one tablespoon of water, wet edges of lower crust. Cover with balance of paste. Use only first rolling. Sprinkle with cold water. Bake in moderate oven.

FILLING FOR APPLE PIE

Have good pie paste and cover pan. Slice apples quite thin and fill shell. Take one cup of sugar, one large teaspoon of flour, butter size of walnut, spice to taste. Rub together and put four tablespoons of boiling water over, stirring to keep from lumping. Cook until done and pour over apples. Put on lid of paste and bake in moderate oven.

APPLE DUMPLINGS

¹ Make rich, stiff biscuit dough. Cut apples in quarters and wrap dough around, pinching the ends together. Put one pint of water into a baking dish and one cup of sugar and small piece of butter. Boil on top of stove. Put in dumplings and bake in hot oven until apples are done. Serve hot with sauce made as follows: Blend one cup light brown sugar, two tablespoons of flour and butter size of an egg, add two cups boiling water and let boil until thickened and flavor with mapleine.

Spitzenberg

² Line muffin tins with pie crust, allowing enough dough to fold over top. Fill with alternate layers of thinly sliced apples, butter, a dash of salt and cinnamon, nutmeg or vanilla, as preferred. Lift apples out of water as they are placed, pinch dough together over top and bake in rather slow oven.

APPLE DUMPLINGS

³ Crust—Eight tablespoons flour, one-half teaspoon baking powder, pinch salt, one tablespoon lard. Mix lightly. Add four tablespoons ice water. One-half apple cut in small pieces for each one, nutmeg to taste, bits of butter, one teaspoon sugar. Roll in crust and bake. Serve with following sauce: One tablespoon flour, two tablespoons sugar, one and one-half cups boiling water, one-half tablespoon butter. Let come to a boil, then add one teaspoon vanilla.

APPLE DUMPLINGS STEAMED

Two cups of flour, two teaspoons of baking powder, a teaspoon salt, two tablespoons of butter mixed in the dry ingredients. Make a soft dough with sufficient milk to bind. Prepare gem pans half full of nice apple sauce, drop the batter on top of apple sauce and bake twenty-five minutes in moderate oven. Serve with mapleine sauce.

BROWN BETTY

¹ Take two cups full of tart apples peeled, cored and minced and mixed with one and one-half cups of fine bread crumbs. Add one cup sugar, tablespoon butter, three eggs beaten light, one-half tea-

spoon of mace and of cinnamon. Turn into a buttered mold or pudding dish. Serve with liquid sauce.

² Into a pan put a layer of sliced apples, then a layer of bread crumbs, then another layer of apples, and so on until your pan is as full as desired. Then pour over all a sauce made of two eggs, one pint milk, one-half cup of sugar. Sprinkle top with nutmeg. Bake in moderate oven about three-quarters of an hour.

³ To one cup of bread crumbs add one-quarter cup of brown sugar and a lump of butter. Put all in a pan over the fire to melt and mix. Butter a bake dish, put in a layer of crumbs and a layer of sliced apples, with sugar and cinnamon, then more crumbs and apples until the dish is full. Bake in a slow oven with one-quarter cup of water poured over the mixture.

SAUCE—One cup water, dash of salt, four tablespoons sugar, nutmeg, vanilla flavoring, butter. Thicken with flour.

APPLE SAUCE AND NUT CAKE WITH APPLE FILLING AND FROSTING

One cup of sugar, one-third cup of butter, one cup of apple sauce, one teaspoon of soda dissolved in sauce, two cups of flour, one cup of chopped nuts, one cup of fruit, one teaspoon of mixed spice.

FROSTING AND FILLING—Beat the white of one egg to a frost, stir in one-half cup of sugar, add one large or two small grated apples and beat until thick.

APPLE CAKE

One cup sugar, three-quarters cup shortening, one-half cup raisins, one egg, one and one-half cups boiled apple, two and one-half cups flour, one teaspoon each soda, cloves and allspice, one-half teaspoon baking powder. Cream sugar and shortening. Add beaten egg, boiled apple and raisins, then the flour with soda, cloves, allspice and baking powder sifted in.

APPLE SAUCE CAKE

¹ One cup brown sugar, one-half cup butter or meat drippings, one and one-half cups apple sauce sweetened, two heaping cups flour, two level teaspoons soda, one teaspoon each cinnamon, cloves, nutmeg, one cup raisins, one cup chopped nuts (walnuts or others). Cream sugar and shortening. Add spices. Then add flour with soda sifted in. Throw the nuts and raisins onto the dry flour. Mix all very thoroughly together. Lastly add apple sauce. Be careful to have a stiff batter. Bake in a loaf in a slow oven. This cake may be warmed and used as a pudding with hard sauce.

² Two-thirds cup of butter and shortening, one and one-half cups sugar, two cups of apple sauce mixed with one and one-half teaspoons of soda, two cups of raisins, one teaspoon of cinnamon, one teaspoon cloves, four cups of flour with one and one-half teaspoons soda sifted together. Cream the butter and sugar together. Then add the other ingredients in the order given. Bake in paper lined

pan for one hour in slow oven. Frost with boiled frosting, made as follows: One white of egg, one cup of sugar. Cook sugar in one-half cup of water until soft ball stage. Beat into it the beaten egg white. Flavor. Beat until ready to go on cake.

APPLE SAUCE CAKE (WITH FIGS)

One cup sugar, one and one-half cups of unsweetened apple sauce, two tablespoons of butter combined with enough other shortening to make one-half cup, two cups of flour, one cup each of chopped figs, raisins and nuts, one teaspoon of cinnamon, cloves, nutmeg and allspice, one teaspoon of soda dissolved in a little water. Mix to a stiff batter. Bake in a square loaf pan for one and one-half hours. (No eggs nor milk used in this recipe, and only two tablespoons of butter.)

DRIED APPLE CAKE

Two cups of dried apples, chopped fine and soaked in water over night. Then cook in one cup of molasses until soft. Add one cup each of butter, sugar and sour milk, two teaspoons of soda, one teaspoon each of cinnamon, cloves and lemon extract, one nutmeg, and flour enough to make stiff. A cupful of raisins may be added. Mix all together and bake in a slow oven one hour.

DRIED APPLE FRUIT CAKE

Soak two cups of dried apples over night. Chop them and cook slowly in two and one-half cups of New Orleans molasses. When cold add one cup of milk, two cups of butter, or a substitute, three-quarters of a cup of sugar, three and one-half cups of flour, one teaspoon cinnamon, one-half teaspoon of cloves, one-half teaspoon allspice, a little nutmeg, three and one-half level teaspoons of baking powder, four eggs, three-quarters of a pound of raisins, a few currants and one-half cup chopped citron. Bake three hours in a slow oven.

PLAIN WHITE LAYER CAKE WITH APPLE CREAM FILLING

Cook down a richly sweetened apple sauce until very thick. For one cup allow the white of one egg and one-half cup of nut meats. Stir in nuts before removing from fire, then pour over stiff white of egg, stirring all the while. Spread at once. Use Jonathan apples.

DELICIOUS APPLE FILLING FOR CAKES

Grate two medium apples, pare and core, add juice of one lemon, add grated rind, two-thirds cup of sugar, one egg, stir over fire until jellied. Spread when cool.

APPLE COFFEE CAKE

Jonathans

One cup of yeast, one egg, two tablespoons brown sugar, salt, flour to make thin batter. Let raise until light. Arrange apples on top sliced, sprinkle with powdered sugar and cinnamon and bake half an hour.

HURRY-UP APPLE CAKE

Line a pan with sliced apples. Sprinkle apples with sugar, cinnamon and butter. Make a batter of one cup flour, one egg, one-half cup sugar, one tablespoon butter, one-half cup milk, one teaspoon baking powder. Pour mixture over the apples. Bake half an hour. Turn it over and serve with whipped cream or sweet sauce.

