ay, October 11, 1979

tive Cooking From Herald Kitchen brown sugar.

steed, spiced.

ed. tasty North Carolina apple,

for example, will have only 66 calories, yet it will What is it? A crisp, colorful replace a sweet snack that could have hundreds. The These are some of the ple is also low in sodiu

nd fat, it aids digestion and elps prevent constipation, and eaten raw, it serves as a "natural toothbrush" by cleaning the teeth and aging gums.

We have collected a few of rind the tempting uses of apples suggested by the excellent oks in Western North Carolina, where apples are

Baked Apple Omelet 3 or 4 medium large ap-

1/3 Tablespoon butter or margarine

4 eggs nutmeg

dinner menu.

4 eggs

Carolina Apple Fritters

4 slices bread, cut

4 medium apples

5 tablespoons sugar

4 Tablespoons water

Peel and grate apples and

Fresh Harvest Pe com-

bines the popular apple with

pears and grapes all in

1/2 teaspoon vanilla

into small pieces

cinnamon

1/8 cup water **3 teaspoons sugar**

Peel and slice apples. Stew them in a small have become a thick sauce, about 20 minutes. Beat in sugar, butter or margarine, and nutmeg to taste. Set aside to cool. Separate eggs and beat the yokes until tney are light. In a separate bowl, beat the whites until they are stiff but still moist. Fold the yokes and whites dish and bake at 350 degrees

features some of the season's most popular fruits — apples, pears and grapes — in a dish that promises to be a fall favorite.

HARVEST PIE - A perfect dessert, Fresh Harvest Pie

things that happen to apples in the kitchens all over the country as the new crop appears at the market place. A simple, natural food, the apple is one of the most versatile things ever to happen to a cook or an appetite. Any cook worth her food blender can dream up dozens of plain or fancy ways to use apples to delight the palate of a gourmet, or an ordinary eater who knows good things when they're put before him.

First and always, there's eating it raw. The satisfaction in that first crack of a crisp apple is a little bit like insisting on opening your own birthday present; the first moment is half the fun.

The list of attractive Iternative uses is long: apple pie, apple tart, apple cobbler, strudel, cake and

apple pudding. There are apples in mincemeat. chutney, and fresh fruit cocktail. Also, there's apple juice, apple butter, and apple cider. This versatile fruit is used in salads as a garnish for meat, vegetable and cheese dishes. Applesauce is served with roast pork, sliced apples with baked ham, and young pigs is often baked ham, and young pig is often baked with an apple in its mouth. Those are some of the

set aside. Combine other traditions ingredients and blend or One of the oldest traditions is that of the apple beat with mixer until smooth. Fold in apples and as a temptation (in the mix throughly. Use a Garden of Eden). But we know that an eating apple is mixture onto a hot non-stick one temptation that is skillet. Cook on both sides to healthy. golden brown.

In a weight-conscious world the apple is a small package of nutritional good news; a medium-size apple, This delectable dessert goes the traditional apple pie one better.

Fresh Harvest Pie

3 large apples, pared, cored, sliced 2 large pears, pared, cored, sliced

1½ cup seedless grapes 1/2 teaspoon grated lemon

1 Tablespoon fresh lemon juice

1/2 cup sugar 1/2 teaspoon ground cinnamon

2 Tablespoons flour 3/4 teaspoon ground nutmeg

In large bowl, combine apples, pears, grapes, lemon rind, lemon juice, sugar, flour, cinnamon and nutmeg; mix well. Divide pastry in half. On lightly floured surface, roll out half amount of water until they of pastry into a 12-inch circle. Fit pastry in a nineinch pie plate; trim, leaving 1-inch overhang. Spoon in fruit mixture. Roll remaining pastry into a 10inch circle. Cut pastry into 1/2-inch strips. Cover fruit with strips of pastry to form a lattice-top. Press strips to bottom curst. Fold crust into the apple mixture. Pour over strips to bottom crust. into a greased deep baking Fold crust over strips; form standing rim; flute. Bake in for 45 minutes or until firm. 350-dgree oven 50 to 60 **Carolina Apple Fritters** minutes or until crust is appear often as an ac- browned and fruit is tender. companiment to other Make up a batch of Apple favorite dishes and are a Chutney and reserve a few welcome addition to the attractive jars for some special friends as holiday

Apple Chutney

gifts.

