



TIME FOR APPLES—It's apple eating time and here are new adaptations of time-honored recipes for apple-ring pancakes, sour cream apple tartlets, apple-chicken salad and cheese-apple mold. Other information on apples is included in today's food column.

### Feeding the Family

ZOLITA VINCENT  
Food Editor

#### Bountiful Apple Harvest

Crispy, fragrant mouth-watering apples can't be beat as a flavor treat whether eaten out-of-hand, in steaming pies, sauces and puddings or in relishes, salads and pancakes.

Washington State, long considered the Apple Bowl of the World, is marketing the biggest apple crop in seven years . . . 31,000 carloads or approximately 25 million boxes of delicious eating. The marketing, along which route the fruit is refrigerated every step of the way, is a well regulated chain reaction; from packer, to distributor, to wholesaler to retailer and into the family fruit bowl.

#### Apple Glossary

Some apples are best for eating out-of-hand, others lend themselves well to cooking. Here are descriptions of the major varieties of this versatile, kind-to-the-budget fruit.

**Red Delicious**, perhaps the world's best known eating apple, comprises about 59 per cent of the annual crop. Recognized by its tall broad-shouldered shape, tapering to five points at the blossom end, it is at its best when served fresh and crisp cold.

**Golden Delicious** is similar in shape to its red-skinned sister. A perfect salad apple, firm fleshed and juicy. Excellent for eating and cooking.

**Winesap** has a special crispness and a wine-like flavor. It is deep red with a smooth glossy skin. Good both fresh and in general cooking. It is the best "keeper."

**Jonathan**, with its brilliant scarlet color striped with red and speckled with gold is crackling crisp and juicy for eating as-is. It is an excellent cooking apple.

**Rome Beauty** is of variegated red color tinged with pink or yellow. The meat is firm grained, aromatic, juicy. Considered best for baking or for use in pies, sauces, and general cooking. Not the best for eating fresh.

#### Apples and Cream

**Are Tasty Team**  
Old-time favorite recipes take on new adventurous flavor when made with dairy sour cream. Here are four such recipes.

#### Apple Ring Pancakes

Youngsters and adults alike will start the day with a song when served these "rings" of apple dipped in batter, browned and served with cinnamon, sugar and melted butter.

Sift together one cup flour, two teaspoons baking powder, one-half teaspoon soda, two teaspoons sugar, one-half teaspoon salt. Beat one egg and stir in one-half cup milk and one cup (one-half pint) dairy sour cream; combine with dry ingredients and mix well. Peel and core three to four apples; slice into thin rings. Dip rings into batter; bake on hot buttered or oiled griddle until golden brown. Sprinkle with cinnamon, sugar and melted butter.

Full of tangy flavor these tartlets are a wonderful finale to a happy apple day.

Beat one egg; blend in one-half cup sugar, two tablespoons flour, one-quarter teaspoon salt, one cup (one-half pint) dairy sour cream, one tablespoon vanilla on juice and one teaspoon lemon juice. Stir in two cups finely diced apples. Spoon into 12 individual tart pans or muffin cups lined with pastry from favorite pie crust mix (adequate for a two-crust, nine-inch pie).

Place on cookie sheet; bake in hot, 400 degree, oven 15 minutes. Combine one-half cup brown sugar, one-third cup flour, one teaspoon cinnamon and one-quarter cup (one-half stick) soft butter; sprinkle on top of tartlets; bake an additional 15 minutes.

#### Apple-Chicken Salad

Red Delicious apples are the ones to choose for this special creamy salad for serving as a luncheon main dish or for incorporating into lunch boxes.

For six luncheon servings, rinse three Red Delicious apples, do not peel; quarter, core and dice. Combine with one cup diced cooked chicken (canned or planned-over), one 10-ounce package frozen peas, cooked, drained and chilled, and one-third cup finely sliced sweet pickles. Mix together until well blended 1/2 cups dairy sour cream and one-quarter cup mayonnaise; fold into apple-chicken mixture. Serve in lettuce cups garnished with apple slices, if desired.

#### Cheese-Apple Mold

As the weather grows cooler, gelatin molds such as this nutritious, practically a-meal-in-itself salad, can go to school or work via the paper container route.

For eight servings; dissolve one package strawberry-flavored gelatin in one cup very hot water; chill until syrupy and just beginning to set. Fold in two-thirds cup dairy sour cream, one-half cup chopped celery, one-half cup chopped green pepper, one cup diced, unpeeled, Red Delicious apples and one cup cottage cheese. If desired, garnish with lemon-washed apple segments.

#### Colored Rice

The startlingly white grains of rice are beautiful accents to any meal. However, for fun and color, rice is easily tinted to match any color scheme. Simply add vegetable coloring to the water in which the rice is to be cooked, or tint the rice before cooking by placing rice and appropriate coloring in a glass jar, cover tightly and shake until all rice is uniformly tinted.

