Apples Seem Appropriate For Good Holiday Season Eating

By MISS E. YORK KIKER N.C. Departm of Agricultu

Bright red and golden ap-ples have long been favorites nong fruits but they seem

The North Carolina of Agriculture Tarheel Kitchen home economist recently represented the apple in-dustry at the Southern represented the Christmas Show held in Charlotte. Selection of the recipes to be demonstrated required many hours.

With the wealth of ways to prepare and serve apples, how does a person decide which is best or most appealing? Should the apples be raw, cooked, spiced, or unspiced? Should they be prepared in main dishes, in salads, appetizers, pies, or desserts? Should they be prepared in main dishes, in salads, appetizers, pies, or desserts? Should the appeliance before the state of the service of the servic Should the apple dishes be served for breakfast, lunch, or dinner? How complicated or simple should the recipes be? What kinds of apples should be used? The questions are indicative of the versatility of apples and the wide choices for homemakers.

Even though there are many varieties of apples in North Carolina, the Red Delicious and Golden Delicious are usually the most easily available and were selected for demonstration purposes. Most families have foods that have long been associated with home and the holidays. Recipes selected for the Southern Christmas Show were "homey," relatively easy and inexpensive, attractive and high in taste

Cold Apple-Cranberry Fizz or apple cider served with Apple Coffeecake will say "Welcome" easily to guests. The coffeecake is also delicious served hot for a special breakfast. The Apple Coffeecake freezes easily thus can be prepared in advance. Since the recipe makes a large cake, the batter can be divided into smaller pans — just be sure the dimensions are, equivalent to the size of the larger pan - and baked for several gifts.

The Apple Meringue might be considered a version of an apple pie but without the The Frozen Apple Cranberry Salad is tangy and tasty. Be sure not to forget apples for decorations, and served sliced with cheese or

APPLE-CRANBERRY FIZZ

Chill 2 cups apple juice and 1 cup cranberry-juice cocktail. When ready to serve, add 1 cup carbonated water. Pour into glasses and garnish each with a slice of lime or lemon. Serve over ice if desired. Makes 4 cups.

APPLE COFFEECAKE cup shortening

1 cup sugar

1 tsp. vanilla extract

1 tsp. salt 2 eggs

2 cups flour 1 tsp. baking powder

1 tsp. soda

1 cup commercial sour cream

2 cups peeled, chopped,

tart N.C. apples cup chopped black wals cup brown sugar

 1 tsp ground cinnar according to taste Cream together shortening, ugar, vanilla, and salt. Add ggs and beat well. Sift

together flour, baking powder, and soda; add to creamed mixinre alternately with sour cream. Fold in chopped apples. Pour batter into a

AGNEW WATCHES
ANAHEIM, Calif. (AP) — It seems that time has run out on he Spiro Agnew watch.
A family firm which coprighted the watch stopped naking it about four years ago. To more will be made.
In early 1870, Dr. and Mrs. Itale Dougherty and their 10 hildren hired a graduate art tudent to draw a caricature of he former vice president. They apprighted the design and serve soon boxing and shipping

top evenly with black walnuts. miline brown sugar and mamon and sprinkle over its. Bake at 350 degrees F. for 25 to 30 minutes. Yields: 12

APPLE MERINGUE 1 cup sugar

1-8 tsp. salt 5 medium tart N.C.

1-4 cup fresh orange juice (approx.)

2 egg whites (save yolks for other use) 1-4 cup sugar 1-4 tsp. vanilla extract

Combine I cup sugar, water, and salt in saucepan. Bring to boiling point. Pare, quarter, syrup. Cover. Bring to boiling point, reduce best, and cook gently 15 minutes or until s are tender. Transfer ples from syrup to a buttered 1-quart casserole. Sprinkle with orange juice.

over apples. Be sure mer covers apples and touches edges of casserole dish. Bake in a preheated slow over (325 degrees F.) 15 minutes or until browned, Serve warm or cold.

3 North Carolina Red Delicious apples, quartered

pound fresh cranberries

2 cups tiny marshmallows p heavy cream, whipped parter and core apples but

*USDA CHOICE WESTERN BEEF

do not peel. Wash cranberries and drain well. Grind apples and cranberries into a bowl. mr. Stir well and let and until sugar is dissolved. Add nuts and marshmallows. Fold mixture into whip; cream. (Two or more cups of whipped topping can be substituted, if cream is not available.) Pour into 9 or 10

inch square dish. Wrap dish well with film or foil, and freeze. To serve, remove fro after removal from freezer. Serve on greens of your choi



Robert P. Ingle



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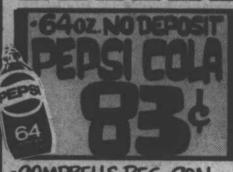
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