Apple week to spark favorite pie

By VIRGINIA McLUCKIE, Food Economist

Apple harvest is underway.

You will be eseing locally grown apples as well as those from nearby states in your local grocery store, roadside market or nearby orchard. This is National Apple Week so it is Apples Nature-ally, October 3-17th.

With the excention of 1969, this year's total apple crop exceeds any previous apple crop in more than thirty years. The present estimate is for 152.6 million boxes of apples.

When apples are in such good supply you can expect good quality and attractive price tags on most all varieties Total fresh fruit consumption per capita was 79 pounds last year, while total fruit consumption was 189.5 pounds per person. On a fresh weight bases we ate 25.7 pounds of apples per person last year.

When you buy apples look for firm, well shaped apples free from blemishes and spots. Choose those well colored for the particular variety. For cooking purposes, color and blemishes are less important. Usually apples so marked sell for less.

Select varieties for the use you intend to make of the apples. Each family will have its favorite kind of apple.

Of all fresh fruits, apples are probably the best keepers. With alittle extra care they will stay fresh lasting even months.

Sort apples and take out any soft spots, skin breaks, etc. Immediately Wash the rest, if it is a small amount, pat dry and store in a cold well-ventilated place or in the refrigerator. If you have purchase a large quantity, store them in a cool well ventilated room with slightly moist air to prevent shriveling.

One medium size apple has about 85 calories. Apples are a fair source of vitamin A and C, and a good source of carbohydrates and minerals with cellulose and pectin for good digestion. There is something to "an apple a day keeps the Doctor away" saying we heard so many years

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Chuck Steak 49¢ lb.

LEAN FRESH
Pork Shlds ..... lb. 39¢

CHECK & COMPARE

Gaylord Broccoli Spears	FROZ. 8-oz. Pkg.	22¢
Frozen Cauliflower	GAYLORD 8-oz. Pkg.	20¢
Gaylord Frozen Cut Corn	10-oz. Pkg.	15¢
Frozen French Fries	GAYLORD CRINKLE CUT 9-oz. Pkg.	10¢
Top Frost Frozen Dinners	ALL VARIETIES 11-oz.	37¢
Frozen Family Pizzarette	ROMAN 10in. 11-oz.	95¢
Gaylord Froz. Orange Juice	6-oz. Can	16¢
Top Frost Froz. Waffles	4 in 8-oz. Pkg.	10¢
Top Frost Whip. Topping	FROZEN 10½-oz. Cont.	39¢
Top Spred Margarine ¼'s	1-lb. Pkg.	18¢
Food Club Cream Cheese	3-oz. Pkg.	11¢
Yellow American Slices	FOOD CLUB 12-oz. Pkg.	57¢
American Cheese	STACK PACK 1-lb. Pkg.	75¢
Soft Whipped Oleo	MRS. FILBERT'S 1-lb. Pkg.	45¢
Tide XK Detergent	3-lb. 1-oz. Box	79¢
1-Gallon Topco Bleach		37¢
Listerine Antiseptic	14-oz. Bit.	79¢
Valiant Multiple Vitamins	100 In Bot.	89¢
Colgate Toothpaste	6-oz. LABEL Tube	71¢
Fabric Softener	TOPCO 1-gal. Bt.	59¢
Kellogg's Corn Flakes	1-lb., 2-oz. Box	40¢
Alpo Beef Dog Food	7 1/5-oz. Can	25¢

Chickens	FRYING OR BROILING U.S. GOV'T INSP. WHOLE (CUT-UP 31¢ lb.) lb.	27¢
Beef Roasts	U.S. CHOICE Boneless 3-Corner lb.	88¢
Pork Chops	¼ Loin End & Center Cut 9-11 Chops per Pkg. lb.	78¢
Ground Beef	LEAN, SOLD IN 3-lb. UNITS lb.	58¢
Legs & Breast	U.S. Inspected or Roasting CHICKENS lb.	36¢
Bacon	SLICED 1-lb. Pkg. GAYLORD 79¢ / FOOD CLUB 85¢ / ESS-KAY 89¢	
Hams	MASH'S FULLY COOKED Semi-Boneless Butt lb. 78¢ / Shank of Ham lb. 58¢	

