

Home Demonstration News

Apple Time Means Tasty Dishes to Tempt Family

By FLOY G. GARNER
Home Agent

"An apple a day keeps the doctor away." We are all familiar with this old saying. Though we would not guarantee that eating an apple a day would prevent all our ills and keep us healthy, an apple or other fruit eaten daily is a guarantee of better health. This is "apple-time", and we are seeing a variety of kinds in sufficient quantity to meet most apple lovers' tastes.

Apples are a good food to have throughout the year. They furnish vitamins and minerals, and the crisp texture of the raw apple serves as a mild sort of roughage. Raw apples are a good source of vitamin C, necessary for healthy teeth and gums, while the minerals present aid in maintaining an alkaline condition of the body.

The firm texture of the raw apple makes eating it beneficial to the teeth and the acid and delicious flavor stimulate the flow of the digestive juices. All this nutritive value coupled with sheer joy and pleasure to be derived from eating apples makes this fruit a good buy and wise investment.

Cooked, raw, at meal-time, or in-between-meal snack, apples offer endless variety to brighten up our day. Apple pie has been voted the national favorite, and cooks have been judged by their ability to make apple pie. Most of us have a favorite recipe for this pie of pies.

Apples are equally delicious prepared in other ways. Have you tried apple muffins or griddle cakes?

Apple Muffins

Mix standard muffin batter, and pour into greased muffin pans until 2/3 full. Pare, core, and slice apples fairly thick and place 2 or three slices, notched edges down, on the muffins. Sprinkle with cinnamon and sugar and bake in a hot oven (400° to 425° F.) for 20 to 25 minutes.

Griddle Cakes

Add 2 cups of finely chopped apples to your standard griddle cake batter and bake.

Apples make excellent team-mates with other foods. For instance:

Scalloped Apples and Sweet Potatoes

3 medium-sized sweet potatoes
4 medium-sized apples, pared and cored
2 tablespoons sugar
1/2 teaspoon salt
3 tablespoons fat
Cook the sweet potatoes in boiling water until tender; cool, and skin. Slice the sweet potatoes and

apples and place in alternate layers in a greased baking dish. Sprinkle each layer with sugar and salt, and dot with fat. Add a little water and bake for 15 to 20 minutes, or until the apples are soft and the top layer is brown. Serve in the baking dish.

In this dish you have incorporated a food, very rich in Vitamin A, the sweet potato, with all that food value packed in the apples, making a dish that will go a long way to providing the vitamins and minerals needed by each of us each day.

Most of us recognize the fact that pork and apples go together sort of like ham and eggs. For a change, try cooking the pork and apples together.

Pork Chops with Stuffing and Apples

1 tablespoon minced onion
Few sprigs parsley, chopped
1 tablespoon fat
1 cup fine dry bread crumbs
1/2 teaspoon savory seasoning
Salt and pepper to taste
6 pork chops
3 tart red apples

Cook the onion and parsley in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed. Sprinkle the chops with salt and pepper, rub lightly with flour, and sear in a hot skillet.

Lay the chops on a rack in a baking dish or pan with cover. Cover each chop with the bread-crumbs mixture and then with half an apple, cored but not pared, cut side down. Cover, and bake in a moderate oven (350° F to 375° F) for 30 minutes, or until the meat is tender. Lift the chops onto a hot platter, and serve.

Apples (raw) make very tasty salads, too.

Waldorf Salad

Dice tart apples with the skins left on, and combine with chopped celery and chopped nuts (hickory nuts, pecans, boiled chestnuts, or blanched almonds). Add enough salad dressing to moisten. Serve at once on crisp lettuce or other salad greens.

If walnuts are used, sprinkle them over the salad just before serving; the nut skins may darken the fruit.

Apple and Cabbage Salad

Dice tart apples and combine with about equal quantities of finely shredded cabbage. Mix well with salad dressing. Cream dressing seasoned with grated horseradish goes especially with this combination. Serve at once on cabbage leaves. For variety, add onions cut into thin rings.

Diced apples, especially with the red skins on are excellent in many kinds of fruit salads or cups. The apples give the crisp texture often needed, particularly with canned fruits.

Have you had your apple today?

Organization Of Businessmen Honors CP&L

The Newcomen Society of North America, an international organization of business and financial leaders dedicated to the ideals of free enterprise, paid signal honor to Carolina Power & Light Co. last Thursday night.

Louis V. Sutton of Raleigh, president and chairman of the board of CP&L, was guest of honor and principal speaker at the first dinner meeting in Newcomen's 1958-59 year at the Hotel Pierre, New York City. Approximately 400 industrialists, financiers and business executives were present.

North Carolinians who attended the dinner as guests of the Newcomen Society and of Carolina Power and Light Company are:

R. B. Carpenter, treasurer of CP&L; W. Herbert Weatherspoon, general counsel of CP&L; Hargrove Bellamy, president of Robert R. Bellamy & Son, Wilmington; Hon. Kenneth C. Royall, partner Royall, Koegel, Harris & Caskey, New York; John F. Watlington Jr., president, Wachovia Bank and Trust Co., Winston-Salem; Norman A. Coker, president, Duke Power Co., Charlotte.

H. Burton Robinson, general manager, CP&L; Lewis R. Holding, president, First-Citizens Bank & Trust Co.; Paul A. Tilley Jr., president, Tilley Millwork Co., Raleigh; Lloyd Griffin, executive vice-president, North Carolina Citizens Association, Raleigh; W. Harold Trentman, president, Occidental Life Insurance Co., Raleigh.