ECONOMY CAKE

CAKE—Butter size of an egg, one-quarter cup condensed milk, three-quarters cup water, one and one quarter cups sugar, two cups of flour, two teaspoons baking powder, yolks of two eggs. Mix butter and sugar until creamy. Add beaten yolks of eggs. Sift flour and baking powder. Add milk and flour alternately to first mixture until all is used. Add one teaspoon lemon extract. Bake a golden brown in even heat in well-greased pans slightly dusted with flour.

FILLING—Whites of two eggs, one grated apple, one cup sugar. Beat whites of two eggs. Add sugar and grated apple. Beat twenty minutes. Put between layers of the cake.

DUTCH APPLE CAKE

Use rich biscuit dough. Line a baking dish. Spread a layer of sliced apples on top. Sprinkle with sugar and nutmeg. Beat the yolk of one egg, add two tablespoons milk and spread over top. Bake in quick oven. Use King apples.

GERMAN APPLE CAKE

¹ Two cups of flour, two teaspoons of baking powder, one-half teaspoon of salt, one-quarter cup of butter, one egg, scant cup of milk, two tablespoons of sugar. Mix and put in bake pan. Slice apples and put on top. Sugar and sprinkle with nutmeg and cinnamon. Slow oven.

SAUCE—Cup of sugar, tablespoon of butter, dash of salt, vanilla flavoring, two cups of water. Thicken with flour.

² One pint flour, one and one-half teaspoons baking powder, one-half teaspoon salt, mixed and sifted. Rub in two tablespoons butter, add one beaten egg and milk to make very thick batter. Spread one inch deep in greased shallow tin. Have ready several pared, cored and quartered apples. Press points into dough, sprinkle thickly with sugar mixed with little cinnamon. Bake in hot oven.

APPLE PUDDING

¹ Twelve or fourteen apples, peeled, cored and sliced, one teaspoon extract nutmeg, one and one-half cups sugar. Pack apples in deep earthenware dish, add sugar, one-half cup water with extract. Cover with paste. Pinch closely to edge of dish with thumb or pastry iron. Bake in a moderate oven. Serve with rich cream.

² One egg beaten well with two tablespoons sugar, one tablespoon flour, one-half teaspoon baking powder. Grease form and bake

quickly (let cool). Peel and grate six nice apples, five yolks of eggs, sugar to taste, beat whites to snow and mix in lightly. Spread on sponge and bake twenty-five minutes in hot oven. Put a pan under pudding dish to keep from burning. Serve cold. Put whipped cream on top before serving.

³ One dozen sliced apples, one cup sugar, one and one-half cups cream, one tablespoon of butter, three eggs. Cook the apples with sugar and butter until soft. Then press through a collander. Add cream and the yolks of eggs. Bake a few minutes. Make a meringue of whites of eggs and sugar. Put it on the top and bake a little longer.

⁴ One-half cup sugar, one teaspoon butter, one cup stale cake crumbs, six apples, dash of cinnamon or nutmeg, one egg, one and one-half cups milk. Rub sugar and butter together, line pan with same, then alternate layers of apples cut fine and cake crumbs, cinnamon or nutmeg to taste. Beat yolk of egg with milk. Add one tablespoon of sugar. Pour over mixture, then bake slowly. When done beat white of egg. Add tablespoon sugar. Beat hard. Cover top and brown. Will serve six. To be served with hard sauce or whipped cream.

APPLE KUCHEN

Make a bread dough as follows: Boil one pint of milk and one cup of water, one cooking spoon each of butter and lard and one-half cup of sugar. Let cool and add flour to make a good batter, salt, and one cup of home-made yeast. Let raise four hours. Mix hard, roll out and put in baking sheet, place sliced apples in rows, sprinkle with sugar and cinnamon and bake three-quarters of an hour.

GRATED APPLE PUDDING

Seven apples, three-fourths cup sugar, one dozen lady fingers, seven eggs, one-half cup chopped almonds, beat yolks of eggs with sugar until very light, adding the crumbled lady fingers, grated apples and grated rind of a lemon. Then fold in the beaten whites and sprinkle top with the almonds, baking three-quarters of an hour. Always use as many eggs as apples. Serve with whipped cream.

BREAD AND APPLE PUDDING

Butter an earthen baking dish. Put a layer of chopped apples (juicy sour ones preferred) at the bottom. Sprinkle with sugar, cinnamon and few bits of butter. Cover with fine bread crumbs. Proceed in this manner until the dish is full, having a layer of bread crumbs at the top. Cover close and bake about three-fourths of an hour. Then remove cover and allow to become a nice brown. To be eaten warm with hard sauce of butter and sugar, or a sweet liquid sauce.

APPLE MERINGUE PUDDING

¹ Two cups full of stewed apples, one-half teaspoon of nutmeg, one-half teaspoon of cinnamon, three eggs, one tablespoon of butter, little lemon juice, two tablespoons of powdered sugar, one teaspoon of

flavoring. Add the spices to the hot apples, then the beaten yolks, butter, sugar and lemon juice, if needed. Beat until light. Cook ten minutes in a hot oven. Take from oven, cover with a meringue made of beaten whites of eggs, powdered sugar and flavoring. Brown lightly and serve cold with cream.

² One and one-third cups apple sauce, two eggs, one-third teaspoon nutmeg or cinnamon, one and one-third teaspoons butter, salt, two tablespoons powdered sugar, two-thirds teaspoon almond flavoring. While the apples are still hot add the spices, the butter and well-beaten yolks of the eggs. Beat until light. Put into a buttered baking dish and cook ten minutes in a hot oven. Then cover with the meringue and brown slightly.

APPLE TAPIOCA PUDDING

¹ Pick over and wash three-fourths of a cup of pearl tapioca in double boiler. Pour six cups of cold water over it and let stand over night. Core and pare seven apples. Put them in a round dish, and fill the cores with sugar and lemon juice. Pour the tapioca over them and bake until the apples are soft. Serve cold with whipped cream and sugar.

² Two tablespoons tapioca boiled fifteen minutes in one and one-half pints of milk. Add two eggs well beaten, less the white of one for frosting. Add pinch of salt. Slice one-half apple into baking dish. Pour over tapioca and bake till apples are done. Cover with whipped white, and brown in oven.

STEAMED APPLE PUDDING

¹ Make a batter of one tablespoon of butter, one-half cup granulated sugar, one-half cup of cold water, one and one-quarter cups of flour, one teaspoon baking powder. Slice apples and place in bottom of greased molds, pour batter over and steam three-quarters of an hour. Serve hot with cream.

² Take two cups of flour, add four level teaspoons of baking powder and a half teaspoon of salt. Chop into this two tablespoons of butter, or a substitute, and mix with three-quarters of a cup of milk. Now roll this out. Place into the center of this four apples that have been pared, cored and which have been sprinkled with a teaspoon of sugar and one-quarter tablespoon of salt and one-quarter teaspoon of cinnamon. Now wrap the dough around this carefully and lift into a buttered mould. Cover tightly, place the kettle in boiling water and steam for thirty minutes. Add more boiling water if necessary. Be sure water comes half way up around the mould. Serve with mapleine sauce as follows: Use half a cup of mapleine syrup, one and one-half teaspoons of butter, boil together. Add two tablespoons of lemon juice, or tablespoon vinegar. Serve hot.

APPLE CRACKER PUDDING

Cut and pare about five or six apples, according to size; stew with sugar, just enough to sweeten. Add raisins and cinnamon. When

tender set away to cool. Now beat the yolks of six eggs and one cup of sugar, until thick like batter. Add grated peel of lemon, four crackers rolled very fine. Add last the stiff beaten whites. Grease a pudding dish, pour in the apples, then the custard, and bake. Serve cold with whipped cream.

