

THE MARKET BASKET

Bureau of Home Economics, Department of Agriculture.

BUSHELS OF APPLES

A good cook can use a barrel of apples and never repeat herself once, if she had a mind

if she does have a mind to use apples often, this is a good way to do it. Judging by the news of the crop coming to market now. For, according to the U. S. Department of Agriculture, apple trees have done themselves proud again this year, and produced a commercial crop considerably bigger than last year's and also above average.

On the average, apples now are second only to citrus as far as the size of fruit crops is concerned. Three-fourths of the states produce enough to be included in the commercial class. In nearly every state, backyard and farm orchards and trees usually produce many additional apples.

Those who need dietetic justification for eating apples find in their food value. Apples contain small amounts of several of the vitamins and minerals, according to home economists of the U. S. Department of Agriculture. The amounts vary with the variety and length of time the apples have been stored, but they

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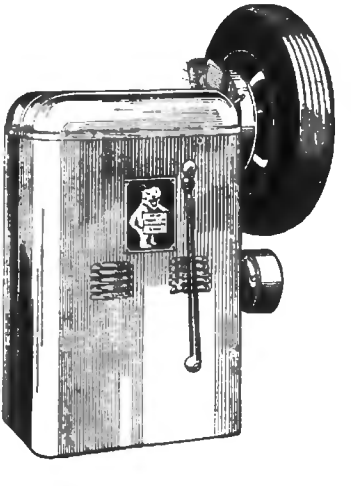
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can make a real contribution to the diet when they are used liberally.

To get the most food value from an apple, eat it raw with the peel on. For that way you get its vitamin C value intact. That goes for apples eaten out of hand or served raw in salads and fruit cups.

Many a person, however, will gladly sacrifice a little vitamin C in the interests of a good cooked apple dish. No matter how apples are cooked, the experts suggest following the three cardinal rules.

Rule Number 1.—Buy the apple that suits your needs. Learn about the possibilities of the varieties on your market. Some apples should never be cooked. And of those that are good for cooking, some are best for baking, some for pies, and some for general use. If you aren't quite sure about the apples you are buying, take home a sample before you invest in a large quantity.

Rule Number 2.—Use little or no water in cooking. The apple itself is over 80 per cent water, and much of that cooks out.

Rule Number 3.—Avoid overcooking by watching closely the progress of the apples atop the stove or in the oven.

Applesauce made from the same variety of apples can be juicy or mushy. It depends on the cook. Trick of getting sauce that is juicy but not mushy is in adding just enough water to keep the apples from scorching. Cook the apples in a covered pan until they are soft, press them through a colander, sweeten to taste, and add a few grains of salt. Add a little spice, if you like it. Result: applesauce to enliven any meal.

A cook looking for a new way to serve apples might try mixing them with different fruits and vegetables. Sweet potatoes or cabbage make good combinations for apples in a casserole dish. In a frying pan, carrots or onions are compatible with apples.

For cabbage and apple casserole put alternate layers of sliced tart apples and shredded cabbage in a greased baking dish. Season each layer with salt and a little fat and a sprinkling of sugar for the apples. Over the last layer, put buttered bread crumbs. Cover and bake in a moderate oven for about 45 minutes—or until cabbage and apples are tender. At the end, remove the cover to brown the crumbs.

Sweet potatoes can be used in the same sort of dish. But since they are more firm than cabbage they need to be cooked tender first in boiling water. Then cook them, skin them, slice them, and proceed to combine with the apples.

Fried apples can be a tasty accompaniment to the main meat dish. The trick of getting fried apples that hold their shape, yet have that shiny transparent appearance is to cook them slowly in fat that doesn't burn too easily. Sprinkle about one-fourth cup sugar to every two quarts of sliced apples. Put a lid on the

skillet and leave it on until the apples cook tender. Then take the lid off, turn the apples over gently, and let them brown. Serve on a platter with strips of bacon—or slices of ham or salt pork—or sausage.

Fry carrots and apples in much the same way. Slice the apples about one-fourth inch thick. It doesn't matter whether they are peeled or unpeeled. Cut the carrots lengthwise into thin slices. Put altogether in a single layer in a heavy frying pan. Cover tightly and cook until both carrots and apples are brown. Turn and brown on the other side. Just before the carrots and apples finish cooking, sprinkle them with a little salt and sugar.

Apples with pastry—whether it's pie, a turnover, a dumpling, or a tart—are perennial dessert favorites. For pies, turnovers, and dumplings use only tart, "airily firm" apples. Add no water at all or the crust will be soggy. Season moderately with sugar, cinnamon, a little salt, and a dot of butter.

Apple tarts may be made up quickly by baking tart shells on inverted muffin pans—then filling them with well-seasoned applesauce. A spoonful of whipped cream atop each tart adds eye appeal as well as taste appeal. And for something extra special—sprinkle the whipped cream with cinnamon, nutmeg, chopped nuts, or candied ginger root.

Carn Appeal From A Reclassification

Any Selective Service registrant who was originally deferred from military training and subsequently reclassified by his local board has the same right to appeal as when he was classified originally. General J. Van B. Metts, State Director of Selective Service, announced today.