Dr. J. Harold Lampe, dean, School of Engineering, State College; John B. Veach, Bemis Hardware Lumber Co., Asheville; Edward Brown, president, Brown Tobacco Co., Fuquay Springs; Charles D. Parker, vice-chairman, First Union National Bank of North Carolina, Asheville; Hon. Amos R. Kearns, treasurer, Crown Hosiery Mills Inc., High Point.

L. H. Harvin Jr., executive vice-president, Rose's Stores Inc., Henderson; John M. Carroll, president, Carroll Specialties Co., Asheville; Irwin Belk, president, Belk Enterprises, Charlotte; Charles F. Johnson, president, City Chevrolet Co., Asheville; Henry Belk, editor, Goldsboro News-Argus.

Jack Riley, director of public relations, CP&L; Jonathan Woody, executive vice - president, First Union National Bank of North Carolina, Waynesville; R. Stuart Dickson, vice-president, R. S. Dickson & Co., Charlotte; J. E. Paschall, president, Branch Banking & Trust Co., Wilson; Louis V. Sutton Jr., vice - president, Riddick Corp., Charlotte.

Lockwood Phillips, publisher, Carteret County News-Times; Robert H. Edmunds, president, Truitt Manufacturing Co., Greensboro; James M. Peden, president,

Little Girl Lures Cars Into Mom's Parking Lot

Baltimore (AP)—The little girl of 5 was irresistibly cute to two baseball patrons in a car as she waved a flashlight and directed them to a parking space near Memorial Stadium.

The child's charm faded, though, when a woman appeared and said the parking fee would be \$1.

Peden Steel Co., Raleigh; Harold C. Bennett, president, Bennett Advertising Inc., High Point; J. Gregory Poole, vice-president, Gregory-Poole Equipment Co., Raleigh.

George P. Geoghegan Jr., regional vice - president, Wachovia Bank & Trust Co., Raleigh; Hugh G. Isley, general sales manager, CP&L; J. Frank McElwee, manager, South Atlantic Division, General Electric Co., Charlotte.

Davis Coast Guardsman Helps in Heroic Rescue

Eugene B. Pond, Coast Guardsman from Davis now stationed at Eldred Rock Light Station, Alaska, is among six Coast Guardsmen who received special tribute from Alaska Coastal Airlines for a rescue mission in August.

The men were commended by H. S. Gruening, operations manager of the airlines for rescuing passengers and a pilot from a plane which crashed in Lynn Canal.

In a letter to Capt. Gaines A. Tyler, commander, 17th Coast Guard district, Juneau, Alaska, Mr. Gruening said,

"Perhaps the most credit of all should go to Eugene B. Pond, Fredgerick H. Hecht, Joseph F. Newsome

and Mark R. Potts, personnel stationed at Eldred Rock, as well as Technicians Jack Peterson and Frank L. Buck for their alertness and quick action in this emergency.

"By first spotting and reporting the crash, and then picking up and returning the nine survivors to Eldred Rock in a small boat before the plane sank, they undoubtedly saved nine lives which would have otherwise been lost.

"These men can be truly proud of their heroic action . . ."

Mr. Pond is the son of Mr. and Mrs. Blakely Pond, Davis, and the husband of Mrs. Andra Pond, Beaufort. He was stationed at Fort Marcon before transfer to Alaska.

Veteran Performer Translates Play, Returns to Stage

New York (AP) — Maurice Schwartz, veteran star, is returning to New York (after several years' absence) in his own Yiddish translation of the former White Way comedy, "A Hole in the Head."

Schwartz has concentrated in the past on classical assignments, calls this his first attempt at "a modern Broadway play."

Translating the Arnold Schulman script wasn't too much of a problem, said Schwartz.

"His writing is a mixture of Chekhov and Sholem Aleichem," the actor explained. "It could well have been written first in Yiddish and then translated into English."

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Oct. 15 — Mr. and Mrs. David Wells spent Wednesday and Thursday in Baltimore, Md. on business.
Mr. and Mrs. Charles T. Hooper, Jacksonville were weekend guests of Mrs. Mason Fulford.
Mrs. Polly Lewis is a patient at Sea Level Community Hospital.
Mrs. Nealie Ingles, Washington, N. C. is here visiting Rev. and Mrs. S. L. Whichard.
Rev. and Mrs. Clayton Guthrie Jr. and son, Bradley, of Benson, N. C. were weekend guests of Mrs. Mary Gaskill and mother, Mrs. Carrie Hancock.
Rev. and Mrs. Samuel L. Whichard and family attended a family reunion Saturday at Williamston. Mr. David Whichard of St. Paul, accompanied the Whichard's back here Saturday night.
Mr. Dewey Willis is receiving treatment at the Morehead City Hospital.
Rev. C. C. McMasters, Rev. S. L. Whichard and the Rev. Oliver Griffin officiated at the funeral of Mr. Dalmas G. Willis here Wednesday at the Pilgrim Holiness Church and the Virgie Mae Cemetery. Special singing was by the church trio and choir.
Rev. S. L. Whichard attended the ministerial meeting held at the Civic Center at Morehead City Monday. While in Morehead City he visited Mr. Walter Davis, Master Clyde Walter Guthrie and the Rev. David Davis, all patients at the Morehead City Hospital.
Everyone wishes them a speedy recovery.
Mr. and Mrs. Charlie Wallace, Morehead City, spent Sunday afternoon here visiting Mr. and Mrs. Ardell Rose.
Rev. Larry Jarvis preached at the Pilgrim Holiness Church throughout the Sunday services in the place of the church pastor, Rev. C. C. McMasters, who is holding a revival in Virginia.
Mr. Mac O'Neal, attending the Pilgrim Bible College, at Kennansville spent the weekend here visiting Mr. and Mrs. Milton O'Neal.

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