STEAMED APPLE SUET PUDDING

One-half cup ground suet, one cup sugar, one egg, one cup sour milk, one cup dried apples. Use any other candied or dried fruit you wish, one teaspoon baking soda dissolved in tablespoon hot water, one-half teaspoon cinnamon and cloves. Add graham flour to make stiff batter. Steam three hours. Use Northern Spy.

DUTCH APPLE PUDDING

One pint flour, half teaspoon salt, one and one-half teaspoons baking powder, one egg, two tablespoons butter, four large apples, two-thirds cup of milk. Add salt and baking powder to flour and sift. Rub butter into flour. Pour in milk and beaten egg and mix quickly and well. Spread dough one-half inch thick on buttered baking pan. Cut peeled and cored apples into eighths and stick into the dough in rows. Sprinkle with sugar. Bake twenty-five minutes. Serve with cream sauce.

APPLE FLUFF

Bellflower

Grate or scrape apples, add powdered sugar and the white of egg alternately, beating lightly. Tint with pink vegetable dye. Flavor with rose.

APPLE CHARLOTTE

Make a rich pie dough of one cup of flour, one tablespoon sugar, two of lard and three of water. Mix apples, after slicing them, with one-half cup of sugar, one tablespoon of ground cinnamon, three tablespoons maple syrup. Add little butter on top and bake in a slow oven.

APPLES IN SURPRISE

Roll out sufficient puff paste parings to the thickness of an eighth of an inch to make eight squares of five inches each. Peel and turn eight good medium sized russet apples to have them two and a half inches in diameter. Empty out the cores with a five-eighths of an inch column tube, and on each square of paste lay one apple. Brush them over with butter, besprinkle with sugar, then fill the hollow in the apple with apricot marmalade. Wet the edges of the paste. Raise it up and enclose the apples well inside, attaching it firmly on top. Moisten this and lay over it a round piece of paste cut out with a channeled pastry cutter. Range the apples on a baking dish a short distance apart, egg over, and cook in a slow oven for three-quarters of an hour. Ten minutes before removing glaze them over with sugar, and lay them on a dish as soon as they are done.

FROTHY PUREE APPLES

Peel six fine apples, cut them up small and cook in a covered saucepan, keeping them very white and adding four tablespoons of water, a bit of lemon peel and two cloves. When melted press them through a fine seive, then add seven or eight dissolved gelatine leaves, the juice of four or five lemons, and eight or ten ounces of powdered sugar. Beat the preparation well on ice with a whip until it whitens and becomes quite frothy, then add a *salpicon* of candied fruits and pour this into a mold incrustated in chopped ice. One hour later dip the mold in hot water, unmold the contents on a cold dish and pour over a cold apple syrup flavored with lemon peel.

APPLE SYRUP—This syrup is made with the liquid in which apples have been cooked and half its weight of sugar added. Flavor with lemon or orange peel, boil until it attains the consistency of light jelly, then strain and cool. It is now ready to be used.

APPLE DELIGHT

Pare and core sound tart apples. Make a syrup of two cups of sugar and one of water. Let boil five minutes. Put apples in and turn them often so that they will keep their shape. When soft, lift out and drain. Sprinkle with sugar and glaze in oven. Fill centers with red jelly and serve with whipped cream placed around the apple.

APPLE SNOW

Boil six pared and cored apples until tender, press through a sieve return pulp to juice, add one cup sugar and boil to thick marmalade. Cool. Beat whites of four eggs stiff and dry. Add two tablespoons of sugar, beating, add pulp by degrees. Beat until feathery. Add juice of one-half lemon. Heap on dish, cover with cocoanut, garnish with quartered apples.

APPLE SOUFFLE

Four tart apples, four tablespoons cornstarch, one tablespoon flour, four tablespoons cold water, one tablespoon butter, one-quarter tablespoon salt, one cup boiling water, one teaspoon lemon, three eggs, sugar to taste. Pare, core and cook the apples. Rub through a sieve. Dissolve flour and cornstarch in cold water. Add the pulp, sugar and lemon and beat well. Remove from fire and add beaten yolks. Fold in the stiffly beaten whites. Bake in a shallow dish until puffed and brown.

STEWED APPLES

Pare apples, cut them up and remove core. Bring a little water to a boil. Into this put the apples with sugar. One may add cinnamon bark and a few raisins to taste. Cooking time depends on kind and size— one-half to one hour.

APPLE COMPOTE

Pare the apples, cut the core out, leaving them whole. Make a syrup, allowing three-fourths pound of sugar to a pound of fruit. When it comes to a boil, put in the fruit and let cook until clear, but

remains whole. Remove the fruit to a glass bowl and dissolve one-third of a box of gelatine in a half teacup of hot water and stir briskly into the syrup, first taking off the fire. Then pour over apples and set in a cool place. Serve with whipped cream. Some add sliced lemons to the syrup and serve with a slice of lemon on each apple.

STEWED APPLES WITH JELLY

Peel some medium sized apples. Remove the cores with a tin tube. Rub the surfaces with half a lemon and cook in a twelve-degree acidulated syrup, being careful to keep them whole. As soon as done drain and range in a tureen, cover with fresh syrup at thirty-two degrees, leaving to cool in this. Keep the syrup they were cooked in for further use. Drain the apples from their syrup and dress on a compote dish. Filter the syrup kept aside, add a little sugar to it and cook it to the consistency of a jelly. Let this stand for one moment on the corner of the range, then pour it over the apples. Serve when cold.

APPLE SAUCE

(a) Peel a pound of sound apples, suppress the cores and seeds and place them in a saucepan with a little water. When cooked drain and press through a sieve. Reduce and add a little brown sugar and the juice of two oranges and their finely shredded peels that have been previously cooked in salted water.

(b) Wash, core, but do not pare the apples. Put them into a kettle with just enough boiling water to cover them. When removed, add sugar to taste and strain through a sieve. Cool and serve.

MOTHER'S CLOVE APPLE SAUCE

Make syrup of one and one-half cups sugar and two cups of water. Peel and core apples and cook until tender. Cook apple peeling in syrup to give color. Stick whole cloves in apples.

BOILED CIDER APPLE SAUCE

Boil down two quarts of sweet cider to one quart. Pare, quarter and core sound sweet apples. Put into the cider as many as the cider will cover. Boil slowly until a dark red and the cider is nearly absorbed. Do not stir, as that will break the apples.

BAKED APPLES WITH DRESSING

Make dressing with bread crumbs flavored with sage, salt and pepper. Moisten with water. Use snow apples. Core and peel. Enclose with dressing in corn husks, and bake.

ROAST PORK WITH APPLE SAUCE

Cook six apples, cored, pared and quartered. Add a cup of sweet cider, one slice of lemon, a little salt, one-half tablespoon of mapleine, a little butter and a little nutmeg. When the apples are tender pass through a sieve. After cutting a thick piece from the stem end

of six red, ripe apples, scoop out the pulp and fill the cups with the apple sauce, replacing the covers. Serve with roast pork that has been baked at least two hours in a moderate oven.

BAKED APPLES

(a) Core smooth medium-sized apples, but do not pare them. Into the cavity of the cores put sugar and a lump of butter, or, if liked, fill with raisins and English walnuts. Cover well with sugar and pour a cupful of boiling water around them. Sprinkle with nutmeg before serving.

(b) Use a five-eighths inch tin tube from the column box to core some good russet apples without peeling them. Cut off a strip of the peel all around the middle and lay the apples beside each other on a dish fit for the oven, leaving half an inch space between each one. Fill up the hole in the center of each apple with white or brown sugar, and place a little melted butter on the top of them all. Pour a little hot water into the bottom of the dish and push the apples into a slack oven for about half an hour. Should the oven be too hot, cover them over with paper. Serve in the same dish they are cooked in.

