

Apple pie marks harvest time

There's nothing quite like the aroma of a freshly baked deep-dish apple pie, especially when it's harvest time. This easy top-crust pie is a sure winner that's a cross between a spoon dessert and a traditional pie.

Here is a recipe that makes pie baking a pleasure because the filling ingredients are simply combined with a pudding mix. You can count on vanilla flavor pudding and pie filling to thicken the mixture and add a creamy rich smoothness to this orchard treat.

As the temperature drops, appetites rise. After a brisk day, perhaps spent outdoors at a stadium or park, oven-baked Southern Style Spareribs will satisfy even the heartiest of appetites. These ribs come out just the way you like them — with that spicy barbecue flavor. A crisp, cool, refreshing carrot and raisin salad is the perfect companion to these zesty ribs. Please don't count on any leftovers. These delicious, east-fix'n' recipes will surely make the family beg for seconds.

DEEP-DISH APPLE PIE

- 5 cups thinly sliced peeled apples
- 1 cup water
- 2 tablespoons sugar

- 1 package (6-serving) pudding, vanilla flavor
- 2 teaspoons lemon juice
- 1/2 teaspoon cinnamon
- 1 tablespoon butter or margarine
- Pastry for 1-crust pie

Combine apples, water, sugar, pudding mix, lemon juice and cinnamon in a 2-quart baking dish and dot with butter. Roll pastry to fit top of dish; place over apple mixture. Flute edges and cut several slits near center. Bake at 425 deg. for 45 minutes, or until crust is lightly browned. Serve with ice cream or whipped topping, if desired. Makes 6 to 8 servings.

SOUTHERN STYLE SPARERIBS

- 2 tablespoons water
- 2 tablespoons spicy prepared mustard
- 1/4 teaspoon hot pepper sauce
- 2 pounds spareribs, cut into single ribs
- 1 envelope seasoned coating mix for pork and ribs, barbecue style

Combine water, mustard and pepper sauce; brush on ribs. Empty seasoned coating mix into shaker bag. Shake 1 or 2 ribs at a time in bag until evenly coated. Arrange ribs, close together, sides touching, in 13x9-inch pan. Cover with alumi-

num foil and bake at 350 deg. for 40 minutes. Uncover and bake 20 minutes or until tender. (For country-style ribs, bake uncovered for 35 minutes.) Makes 4 servings.

CARROT AND RAISIN SALAD

- 1/4 cup orange flavor breakfast flavor beverage crystals
- 1/2 cup mayonnaise
- 4 cups shredded carrots
- 1/2 cup seedless raisins

Blend breakfast beverage crystals into mayonnaise. Combine carrots, raisins and mayonnaise mixture, mixing well. Chill about 1 hour. Makes 6 servings.



There's nothing like the aroma of a freshly baked deep-dish apple pie to welcome family home. Pudding and pie filling mix gives this orchard treat a unique creaminess they're sure to enjoy.

October sees food stamps benefit hike

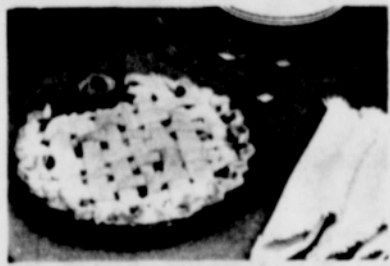
Most of the 223,000 Oregonians receiving food stamps will see an increase in their benefits during October. Recipients may be affected by one or more of three changes in the program.

Food stamps are federally funded but administered by the Oregon Adult and Family Services Division. The amount of stamps a person or family receives depends on income, adjusted for certain expenses, and household size.

An annual cost-of-living increase will increase the maximum amount of food stamps allowed per family. A family of five, for instance, would have an increase of \$9 a month in the coupons.

An allowance for winter's higher utility costs will benefit some recipients. Utility costs are one of the factors considered in determining food stamp benefits with recipients using either a standard allowance, adjusted semi-annually, or their actual utility costs. Those who use the standard allowance will receive an increase in benefits as the winter standard goes into effect.

Increases in two deductions will benefit most recipients. A larger standard deduction for income will help most households. Those with higher than normal housing costs will benefit from an increased allowance.



Cranberry-Apple Pie combines the good taste of two favorite holiday fruits.

Cranberry-apple pie combines flavors of two favorite fruits

It's that cranberry time of year. And what better way to finish off a holiday feast than with an apple pie that has unmistakable overtones of cranberry?

Here's a recipe from the kitchens of Heublein Inc., producers of Boggs Cranberry Liqueur.

CRANBERRY-APPLE PIE

- 4 medium tart cooking apples
- 1 can (16 ounces) jellied cranberry sauce
- 1/4 cup brown sugar
- 1/4 cup granulated sugar
- 1/2 cup raisins
- 1/2 cup Boggs Cranberry Liqueur
- 2 teaspoons cornstarch
- Pastry for 2-crust 9-inch pie

Combine all ingredients except pastry. Pour in pastry-lined pie plate. Cover with top pastry crust. Bake in preheated 450 degree Fahrenheit oven 15 minutes. Reduce temperature to 350 degrees Fahrenheit. Continue baking 40 to 45 minutes or until browned. Garnish with apple-peel rose, if desired. Serves 6-8. ▲



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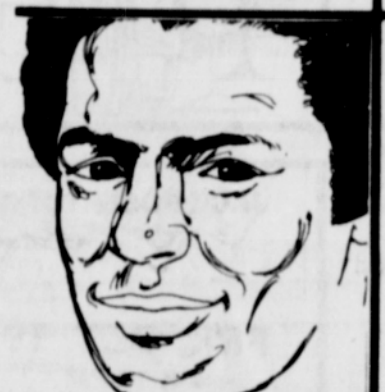
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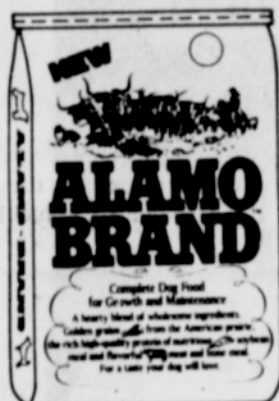


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