

# Cookbook

## Apples make for good eating and cooking

By JOAN KINGSBURY  
Staff Correspondent

The arrival of autumn with its brisk, cool days and beautifully colored leaves also signals the arrival of the fall crops. Apples, pumpkins, and winter squash reach maturity providing a nice change from the summertime fruits and vegetables.

Apples are a good bargain. Crunchy, sweet and natural, they make the perfect snack. Calorie wise they are a dieter's friend containing only 80 calories per medium apple. The varieties are many: MacIntosh, Delicious, Rome, Cortland, Spy.

Apples are much cheaper when purchased by the bushel or basket. But with a large amount of apples to use up the cook might want to try some new ways to create delicious apple dishes.

Pork Steak with Sauerkraut and Apples is an easy to prepare casserole. Layers of pork, sauerkraut, sliced apples, sliced onions are covered with sweet cider, then baked for two hours until the pork is nice and tender.

Apple butter is an All-American favorite. This tasty spread can be prepared at home quite easily. When preparing apple butter or applesauce, a food mill is handy to use since apples can be cooked with the skins on then pressed through the mill to remove them.

Baked Apples are an easy to prepare dessert. Raisin-Nut Baked Apples are flavored with honey. When the apples are done baking, a glaze has formed on them. Raisin-Nut Baked Apples are tasty served hot or cold with heavy cream, whipped cream or sour cream.

Bess Truman's Ozark Pudding was a favorite dessert for the Trumans both at the White House and at home in Independence, Missouri. This recipe appeared in the Congressional Club Cookbook. Mrs. Truman served her Ozark Pudding with either whipped cream or ice cream. A note from her indicated that the addition of a little rum adds to the pudding flavor, but is not necessary.

**PORK STEAK WITH SAUERKRAUT AND APPLES**  
2-2½ lb. pork steak  
1½ lb. (3 c.) sauerkraut

6 med. apples, peeled, cored and sliced  
3 med. onions, sliced  
Salt  
Freshly ground pepper  
Butter  
Sweet cider

Brown pork quickly in a little fat in a heavy skillet. Arrange in layers in a large casserole half the sauerkraut, half the apples, the pork steak, the onions, the remaining sauerkraut and the remaining apples. Sprinkle each layer lightly with salt and heavily with pepper. Dot the layers occasionally with butter and dot the top lavishly. Pour on sweet cider to not quite cover. Cover and bake for two hours in a 325 degree oven. Serves 4-6.

**APPLE BUTTER**  
3 qts. fresh sweet cider  
8 lb. juicy ripe apples  
2½ c. brown sugar, packed  
2 t. cinnamon  
½ t. allspice  
½ t. ground cloves  
½ t. salt

Boil the cider in a big stainless steel or enamel kettle until the amount is reduced by one-half or about 30 minutes. Meanwhile quarter and core the apples but do not peel them. Add to the reduced cider and cook over low heat until the apples are tender. Stir almost constantly. When the apples are cooked, force the mixture through a sieve and return to the kettle. Add the sugar, spices and salt and cook



Dallas Post/Joan Kingsbury

### Apples galore!

Braces Orchard, near Orange, offers a variety of apples for both cooking and eating. Here, Linda Brace is shown inside Brace's barn.

over low heat until the mixture thickens, or about one half hour. If necessary use an asbestos pad to insure low heat. Stir almost constantly. Pour at once into hot sterile jars and seal. Makes 4 pints.

**NOTE:** To test apple butter for doneness, pour a little on a cold plate. When no rim of liquid separates around the edge of the butter, it is sufficiently thick.

### RAISIN-NUT BAKED APPLES

Whole apples  
Raisins  
Chopped nuts  
Honey

Core as many apples as you require and pare them down around the top about one inch. Place in a casserole or baking dish with ½ inch water. Fill the centers of the apples with a mixture of plumped raisins (ones soaked in water or sherry to fullness), chopped nuts and honey. Spread the tops of the apples with additional honey. Bake

for 30-40 minutes in a preheated 350 degree oven basting often with the syrup that forms. When done, the apples should be lightly glazed. Serve them either hot or cold, with heavy cream, whipped cream or sour cream.

### BESS TRUMAN'S OZARK PUDDING

1 egg  
¾ c. sugar  
3 heaping T. flour  
1¼ t. baking powder  
¼ t. salt  
½ c. raw, chopped apples  
½ c. chopped nuts  
1 t. vanilla  
Rum or 1 t. rum flavoring  
1 c. whipped cream or ice cream

Beat egg well and add sugar, beating light and creamy. Sift flour, baking powder, salt and add egg mixture. Blend well. Fold in apples and nuts; add vanilla and rum. Pour into a greased, paperlined dish; bake in a slow oven (325

degrees) 30 minutes. Serve with whipped cream or ice cream.

## Less risk with aspirin

An aspirin a day could reduce the risk of heart attack significantly for thousands of men with coronary artery disease, according to a Veterans Administration study reported today in the New England Journal of Medicine.

The cooperative study, conducted at 12 VA medical centers across the country, involved 1,266 men with unstable angina (new or changing pain associated with coronary artery disease), a condition that seriously increases the risk of heart attack and death.

All patients who met the study criteria were treated initially in coronary care units and then were followed for 12 weeks. Half of them received 324 mg. of aspirin (the amount in a single tablet) administered daily in a buffered solution. The control group received only the buffered solution with no aspirin.

H. Daniel Lewis, Jr., M.D., of the Kansas City VA Medical Center and Chairman of the Cooperative Study Group said that aspirin reduced the incidence of heart attack and death by 50 percent and, did so without causing any gastrointestinal side effects.

Dr. Lewis stressed that the treatment has been shown to be of value only in a specific group of patients and that it should be administered only by a physician in a hospital setting.

"Nevertheless," he added, "coronary artery disease is the leading cause of death in this country and unstable angina often precedes the heart attacks that can cause death or disability in these patients."

"With its low cost and low risk, the use of aspirin could be beneficial to a large number of patients with unstable angina," he said.

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Dr. C. J. Wilson  
Dr. Wilson is a graduate of Dallas High School, Muhlenberg College and Philadelphia College of Podiatric Medicine. She completed her residency in surgery at Oxford Hospital and was in private practice in Philadelphia, and in Allentown, where she was on staff at Allentown Osteopathic and Allentown General Hospitals. She is now on staff at Nesbitt Memorial and Wilkes-Barre General Hospitals.  
Dr. Wilson is a member of the American Podiatry Association, Academy of Ambulatory Foot Surgery, Pennsylvania Podiatry Association and American Association for Women Podiatrists. She was published in the Journal of American Podiatry Association.  
In her present practice, Dr. Wilson specializes in the diagnosis and treatment of all conditions of the foot, including surgery and sports medicine.  
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