5 lbs. cooking apples, pared, cored, sliced (about 10 cups)

4 cups firmly-packed light brown sugar 4 cups cider vinegar

2¼ cups raisins 1 cup chopped onions

3 Tablespoons mustard seed

1 Tablespoon ground ginger 2 teaspoons ground

tablespoon; to drop the allspice 1/4 teaspoon garlic powder Dash ground red pepper 1/4 teaspoon garlic powder Dash ground red pepper In a large stainless steel

Architects as one of the 100 finest built buildings during the last century. Buffalo, Morgan and Associates, a Raleigh engineering firm, is over-

> seeing the renovations. According to H.L. Buffalo, "New light and sound systems have been needed for sometime and were inadequate when originally installed. The systems were chosen at that time because of inadequate funds to in-

stall better equipment." Later attempts to improve the sound and lighting helped little because of the building's shape and in-

terior reverberations. The renovations and new sound-lighting systems will allow Dorton Arena to acor enamel kettle combine comodate closed circuit

inho 6 one-pint clean hot canning jars leaving ¼-inch mustard seed, ginger, head space. Cover, following manufacturer's directions. Process in boiling water bath for 20 minutes. Cool jars and check for good seals. Makes six pints.

Fair Plans Underway

performances previously impossible. "We are able to control the lighting and sound for the needed affects making the Arena more attractive to those shows that couldn't consider coming here because of the facilities," said Pitzer.

Continue Cost Cutting Measures

RALEIGH - N.C. State Fair officials continue their efforts of cutting the cost of attending the annual event. **Reduced prices for rides** and also gate admission will be available to those planning to attend October 12-20.

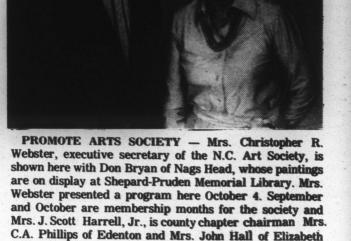
According to fair manager Art Pitzer, coupon booklets are being made available at many bus terminals and charter bus company offices throughout the State. Along with the purchase of a booklet you may purchase a regular \$2.50 admission for \$2. Ride books or admissions may be purchased separately.

The booklets will enable the buyer to enjoy 12 rides for \$5, a savings of approximately \$2.50.

For the past several years the system has resulted in a large increase in charter bus trips to the fairgrounds. A special bus parking area will again be designated in anticipation of continued success of the endeavor this vear.

The ride books and tickets will be available from September 17 through October 11.

Parking is free on State Fair and Carter Stadium parking lots. Senior Citizens 65 and over will be admitted free and children 12 and under



Negligence Charged

City are on the state membership committee.

WASHINGTON -A Northeastern North Carolina leader has charged that a Federal Agency has failed to "protect the people by not carrying out duties assigned to it by the U.S. Congress.

J. Larkin Little of Greenville, chairman of **Operation Overcharge**, said the Federal Energy **Regulatory** Commission was failing to protect electric consumers from exorbitant rates charged by Virginia Electric and Power Company and that those exorbitant rates were

caused by the company's mismanagement. "FERC has documented evidence before it that

Vepco's high rates have been caused by mismanagement." Little said, "and it's done nothing about them". Little said under the

regulations handed down by Congress, FERC allowed to conduct a management audit of a power company if there are legitimate questions about the ability of its management.