BAKED BELLFLOWER

Choose a firm, sound apple free from blemish. Remove the core. Place on a baking dish. Fill cavity in apple with sugar and spice. Put a lump of butter on top, a little water in bottom of the dish. Bake until tender. Serve hot or cold with, or without, cream.

BAKED APPLES WITH RAISINS

Core six nice apples. Fill with seedless raisins and dust with cinnamon. Prick peel of apples with fork. Line pan with one tablespoon flour, one cup sugar, one and one-half tablespoons butter rubbed together. Place apples in pan, add one-half cup water and bake slowly.

SOUTHERN STYLE BAKED APPLES

Use King Apples.

Core and cut into halves six fine apples. Lay in baking dish skin down. Pour over this a syrup made of sugar, water and lemon juice, using about two cups of water, half a cup of sugar and two tablespoons of lemon. Bake until tender, being careful not to break. Place these on a serving dish. Fill the centers with apple jelly and pour the liquid from the pan over them. Press a meringue onto the tops of apples; bake in a moderate oven just a few moments.

MEAT GARNISH OF BAKED APPLES

Cut apples in the middle, take out core, fill with bread or cracker crumbs, mushrooms or potatoes. Pour over each a teaspoon of chili sauce, and a little butter. Add just a little water. Bake and serve with meat.

BAKED APPLES STUFFED WITH FIGS

Pare and core large apples. Fill centers with chopped figs. Cover with sugar. Place in deep dish. Add a little water. Bake, basting often. Serve with cream.

STUFFED APPLES

To four apples take the whites of two eggs, one-half cup sugar, one-half cup chopped almonds, one tablespoon butter, one-half cup of white wine, or a substitute therefor. Beat the whites of eggs until stiff. Add the sugar and almonds and two tablespoons of the wine, or of the substitute. Peel the apples, take out the core and fill in the space with the mixture. Add the butter, wine, or substitute (left over), and a little sugar. Bake in a moderate oven.

APPLE COBBLER WITHOUT LOWER CRUST

Line pan with two tablespoons flour and one cup sugar, mixed. Put in six apples cut in small pieces, dot with butter, and sprinkle in cinnamon. Add two tablespoons water. Cover with the following crust: Four tablespoons flour, one-fourth teaspoon baking powder, pinch of salt, one tablespoon shortening. Mix lightly. Add two tablespoons ice water. Toss on board very lightly. Bake in medium oven and serve with cream. Will serve six.

STEAMED APPLE COBBLER

Six small or four large apples. Make biscuit dough. Take portion of dough, roll thin, line sides of deep pan, letting about one inch hang over edge. Pare and slice the apples. Take half of the sliced apples and place in the pan. Sprinkle with half cup of sugar, dust with cinnamon and nutmeg, dot with butter. Roll out rest of dough and lay a layer of the dough over the apples. Put in the remaining half of the sliced apples, sprinkle with half a cup of sugar, dust with cinnamon and nutmeg, dot with butter. Fold the lower crust over top so as to leave open space in center. Pour in one cup boiling water. Bake until brown.

APPLE ROLL

Make a crust of two cups of flour, one-half cup of milk, one teaspoon baking powder, a pinch of salt, one level teaspoon of butter, and one egg well beaten. Roll out very thin and cover with thin slices of apples. Make into a roll and place in a pudding dish. Set in boiling water. Serve with sweetened cream.

APPLE POT PIE

Fourteen apples, peeled, cored and sliced, one and one-half pints flour, one teaspoon baking powder, one cup sugar, one-half cup butter, one cup milk, large pinch salt. Sift flour with powder and salt, rub in butter cold, add milk, mix into dough as for tea biscuits. With it line shallow stewpan to within two inches of bottom. Pour in one and one-half cups water, apples and sugar. Wet edges and cover with rest of dough. Put cover on, set it to boil twenty minutes,

then place in moderate oven. Cut top crusts in four equal parts, dish apples, lay on them pieces of side crust cut in diamonds, and pieces of top crust on a plate. Serve with cream.

RICE WITH APPLES

Prepare some minced apples, the same as for an apple charlotte, not having them too sweet. Blanch eight ounces of picked and washed rice, drain on a sieve, refresh and put it in a saucepan with some milk. Cook it slowly without stirring, keeping it slightly consistent, and lastly mix in four ounces of powdered lemon sugar, a few spoons full of cream and a piece of butter. Remove to a much slower fire in order to allow the liquid to become entirely absorbed, then take up the rice with a spoon and place it in layers on a deep dish, alternating each one with a layer of the apples; giving the whole a dome shape, and finishing with the rice. Dredge the top with cinnamon or vanilla sugar and serve at once.

SUGAR FLAVORED WITH VANILLA—Have four ounces of vanilla beans, split them in two, chop and pound them in a mortar with a pound and half of loaf sugar until exceedingly fine, then pass through a fine hair sieve. Keep in a hermetically closed box in a dry place until needed for use.

APPLE LOAF

Take enough bread dough to make a small loaf. Work into this a tablespoon of butter and one-third cup of sugar. One-half teaspoon of cinnamon and one egg which has been well beaten. Add a little flour, knead and let rise. Divide this into three parts; roll each to fit the pan. Put one layer into buttered pan, spread over with a layer of finely chopped apples easily cooked up. Pour over this melted butter and a little cinnamon. Lay second piece of dough on the top and proceed as above. When it is very light brush it over with milk and steam an hour and then brown lightly in oven. Serve in slices with pudding sauce.

APPLE FRITTERS

¹ Slice apples and dip into batter made of two tablespoons sour milk, two tablespoons sugar and one-half egg yolk and pinch of soda. Add flour to make a batter a trifle stiffer than pancake batter. Bake in hot deep fat.

King Apples

Pare and cut in round thin slices, removing core. Let stand for short time in sweet cider, lemon juice and sugar. Drain and dust with flour. Fry in very hot butter on both sides. Sprinkle with powdered sugar and cinnamon and serve hot.

APPLE FRITTERS AND MONTAGNARD FRITTERS, GLAZED AND UNGLAZED

Core some apples with a column or tin tube five-eighths of an inch in diameter. Peel them all around, and cut from them slices about a quarter of an inch thick. Put to macerate in a little brandy, or a substitute therefor, and powdered sugar for one hour, tossing them

about often, so that they all get well covered. Dip each piece in frying batter, and plunge into hot frying fat. When done and of a fine color, drain and dredge over with sugar, then dress on a napkin.

FOR GLAZED FRITTERS—When done place them on a baking sheet, bestrew with sugar, and glaze in a hot oven, or under a salamander. Serve dressed on a napkin.

FOR MONTAGNARD FRITTERS—After they have been cooked and glazed, as above, cover the tops with a layer of currant jelly placed on with a spoon; then dress on a napkin and serve.

APPLE SALAD

¹ Take nice red apples, scoop out center and fill with the following mixture: One cup celery cut fine, one cup chopped apple (chopped with a silver knife), one-half cup chopped peanuts and about three tablespoons of French dressing to marinate. Mix well and fill the apple shells. Serve on bank of lettuce and garnish with paprika, parsley finely chopped, yolk of egg, grated lemon, etc. Put spoonful of mayonnaise on top of each apple before garnishing.

² A salad suitable for the season is made of chestnuts, apples and celery. Cut the apples into thin slices. Shell and boil the chestnuts fifteen minutes, or until soft. Drain and when cool cut nuts and celery in slices. Moisten with a part of the dressing and put into a salad bowl with the remainder of the dressing on top. Garnish with celery tips. The dressing is made by creaming one-quarter cup of butter, seasoning it with one-half teaspoon of paprika, add the beaten yolks of two eggs and one-quarter of a cup of vinegar, which must be hot. Cook this over boiling water until very thick, stirring constantly. Whip one-half pint of cream and add it to the cold dressing just before serving.

