

Creative Cooking From Herald Kitchen

By Mildred Huskins
It can be frittered or
bumped, sliced or diced.
Baked, fried, sauteed,
stuffed, stewed, spiced,
dried, jellied and preserved.
What is it? A crisp, colorful
tasty North Carolina apple,
or course.
These are some of the



HARVEST PIE — A perfect dessert, Fresh Harvest Pie features some of the season's most popular fruits — apples, pears and grapes — in a dish that promises to be a fall favorite.

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 alternative 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 with an apple in its mouth. Those are some of the traditions.

One of the oldest traditions is that of the apple as a temptation (in the Garden of Eden). But we know that an eating apple is one temptation that is healthy.

In a weight-conscious world the apple is a small package of nutritional good news; a medium-size apple,

for example, will have only 66 calories, yet it will replace a sweet snack that could have hundreds. The apple is also low in sodium and fat, it aids digestion and helps prevent constipation, and eaten raw, it serves as a "natural toothbrush" by cleaning the teeth and massaging gums.

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

Baked Apple Omelet
3 or 4 medium large apples
½ Tablespoon butter or margarine
4 eggs
nutmeg
½ cup water
3 teaspoons sugar
Peel and slice apples. Stew them in a small amount of water until they 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 yolks until they are light. In a separate bowl, beat the whites until they are stiff but still moist. Fold the yolks and whites into the apple mixture. Pour into a greased deep baking dish and bake at 350 degrees for 45 minutes or until firm.

Carolina Apple Fritters
4 medium apples
4 eggs
4 slices bread, cut into small pieces
5 tablespoons sugar
½ teaspoon vanilla
cinnamon
4 Tablespoons water
Peel and grate apples and set aside. Combine other ingredients and blend or beat with mixer until smooth. Fold in apples and mix thoroughly. Use a tablespoon to drop the mixture onto a hot non-stick skillet. Cook on both sides to golden brown.

Fresh Harvest Pie combines the popular apple with pears and grapes all in

abundant supply right now. 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
½ teaspoon grated lemon rind
1 Tablespoon fresh lemon juice
½ cup sugar
½ teaspoon ground cinnamon
2 Tablespoons flour
¼ teaspoon ground nutmeg
Pastry for 2-crust pie.

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 of pastry into a 12-inch circle. Fit pastry in a nine-inch pie plate; trim, leaving 1-inch overhang. Spoon in fruit mixture. Roll remaining pastry into a 10-inch circle. Cut pastry into ½-inch strips. Cover fruit with strips of pastry to form a lattice-top. Press strips to bottom crust. Fold crust over strips to bottom crust. Fold crust over strips; form standing rim; flute. Bake in 350-degree oven 50 to 60 minutes or until crust is browned and fruit is tender.

Make up a batch of Apple Chutney and reserve a few attractive jars for some special friends as holiday gifts.

Apple Chutney
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 allspice
¼ teaspoon garlic powder
Dash ground red pepper
¼ teaspoon garlic powder
Dash ground red pepper
In a large stainless steel or enamel kettle combine

apples, brown sugar, vinegar, raisins, onions, mustard seed, ginger, allspice, garlic and red pepper. Bring to a boil. Reduce heat and simmer, covered, stirring frequently, until thickened, about one hour and 15 minutes. Pour

Fair Plans Underway

RALEIGH — Normal booking of entertainment into J.S. Dorton Arena will start again following the upcoming State Fair, however those visiting the building during the October 12-20 event will get a firsthand look at the extensive renovations completed over the past year.

Fair Manger Art Pitzer described the changes: the exterior concrete will be recoated, the sashed painted, and all the original window glass replaced with darker bronze panes that will keep out 70 per cent of daylight.

New sound, lighting, and wiring will replace the old antiquated systems. After the major building renovations have been completed, new landscaping will be the final touches on the arena's new look.

This is the first major restoration of the 25-year old facility. Dorton Arena is one of Raleigh's historical structures and is listed by the American Institute of Architects as one of the 100 finest built buildings during the last century.

Buffalo, Morgan and Associates, a Raleigh engineering firm, is overseeing 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 install better equipment."

Later attempts to improve the sound and lighting helped little because of the building's shape and interior reverberations.

The renovations and new sound-lighting systems will allow Dorton Arena to accommodate closed circuit

into 6 one-pint clean hot canning jars leaving ¼-inch 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.

television and daytime 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 year.

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.



PROMOTE ARTS SOCIETY — Mrs. Christopher R. Webster, executive secretary of the N.C. Art Society, is shown here with Don Bryan of Nags Head, whose paintings are on display at Shepard-Pruden Memorial Library. Mrs. Webster presented a program here October 4. September and October are membership months for the society and Mrs. J. Scott Harrell, Jr., is county chapter chairman Mrs. C.A. Phillips of Edenton and Mrs. John Hall of Elizabeth City are on the state membership committee.

Negligence Charged

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 Vepeco'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

developed evidence of such mismanagement 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 asking Rep. Walter B. Jones to attempt to set up an inquiry in one of the energy oversight committees of the U. S. House of Representatives to look into the FERC matter.

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

Jordan Is Promoted

Marine P. 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, 1978.

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