ALDEN FRUIT AND TARO CO.

OF WAILUKU, MAUI.

TARO FLOUR! TARO FLOUR!

Every Body Can Make Their Own Poi at Home.

TARO FLOUR PREPARATIONS.

Using Taro Flour Only.

Taro Cakes.

As the cooked flour as above is removed from the bag or cloth, or after one mixing, shape the cakes and fry or bake as desired.

Poi Cocktails.

After the poi becomes acid take two or more tablespoonfuls and stir into a glass of water. This is a desirable form for sea-sickness, and usually the stomach will retain it when nothing else will remain.

Muffins.

Two cupfuls taro flour, two eggs well beaten; add the eggs to a cup of milk and sufficient yeast powder to make light, and stir in the flour; add a little soda, place batter in muffin rings and cook until done.

Rolls.

Add two eggs well beaten to two cups of milk with a little yeast, adding a little salt; stir in flour over night, in the morning add soda to sweeten; stir well, then bake in a slow oven till done.

Bread.

This can be done same as from wheat flour, care being taken not to make the batter to thick, and baking in a slow oven.

Griddle Cakes.

Two or three cups of flour mixed with sour milk and add a little soda same as for ordinary batter cakes; fry on griddle.

Gems.

Same as above, only add two eggs well beaten, bake in hot gem tins.

Taro Puddings.

Two cups milk, four spoonfuls flour; stir well and boil until done; add one or two well beaten eggs, stir all thoroughly together, and bake from 10 to 15 minutes. Eat with milk and sugar or flavored dressing.

Taro Mush.

Use one tablespoonful of the flour to each person, and mix very thin with milk a lump of butter, salt to taste, stir well and pour into an empty tin (fruit or lard tin) and place it, a kettle of boiling water; keep stirring it until thick and let it continue to boil for half an hour, after which serve warm with milk and sugar.

Taro Mush.

(Another process of preparation).

Allow one tablespoonful of the flour to each person, adding sufficient milk or milk and water, so as to be very thin, with a little sugar or salt according to taste. Pour it into the saucepan over a good fire, and keep stirring it until thick, which will take from three to five minutes. After it becomes thick it does not require continued stirring; it is only necessary to add warm or cold water from time to time so as to prevent it from getting too thick; let it boil in this manner for one hour, when it can be eaten warm with sugar and milk. Mush cooked in the above manner in the evening, and served cold for breakfast with milk and sugar next morning, has been acknowledged by many persons to be delicious and very soothing to the stomach.

Taro Plum, or Suck Pudding.

This makes a fine family pudding, using taro flour instead of wheat flour. The addition of eggs will make a great improvement. The taro flour requires less yeast powder than wheat flour.

Taro Pancakes.

Made in the same manner as with ordinary flour.

Many excellent dishes can be made of Taro Flour after cooking it for one hour in the same consistency as the Mush, such as Fritters, Taro Cakes, etc., etc.

MR. BARBER, as proprietor of the Polynesian Hotel, says that he has used the Taro Flour for some time with great success, and is still using it in making Puddings, Hot Cakes, Taro Mush, etc., etc., as also as thickening for Soups and Gravies it is unsurpassed, and that it has not the tendency to discolor the Soup as ordinary flour, but leaves it perfectly clear. He used to every gallon of Soup two tablespoonfuls of the Taro Flour.

Taro Hot Cakes.

Allow a tablespoonful of the flour to each person; mix with a little sugar and milk or water, adding a little baking powder (less than for wheat flour); mix it well into a thin batter and cook on the griddle in the usual manner. This makes the finest Hot Cake ever known, and can be easily digested by persons of weak stomachs.

The Company has within the last few months added improved machinery for the manufacture of TARO FLOUR, and has succeeded, after a considerable outlay of money, in producing an A1 article, which can be used for HOT CAKES, MUFFINS, ROLLS, BREAD, GRIDDLE CAKES, GEMS, PUDDINGS, etc., etc., as readily and with more economy than the ordinary flour.

The POI has been pronounced, by everybody who has tasted it, to be excellent, and FAR SUPERIOR to the hand-made poi.

Taro Mush for Breakfast is Delicious, and Easily Digested.

Highly recommended by Physicians for weak and disordered stomachs. It can be easily retained when everything else is rejected.

DIRECTIONS FOR MAKING POI.—Take the desired amount of flour and mix very thin with cold water, being sure there are no lumps. Confine this in a bag or cloth and place in a kettle of boiling water, and let it continue to boil 1½ to 2½ hours, according to quantity used, care being taken to place a piece of perforated tin at the bottom of the kettle so as to prevent the cloth from burning. When done (while warm) stir with a stout spoon, adding a little water until the whole is well mixed. Let this stand from five to six hours. Then add water in small quantities, mixing thoroughly and kneading until the desired consistency is obtained. Owing to its purity it takes from three to four days to become acid or sour.