Banana Apples

³ One-half cup diced apple, one-quarter cup diced celery, one-quarter cup sliced grapes, one-quarter cup chopped nuts. Prepare one pint lemon Jello (according to the directions on box), pour into moulds and when beginning to thicken stir in the fruit. When hard turn out and serve with cooked dressing or mayonnaise, as preferred. Add whipped cream and garnish with salted almonds.

APPLE DAY SALAD

Six banana apples, one cup celery, one-half shelled pecans, one cup mayonnaise, two cups apples minced. Cut off tops of apples. Remove inside with a spoon. Mix together the minced apples, celery, pecans and mayonnaise. Fill the apple shells with this and serve with one teaspoon of mayonnaise on top of each apple. Placing the apple on a bed of shredded lettuce improves the appearance.

CHICKEN SALAD WITH APPLES

Six small red eating apples. Scoop out and fill with cooked chicken which has been chopped fine and seasoned with half a cup of finely cut green and red peppers. Mix this with French dressing, adding

a little sour cream if convenient. Place apples in a steamer and cook until almost done. Remove, place on ice. Serve on lettuce leaves. Garnish with mayonnaise and rings of green and red peppers caught together in a chain.

APPLE AND BANANA SALAD

Roll some sliced bananas in lemon juice and sugar. To this add an equal amount of finely sliced eating apples. Prepare skin of the bananas by removing one-third section. Mix the apples and bananas together with a French dressing. Fill the shells and dot with mayonnaise dressing. Serve with toasted snowflake sodas.

DATE AND APPLE SALAD

Peel and core four large tender apples and cut them carefully into straws. Stone half a cup of dates, cut them up and add carefully to the apples. Over this pour a French dressing, carefully made. Cover and allow to stand one-half hour. Serve on curled lettuce leaves, adding a teaspoon of mayonnaise to garnish, also a few stuffed dates.

BAKED APPLE SALAD

Peel and core, but leave whole, nice firm apples. Bake in moderate oven. After baking fill the heart with chopped nuts, olives and pimentos mixed with salad dressing. Pour salad dressing over fruit and sprinkle with nut meats.

APPLE AND CABBAGE SALAD

One-half small head of firm cabbage, shred very fine, allow to stand two minutes in boiling water, drain and immerse in cold water until cool, drain. Add three tart apples, peeled and chopped, and a couple of stalks of celery, sprinkle with one-quarter teaspoon of salt. Add boiled mayonnaise dressing. This salad will not discolor when kept over.

A DELICIOUS LIGHT SALAD "BOILED MAYONNAISE"

Four tablespoons of good cider vinegar, two tablespoons of white sugar, two tablespoons of olive oil or good cottonseed oil, one tablespoon of melted butter, one tablespoon heaping full of flour, three tablespoons of water, one egg, one teaspoon of salt, and shake of cayenne pepper. Bring to a scald in double boiler the vinegar, oil, butter, salt and pepper, smooth the flour in the water and add the well beaten yolk of an egg, pour into the vinegar, continue to stir until cooked to a custard, whip rapidly stiffly beaten white of egg until cool.

APPLE TART

¹ **COOKIE DOUGH FOR APPLE TART**—One and one-half cups butter, creamed with three-fourths cup sugar. Drop in two eggs, rind of one lemon, and enough flour to roll. Then line form with the crust.

FILLING FOR APPLE TART—Peel and quarter eight large apples. Put in kettle with a little water, sugar to taste. Let stew

until half done. When cool add a few nuts, a little rum, or a substitute therefor, vanilla and cinnamon.

² Fill tarts with apple custard and bake. When cold cover with a spoonful of whipped cream. Put a spoonful of red apple jelly in center and serve. Changed to plain apple tarts using apple jelly for filling.

APPLE CREAM TARTS

Jonathans

Two tablespoons sifted flour, four tablespoons confectioners' sugar, one large tablespoon butter. Rub all to a smooth paste, add one cup rich milk, heat slowly and then bring to a boil, stirring the while. Pare and core and quarter one large apple. Bake until very tender and rub through the sieve. Beat into cream filling and fill tart shells. Add whipped cream.

APPLE MUFFINS

Banana Apples

One pint of flour, one-half teaspoon salt, two teaspoons baking powder, one-quarter cup of butter, half a cup of sugar, one egg, one cup of milk, one cup thinly sliced apples. Bake in muffin pans in quick oven.

APPLE SANDWICHES

Cut bread thin. Grate one cup of apples, mix with one-half cup chopped walnuts. Cut bread thin and spread this apple mixture between, wrapping in oil paper to keep them moist.

BAVARIAN TOAST

Take thick slices of stale bread, make an opening in the slices with a sharp knife, fill in with well-seasoned apple sauce, dip in a batter made from one egg, tablespoon of flour and three tablespoons of milk. Fry in butter or oil, the same as for French toast. Sprinkle with powdered sugar.

APPLE PANCAKES

One egg, one cup flour, one cup of apples, cooked and put through sieve, one-fourth teaspoon salt, one teaspoon baking powder, one tablespoon melted butter, one-half cup milk. Mix dry ingredients and sift. Stir in milk, egg and apple sauce, beat well and cook in dry, hot griddle. Serve with butter or syrup, roll, sprinkle with powdered sugar.

MINCE MEAT

¹ Three pounds beef, one pound currants, one pound raisins, one pint vinegar, one and one-half gallons apples, three cups brown sugar, one tablespoon allspice, cloves and cinnamon. Boil beef until tender. Pare and grind apples through coarse meat grinder. Add other ingredients with broth from beef. Boil three-quarters hour, then add ground beef and boil fifteen minutes.

² To one pound of lean beef, boiled and finely chopped, add two pounds of chopped apples, one pint of boiled cider, two cups brown

sugar, one-half cup molasses, one cup seeded raisins, one cup currants, one-half cup chopped citron and a little ground spice. To this may be added a little marmalade, preserves, spiced ginger, orange or lemon peel, or candied cherries.

APPLE GEMS

Chop fine four sour apples. Add one beaten egg, two tablespoons molasses, one and one-half cups Indian cornmeal, one and one-half cups flour, one-half teaspoon salt, two teaspoons baking powder. Add sufficient milk to make thick drop batter, and bake in hot greased gem pans.

SCALLOPED APPLES

One small loaf of stale bread, one-quarter cup butter, one-quarter cup sugar, one-quarter teaspoon grated nutmeg, grated rind and juice of one-half lemon, one quart of sliced apples. Crumb the bread, place alternate layers of bread and sliced apples in a buttered baking dish, sprinkle each layer with sugar and nutmeg and dot with butter. Pour lemon juice over the whole. Bake in slow oven.

CROQUETTES

Cut twelve apples in quarters, peel and core them, then cut into small dice. Put them into sautoir, pour over a few spoons full of butter and fry, and, as soon as done, remove from the fire and add a tablespoon of sugar, a pinch of cinnamon, a handful of candied cherries cut in four, and two spoons full of apricot marmalade. Pour this on a baking sheet to cool off. Mold this preparation into inch and a quarter balls, shape them into cylindrical croquettes an inch in diameter, roll in cracker dust, dip in beaten eggs, then roll in bread crumbs. Smooth the breading with a knife, and plunge the croquettes into hot frying fat. Fry till they become a light golden color, then drain on a cloth. Strew over powdered sugar and dress on a napkin. Serve with cherry sauce.

APPLES WITH BUTTER

Cut four fine russet apples in quarters. Peel and pare them, and range in a well-buttered sautoir. Moisten with a few spoons full of twenty degree syrup and the juice of a lemon. Cover over with a well-buttered paper, and finish cooking in a slow oven. When done dress on a dish in a circle, and add to the sautoir a little apricot marmalade with some Madeira wine, or a substitute therefor. Boil up with the lid on. Strain the sauce through a tammy, and pour it over the apples.

