

# Apples Seem Appropriate For Good Holiday Season Eating

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Bright red and golden apples have long been favorites among fruits but they seem particularly appropriate for the holiday season.

The North Carolina Department of Agriculture Tarheel Kitchen home economist recently represented the apple industry at the Southern 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 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 appeal.

Cold Apple-Cranberry Fizz or apple cider served with Apple Coffecake will say "Welcome" easily to guests. The coffecake is also delicious served hot for a special breakfast. The Apple Coffecake 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 crust. The Frozen Apple Cranberry Salad is tangy and tasty. Be sure not to forget apples for decorations, and served sliced with cheese or dips.

## 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 walnuts  
cup brown sugar  
-1 tsp ground cinnamon, according to taste  
Cream together shortening, sugar, vanilla, and salt. Add eggs and beat well. Sift together flour, baking powder, and soda; add to cream mixture 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 the Spiro Agnew watch.  
A family firm which copyrighted the watch stopped making it about four years ago. No more will be made.  
In early 1970, Dr. and Mrs. Hale Dougherty and their 10 children hired a graduate art student to draw a caricature of the former vice president. They copyrighted the design and were soon boxing and shipping Agnew watches.

The Doughertys have kept sales figures secret but a published estimate reported sales of 100,000 in the first year. Demand started again in 1972 when Agnew resigned.

"The people who have been buying them for the last two years or so are strictly collectors," said Larry Dougherty, 23, general manager of the firm.

greased 13 x 9 x 2 inch pan.  
Sprinkle top evenly with chopped black walnuts.  
Combine brown sugar and cinnamon and sprinkle over nuts. Bake at 350 degrees F. for 25 to 30 minutes. Yields: 12 servings.

## APPLE MERINGUE

1 cup sugar

1 cup water  
1-3 tsp. salt  
5 medium tart N.C. cooking apples  
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 1 cup sugar, water, and salt in saucepan. Bring to boiling point. Pare, quarter, and core apples. Add to hot syrup. Cover. Bring to boiling point, reduce heat, and cook gently 15 minutes or until apples are tender. Transfer apples from syrup to a buttered 1-quart casserole. Sprinkle with orange juice.

Beat egg whites until they stand in soft, stiff peaks. Gradually beat in 1-4 cup sugar and vanilla. Spread over apples. Be sure meringue covers apples and touches edges of casserole dish. Bake in a preheated slow oven (325 degrees F.) 15 minutes or until browned. Serve warm or cold. Yields 6 servings.

## FROZEN APPLE CRANBERRY SALAD

3 North Carolina Red Delicious apples, quartered and cored  
1 pound fresh cranberries  
1 cup sugar  
1 cup chopped nuts  
2 cups tiny marshmallows  
1 cup heavy cream, whipped  
Quarter and core apples but

do not peel. Wash cranberries and drain well. Grind apples and cranberries into a bowl. Add sugar. Stir well and let stand until sugar is dissolved. Add nuts and marshmallows. Fold mixture into whipped 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 from freezer, uncover, cut into serving portions. (Frozen salads are usually better if allowed to stand a few minutes after removal from freezer.) Serve on greens of your choice and garnish as desired. Yields 10 to 12 servings.

# ingles THE BEST MEAT IN TOWN!

AD EXPIRES 12-2-78

**ALL ABOUT FOOD**  
By Robert P. Ingle



Years ago, there were only eight or ten or maybe a dozen different meat dishes you could eat before your husband at suppertime. There weren't too many different things you could do with chicken or beef or pork or lamb, and that was about all you had to work with. In addition, you didn't exactly relish "standing over a hot stove" on a simmering summer afternoon.

Other problems plagued meat packers. They wanted to please their customers, but they had to cope with a bewildering confusion of individual and regional tastes. And they wanted something besides hams and bacon that they could put their names on and take pride in. You certainly can't tell by looking whether a beefsteak or pork chop came from Butch, Wilson or Armour.

Well, the one food product that solved all these problems. If you haven't already guessed, was the cold cut.


It gave the meat packers something they could do things with and promote. It gave you something tasty and nourishing to serve on hot days, and at family outings. Most important, it gave you variety. Believe it or not, you could now serve cold cuts every day for almost seven months without once repeating yourself! Just think of the wonderful array of sausages and salamis and bologna at your disposal. And all the luncheon meats from olive loaf to pressed turkey, all made of different combinations of meat and seasonings — all prepared to suit different tastes — and all ready to serve!

So thank goodness for cold cuts, and thank cold cuts for goodness. Oh yes, and shop at INGLES, where you'll get the finest cold cuts — and a warm welcome.

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