

# COOKING By REBA MITCHELL

I am finding many interesting things about the apple. We do not know if the first apple was grown in Asia or Europe. Evidence has been found to show Switzerland was the first to dry them for winter use.

Apples have been so well liked that selective development and improvement of apple varieties goes back as far as 800 B.C. For example, the Greeks had already written about budding and grafting methods necessary for apple production.

## Oat Meal Apple Cake

- 1/4 cup margarine
- 3/4 cup brown sugar
- 2 eggs
- 1/4 tsp. vanilla
- 1/2 cup all-purpose flour
- 1 cup chopped apples
- 1/4 tsp. soda
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1 cup oatmeal
- 1/4 cup water

### TOPPING

- 1/4 cup sugar
- 1 tsp. cinnamon
- 1/4 cup chopped nuts
- (Mix together)

Put margarine in large mixing bowl. Microwave 20 seconds on roast or until soft. Beat in brown sugar, eggs, and vanilla until fluffy. Add flour, soda, salt, cinnamon, and oatmeal. Mix well. Stir in water and apple. Pour in 9-in baking dish. Sprinkle with topping. Microwave 7 min. or Sim. then 4-5 min. on high or until tooth pick inserted in center comes out clean.

Let stand 2 min. Serve warm or cold.

### TIP FOR DIETERS

Substitute diet margarine and Sweet and Low Brown Sugar Sugar.

### FOR THE TOPPING

Substitute 1/4 cup dry oatmeal for 1/4 cup chopped nuts and substitute Sweet Low Brown Sugar for sugar and cinnamon.

### CONVENTIONAL OVEN

Bake at 350 degree for 20-25 minutes or until tooth pick inserted in center comes out clean.

### Memorable Macaroons

- 1 1/3 cups Flaked Coconut
- 1/3 cup sugar
- 2 tbs. All-purpose flour

- 1/8 tsp. salt
- 2 eggs whites
- 1/2 tsp. almond extract

Combine coconut, sugar, flour, and salt in mixing bowl. Stir in egg whites and almond extract. Drop from teaspoon onto lightly greased baking sheet. Garnish with candied cherry halves. Bake at 325 degree for 20-25 min. or until edges of cookies are golden brown.

For variety, before baking add one of the following to the prepared cookie mixture above.

- 1 square chocolate melted
- 1/2 cup raisins
- 1/3 cup nuts
- 1/3 cup chocolate chips

## “What’s Cooking?”

### Sarah Long, Home Economist

#### A QUICK SUPPER CASSEROLE

Good, hearty casseroles are supper favorites when the weather is brisk and cold.

This Mexi-Chili Casserole will surely become one of your family's favorites with its south-of-the-border flavor. Preparation time is short, so it's a time saver for you too! Serve with a green salad, buttered rolls or French bread and mugs of milk. Ole!

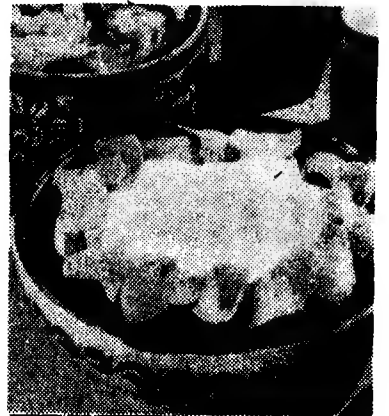
### MEXI-CHILI CASSEROLE

Yield: 6 servings

- 1 pound ground beef
- 1 can (8 oz.) tomato sauce
- 1 1/2 cups water
- 1 package (1.5 oz.) enchilada sauce mix
- 1 tablespoon instant minced onion
- 1 can (15 oz.) red kidney beans, drained
- 1 package (6 oz.) corn chips
- 2 cups (8 oz.) shredded Cheddar cheese
- 1 cup dairy sour cream

Brown ground beef; drain off drippings. Add tomato sauce, water, enchilada sauce mix and onion. Bring to a boil, stirring constantly. Simmer and stir 10 minutes. Stir in beans, 3 cups corn chips and 1 1/2 cups cheese. Pour into a buttered 2-quart casserole. Bake uncovered in a preheated 375 degree F. oven 20 to 25 minutes or until heated

through. Spread sour cream over top and sprinkle with remaining cheese and corn chips. Return to oven an additional 3 to 4 minutes or until cheese melts. (PRN)



STEPHEN F. HORNE II  
TAKES PLEASURE IN ANNOUNCING THAT  
RICHARD L. CANNON, III  
HAS JOINED HIM IN THE PRACTICE OF LAW  
AS AN ASSOCIATE  
STEPHEN F. HORNE II  
ATTORNEYS-AT-LAW  
SUITE 301, MINGES BUILDING  
P. O. DRAWER 755  
GREENVILLE, NORTH CAROLINA 27835  
(919) 758-4333

**WHOLE FRYERS**

# Kite's Supermarket

Premium Dole  
**Bananas**  
**29¢ lb.**

Hours: Mon.-Thurs. 8-8, Fri., Sat. 8-9    Food Stamp Shoppers Welcome    244-1404    We reserve the right to limit quantities    244-0552

Star Bacon 12 oz. ....	\$1 39	Turkey Bologna lb. ....	99¢	
Kingum Smoked Sausage lb. ....	\$1 69	Gwaltney Franks 12 oz. ....	99¢	
Smoked Picnics lb. ....	69¢			
Pork Loin End Roast lb. ....	\$1 39	Pepsi Cola 99¢		
Sliced Pork Liver lb. ....	39¢	Mountain Dew or Diet Pepsi 2 liter ....		
Star Chicken Salad 14 oz. ....	\$1 49	Fab Washing Powder Giant Size	\$1 89	
Choice Chuck Roast lb. ....	\$1 59	Minute Maid Frozen Orange Juice 12 oz. ....	\$1 09	
Small T-Bone Steak lb. ....	\$2 99	Van Camp Beanie Weenee 7 1/2 oz. ....	2/89¢	
Fresh Ground Beef lb. ....	\$1 29	Kraft Grape Jelly 18 oz. ....	69¢	
Salt Seasoning Meat lb. ....	69¢	Roller Champion S.R. Flour 5 lb. bag ....	95¢	

Fantastik 22 oz. .... \$1 09

Tree Top Apple Juice 32 oz. .... 85¢

Pillsbury Big Country Biscuits 12s .... 2/85¢

Sanka Instant Coffee 2 oz. jar .... \$1 09

We have seed potatoes By the pound or bag

Scott Economy Napkins (300 ct) .... \$1 29

Vine Ripe Tomatoes lb. .... 69¢

Fresh Turnip Salad lb. .... 59¢

Ribier Grapes lb. .... \$1 19