FRIED APPLES

Quarter and core six unpared apples. Put into a skillet one cup of sugar, one tablespoon of butter, three tablespoons of water. After this is melted put in the apples, skin side up. Cover and let fry slowly until browned.

SAUSAGE WITH FRIED APPLES

Fry country sausages formed into pats until thoroughly done. Remove from the pan and prepare a dozen slices of apple rings made

by removing the core and peeling from sound apples. Dip in the sausage fat and fry until done. Place these rings around the sausages. Garnish with parsley, or rings of red pepper, and serve very hot.

JELLIED APPLE

One-half envelope gelatine, one-quarter cup cold water, juice one-half lemon, three-quarters cup boiling water, one pint apples. Place one pint of pared sliced apples in pan, two-thirds cup sugar, one-half cup boiling water. Boil slowly until tender. Add lemon juice and dissolved gelatine and turn into mould. When cold turn out on plate and garnish.

CRABAPPLE JELLY

Four cups crabapple juice. Bring to boil. Add four cups sugar and boil twenty minutes.

APPLE JELLY

¹ One dozen sour apples, large. Wash and cut into pieces without coring, remove imperfections. Cover with water and boil slowly until tender, then let juice drip through bag. Boil one quart juice twenty minutes, then add two pounds hot sugar and stir until dissolved. Boil until a little dropped on a cold plate will jelly. Put in hot glasses. Cover next morning.

² Slice apples without removing cores. Put into preserving kettle with hot water to cover. Cook gently until soft, drain and strain, then boil for ten minutes and add an equal amount of sugar. Stir until the sugar dissolves and boil quickly until it will form a jelly on a spoon or cold dish. Pour into sterilized dishes and cover with paraffine.

Spitzenbergs

³ Cut and core apples without paring, cover with water and cook slowly until apples look red. Pour into bag and strain, boil half an hour, add one cup of sugar to a pint of juice and boil quickly fifteen minutes.

APPLE AND BLACKBERRY JELLY

Two cups apple juice, two cups blackberry juice. Bring to boil, then add four cups sugar and boil twenty minutes.

APPLE AND QUINCE JELLY

Slice one-half dozen quinces and one-half dozen apples. Cover one-half with water and stew until tender. Strain and to one cup of juice add one cup sugar. Boil twenty minutes.

APPLE AND GRAPE JELLY

Four cups apple juice, four cups grape juice. Boil twenty minutes, then add eight cups sugar and boil twenty minutes more.

APPLE JELLY—SPICED

Wash and slice sour apples. Put into a preserving kettle with a little vinegar and a spice bag containing mixed ground spices. Let

boil until the apples are soft, then strain. Take equal parts of sugar and juice and boil until it jells. Fine to serve with meat.

APPLE AND CRANBERRY

Take equal parts cranberry and apple juice. Add an equal amount of sugar. Boil until it forms a jelly when cool. Pour into sterilized glasses.

RED APPLE PEELING JELLY

Place parings in kettle and cover with water. Let boil down one-half. Strain and add one cup sugar to one cup juice. Boil twenty minutes.

WHITE APPLE PARINGS JELLY

Place parings in kettle and cover with water. Let boil down one-half. Strain and add one cup sugar to one cup juice and boil twenty minutes.

APPLE JAM

Pare, core and chop one pound of apples. Add one pound of sugar, one cup of chopped raisins, chopped rind and juice of an orange and lemon. Cook until the apples are clear and the mixture thickens like jam when cool.

APPLE MARMALADE

Pare, core and cut into small pieces any coarse-grained apple. Cook until soft, in barely enough water to prevent burning. Run through a sieve. Add an equal amount of sugar, boil until thick and put up in jars or glasses. Cover with paraffine. When cold it should cut like cream cheese. Lemon or orange juice may be added while cooking, if desired.

APPLE AND WILD OR EVERGREEN BLACKBERRY MARMALADE

Marmalade is made by combining two pounds or more, as desired, in the same proportions, of Gravenstein apples, according to the amount of marmalade desired. Wipe clean and remove imperfections, cut in small pieces, half cover with cold water, cook until thoroughly done. Press through fine sieve to remove skin and cores. Extract the juice of four pounds of evergreen blackberries by cooking—just enough water to prevent scorching. When cooked press through sieve fine enough to retain seeds. Add to the apple, and to each pound of the combination, one pound of cane sugar. Cook until a drop on a cold dish will stand up like a bead. Pour into well-sterilized jelly glasses and cover with boiling paraffine, and set in dry cool place.

APPLE CONSERVE

Make a syrup of two cups of sugar to one-half cup of water. Pare and cut into eighths sound Yellow Bellflower apples. Boil sugar and water until a rich syrup is formed. Then add the apples and simmer until clear. Take up carefully, lay on plates and let dry in the sun twelve hours. Roll in sugar. Treat in this manner for three or four days, then pack in glass jars.

CANNED APPLES

Prepare apples in any way desired. Pack jars full. Fill with hot water and put on covers loosely. Have wash boiler ready with slatted bottom or piece of heavy wire screen to set jars on. Place jars in boiler so they do not touch each other or the sides of the boiler. Put in enough warm water to come up about two inches on jars. Put on cover and bring to boil. Boil gently twenty minutes, lift cover from boiler, allowing steam to escape, then clamp down covers, allowing no air to enter the jar. Let jars stand in water ten minutes before removing. This is especially desirable for saving fruit that would otherwise go to waste. They may be prepared in any way desired, and sweetened to taste when wanted for use.

PRESERVED JONATHAN APPLES

Pare sound Jonathan apples of medium size. Cook the skins in water to remove the color. To each cup of this water add two cups of sugar. Core and cut the apples into eighths. Cook in the syrup until clear. Transfer carefully to jars, being careful not to break the pieces. Boil the syrup down, pour over the apples and seal. They will be a dark, rich red color.

CANNED PIE APPLES

Inferior fruit may be used for pie apples, by carefully cutting away all bad parts. Make a syrup of one cup of water to each cup of sugar. Pare, core and slice the apples. Cook in the syrup until clear. Pack closely in jar, fill with boiling syrup and seal. Any tart apple may be used.

CANNED YELLOW BELLFLOWER

Make a syrup of one cup of water to one cup of sugar. Pare, core and cut into eighths sound Yellow Bellflowers. Drop into the syrup and cook until clear. Pack closely into a glass jar, fill with the boiling syrup and seal.

APPLE BUTTER—PLAIN

¹ Pare, core and slice the desired quantity of apples. Boil sweet cider until it is reduced one-half. While the cider is boiling add the apples. Cook slowly, stirring constantly. When it begins to thicken add one cup of brown sugar to each two quarts of the butter. Boil until it remains in a smooth mass, when a little is cooled. About a bushel of apples to a gallon of boiled cider will be found to be the right proportion.

King Apples

² For small quantity. To one quart sweet cider use four large apples, cooked; add a half cup brown sugar and boil down until thick. Watch carefully, as it scorches easily, and stir constantly.

APPLE PEANUT BUTTER

Cut two cups of apples fine. Add one cup of celery cut fine. Make a dressing of peanut butter by mixing six tablespoons of lemon juice

to one tablespoon of peanut butter. Mix this through the apples and celery. Add salt and pepper, chill and serve on lettuce garnished with salted peanuts.

APPLE RELISH

Three pounds of apples, pared and diced, three pounds sugar, one pound raisins, one pound pecans, two oranges. Remove peeling and put through the meat grinder. Cut orange into small pieces. Cook for one hour, adding the nuts five minutes before removing from the fire.

APPLE MAPLEINE

Take a cup of mapleine syrup and one and one-half cups of water, two tablespoons of butter. Boil to a sauce. Now halve eight apples and bake into syrup until tender, dropping the syrup over the apples until they are glazed. Serve with whipped cream.

ROAST GOOSE GARNISH

Prepare rings of apples by cooking them in syrup without allowing them to break. Drain them. Put a stewed prune in the middle of each and sprinkle with chopped nuts. Arrange around the edge of platter.

