

FOOD FORUM *

Dorothy Johnson

EVER SINCE EVE

The Apple is the most important, and most widely cultivated, tree of the temperate zones, and it has grown for over 3,000 years in its native region of Eastern Europe and Western Asia. Most of us know the Jonathan, Delicious red, Winesap, Rome beauty, Newton pippin, or the Crabapple.

Of course gourmet cooks know the Grimes Golden, Starr, Rhode Island Greening, McIntosh, Delicious Golden, Grovenstein, York, Imperial, Wealthy, and many others.

Who can describe an apple? In shape, it can be round like a McIntosh or egg-shaped like a Delicious. In size, it can vary from a two-inch Crabapple to a six-inch Rome Beauty.

Apples fit into every course in every meal and are munched between meals too. They're found in a lunch box and in a fancy torte. No wonder they are one of our favorite fruits and have even crept into our everyday speech; "the apple of his eye," "an apple for the teacher," "an apple a day keeps the doctor away."

APPLE BUTTER

4 lbs. well flavored apples stemmed and quartered, 2 c. cider or water, sugar, 3 tsp. ground cinnamon, 1-1/2 tsp. ground cloves, 1/2 tsp. ground allspice.

Cook apples in cider or water until soft. Strain pulp; for each cup of pulp, use 1/2 c. sugar. Stir in remaining ingredients. Cook over low heat, stirring constantly, until mixture sheets from the spoon. Pour into hot sterilized jars. Store in cool dry place. Makes 10 six oz. glasses.

APPLE JELLY

Remove stems and blossom ends from tart apples or crabapples. Quarter and add enough water to just cover. Simmer until soft. Strain through a jelly bag. Allow 1 c. sugar to each cup of juice. Cook 4 c. juice at a time. Simmer juice and sugar until sheeting stage (220 - 222 F) has been reached. Pour hot jelly into dry hot sterilized jars. Seal with paraffin. Store in cool dry place.

APPLE-SMOTHERED PORK CHOPS

6 center cut loin chops about 3/4 in. thick, 3/4 tsp. salt, 1/4 tsp. ground sage, 3 tart apples, 3 tbsp. molasses, 3 tbsp. all-purpose flour, 2 c. hot water, 1 tbsp. cider vinegar, 1/3 c. yellow raisins.

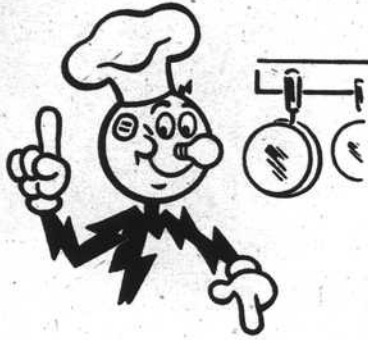
Sprinkle chops with 1/4 tsp. salt and sage. Brown chops slowly in hot skillet. Put chops in large shallow baking dish. Peel and core apples and cut into 1/4-in. slices; arrange on chops. Pour molasses over top.

Stir flour into fat in skillet; cook until brown, stirring. Gradually stir in water and cook until mixture boils. Add vinegar, 1/2 tsp. salt, and raisins. Pour sauce over chops and apples. Cover and bake in pre-heated moderate oven (350 F) for about 1 hour. Makes 6 servings.

The All American Apple can be found everywhere, baked, stewed, in a pie or just tempting you from the tree!

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HELPFUL HINTS FOR HOMEMAKERS

(First in a series from Nevada Power Company's Home Economics Department.)

Vegetables can give your meals variety in color, texture, flavor... and nutrition experts tell us we need several servings a day for good health.

Carrots should be a homemaker's favorite. They are always available, economical, easy to store, may be eaten raw or cooked. Try a glazing sauce on cooked carrots for a vegetable taste-treat.

Carrots with Nippy Sauce

Cook carrots in minimum amount of salted water - 1/2 cup or less. Cover pan.

Turn electric range to High until steaming, Low until carrots are barely tender.

Mix together and spoon over drained and steaming carrots:

- 1 tsp. horseradish
- 1 Tbsp. sugar
- 2 Tbsp. butter or margarine

Vitamin A, which is found in yellow and green vegetables, is "fat soluble". Therefore, butter should be added after the cooking process.

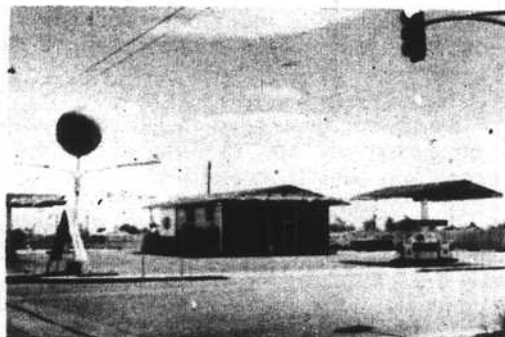
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TODAY

(EDDYE K., from page 8)

show when the Elks hosted the group and other participants at a swinging "unwinding" Champagne party at the Elks Lodge.

NATIONAL PROGRAM THEIR GUIDELINE

Mrs. George (Charlotte) Cook, Chairman of the recently initiated Las Vegas Chapter of the National Council of College Women and Mrs. William (Maggie) Pearson, local member, have already begun sparking activities in the community dear to the heart of the National Council.

Both Mesdames Cook and Pearson are on the teaching staff at Kit Carson Elementary School and recently they, along with Earl Carter (also a teacher at Kit Carson) took the entire 6th grade class on a tour of the Clark County Vocational School. The 6th graders were also treated to a performance of the Ice Capades that recently appeared here...Mrs. Pearson reported that a good time was had by all. (Editor's note: Any statistics in on which the kids--or even the grownups--enjoyed most?)

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