

# Tar Heel Apples In Much Demand

By BARBARA A. MINTER

For a short time each fall, North Carolina is the number one supplier of fresh apples in the United States. North Carolina apples, with their flavorful taste and brilliant color, reach fresh produce markets two to three weeks earlier than those from other apple producing states. This is one reason why North Carolina apples have become a favorite with apple lovers everywhere.

There are four major varieties in North Carolina with the Red Delicious being a perfect eating apple with a mildly sweet flavor. Golden Delicious, Stayman, and Rome are perfect for cooking and making pies. Just keep in mind that storage is important in keeping that perfection once you purchase the apples. Place small quantities in plastic bags in the refrigerator to prevent shriveling and absorption of other food odors. Store large quantities in a cool, dark, airy place. Improper storage results in mealy apples with brown cores. Refrigerator shelf life, depending upon variety and maturity of the apples will vary from one to two weeks.

The North Carolina Department of Agriculture along with myself salute the North Carolina Apple Growers of North Carolina for the fine job they do. Why not try one of the following ideas on your family this evening!

When baking apple pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

To make your apple pie look crunchy sprinkle this on top before putting in the oven: Blend together 1 tablespoon shortening, 1 tablespoon sugar, 3 tablespoons flour and 1/4 teaspoon salt. Brush first with milk.

If the bottom layer of pie crust is covered with cracker crumbs, the juice from apples will not ooze out.

When apple pie is two-thirds baked, sprinkle cheese, grated over the top and return to oven.

Brush the under crust of apple pies with white of egg before adding the fruit. It will prevent juices from soaking through the crust.

Set pies and cobblers on a rack to cool and the bottom crust will not be soggy.

Sugar in fried cakes, fritters, etc., should always be added to the milk—this prevents the cakes from absorbing the fat in the frying.

Try adding vanilla to apple pie. Improves the flavor.

### Carolina Fried Apples

Cook bacon at moderate temperature until crisp. Drain, and keep hot. Leave about 4 tablespoons drippings in the skillet. Fill with sliced, unpeeled N. C. apples and brown lightly. Sprinkle with sugar (1/2 cup per quart), cover, and cook slowly until tender. Remove cover and let apples brown and to cook off excess juice. Serve on a hot platter with bacon.

### Old World Apple Pie

- 2 cups finely chopped tart apples
- 3/4 cup sugar
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1 egg, beaten
- 1/2 teaspoon vanilla extract
- 1 cup commercial sour cream
- 1 unbaked 9-inch pie shell

Peel and chop apples and set aside. Combine sugar, flour and salt; add egg, vanilla, and sour cream. Beat until smooth. Add apples, mix well, and pour into pastry-lined pie pan. Bake at 375 degrees for 15 minutes; reduce heat to 325 degrees and bake 30 minutes longer. Remove from oven and sprinkle with Topping.

- Topping**
- 1/2 cup all-purpose flour
  - 1/4 cup butter
  - 1/2 cup brown sugar

Combine ingredients and blend well. Sprinkle over baked pie. Return pie to oven and bake at 325 degrees for 20 minutes or until topping is brown. Yield: 1 (9-inch) pie.

## FUN IN THE MAKING!



1. You will need an 18" long board for the base.
2. Evenly space eight 4" nails, hammering them through the board so that the nails stand up straight on the other side.
3. Cut a bamboo pole with a small handsaw just below each section so that each piece is blocked at one end and open at the other. Your first chime will be one full section, which will make the lowest note. Cut the other sections in graduating lengths like a staircase. The highest note will be the shortest chime.
4. Place the solid bottom of each chime over its nail and twist in place.
5. Tap the chimes with a round stick to knock out a tune.



It takes 120 drops of water to fill a teaspoon.

