

**Farm Women**

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or other items for the bazaar table at the convention of Lancaster County Farm Women at the Farm and Home Center on November 6, and to take the item in non returnable containers and place a suggested selling price on donation.

A "Mystery Supper" is planned for October 30 at 7:30 p.m. when husbands will be guests. The meeting will be held at the home of Mr. and Mrs. Elvin Brennaman, Mount Joy RD.1.

**In the Kitchen**

**CHICKEN SAGE SPREAD**  
 2 pkgs. (3-oz. ea.) cream cheese, softened  
 1 can (4¾-oz.) chicken spread  
 1 tbsp. chopped scallions  
 2 tsps. sage  
 Combine all ingredients. Chill. Serve with crackers. Makes 1½ cups spread.

Cancers of the mouth afflict some 14,000 Americans annually and kill about 7,000. Early detection and prompt treatment could cut the death toll, says the American Cancer Society.

**Ladies,  
 Have You Heard?**

By Doris Thomas, Extension Home Economist



**Picking The Right Apple**

With a fine apple crop estimated at over 147 million boxes shaping up, apple lovers have good cause to join in the annual celebration of National Apple Week, October 7-16.

It's time to put apples on the shopping list and to shop wisely and well for them.

How can you tell a top quality apple? Apples, like many of Nature's products, often vary in quality. So if picking a good apple is a puzzle for you, here's some helpful information from the U.S. Department of Agriculture.

Packaged apples are often labeled by grade, as well as by variety. You can choose the grade and variety that best suit your purpose and your needs.

The U.S. grade names usually found on packaged apples are U.S. Extra Fancy, U.S. Fancy, and U.S. No. 1. Apples from the far western States are usually marketed under State grades which are similar to Federal grades.

U.S. Extra Fancy apples are top quality and usually cost more than lower grades. They have the best color and general appearance.

U.S. Fancy apples are next best.

U.S. No. 1 apples may have less color and more russeting (net-like lines on the skin) than U.S. Fancy and U.S. Extra Fancy, but they're usually a good buy — and the outer appearance doesn't affect eating quality.

When you buy apples, choose nice firm ones. Watch out for apples with cuts and bruises or apples that seem soft. Soft apples may be overripe and have mealy flesh.

Many people have a favorite apple variety, but your favorite for eating fresh may not make the best apple pie. Here are some tips on how to use the different varieties.

For eating fresh: Delicious, McIntosh, Stayman, Jonathan, Winesap, and Golden Delicious are crisp and flavorful.

For making pies and apple-

sauce: Gravenstein, Jonathan, Grimes Golden, and the Yellow Newtown have a tart or slightly acid flavor.

For making baked apples: Rome Beauty, Northern Spy, Winesap, York Imperial, and the Rhode Island Greening (which is green) have the firm flesh good for this purpose.

All-purpose apples: Stayman, Jonathan, and Winesap are good varieties to put in your child's lunch box and to make pies or other desserts.

Apples are harvested from mid-summer through October, depending on the variety and where they are grown.

Thanks to "controlled atmosphere storage," in which temperature, humidity, and gasses are all regulated, apples are available year-round. But they're usually less expensive when bought in season. So for the sake of your food budget, plan to use the different varieties in your area when they are most plentiful. And choose the grade that suits your needs.

This year, October will be the month for plentiful apples, according to the experts who make up USDA's monthly Plentiful Foods List. Northeastern apples will be especially abundant. So don't forget those apple-bobbing parties for Halloween!

For more information on buying apples as well as other fresh fruits, you can get a single, free copy of the pamphlet "How to Buy Fresh Fruits" (HG-141) by sending a postcard to the Lancaster County Cooperative Extension Office, 1383 Arcadia Road, Room 1, Lancaster, Pa. 17601.



Doris Thomas

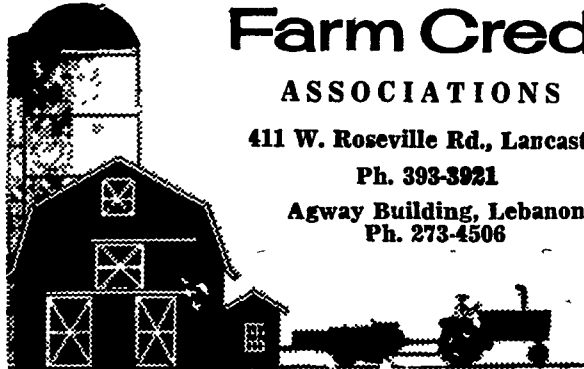
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