

## Best Cider Made From Apple Variety Blends

By M. E. Gardner  
N. C. State University

If you have a yen to make some good cider this fall, here are some suggestions that may be helpful.

Firm, ripe apples, those that are ripe enough to eat out of hand, make the best cider and give the highest yield of juice. Immature or overripe apples lower the quality.

The best cider is usually made from a blend of different varieties of apples. A blend provides a pleasing balance of sweetness and tartness as well as aromatic qualities. A single variety rarely makes a satisfactory product.

Sometimes the desired fullness and balance can be obtained by using two varieties but a blend of three or more varieties is better. Using several varieties permits greater latitude in varying the proportions to obtain the desired blend and also allows practical use of your available supply.

We might separate some of the commercially important varieties into groups according to their suitability for cider: sweet sub-acid; mildly acid to slightly tart; and aromatic. A strict classification is not possible because a number of varieties have

different flavor characteristics. Delicious may be listed in both the sweet sub-acid and aromatic groups. It is also possible that some varieties will differ in their flavor characteristics from one geographical area to another.

Varieties in the sweet sub-acid group are grown primarily for eating in the fresh raw state, and furnish the highest percentage of the total stock for cider. Varieties in the aromatic group have outstanding fragrance, aroma and flavor that are carried over into the cider.

You might use the following list of varieties as a guide in selecting the blend for your cider.

Sweet sub-acid group -- Delicious and its red bud sports; and Cortland, if you have this variety.

Mildly acid to slightly tart -- Winesap, Stayman, Rome and Rhode Island Greening.

Aromatic group -- Delicious and Golden Delicious.

In our student cider making project at NCSU, we use a 1-1-1 ratio of Golden Delicious, Delicious and Stayman Winesap.

By selecting a good blend combination, using only clean mature apples, and keeping the cider refrigerated, you can keep your customers coming back for more.

### Distaff Deeds

## Cut-Off Jeans Leg Is Ideal for Making Bag

By JANICE CHRISTENSEN

"Got an old pair of blue jeans that you plan to cut off for shorts? Well, don't throw away the legs that you cut off," advises Pearl Ann Weather, Clayton, Rt. 1.

This teenager uses the legs of old blue jeans to make bags. For example, she made a pocketbook by cutting off a shallow length near the bottom of the pants hem, seaming up the cut edge, and using the leg hem for the top of the bag. After attaching yarn, she had an attractive shoulder bag.

Pearl Ann also wanted a tote bag, so she used the other pants leg for it. She constructed it in the same manner but made it deeper.

The tote bag would make an excellent beach bag if it were lined with plastic, adds Mrs. Patricia Brown, associate home economics extension agent, Johnston County.

**BETTER HOME**  
Members of Craven County's Extension Homemakers Clubs firmly believe that "Today's Home Builds Tomorrow's World."

So they decided to redecorate the home of a young family living at Cherry Point, the U. S. Marine Corps Air Base.

The homemakers remodeled and refinished furniture and added creative, decorative touches, says Jan Johnson, home economics extension agent.

The done-over house was then opened to other military families to inspire creativity, economy and prove that governmental housing and furniture can be home-like.

**HELP CHILDREN**  
More than 20 children at the Western Carolina Center for Children at Morganton are being helped by Haywood County Extension Homemakers.

Sponsors make an initial donation of \$12 per child, which gives the child an allowance each month and money for special occasions such as holidays and birthdays.

"Clothing and other necessities are furnished when needed," observes Mrs. Gwilll Brendell, home economics extension agent.

During the county's Christmas Ideas Exhibit, the homemakers decorate a tree. Later, these ornaments and decorations, along with numerous gifts, cookies and donations are taken to the Center for the children.

"Haywood County homemakers feel this project is a worthy one," Mrs. Brendell concludes.

## SEN. MCINTYRE URGES

# Formation of Federal-Private Partnership To Deliver Quality Health Care for Nation

**For Immediate Release**  
Can you provide health care for every man, woman and child in the nation? At a price they can afford? And not add an overpowering tax burden on the American public?

Sen. Thomas J. McIntyre (D.-N.H.) says absolutely yes.

His solution: national health insurance jointly administered by the government and private industry.