California Roast	U.S. CHOICE lb.	79¢
Beef Pot Roast	U.S. CHOICE (BONE-IN) lb.	68¢
Chuck Filet Steaks	U.S. CHOICE lb.	98¢
Mr. Boston Fish Sticks	2 lb. Pkg.	89¢
Food Club Franks	1-lb. Pkg.	69¢
Tasty Liverwurst	IN THE PIECE lb.	49¢
Pure Pork Sausage Meat	ARMOUR 1-lb. roll	48¢
Center Cut Ham Slices	lb.	$1.09
Imported Boiled Ham	SLICED ½ lb.	75¢
American Cheese	½ lb.	45¢
Goetze Sausage Meat	2-lb. roll	98¢
Esskay Breakfast	LINKS 8-oz. Pkg.	39¢
Lunch Meats	Genoa Salami Olive Loaf Pickle & Pimento Loaf Garlic or Plain Bologna 6-oz. Pkg.	38¢
Trout or Blue Fish	FRESH CAUGHT WHITING lb.	39¢

SHEFFIELD FARMS
Ice Cream ½ Gallon 55¢

White Bread	JUBILEE BUTTERMILK 1-lb., 6-oz. Loaf	4 for $1
Maxwell House Coffee	All Grinds 1-lb. Can	78¢
Mayonnaise	FOOD CLUB 1-Qt. Jar	49¢
Food Cub Flour	5-lb. Bag	39¢
Green Beans	ELNA CUT 15½-oz. Can	13¢

Coconut Custard Pie	JUBILEE 1-lb., 6-oz. Pkg.	53¢
Blueberry Pie	JUBILEE FRUIT-FILLED 1-lb., 6-oz. Pkg.	49¢
Jelly Crescents	JUBILEE DANISH 14-oz. Pkg.	53¢
Elna Sweet Peas	1-lb. Can	13¢
Elna Tomatoes	1-lb. Can	19¢
Chicken Noodle Soup	FOOD CLUB 10½-oz. Can	14¢
Vegetable Soup	FOOD CLUB 10½-oz. Can	13¢
Strawberry Preserve	OLD VIRGINIA 18-oz. Jar	59¢
Gaylord Shortening	3-lb. Can	65¢
Hershey Choc. Syrup	1-lb. Can	21¢

Bananas GOLDEN RIPE ..... lb. 10¢

Crisp Apples	39¢	Slicing Tomatoes	25¢
Tender Carrots	10¢	California Dates	39¢
		Fla. Orange Juice	79¢

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Toilet Tissue WALDORF	4 Roll Pkg.	39¢
REGULAR VIVA TOWELS	2 Roll Pkg.	39¢
TOILET TISSUE LADY SCOTT	2 Roll Pkg.	31¢
FACIAL TISSUE LADY SCOTT	200 IN Box	29¢

Personal Size
IVORY SOAP
4 BAR BEAUTY BUNDLE 32¢

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2 lb. 6 oz. Box
BIZ PRESOAK $1.19

SOLARINE FLOOR WAX	27-oz.	46-oz.	89¢ / $1.47
SOLARINE METAL POLISH	½-pt. can		25¢
1 Pt. 6 oz. Mr. Clean			64¢
5 oz. Bath Size Zest Soap	4 for Reg.		88¢
½ gal. King Downy Fabric Softener			$1.49

Best Buys:
Apples and Cheese season combination

By VIRGINIA McLUCKIE, food economist

Fruit and cheese is a wonderful combination any time of the year but especially so right now when crisp juicy apples, spicy sweet grapes and buttery smooth pears are in season to accompany the cheeses.

Cheese is a food that lends itself to any portion of a meal from appetizer to dessert. From the hundreds of cheeses you may be a gourmet in the kitchen or use cheese to stretch the budget for economy. The dairy industry responsible for production of cheese, calls attention to the varieties and versatility of their by-product, Cow's milk is the usual source of cheese in this country.

Natural cheese is usually made from solid curd of coagulated milk or cream. After the curd has been separated and packed, most cheese is aged or ripened to develop the characteristic flavor and texture.

