

The state of Washington is known universally as "The Home of the Big Red Apple" and its slogan "An Apple a Day Keeps the Doctor Away", has become a household prescription throughout the country.

This recipe is used in making the thousands of pies served at the National Apple Show, which is held each year.

Washington Apple Pie

2054 Total calories

94 Protein calories

$1\frac{1}{2}$ cupfuls pastry flour	5 to 6 apples
$\frac{1}{3}$ " shortening	1 tablespoonful flour
$\frac{1}{2}$ teaspoonful salt	6 tablespoonfuls sugar
$\frac{1}{2}$ teaspoonful baking powder	$\frac{1}{4}$ teaspoonful cinnamon
water	1 tablespoonful butter

Sift together the pastry flour, salt, and baking-powder; add the shortening and chop lightly till well blended. Moisten to a dough with ice water, adding it gradually and cutting it in with a knife. Divide in halves and place half on a floured board; roll out deftly and line a pie pan. Thoroughly mix the one tablespoonful of flour with half the sugar and sprinkle evenly in the crust. Fill the pan with the apples cut in eighths. Mix the rest of the sugar with the cinnamon and sprinkle over all. Dot with bits of butter; add one tablespoonful of water. Wet the edges of the lower crust and cover with the top crust in which gashes have been cut. Press the edges down firmly, sprinkle with cold water, and bake forty minutes at 450° F.

Mrs. H. E. Firth, N. 1328 Belt St., Spokane, Washington.

Washington Apple Sauce Cake

4240 Total calories

153 Protein calories

1 cupful sugar	$\frac{1}{2}$ teaspoonful cloves
$\frac{1}{2}$ " unsalted shortening	2 cupfuls pastry flour
$1\frac{1}{4}$ " unsweetened apple sauce	$\frac{1}{2}$ " seedless raisins
2 teaspoonfuls soda	$\frac{1}{2}$ " chopped walnuts
$1\frac{1}{4}$ " salt	$\frac{1}{4}$ " butter
1 " cinnamon	1 " powdered sugar
$\frac{1}{2}$ " nutmeg	1 tablespoonful milk
	1 teaspoonful vanilla

Cream the shortening and sugar together, add the apple sauce into which the soda has been beaten. Then add the flour sifted with the salt and spices, reserving a little to dust over the raisins and nuts, which should be added last. Beat well together and turn into a well-greased and floured shallow cake-pan. Bake in a 375° F. oven for about forty minutes. Ice, when cold with a butter frosting made by blending the remaining ingredients.

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