APPLE HONEY

Pare, core and run through the coarse part of the meat grinder Wagener, or other juicy apples, with good flavor. Add an equal amount of sugar, simmer gently for two hours, then seal in glass jars.

JONATHAN APPLE SYRUP

Boil skins and cores of apples. To each cup of juice add one cup of sugar. Boil until consistency of syrup. To color, one teacup red raspberry juice to one quart of apple juice.

BLUSHING APPLES, ORANGE SAUCE

Core six red apples, but do not peel. Cook in boiling water till tender. Remove the skins and scrape off all pulp adhering to inside and add to the apple. Reduce the water to one cupful, add one cupful of sugar and the juice of an orange. Cook until thick and like syrup and pour over the apples. Drop a spoonful of whipped cream on each.

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.

APPLE CHUTNEY

Wash, peel and core one quart of apples, one-quarter quart brown sugar, one-half quart cider vinegar. Boil until smooth. When thick put in jar and add one-half pound seeded raisins, small chopped onion, mustard seed, celery seed, salt and red pepper to taste.

CHANTILLY APPLE SAUCE WITH HORSERADISH

Core a pound of sour apples. Lay them in a saucepan with a little water. When done drain out and press through a very fine sieve. Add to the pulp one ounce of powdered sugar and two ounces of grated horseradish. Stir well and beat in lightly the value of one pint of well-drained whipped cream. Serve this sauce separately with young ducks or goslings.

SPICED APPLE MEAT SAUCE

Boil one quart apples and run through sieve. Add two-thirds quart of sugar, one cup vinegar, one teaspoon each allspice, cloves and cinnamon. Boil until thick.

GLAZED APPLES

For one dozen large apples use one cup of sugar and one and one-half cups of water. Boil sugar and water rapidly for twenty minutes. Peel and core the apples and put a teaspoon of sugar in each. Baste the apples while cooking with the hot syrup. Serve with cream.

APPLE ROSES

Wipe clean six nice red apples and core them. Chop nuts and raisins to fill the openings. Season with a little vanilla. Cut the skin in eighths, about an inch down, and turn each point down as you steam fruit slowly. Serve with roast pork.

GLAZED MARMALADE OF APPLES

Cut a few good russet apples in quarters. Peel and put them into a saucepan with a little water. Dissolve on a slow fire while covered; then pass through a sieve. Return the puree to the saucepan with two-thirds as much powdered sugar and a tied bunch of lemon peel. Set the saucepan on the fire and let the marmalade reduce, while stirring unceasingly with a spoon. When perfect remove the lemon peel, and, after it is nearly cold, pour into a dish, smooth it dome-shaped with a knife and sprinkle fine sugar over the top. Glaze this with a skewer heated in the fire. Cool off and surround the base with triangles of biscuit, placing a flat rosette of the same on the summit of the apples.

CARAMEL APPLES

Boil two cups of sugar with one and one-half cups of water. Peel and core six or more apples, preferably Spitzenbergs, leaving them whole. Drop apples in boiling syrup and turn often while cooking. As soon as tender, when tested with a straw, remove apples to individual plates and fill centers with a caramel mixture made as follows: Cook one-half cup of brown sugar and one-quarter cup of milk to a very soft-ball stage. Then beat until cool. Add the juice of a lemon to the syrup and let it boil down. Add one tablespoon of gelatine which has been dissolved in two tablespoons of cold water. Let cool, beat and pour over and around the apples. Sprinkle chopped nuts over the apples and serve with whipped cream. Recipe

may be varied by filling the apple centers with raisins and nuts and by omitting the sauce made with the syrup.

CANDIED APPLES

Make a syrup of two cups sugar, one-half cup water. Boil until it threads. Add pieces of apple and boil until they clear. Take out and roll in powdered sugar. Let dry.

CANDIED YELLOW BELLFLOWER

Pare, core and cut into eighths, medium-sized apples. Drop a few at a time into a rich syrup composed of two cups of sugar to one-half cup of water. Let simmer gently until clear. Remove and place on a plate to drain. Dry for a few hours, then roll in granulated sugar. Let stand over night, then roll again. Repeat this process until they will not absorb any more sugar, then pack in boxes lined with oiled paper.

CRYSTALLIZED APPLES

Two cups of sugar, one and one-half cups of water, one-half lemon sliced thin, five apples peeled and cored. Boil sugar and water fifteen minutes. Into this boiling syrup drop, at the end of fifteen minutes, the apples. Cook about ten minutes. When syrup has become cold pour over the apples, using the lemon slices as a garnish. Serve with whipped cream.

SPICED MARMALADE

Pare, core and cut into small pieces any coarse-grained apples. Cook until soft in barely enough water to prevent burning. Run through a sieve. Return to fire. Drop into the apples a spice bag containing one teaspoon of cinnamon, one of cloves and one-half teaspoon each of nutmeg and allspice. This is removed when the marmalade is done. Add sugar equal to the amount of apple pulp. Cook until very thick. Put up in jars or glasses.

APPLE FONDANT (FOR CANDY MAKING)

Two cups granulated sugar, one cup apple juice, pinch cream tartar. Mix sugar and cream of tartar, add the apple juice, stir until the sugar is thoroughly dissolved. Boil until it forms a soft ball, or to 238 degrees with candy thermometer. Be careful not to jar the kettle while the syrup is boiling. Pour into a bowl and let partially cool. Beat the cool syrup until a creamy mass is formed. Work into any desired shape. This fondant will keep for days, if kept tightly covered.

APPLE CIDER

Use ripe cull apples, quarter and remove all bad spots. Run through food chopper and squeeze through cheese cloth. Will clear in from twenty-four to forty-eight hours, when it is ready for use. Use sparingly after tenth day.

APPLE PUNCH

Eight cups of cold water, seven large apples, which have been cored, quartered, but not pared. Add to this a cup of raisins, a few bay leaves, stick of cinnamon, the grated rind and juice of three lemons. After this is boiled add eight cups more of cold water. Boil three-quarters of an hour and drain. Add two pounds of sugar and the juice of two lemons; stir until dissolved. Add a dozen maraschino cherries, some skinned and seeded raisins, and serve in punch cups.

APPLE SHERBET

Take the juice from a quart of apples which have been boiled in a pint of water until tender and press through a sieve. When it is cold add the juice of an orange, a lemon and a quarter pound of sugar and a quart of water. Beat well and freeze. When yet soft, add the white of an egg well beaten, and freeze.

APPLE GINGER

Peel and chop two and one-half pounds of sour apples. Put in stew pan and add one and one-half pounds light brown sugar, juice and rinds of one and one-half lemons, one-half ounce of ginger root, a few grains of salt and enough water to prevent apples from burning. Cover and cook slowly for four hours, adding water as necessary. Apple ginger will keep several weeks.

Apples In the Pacific Northwest

APPLES are grown successfully in every county in both Washington and Oregon. Nearly every farm has a family orchard. Only within the past thirty years have apples been grown commercially. All the early orchards were planted with the idea of supplying the family first, and, secondly, the local market. The selection of varieties was made according to the taste of the planter, or the pictures in the nursery catalogue. An orchard of one hundred trees would contain from twenty to forty different varieties.

As these early plantings came into bearing, the different localities began to demonstrate the adaptation of certain varieties to the various soils and climatic conditions. The amount of rainfall, the air currents, length of the growing season, light or heavy soils, all had a modifying influence. Some varieties in the lower valleys, east of the Cascade Range, were in season late in the Summer and early in the Fall. The same varieties, in the higher altitudes and along the coast, were in season two to four months later. The quality, size, color, and production of the different varieties were more or less modified by the soil or climatic conditions, the air currents and the shape of the nearby mountains.