Cheddar is part of the family of cheese called American and accounts for about 90 percent of the American cheese production. This all purpose cheese has flavor varying from mild to very sharp. The color varies but does not indicate the flavor. Processed cheese and processed cheese food are made from natural cheese plus added ingredients. The label will state the type of cheese blended and other ingredients.

• • •

Natural cheese is now being dehydrated for use in convenience foods.

The new process involves dissolving the cheese in a liquid. The liquid is then spray-dried into microscopic beads with only 3 percent moisture remaining. The resulting dry form retains the natural flavor and nutrients yet is stable enough to be kept for extended periods at room temperature.

At present Blue, Parmesan, Romano and Cheddar are being used in such products as Macaroni and cheese dinners, noodles Romanoff, dried salad dressing mixes, cheese flavored snacks, crackers, bread and dehydrated potatoes.

Cheese also has a new look in the many attractive packages, containers and shapes. If you look you will find many types of imported cheese and domestic makes of the same variety, domestic cheese usually sells at a lower cost.

We are producing and eating more cheese than ever in history. Per capita consumption is 11 pounds. The storage holdings of cheese are larger than last year by over 3 million pounds. There is plenty of cheese for every use.

• • •

As we end National Apple Week the markets are filling with the new crop of local apples. The most easily obtained varieties are Red and Golden Delicious, McIntosh and Jonathans. Many road-side stands and orchards will be selling other varieties as the picking of Staymans, Rome Beauty, Grimes Golden and Yorks is completed this month.

Make an apple pie, apple crunch or turnovers and use cheese to garnish or bake it right in the pastry or topping, keep a bowl of shiny red apples handy for snacks and munching as you indulge in leisure time activities.

Also at the fruit counter there are supplies of Thompson seedless, Flame Tokay and Black Ribier grapes. These are out of hand fruits to serve with a cheese tray for dessert or for snacks. Apples and grapes are best buys.

At the vegetable counter the best buys will be found in Long Island cauliflower, carrots, yellow onions, white and sweet potatoes. Good buys are also available in green peppers, eastern lettuce and local cooking greens. Sales of frozen and canned vegetables are attractive.

Recipe of the week is for "Pork Chops with Jellied Apple Slices.

Pan-fry or bake 6 loin pork chops. Core red apples; do not pare; cut in 12 thick slices. Place in large frying pan.

Dissolve 1 glass (8 oz.) currant jelly in one-half cup boiling water; pour over apples. Cook over low heat, turning occasionally until tender and well glazed.

To serve, surround chops with apple slices; garnish with parsley.

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Servicemen in news

Navy Petty Officer Second Class Jeffries Robinson, husband of the former Miss Ethel E. Tyler of E. Federal St., Baltimore, returned to his homeport of Mayport, Fla., after a seven-month deployment in the Mediterranean aboard the guided missile cruiser USS Albany.

Navy Seaman Apprentice Robert E. Everest, son of Mr. and Mrs. Harry H. Everest of 1016 Union Ave., Baltimore, returned to his homeport of Mayport, Fla., after a seven-month deployment in the Mediterranean aboard the guided missile cruiser USS Albany.

Navy Petty Officer Third Class Leroy J. Lawson Jr., son of Mr. and Mrs. Leroy J. Lawson Sr. of Division St., Baltimore, returned to his homeport of Mayport, Fla., after a seven-month deployment in the Mediterranean aboard the guided missile cruiser USS Albany.

Marine Pfc. William E. Jackson, son of Mr. and Mrs. William W. Jackson of E. Lafayette Ave., Baltimore, Md., has completed Basic Warehouse Man Course, Camp Lejeune, N.C.

Marine Pfc. Michael F. Forrest, son of Mrs. Marie Forrest of Madison Ave., and husband of the former Miss Sharon L. Moore of Ready Ave., all of Baltimore, has completed Electrical Equipment Repairman Course, Camp Lejeune, N.C.

Marine Pfc. Clarence D. Baynes, son of Mrs. Alice C. Ford of E. North Ave., Baltimore, completed OUICA Bronco Aircraft Maintenance Course at Camp Pendleton, Calif.

Marine Pfc. Richard L. Harris, son of Mrs. Delores Harris of E. Fairmount Ave., Baltimore, completed Reconnaissance Indoctrination Program, First Marine Division, Vietnam.