If the color becomes more intense than desired simply add additional uncooked rice to the jar and reshake until desired color is achieved. A subtly hued rice is generally more appealing than one too deeply colored.

**Feast on Cheese During October Cheese Festival**  
Cheese, mild, mellow, sweet,

piquant, robust, smoky, peppery, tangy or sharp in flavor, is available in rounds, ball shapes, patties, cakes, loaves, bricks, wedges, wheels, sausage shapes, oblongs, slices, shredded . . . in natural and pasteurized . . . in mixes, salad dressings, spreads and on and on could go the list.

The point of all this is that October is Cheese Festival Month and Markets will be specializing this important protein-rich family of good eating. We suggest trying different kinds of cheeses; keeping several varieties on hand for after-school snacks, impromptu entertaining as well as for breakfast, lunch and dinner main dishes. So feast on cheese in ways like these:

For a breakfast treat, serve

melted cheddar cheese on toast. Add cream cheese, cottage cheese or grated cheddar to scrambled eggs or as fillings for omelets.

Serve deviled eggs topped with a hearty cheese sauce as a luncheon or dinner specialty. A bit of curry added to the cheese sauce gives extra zip.

Grated cheddar, Parmesan or other cheese in hot soup gives added texture and interesting flavor.

Combine grated cheddar cheese with catsup or chili sauce, Worcestershire and a dash of Tabasco; serve as a dip, or if you prefer, call it a dunk.

Sprinkle hot popcorn lavishly

with grated Parmesan or cheddar cheese.

For a tasty hot-bit for serving before dinner, combine 2 1/2 cups bite-size shredded wheat biscuits with one cup shredded cheddar cheese. Spread out in a shallow baking pan and bake in a moderate, 250 degree, oven about one hour. Mix thoroughly every 15 minutes during baking.

For an easy-to-do Blue Cheese Dressing, mix together one-half cup crumbled Blue cheese with three tablespoons heavy cream or dairy sour cream. Add one cup French Dressing; whip together thoroughly.

The abundance of cheeses in all shapes, sizes and distinctive flavors behooves hostesses to serve cheese-fruit trays frequently as dessert treats.



PASSENGERS RETURNED — Non-scheduled "sail, now, pay later" passengers on the liner Queen Elizabeth are shown as they arrived on the return trip to New York. Diane MacKown, 26, of Pittsburgh, Pa., left, fell

asleep while seeing friends off aboard the ship. Mrs. Donia Carey, right, of West Falmouth, Mass., has her son, Seth, 11 months, strapped to her back and he seems to be enjoying the involuntary trip. Mrs. Carey also dozed off after a champagne bon voyage party. (UPI)



# PIGGLY WIGGLY COLUMBUS DAY Sale

**BIRDSEYE MEAT PIES**

Chicken  
Turkey  
Beef

Reg. 29c

8-oz. Pie

**13¢** Each

NALLEY'S LUMBER JACK SYRUP

Regular 45c

24-oz. Bottle **29¢**

BLUE BONNET MARGARINE

5 1-lb. Pkgs. **\$1.00**

NALLEY'S SPAGHETTI & MEAT

15-oz. Tin

7 Tins **99¢**

HUDSON HOUSE WHOLE KERNEL OR CREAM STYLE CORN

7 No. 303 Tins **99¢**

**special!**

**ANTI-FREEZE**

PENN CHAMP

Permanent type anti-freeze with rust inhibitor—GALLON

**\$1.39**

**special!**

TIP TOP FROZEN ORANGE JUICE DRINK

8 6-oz. tins **99¢**

SUNSHINE KRISPY CRACKERS

2 lb. pkg. **57¢**

Northern Bathroom Tissue 4 roll pkg. **39c**

Sunshine Milk Chocolate Dainties 11-oz. pkg. **59c**

Pepsodent, Colgate, Gleem, Stripe or Crest Toothpaste Reg. 69c tube **59c**

Glamorous Seamless Nylons Reg. 99c **39c**

CARNATION ICE CREAM SANDWICH

Regular 10c each

**5¢**

Quart 29c . . . Sta-Flo Liquid Starch half gal. **49c**

Sta-Flo Spray Starch half gal. **59c**

Quick Elastic Starch quart **29c**

Sta-Puf Laundry Rinse quart **45c**

**special!**

FISHER'S BISCUIT MIX

Large 40-oz. Pkg.

**25¢** ea

**special!**

NALLEY'S MAYONNAISE

Full Quart

**39¢**

**SUGAR**

WHITE SATIN

**10 LB. BAG 99¢**

**IT'S POPSATIONAL**

**3-MINUTE POP CORN**