<p>IGA <b>HOMOGENIZED MILK</b> PLASTIC GALLON JUG <b>\$1.99</b></p>	<p>SHASTA <b>SOFT DRINKS</b> 12 OZ. CAN <b>4/\$1</b></p>	<p>USDA CHOICE TABLET BEEF STEW "FAMILY PAK" <b>\$1.79</b> <small>3 lbs. or more</small></p>	<p>CUDDY FARMS GRADE A YOUNG HEN TURKEYS 8 to 14 LBS. AVG. <b>79¢</b> <small>LB</small></p>
<p>CRISCO PURE <b>VEGETABLE SHORTENING</b> Limit 1 with an additional \$10 order or more <b>2.49</b> <small>3 LB. CAN</small></p>	<p>PRICES EFFECTIVE SEPTEMBER 13-14-15, 1984 SOUTHERN PRIDE GRADE A <b>FRYER BREASTS</b> "THE FRESH CHICKEN" <b>1.18</b> <small>LB</small></p>	<p>QUANTITY RIGHTS RESERVED WE ACCEPT USDA FOOD STAMPS FRESH, LEAN <b>GROUND BEEF</b> 3 LBS. OR MORE <b>97¢</b> <small>LB</small></p>	
<p>LUCK'S <b>PEAS or BEANS</b> Blackeye or Field Peas * Pinto, Great Northern or Navy Beans * <b>2.79</b> <small>15 OZ. CAN</small></p>	<p>BANQUET <b>BUFFET SUPPERS</b> Sliced Turkey * Salisbury Steak * Chicken Dumpling * <b>1.79</b> <small>2 LB. PKG.</small></p>	<p>USDA CHOICE TABLET BEEF <b>CHUCK ROAST</b> "BONELESS-CENTER CUT" <b>1.49</b> <small>LB</small></p>	
<p>IGA ICE MILK MR. P'S ASSORTED PIZZAS PILLSBURY BUTTERMILK BISCUITS FISHER'S CHEESE SANDWICH MATE TROPICANA ORANGE JUICE DUKES 32 OZ. JAR MAYONNAISE DEL MONTE TOMATO CATSUP ARMOUR TREET LUNCHEAT PET EVAPORATED MILK PUFFS FACIAL TISSUES</p> <p>1/2 GALLON CTN. \$1.09 10 OZ. PKG. 59¢ 4 PAK 89¢ 12 OZ. PKG. 99¢ 64 OZ. JAR \$1.69 12 OZ. CAN \$1.19 32 OZ. BTL. 89¢ 12 OZ. CAN \$1.09 TALL CAN 49¢ BOX OF 250 \$1.09</p>	<p>VALUABLE CLIP THIS COUPON AND SAVE IGA <b>SANDWICH BREAD</b> <b>3 / \$1</b> 1 1/2 LB. LOAVES WITH THIS COUPON <small>Good at participating IGA stores through Wednesday, Sept. 19, 1984.</small> COUPON</p>		<p>SOUTHERN PRIDE GRADE A FRYER THIGHS SOUTHERN PRIDE GRADE A FRYER DRUMSTICKS USDA CHOICE TABLET BONELESS CENTER CUT SHOULDER ROAST TABLET SLICED BOLOGNA or BACON TABLET 12 OZ. PKG. FRANKS "SALT CURED" CHUNK STREAK-O-LEAN OLD HICKORY CHOPPED BARBECUE PRE-COOKED HASH BROWN POTATO PATTIES FRESH STANDARD OYSTERS FRESH SELECT OYSTERS</p> <p>LB 88¢ LB 98¢ LB \$1.69 LB \$1.49 1 LB. PKG. 98¢ LB 98¢ LB 98¢ 1 LB. CUP \$1.89 LB 88¢ PNT \$3.89 PNT \$3.99</p>
<p>HELP IGA AND MAXWELL HOUSE SUPPORT THE MDA THIS SUMMER <b>INSTANT Maxwell House</b> 6 OZ. JAR \$3.39 10 OZ. JAR \$4.39</p>	<p>MORTON <b>SALT</b> PLAIN OR IODIZED <b>33¢</b> 26 OZ. BOX</p>		<p>TWIN PET <b>DOG FOOD</b> No. 300 CAN <b>4 / \$1.00</b></p>
<p>FAB <b>LAUNDRY DETERGENT</b> Limit 2 with an additional \$10 order or more <b>1.59</b> GIANT SIZE BOX</p>	<p>GENERIC <b>BATHROOM TISSUE</b> Limit 2 with an additional \$10 order or more <b>59¢</b> 4 ROLL PKG.</p>	<p>GENERIC <b>PAPER TOWELS</b> Limit 4 with an additional \$10 order or more <b>2 / 79¢</b> LARGE ROLL</p>	
<p>PILLSBURY <b>CAKE MIXES</b> ASSORTED FLAVORS <b>79¢</b> Box</p>	<p>STOKELY <b>GATORADE DRINK</b> 32 OZ. <b>79¢</b></p>	<p>JELLO <b>GELATINS</b> 3 OZ. <b>33¢</b></p>	<p>KELLOGG'S <b>RAISIN BRAN</b> 20 OZ. BOX <b>1.76</b></p>
<p>16 OZ. 8-PAK <b>COKE, DIET COKE, &amp; MELLO YELLO</b> <b>\$1.69</b></p>	<p>THOMPSON SEEDLESS <b>WHITE GRAPES</b> <b>48¢</b> <small>LB</small></p>		<p>CALIFORNIA CASSELMAN RED PLUMS LB 69¢ LARGE CANTALOUPE EACH 99¢ CALIFORNIA NECTARINES LB 69¢ NUTRITIOUS RUTABAGAS 5 LBS. 1.00</p>
<p>GENERIC <b>MACARONI 'N' CHEESE DINNERS</b> 7 1/2 Oz. Box <b>5 / \$1</b></p>	<p>FRESH COLLARDS LB 39¢</p>	<p>WHITE POTATOES 5 LB. BAG 79¢</p>	

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