Stressing particularly its application to cases of registrants whose periods of deferment for occupational reasons expire, Director Metts cited a memorandum recently issued by Brig. Gen. Lewis B. Hershey, director of Selective Service, which clarifies selective service regulations affecting the appeal rights of registrants. General Hershey's memorandum to State Directors stated:

"No classification of a registrant is permanent and any time prior to induction the case of a registrant may be reopened and his classification considered anew. (Amendment No. 60, Paragraph 385-A, Selective Service Regulations.) When the case of a registrant is reported and his classification considered anew, the determination of the local board upon such consideration shall have the effect of a new and original classification even though the registrant is again placed in the class that he was in before the case was reopened. (Amendment No. 60, Paragraph 387-B, Selective Service Regulations.) Under these provisions there is no distinction in purpose and effect between the consideration of the original classification of a registrant and the subsequent reopening and consideration of his classification."

While General Hershey's memorandum was issued primarily to correct a misinterpretation by some local boards of the phrase, "At the time the registrant is classified" as used in the Regulations (paragraph 355-C) in connection with claims for deferment because of dependents, State Director Metts pointed out that it also applies to all cases involving reclassification. He said:

"General Hershey calls to attention that some local boards have erroneously construed this language to apply to original classifications and this misinterpretation has resulted in the continuance of improper classifications and the refusal to change a registrant's classification where there has been a change in his circumstances. However, it is timely also in its clarification of the appeal rights of registrants who have been deferred for occupational reasons."

"Local boards should bear in mind that when classification of registrants who were deferred because they were contributing in their civilian occupations to the national health, safety and interest—in industrial, agricultural, or professional activities—are reconsidered they must again be given notice of classification and accorded the same right to appeal before induction as when they were classified originally."

While any registrant who is reclassified may appeal within ten days after his notice of classification is mailed, Director Metts said, he urged that those who have received occupation deferments, of their employers to formally request his local board for an extension well in advance of the expiration date if it is felt that an extension is justified.

Fresh eggs are probably the most popular part of the menu of the United States Navy. In one year over 146,016,000 are consumed.

Winter Peas Worth More Than \$3 Per Acre In Payment

Thousands of North Carolina farmers are sowing Austrian winter peas this fall in order to complete their AAA soil building units. They hope eventually to receive a payment of \$3.00 per acre for turning under the legume.

E. C. Blair, Extension agronomist of N. C. State College, says the far-sighted farmer will sow winter peas even though he has earned all his Triple-A soil building units. "The peas pay much bigger dividends than the \$3 per acre government payment," he asserted.

Using tests carried out by farmers in 1941 as the basis for his statement, Blair said that winter peas turned under in the spring will increase the yield of corn that follows as a summer crop by \$15 worth per acre.

Here are reports of several demonstrations conducted by farmers in cooperation with their county agents:

In Bertie County, W. J. Mizelle turned a crop of Austrian winter peas and produced 48 bushels of corn per acre without fertilizer. Adjoining land of the same type, where no peas were turned under, yielded 28 bushels of corn per acre. The latter field received 250 pounds of 3-8-3 fertilizer and 50 pounds of nitrate of soda per acre.

R. R. Rouse of Lenoir County made 44 bushels of corn on land where peas were turned under, and 19 bushels per acre on a field where no legume was grown. This was on very sandy land, and the entire crop received 200 pounds of 2-10-6 fertilizer and 100 pounds of nitrate of soda per acre.

On black swamp land in Pamlico County, John Cowell grew a fine crop of peas last winter. They were turned under and the corn that followed made 70 bushels per acre. The corn was not fertilized. An adjoining field yielded 40 bushels per acre, without peas.

The Service Schools of the U. S. Navy, where sailors are trained are divided into three classifications. Class A school offer elementary instruction in certain specialties to recruits; Class B supplement the training afloat by giving more advanced instruction in certain specialties to selected, experienced enlisted men; and Class C schools give advanced instruction in certain subjects not normally a part of shipboard teaching.

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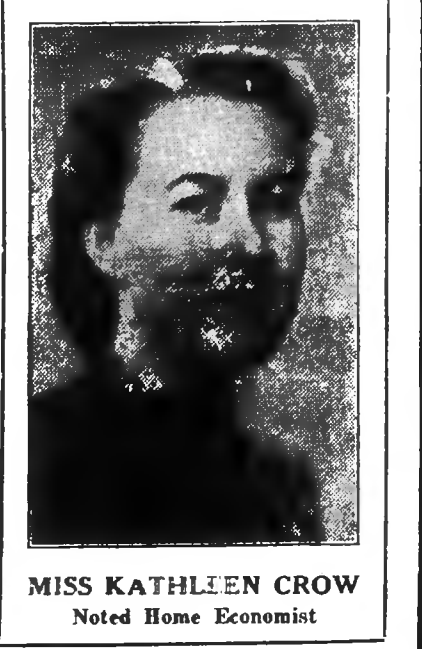
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