1923

Paying Homage to the King of Fruits

Jeanette Beyer
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Available at: http://lib.dr.iastate.edu/homemaker/vol3/iss7/10

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Paying Homage to the King of Fruits

By JEANETTE BEYER

GREET you—King Jonathan, Queen Delicious, Crown Prince Winesap, and members of the royal apple family supreme among fruits for majesty, beauty, and value!

History bows to the apple. Attached to this seemingly insignificant fruit is the greatest of the world's most significant events. As the forbidden fruit, it hung on a tree in the Garden of Eden, a luminous, glowing temptation. Eve spied it and pointing out its attractions to the other half of the family, the fascinated Adam could not resist, and thus was born into the world.

The ten-year siege of Troy which fills the pages of Homer's Iliad was fought and won because of the "Apple of Discord." At a great feast of the gods and goddesses, a golden apple bearing this inscription, "To the most beautiful," was dropped from the roof. Immediately a great clamor arose, for all the goddesses claimed the apple and none could grant that any was more beautiful than she.

At last the contest narrowed down to three, but these three were all very proud and jealous and hated one another, and each was very desirous for the apple. What could be done? These bickerings could not go on forever. The whole amount of Olympus was in an uproar. The three at last consented to allow a mortal to judge of their beauty and to abide by his decision. A young man by the name of Paris was found and they stood before him. If you say I am the most beautiful I will give you fortune," said one, "I will give you fame," said another, and "I," said Venus, for she was the third, "will give you the most beautiful woman in all the world for a wife." And Paris, who was very much of a lover, chose Venus. She, as you know, Helen of Troy was the most beautiful woman in the world at that time. That is why the Trojan wars were fought—to win her—and why they were won. You see, an apple did it all.

When William Tell, father of free thinkers and actors, refused to bow to the right, deliberately raised his bow and let fly the arrow. The apple fell cleanly. The thought that the apple barrel is "fruitful" is a joy to the whole family. "Apples," says a noted authority, "furnish more nerve and brain power than any other fruit—even more, in proportion to solids, than wheat." For that reason it is important that they be included daily in the family diet.

Apple sauce, baked apple, and apple butter are the usual ways of preparation, common to every table. But as a vegetable to be served with meats, and especially with roast pork, ham and veal, there are not so well known, tho this is one of the best ways to serve them. Here is a dish which is most popular with those who have tried it.

**Baked Apple Bliss**

Put one half cup of washed seedless raisins and one cup of water in the bottom of a baking dish with six washed and cored tart apples. Over them pour one cup of brown sugar and a teaspoon of flour. Top each apple with a lump of butter. Cover and keep the oven until tender. The raisins will pump up and form a jelly with the brown sugar. This is especially good with meat, or if whipped cream is added makes a good dessert.

**Apple Brazilian Salad**

Wash six eating apples. Scrape out the centers, keeping the inside as whole as possible. Cut the pulp in cubes and mix with celery, brazil nuts, and salad dressing and return to shell. Serve on a nest of lettuce, topped with shredded parsley.

---

**APPLES AND THEIR USES**

- **Variety**
  - Wealthy
  - Jonathan
  - Grimes Golden
  - Snow
  - Northern Greening
  - Delicious
  - Winesap
  - Ben Davis
  - Ralls
  - Northern Spy

- **Sauce**
  - Excellent: Wealthy, Jonathan
  - Good: Grimes Golden, Snow, Northern Greening, Delicious, Winesap, Ben Davis, Ralls, Northern Spy

- **Pie**
  - Excellent: Wealthy, Jonathan
  - Good: Grimes Golden, Snow, Northern Greening, Delicious, Winesap, Ben Davis, Ralls, Northern Spy

- **Baking**
  - Excellent: Wealthy, Jonathan
  - Good: Grimes Golden, Snow, Northern Greening, Delicious, Winesap, Ben Davis, Ralls, Northern Spy

- **Eating**
  - Excellent: Wealthy, Jonathan
  - Good: Grimes Golden, Snow, Northern Greening, Delicious, Winesap, Ben Davis, Ralls, Northern Spy

- **Season**
  - Sept.-Dec.
  - Nov.-Jan.
  - Nov.-Jan.
  - Nov.-March
  - Nov.-March
  - Dec.-April
  - Dec.-April
  - Dec.-Feb.

**Poor Man's Sauce**

Mix together one cup of water, one-half cup brown sugar, two tablespoons flour and two tablespoons of butter. Boil until thick and smooth.

**A Little more of a fancy desert is Apple Compote.**

**Apple Compote**

Arrange six whole, cored, tart apples in a baking dish. Stuff centers with chopped nuts, dates, figs, and raisins. Covered with a marshmallow, surround the apples with pink syrup made from two cups of water, one cup of sugar, and a few red cinnamon drops. Cover dish and bake until tender, taking care to keep the apples whole. Serve one apple to an individual with whipped cream if desired.

**Apple Sauce Cake**

Cream one cup brown sugar, and one-half cup of butter. Add one teaspoon of cinnamon, cloves, nutmeg. Then add two heaping cups of flour with two level teaspoons of soda sifted in. Throw one cup (Continued on page 19)