The Operation Overcharge chairman said the N. C. Utilities Commission has 1978.

developed evidence of such mismangement and that the evidence has been brought in a current rate case before FERC. "Meanwhile, we haven't

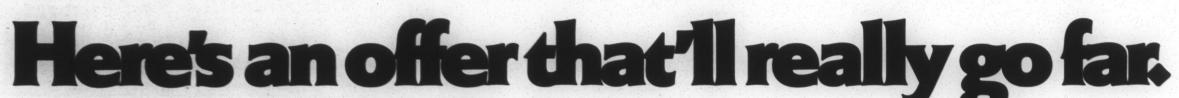
been given an opportunity to talk with the chairman of FERC, Charles Curtis," Little said.

Little said his group is adking Rep. Walter B. Jones to attempt to set up an inquiry in one of the energy oversight committees of the U. S. House of Represenlook to tatives into the FERC matter.

"A sister agency of FERC, the Nuclear Regulatory Commission, has issued several fines against Vepco because of its poor operations, but apparently that's news to FERC," Little said.

Jordan Is Promoted

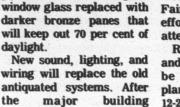
Marine Pf. Otis A. Jordan, Jr., nephew of John Roundtree Route 1, Tyner, has been promoted to his present rank while serving with 3rd Marine Division on Okinawa. He joined the Marine Corps in November,





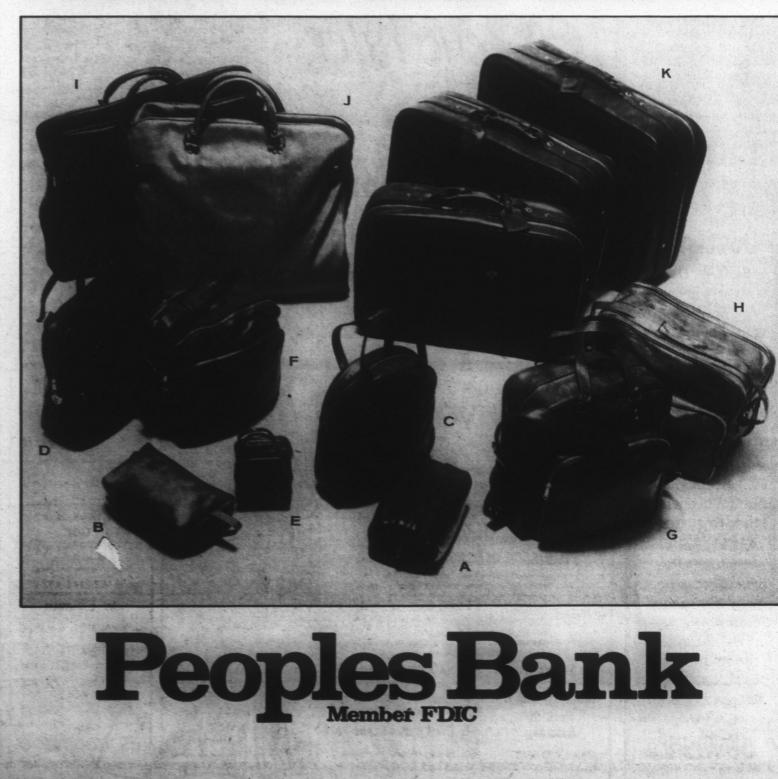
vinegar, raisins, onions.

painted, and all the orginal





Page 7-B



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E	Folding Zipper Tote	Tan	4.95	1.95	Free	6.95
F	Shoulder Tote	Brown. Gold & Blue	5.95	3.95	Free	8.95
G	Jumbo Tote	Brown & Gold	9.95	6.95	1.95	11.95
н	Getaway Bag	Tan	10.95	8.95	7.95	12.95
,I	Men's Garment Carrier	Brown	18.95	17.95	15.95	20.95
J	Ladies Garment Carrier	Blue	20.95	19.95	17.95	22.95
ĸ	3 Piece Luggage Set	Blue & Brown	47.95	46.95	44.95	49.95