

Haywood County Apple Pie Special



Some of the county's best pie bakers is the one which was featured in last year's contest on the Court House lawn. The recipe is given elsewhere in this section. (Staff Photo).

Pies Can Be Served Part Of Any Meal, Says Mary Cornwell

When you start talking about pies, most people think of a yellow one like those made by the teacher, or else a peach one, or maybe a scoop of ice cream on top. However, Home Economics Mary Cornwell points out there are enough ways to fix them that at every meal, or as a snack in between, they might well with the other foods, and can be everything from a sandwich to a main dish of a dinner. Mary Cornwell has selected some recipes, which are printed in this section. She suggests an apple compote or applesauce for breakfast, or a steaming platter of fried apples and sausage. For lunch there are those apple sandwiches, or maybe an apple-carrot salad or "heavenly hash" salad. For a main dish on a chilly winter's evening, she asks "How about baked apple with sausage?" or for something equally filling, an apple-veal salad. For dessert there's applesauce cake, or the country's pet apple pie. Finally, what better to warm up guests who have

just shivered through the front door than a cup of hot spiced apple juice?

Apple Sandwiches

For a buffet meal, here is a rare combination of health, real novelty, appetizing beauty and palate appeal: Apple sandwiches, with a half-dozen delicious spreads. Have them either made up, or plenty of sliced apples and spread ready for each to "roll his own".

Slice medium-sized apples, but do not peel. Dip in lemon juice and dry on a paper towel. Spread with the following:

1. Mix six tablespoons sharp cheese, one tablespoon butter and three tablespoons orange juice. Beat until smooth.
 2. Equal portions of grated cheese, minced celery, finely chopped raisins moistened with mayonnaise dressing.
 3. Equal parts of cream cheese, finely chopped dates and preserved ginger.
 4. One cup cottage cheese and 1/2 cup bar-le-due mixed together.
 5. One cup cottage cheese, 1/2 cup finely chopped water cress, three tablespoons mayonnaise dressing.
 6. Equal parts of Roquefort cheese, cream cheese and pecan meats cut very fine.
- Serve hot, buttered pop corn with these sandwiches, and watch the gang go for this tray.

Apple Compote

Pare and core the apples. Put them in a pan with water and sugar enough to cover them; add cinnamon, and lemon peel which has been previously soaked, scraped on the inside, and cut in strings; boil them gently until the apples are done, take them out in a deep dish, boil the syrup to a proper consistency, and pour it on them.—(From John Farley's "London Art of Cookery," 1787.)

Baked Apples and Sausage

What could be more appetizing than a dish of baked apples and sausage for a wintry night dinner? Select and core medium-sized, tart apples. In the center, place small link sausage or spicy sausage meat. Bake at 375° F. for 30 to 45 minutes.

In the center of a large dish, place a mound of steamed hominy. Around this arrange the baked apples. Serve with hot biscuits.

Apple-Carrot Salad

- 2 medium-sized apples
 - 4 medium-sized carrots
 - 1/3 cup seedless raisins
 - 1/3 cup chopped walnut meats
 - 3 tablespoons salad dressing
 - 2 tablespoons lemon juice
 - 2 tablespoons whipped cream
 - 1 teaspoon sugar
 - 1 cup chopped celery
- Core and dice apples, add grated carrots, raisins, celery and nut meats. Combine remaining ingredients, add to salad and toss. Serve on curly endive or lettuce.

Apple-Veal Salad

Here is a salad that is a hearty lunch in itself—plenty of today's popular vitamins, honest-to-goodness nourishment and, moreover, delicious.

- 1 cup diced apples (skin left on)
 - 1 cup diced cooked veal
 - 1 cup celery
 - 1 cup cooked peas
 - 1 cup cooked string beans
- Mix the ingredients with mayonnaise dressing and serve in a bed of lettuce.

Heavenly Hash Salad

- 2 cups apple sauce
 - 1/2 lb marshmallows
 - 2 tablespoons lemon juice
 - 1 lb. red grapes or Bing cherries
 - 1/2 lb. almonds
 - 1 cup boiled salad dressing
 - 1 pint whipping cream
- Slices of apples
Cut the marshmallows into quarters and add the apple sauce. Place in a covered dish and let stand overnight in the refrigerator.

If canned cherries are used, drain well and cut in half. If grapes are used, cut in half and remove seeds. Next morning add cherries and almonds, which have been cut into thin slices, to the apple sauce mix-

ture. Whip cream and fold this and the boiled dressing into the first mixture. Place in the freezing tray of your electrical refrigerator and freeze.

When ready to serve, cut in squares and place on a bed of lettuce; garnish with sections of apples which have been dipped in lemon juice to keep from turning dark.

No dressing is needed with this as it is already mixed with the salad.

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Measure 2 cups sifted flour into sifter; add 1 teaspoon salt. Sift to-

gether. Cut in 2/3 cup vegetable shortening. Add 5 tablespoons ice water by teaspoons full, tossing flour mixture with a fork until all the flour-coated bits of shortening are dampened. Turn mixture onto a square of waxed paper; gather up corners, pressing from the outside to form a compact ball. Divide into half, using one portion for top crust. Allow to chill 15 minutes in refrigerator. Roll pastry 1/8 in. thick and line pan. Fill with sliced apples (5 medium-sized tart apples). Over apples sprinkle 1 cup sugar, 2 tablespoons sifted flour, 1/8 teaspoon salt, 1/8 teaspoon cinnamon. Dot with 2 tablespoons butter. Adjust top crust. Bake in

hot oven 450° F. for 10 minutes; lower to 350° F. and continue baking for 40 minutes, and you will have a perfect apple pie.

Applesauce

Wash, pare, quarter, and core the apples; or leave the skins on if the sauce is to be put through a colander. Cook the apples until soft in a covered pan, using just enough water to keep them from scorching. Put the sauce through a colander, or stir until smooth. Sweeten to taste, and add a few grains of salt.

Flavor may be varied by adding lemon juice or spices, if available, such as cinnamon or cloves. Nut-

meg should be added just before serving; it may make the flavor bitter on standing.

Fried Apples and Sausage

- 5 medium apples
 - 2 tablespoons butter
 - 8 whole cloves
 - 2 tablespoons brown sugar
 - 2 tablespoons granulated sugar
 - 2 tablespoon vinegar
1. Wash, peel and core apples. Cut in eighths.

2. Melt butter, add apples and cloves, sprinkle with sugar and vinegar. Cover and simmer 10-15 minutes.

3. Remove cover and simmer until liquid thickens but do not over-

cook so that apples are mushy. Serve with piping hot sausage cakes. Jonathan, McIntosh, Cortland, Northern Spy and Stayman are excellent varieties for frying.

Hot Spiced Apple Juice

- 1 qt. apple juice
 - 1/4 teaspoon whole cloves
 - 1 stick cinnamon
 - 2 whole allspice
1. Bring apple juice to a boil. Add spices and simmer gently for 3 minutes. Remove spices.
2. Serve hot with a dash of nutmeg on top and a curl of apple peel or maraschino cherry.

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