"Together," he says, "the private sector and the government can achieve what neither could do alone."

Sen. McIntyre has backed his belief by introducing the National Healthcare Act of 1973.

or "Healthcare," in the Senate. At the same time, Rep. Omar Burleson (D.-Tex.) has introduced a similar bill in the House. Overall, the bill has more than 40 members of Congress, Democrat and Republican, co-sponsoring it.

**Major Plan**  
This bill, supported by the nation's insurance companies, is one of several major proposals now before Congress.

These proposals have the backing of the American Medical Association, the AFL-CIO, the American Hospital Association, and other organizations. An Administration bill is expected later in the year.

The McIntyre-Burleson bill provides a comprehensive national program of health care by strengthening the organization and delivery of care. It provides catastrophic health insurance for everyone in amounts up to a quarter of a million dollars.

Any person who incurs \$5,000 or more in medical expenses during a 12-month period would be eligible for up to \$250,000 in benefits even if some or all of his expense is reimbursed by insurance.

**Low \$8.1 Billion**  
The legislation would cost the government an additional \$8.1 billion in new revenues—

considerably less than most other major national health proposals.

Sen. McIntyre, in a statement to the Health Insurance News, declared:

"Without getting into all the details of my bill, here is what I believe Healthcare can do for the nation:

"First, increase the supply and improve the productivity and distribution of health manpower.

"Second, develop ambulatory health care services to promote health maintenance and reduce costly hospital use.

"Third, improve health care planning to distribute current and future health resources more equitably and effectively.

"Fourth, more directly contain the escalation in health care costs and upgrade quality of health care.

"Fifth, establish national goals and priorities to improve health care.

"Sixth, improve the financing of health care, including catastrophic illness, for everyone."

He said Healthcare would pital confinement by just one day," he said, "we can save up to \$2 billion per year."

A highlight of the plan is that it would employ the most useful features of the nation's health care delivery system, rather than scrap them.

The plan would go into effect gradually, over a short span of years.

Ultimately, Healthcare would pay for 300 days of semiprivate hospital care, 180 days of convalescence in a skilled nursing home, and 270 days under an approved home health care program for all Americans.

