

'IT'S APPLE BUTTER Can Be Cooked Outside Or on Kitchen Stove

By PRUDENCE PENNY

(An Exclusive Sun-Telegraph Feature)

"Let's Make Apple Butter," said a little girl to her grandmother who lived on a farm. When her



Prudence Penny

grandmother agreed she was thrilled to death!

She heard of the fun that people have in the country when it is apple butter time.

It means the neighbors come in the night before, because the six bushel of apples must be peeled on an apple peeler — then cored and quartered and the spots removed.

They used Maiden Blush apples because these are the best. Pippens the poorest and a mixture of poor apples gives a result of poor apple butter. The apples are placed in tubs ready for the morning.

CABBAGE CONTEST

Five Dollar Prize

You have exactly one more day left to enter the Prudence Penny contest . . .

Get your pencil and put your thinking cap on . . . and jot down a few of your favorite cabbage recipes.

You may send in as many recipes as you wish . . . But, there is only ONE prize for the week . . . FIVE DOLLARS.

All entries must be in the office not later than noon, Friday, September 24.

\$5.00 will be awarded the winner, and her recipe will be published in Friday Food pages, October 1.

Address all entries to Prudence Penny, Food Editor, in care of the Woman's Department, Pittsburgh Sun-Telegraph.

ened.

$\frac{1}{2}$ tsp. soda.

$1\frac{1}{2}$ tsp. cinnamon.

$\frac{1}{4}$ tsp. allspice, cloves, nutmeg.

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Made Outside

In the morning place the apples in the nice, shiny, copper kettle. Because, you see, country apple butter is made "outside." The kettle must be cleaned with vinegar and salt. This makes it look like new. Wood must be cut, a fire made, and then the apples start cooking.

The stirrer is placed in the kettle. It has a long handle with holes in the paddle part, and is an essential in making apple butter.

Water or cider is poured over the apples and the mixture is boiled hard. As the apples cook down, keep adding water, stirring all the time. After six hours—add 3 pounds of granulated sugar to a finished gallon of mixture. Cook another 1½ hours.

Add Spices

Just before removing from fire add spices—8 ounces cinnamon, 2 ounces cloves to finished butter.

Fill the sterilized jars and seal with paraffin. Clean the copper kettle.

One bushel of apples produces 3 gallons of apple butter. Since

ened.

½ tsp. soda.

1½ tsp. cinnamon.

¼ tsp. allspice, cloves, nutmeg.

2 tsp. ground chocolate.

1½ cups flour.

½ tsp. vanilla.

1 cup raisins.

1 cup chopped nuts.

Mix and bake same as any butter cake. Cream the butter thoroughly, add sugar gradually, cream together until light. Add eggs, raisins and nuts. Add apple sauce mixed with soda. Sift spice mixture with flour and add alternately with apple sauce. Beat after each addition. Bake in a greased loaf pan in moderate oven (350 degrees F.) for 1 hour.

Some one asked this morning just how to make apple jelly . . . Here's a recipe for your files:

Apple Jelly

Take sour fruit. Do not core or pare, merely wash, wipe and cut out blemishes. Cut up, pour over water to cover, simmer until soft, drain through cheese cloth—let drip four or five hours. Measure the sugar for each cup of juice. Stir until sugar is dissolved. The jelly will form in about 20 minutes. Rose, geranium, mint or other leaves may be used for flavoring.