In the lower irrigated valleys the production was greater, the color brighter, and the apples much larger in size than the same varieties grown without irrigation on the bench lands and along the foot hills. These non-irrigated apples made up for lack of color and size by their better keeping qualities.

Based on the results of these early plantings, the first commercial orchards were usually confined to two or three, sometimes five, varieties that had proven their adaptation to that locality, as, for illustration: Yellow Newtown and Spitzenberg, at Medford, Oregon, where they had a comparatively heavy soil and long growing season. These two, with the addition of the Jonathan, comprised nine-tenths of the commercial plantings at Hood River. In the Yakima Valley which is the largest producing section, more varieties are grown. The five leaders, however, as regards quantity, are Jonathan, Rome Beauty, Yellow Newtown, Spitzenberg and Winesap. These five represent, at least, eighty per cent. of the total. The other twenty per cent. being Delicious, Winter Banana, Grimes Golden, Arkansas Black, and a scattering of numerous other varieties. Wenatchee has much the same list, with this difference: the Winesap leads all other varieties, by fifty per cent.

The above mentioned four sections probably produce one-half of the apples in the two States; the other one-half being scattered from the British Columbia border, on the North, to the California line on the South.

In the extreme Northwestern part of Washington, and all along the coast, the leading varieties are the King, Greening and Gravenstein.

Around Spokane, the Wagner is the most popular variety, with Jonathan next. In Stevens County, Washington, there are several thousand acres of commercial orchards, with Jonathan and Rome Beauty as the leading varieties. These two varieties are, also, the favorites in Union County, Oregon, where there are a number of successful commercial orchards. The Wallowa Valley and the smaller valleys, all along the foot hills of the Blue Mountains, have numerous commercial orchards that produce profitable crops of Jonathan, Rome Beauty, and Spitzenberg. In the Umatilla Valley, the Winesap and Rome Beauty are the leading varieties. Across the Columbia River from Hood River the White Salmon Valley produces a fine quality of Ortley—an apple that resembles the Yellow Bellflower, but, owing to the thicker skin, it is a much better commercial apple.

The Willamette Valley has a number of commercial orchards; the King, Gravenstein, Yellow Newtown, and Spitzenberg being the leading varieties.

Idaho has, approximately, 70,000 acres of orchard in bearing. That is an enormous acreage—when single trees may bear 63 boxes of apples a year.

Idaho apples have won some of the greatest horticultural honors in the world. They won almost a wheelbarrow load of gold medals at the great Paris Worlds' Fair; they have won almost equal recognition wherever exhibited. The high, dry atmosphere, and the 275 to 300 days of sunshine in Idaho, assure sound, beautifully-colored fruit. Apples pay, even under the present low prices, though orcharding is an expert business, the same as diamond-cutting or watch-making and not every one will make it pay equally as well.

On a fair capitalization, orchards will, it is believed, pay more money, per acre, in Idaho, than any other possible crop.

There have been countless yields of better than \$1,000, per acre, for Idaho fruit. The one caution should be that not every man can possibly hope to do so well—not understanding the business, and paying too high for a start.

There is something in the soil of Idaho and Utah, something in the bright sunshine of their glorious Indian Summer, that gives to the apples produced in these two States a color, a flavor and a crispness that makes this standard fruit a confection.

The sorting and grading of the apples is done with great skill and care. Those that are hail-marked, blemished in any way, slightly off color, or that are ill-shaped, rarely get by the experts who do the packing. For the way of the far western apple, from orchard to consumer, is a long one, and only fruit of the highest grade is allowed to leave either Idaho or Utah.

Rigid laws in both States govern the care of orchards. The coddling moth is not allowed to corrupt, nor the pestiferous scale to "break in and steal." The States erect a barrier against insect pests, guarding their borders with the utmost care and preventing the shipping, not only into other States, but between points in the two States, of apples that are under the slightest suspicion. The result is that, when the buyer in the eastern market has sent to his home a box of apples with either a Utah or an Idaho brand upon it, he is sure of getting a first-class article.

Apples that do not pass the strict standards are sent to evaporators, and to cider mills, which are becoming increasingly numerous in the producing territories. Vinegar factories are also being established and are affording the growers a good market for the culls.

The Jonathan is the most perishable apple produced in either Idaho or Utah. It must be shipped soon after the harvest, if it is to reach the consumer in prime condition. Next in order is the Delicious, regarded by many connoisseurs as the finest flavored apple that grows. Both Idaho and Utah produce large quantities of Winesaps, Grimes Golden, Arkansas Blacks and Ben Davis. These are known as winter apples, because of their rare ability to retain their value in storage.

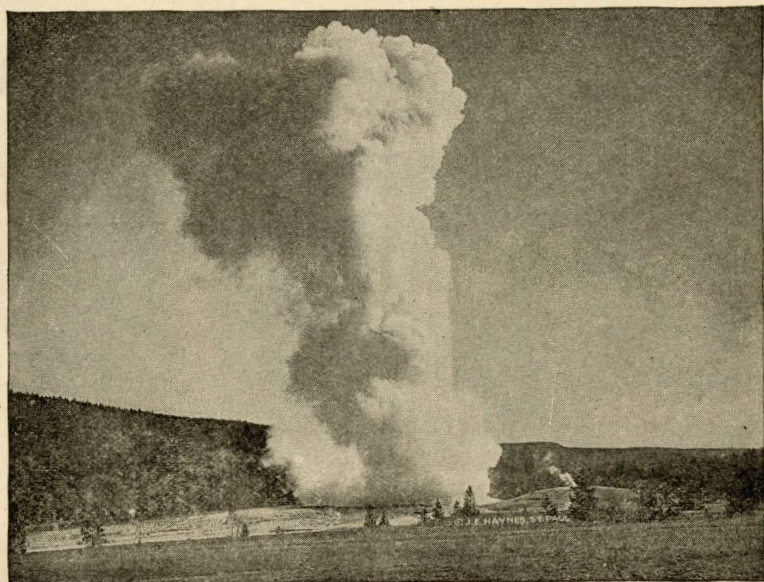
The production of apples is an industry that has had rapid development in these mountain States. The product is becoming better known each year and the demand, as against apples from other States, grows steadily stronger. Just as the "Idaho baked potato" long since became a feature of the menus of the celebrated hotels and restaurants of the country, so the Utah and Idaho apples are similarly making their appearance; and wherever they go their disappearance is viewed with regret, and their coming eagerly anticipated.

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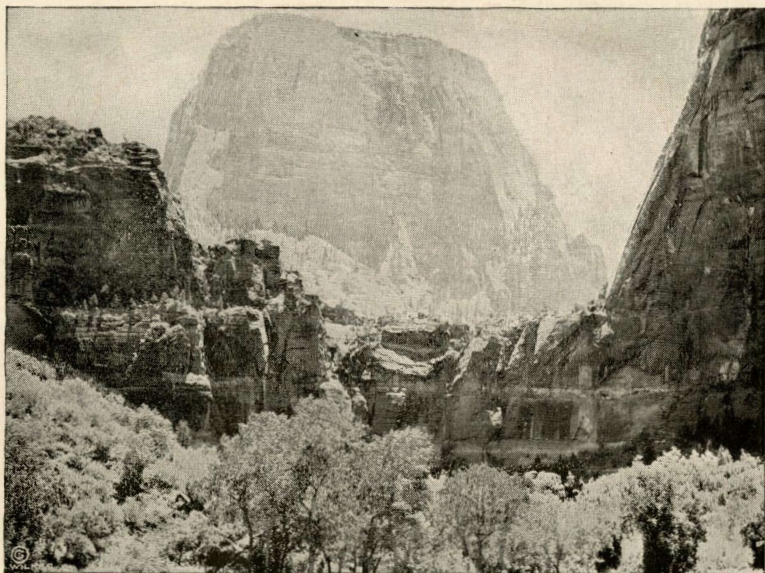
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