The Poi made from this Flour being free from all impurities which exist in the Poi commonly made, some may find the taste to be slightly different, and for those who prefer the old flavor, we have the impurities put up in neat packages, so that they can mix it according to their own liking.

NEW ENTERPRISE.

The Alden Fruit and Taro Company.

As comparatively little is known to the general public concerning the Alden Fruit and Taro Company, although its taro flour has been successfully introduced, more especially in certain parts of Hawaii, a brief description of the Company's works is here given:

The building is 50x40 feet, three stories high with boiler house extension. On the first or ground floor are located the two furnaces for the evaporators, the engine, cleaning drum, slicing machine and circular saws for repairing box lumber. On the second floor is the mill and flour bin where the taro or fruit for evaporation is placed upon trays preparatory to being put into the evaporators, which are hollow chambers, five feet square. On the third floor the fruit or taro is taken from the evaporators, and the taro passes through a chute to the mill below. The fruit is here packed ready for shipment.

Taro as it comes from the patches is placed in a round drum or cylinder, with slats. A perforated pipe above the drum throws a spray of water which constantly falls upon the taro. The drum is revolved by steam, and all extraneous matter is removed by friction. When cleaned, it is removed, and the skin mostly taken off by paring machines. When freed from the skins it is placed in a chute, from which it is fed into the slicing machine. This consists of an iron hopper holding about a bushel of taro. On a circular iron disk are placed two knives at opposite sides. This is revolved at a high rate of speed, and works so rapidly that the contents of sixteen large gunny bags have been uniformly sliced to the required thickness in less than ten minutes. The sliced taro is from here conveyed to the second floor, where it is spread upon galvanized iron wire trays. These trays are slid into the evaporators on slats, holding small rolls. Four endless chains with dogs or brackets are so arranged that they come under each tray, and by gearing are hoisted up, lifting the tray and supporting it on its journey upward. A fresh tray is introduced in from eight to fifteen minutes, and so continued until the evaporator is full; then a tray is removed from the evaporator with the taro dry at the top or third story, and a fresh tray is introduced at the bottom or second story, until the day's work is completed. From here, the third floor, the dried taro goes into a bin, from which it is passed through a chute into the mill below on the second floor. This mill stands about seven feet high, and is of the latest device, known as the "Stevens roller mill," corrugated steel rolls. As the taro passes into the hopper it is crushed by corrugated rollers, moving against a corrugated plate, into particles about the size of a wheat grain. This falls onto steel rolls, nine by eighteen, one running much faster than the other, where it is crushed into flour. This falls into a round cylinder lined with fine cloth. On the inside of this is a spiral brush revolving. This brushes all the flour through the cloth, and the balance, or tailings, like middlings, passes to the end of the cylinder and out into a container. The good flour falling from the wire cloth drops into a small frame, where a sheet-iron conveyer, in a spiral form, worms it to one end, where elevators of sheet-iron on an endless belt convey it to the flour bin, from which place it is bagged, at our convenience, usually in five-pound packages. These are again placed in burlaps.

Bananas are peeled or evaporated whole, as desired, going into and out of the evaporating chamber similarly to taro, and when taken from the evaporator are packed in boxes containing an area of 12x12 x24 inches. All fruits can be evaporated; some of course requiring longer than others.

The Company is now manufacturing Poi from flour superior to any ever before seen. A series of trays, with canvas linings, are arranged one above the other, with a space of about four inches between. Steam is admitted at the bottom and follows a straight course under and over the trays, coming in direct contact with the flour, which is cooked in from one to one and a half hours. From here the cooked mass passes into a circular container, where a wheel weighing some two hundred pounds is revolved by gearing running over the mass, which is constantly kept in position under the wheel by scrapers until it is worked to the consistency necessary to make good Poi. It is then placed in containers ready for distribution. As the entire process is mechanical, it will be readily seen it must be as free from outside matter as it is possible to have it.

The factory is located in the central part of the beautiful town of Wailuku, Maui, near its principal thoroughfare.

The Company intends to supply Honolulu and other parts of these Islands with Poi, where regular communication can be relied upon.

The following are a few of numerous advantages of the Company's Poi, in comparison with the ordinary Poi made by hand:

Poi, as commonly made, can scarcely be free from impurities of various kinds, some of them of a most deleterious character, owing to the filthy process of handling and the latent diseases prevalent among natives and Chinamen, who are usually employed to pound and manipulate the same. By the substitution of the machinery above described for hand labor, all these objections to the use of Poi are removed. The machine-made Poi is absolutely free from impurities of every kind. To old residents of the Islands it is unnecessary to commend Poi as an article of food, but for others not so well acquainted with its intrinsic value and nutritious and health-giving qualities, testimonials of leading resident physicians are appended.

TESTIMONIALS.