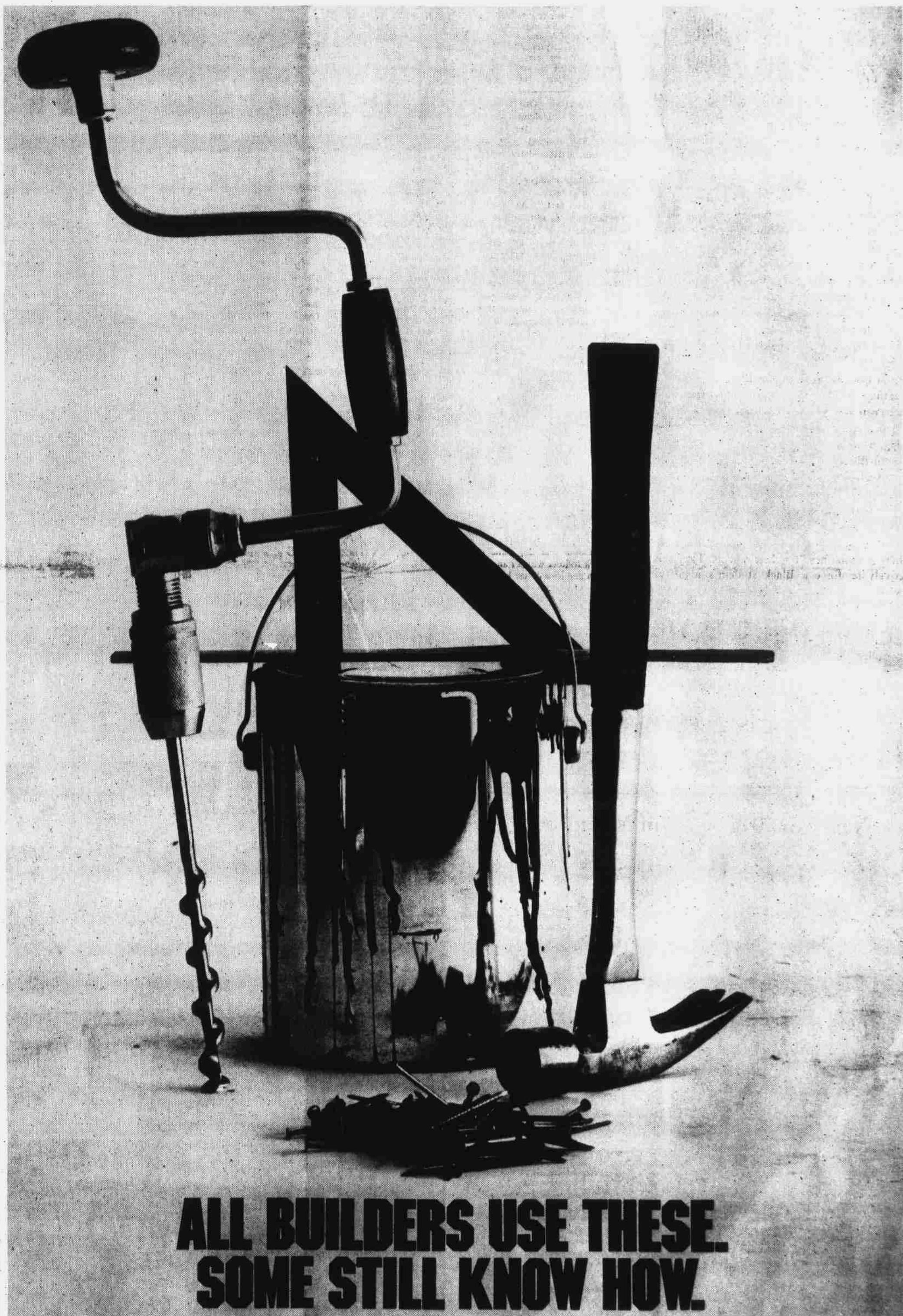
The program would also

strengthen health planning on the state and local level, improve controls over the cost and quality of health care, and develop national health goals.

There would still be Medicare, but it would immediately reduce the need for Medicare and eventually replace it.

Said Sen. McIntyre: "The National Healthcare Act of 1973 aims to get the job done. No more and no less. This is one plan that is responsive without being expensive."

The number of dairy cows in North Carolina continues to go down but the amount of milk produced continues to rise. The state is one of only eight in the country that produced more milk the first half of 1973 than during the same period last year.



# ALL BUILDERS USE THESE. SOME STILL KNOW HOW.

It's attention to detail that's the mark of craftsmanship. Little things. Like the way nails are angled, the way boards are joined—things that, ignored, can turn a beautifully built home into a beautifully built headache.

Today, too often the details are ignored. That's why, at Ervin, we do the best we can to keep craftsmanship alive and well. We continually try to improve our already high standards—making refinements in design, specifications, and perfecting new construction methods. Our system of checks and approvals carry all the way through to the moment you open your door. And if there's ever a problem, we have a warranty program ready to correct it.

Whether building homes, apartments or condominiums, we know that if the little things aren't right, the big things won't be right either.

So though the Ervin Company offers one of the widest selections in the Southeast, no matter what price, style and location matches the way you live, you'll always know the way we put it together.

The right way. A nail at a time.

**ERVIN MID-ATLANTIC**

A Division of the Ervin Company with developments in major North Carolina and Virginia cities.

**THE MOREHEAD PLANETARIUM**  
CHAPEL HILL, NORTH CAROLINA

September 15, 22, 29  
- 8:00 P.M. (Closed)  
The Sunday Matinee will be at 11:00 and 5:00

Daily at 8:00 P.M.  
Saturdays at 11, 1, 3 and 8:00  
Sundays at 2, 3 and 8:00

September 4 - 24  
**COSMORAMA** THE AGEING OF CYNTHIA

VIRGO  
Virgo is the only female figure of the zodiac constellation. She contains 325 nebulae and the first magnitude star Spica, which is 600 times brighter than our own sun. So we see that old Virgo has a lot more to her than just our earth-bound beauty.

The Morehead Planetarium gratefully acknowledges the generous cooperation of this publication in presenting this program listing.