Navy Airman Milton W. Moore Jr., son of Mr. and Mrs. Milton W. Moore Sr. of Kenilworth Ave., Baltimore, completed the A6A Aircraft Weapons System Maintenance Course at the Naval Air Station, Oceana, Va.

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SPAGHETTI SAUCE ALL VARIETIES	4 1-lb. jars	39¢
CLAM SAUCE RED OR WHITE	10½-oz. can	39¢
OLIVE OIL PURE	qt. btl.	99¢
WINE VINEGAR	4/5th qt.	29¢
MINESTRONE, LENTIL, ESCAROLE OR MAC. & BEAN SOUP	4 20-oz. cans	89¢

FIRST CUT CHUCK STEAK LEAN CENTER CUT LB. 55¢ — LB. 45¢
GOV'T. INSPECTED CHICKEN LEGS REG. STYLE THIGH ON lb. 39¢
FRESH PORK SHOULDER ROASTING PORK CITY CUT LB. 39¢

BONELESS STEAK SALE!
THICK CUT SHOULDER LONDON BROIL
TASTY SHOULDER STEAK
LEAN & TENDER CUBE STEAK LB. 1.29
FRESH 3-LBS. OR OVER GROUND CHUCK lb. 69¢
FRESH EXTRA LEAN GROUND ROUND lb. 79¢
ROAST BEEF BONELESS CROSS-RIB lb. 97¢
CITY CUT FRESH HAM FULL CUT BUTT HALF lb. 69¢ / FULL CUT SHANK HALF lb. 59¢

BONELESS ROAST SALE
TOP ROUND lb. 1.12
SILVER TIP BONELESS RUMP ROAST lb. 1.29
END OF STEAK ROAST OR BOLAR ROAST lb. 1.19

GOV'T. INSPECTED CHICKEN
QUARTERS WING ON CHICKEN BREAST
QUARTERS BACK ON CHICKEN LEGS 39¢ LB.

TRIMMED SHORT CUT RIB STEAK lb. 99¢
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CITY CUT SMALL REG. LEAN & MEATY SPARE RIBS lb. 69¢
SWIFT PREMIUM CANNED HAMS 3 lb. can 2.89
CAMCO FARMER STYLE IMPORTED SALAMI 14-oz. pkg. 99¢
OSCAR MAYER ALL MEAT OR ALL BEEF SLICED BOLOGNA 12-oz. pkg. 69¢
OSCAR MAYER ALL MEAT OR ALL BEEF FRANKS lb. 75¢
SMOKED HAMS MASH'S SEMI-BONELESS BUTT HALF 69¢ / FULL CUT SHANK HALF 59¢

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POPE BRAND TOMATO PUREE 28-oz. can 29¢
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NABISCO CAMEO CREME SANDWICH COOKIES 13½-oz. pkg. 43¢
JAM LOVERS 28-oz. jar 39¢

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SUB ROLLS pkg of 4 29¢
CHOCOLATE FROSTED DONUTS pkg of 12 45¢
THIN TWIST PRETZELS 1½-lb. 79¢
CHERRY OR PEACH PIES LARGE 8-INCH 49¢

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LETTUCE FRESH CRISP ICEBERG ea. head 19¢
U.S. #1 YELLOW GLOBE ONIONS 3 lbs. 27¢
FLORIDA SEEDLESS GRAPEFRUIT 6 FOR 59¢
FRESH GREEN CABBAGE lb. 7¢

DAIRY DEPARTMENT
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MARGARINE MRS. FILBERTS GOLDEN QUARTERS 4 1-LB PKS. $1
FRESH FRUIT SALAD qt. 69¢

FROZEN FOOD DEPT.
MINUTE MAID - FROM FLORIDA FROZEN ORANGE JUICE 6-oz. can 49¢
2 12-oz. 79¢ 5 6-oz. 99¢
GREEN GIANT SPANISH VERDI PILAF MEDLEY FROZEN RICE 3 12-oz. 89¢
DOWNYFLAKE HOMEMADE WAFFLES 3 12-oz. $1
ROMAN LARGE - SAVE 20¢ CHEESE PIZZA 13-oz. 49¢

APPETIZING DEPARTMENT
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