The Taro Flour as prepared by the Alden Fruit and Taro Company of Wailuku, Maui, I consider to be an excellent and reliable food. My experience with Poi, the native food of the Hawaiians, has been, that in a tropical climate it is the best food not only for the Polynesian but for the white race. The objection, and it is not a slight one, is in its preparation, which is uncleanly and almost repulsive to our habits. The Taro Flour with which Poi can be readily made obviates this drawback. For irritable stomachs, vomiting from any cause except organic derangement of the digestive organs, I have found Poi invaluable either diluted with water or milk. I therefore encourage thoroughly the manufacturers to try to make this food popular abroad. G. TROUSSEAU.

I can most conscientiously recommend the Taro Flour, as manufactured by the Alden Fruit and Taro Company of Wailuku, Maui, as an excellent article of diet; it is very nutritious and easily digested. It is particularly suited for weak and irritable stomachs. In cases of vomiting I have found Poi to be invaluable; it will be retained in the stomach when given with water when no other article of food can be tolerated, and generally gives a feeling of relief. I believe that it might be introduced as an article of diet in many cases with great benefit into our hospitals, and when once known will be largely used by the public generally. I may add that much of its success will depend on its being properly cooked. The Company furnish plain printed forms of the different ways in which it may be used, which should be strictly adhered to. I am particular about this, as I know many persons, on first using the flour, were much disappointed, who afterwards learned that this was owing entirely to the cook.

ROBERT MCKIBBEN,
St. Surgeon to Queen's Hospital.

By their new process of drying and grinding the taro root, the manufacturers of the Taro Flour have enabled the outside world to partake at their homes of the Polynesian Poi, and have given to our sick rooms and hospitals a new ingredient for an easily prepared and palatable starchy food. Whereas I believe that the taste for the regular sour Poi, as it is consumed by the Polynesians, has to be acquired and would not generally suit the inmates of the hospitals of Europe and the States, I still feel inclined to say that the decided flavor of the taro will recommend it as a welcome change in the composition of gruel and porridge. In spite of the short time that I have been on the Islands, I have had ample opportunity for testing the readiness with which even a weak stomach will bear sweet Poi, and have relied on it either pure or mixed with milk or beef tea in treating acute feverish diseases and disorders of the stomach and bowels.

ED. ARNING, M. D.

Taro Flour as prepared by the Alden Fruit and Taro Company, I consider a valuable adjunct to our list of farinaceous foods for the sick-room. It is highly nutritious, and when properly prepared is preferable to any other food, in certain weak and irritable conditions of stomach. It is also a valuable article of diet in health, especially for children.

JOHN BRODIE, M. D.

In general, I am opposed to medical certificates, yet in this instance I feel that it is not a breach of professional etiquette to say that I fully agree with Dr. R. McKibbin in all he has to say of the use and mode of preparation of this valuable plant.

In my practice I have found it perfectly satisfactory as an article of diet in gastric derangements and as a food in health.

JOHN S. MCGREW, M. D.

The taro flour, while cheaper in price than hand-made Poi, is also more economical, in that it can be kept on hand for a long time. This is a great advantage, as it is well known that the ordinary piai (crushed, cooked taro root, ready to be made into Poi), becomes worthless if not made use of within a few days of its manufacture.

The medical profession of these Islands have for years recognized the supreme importance of Poi for the sick and convalescent, especially in cases where a stomach, from whatever cause, cannot retain nourishment. When health has been repaired by overwork, mental or physical, and in cases where the nervous system has been debilitated by excessive indulgence in stimulents or narcotics, nothing can equal Poi in restoring health and giving tone and vigor to the whole body.

There is no article of food that is so easily digested and assimilated as Poi, and it contains sufficient acid to obviate the necessity of resorting to disagreeable and strong cathartics necessary to keep the system in perfect health with an ordinary diet. The native Hawaiian lived upon it almost exclusively before the introduction of civilization, and it produced the highest type of physical man.

MR. BARNES, the originator of the process of evaporating and grinding the Taro Root into flour on these Islands, has been enabled after many experiments in placing before the public, an article of prime quality.

Seeing the filthy way Poi is generally manufactured and the immense amount of Taro yearly rotting in the ground, as it will not keep after becomming ripe—induced MR. BARNES to devote his time and efforts to experimenting with a view of giving to the public an article of superior excellence and preventing waste of the raw product. How well he has succeeded we leave the public to judge, from the foregoing testimonials.

Many will remember that a few years ago strong objections were made to the mode of cooking the Taro in Steam vats, more especially so by the natives, who said that they would never eat Poi made from the Taro cooked in the above manner.

Since then that mode of cooking Taro has been introduced all over the Islands, instead of cooking it in the imu (a hole in the ground filled with heated stones) and we never hear a complaint against it. In like manner the mode of cooking and preserving the Taro as introduced by the Alden Fruit and Taro Company, will assuredly supersede the old method, and thus enable a large industry to be built up on these Islands, which will be far reaching and progressive in its influence.

FOR SALE BY ALL GROCERS.