

# Food Forum

## Dorothy Johnson

This week we conclude our suggested list of easy-to-make canning, preserving, pickling, and jelling recipes that defy failure even for the most inexperienced home-maker.

### PEACH PRESERVES

8 quarts pared thick sliced peaches, and 7 cups sugar.

Use fine flavored perfect peaches that are ripe but not over ripe. Cling peaches are more trouble to prepare, but they produce a preserve of superior flavor and color. Lay the pared peach halves in layers in an enamel pan, sprinkling each layer with sugar. Cover pan and let stand overnight. Boil rather rapidly for about 30 minutes, shaking pan frequently to keep from sticking. Then reduce heat and simmer slowly until peaches are transparent. Be sure to cook preserves to the right consistency. Pour into hot sterile jars and seal. Yield: About 8 pints.

### SEVEN-MINUTE STRAWBERRY PRESERVES

3 pints strawberries, 1/3 c. sugar, 3 tbs. lemon juice, 2-1/2 c. sugar.

Use only perfect, solid ripe strawberries. Wash carefully, drain well, then hull. Leave whole. Place in a 3-quart saucepan. Sift the 1/3 cup sugar over berries, add lemon juice and let stand overnight. Next morning, add the 2-1/2 cups sugar. Heat to boiling, then boil 7 minutes, counting time from moment boiling starts. Pour immediately into hot, sterile jars and seal. Makes about 1-1/2 pints.

### APPLE JELLY

3 lbs. firm tart apples, 3 to 5 c. water, 2 to 3 tbs. lemon juice, if needed, sugar.

Use any variety of tart, juicy cooking apple which is barely ripe. Fully ripe and overripe fruit lacks sufficient pectin for good jelling. Wash apples thoroughly, remove and discard stem and blossom ends. Cut apples into quarters. Then slice quarters, skins, cores and all in 4 quart saucepan or preserving kettle. Add cold water to barely cover. Cover pan, bring to a boil and simmer without stirring until apples are soft--10 to 15 minutes. Crush apples with potato masher, then cook 5 minutes longer. Remove from heat and turn into a jelly bag. Suspend over a bowl and let drip 3 hours. Do not squeeze bag. There should be 3 to 5 cups of juice. Measure juice into a clean saucepan--bring to a boil and cook rapidly for 10 minutes. Measure 3/4 c. sugar for every cup of juice originally measured. Add to boiling concentrated juice and continue boiling rapidly until 2 drops run together to form a sheet when dropped from edge of metal spoon. Remove from heat at once, skim jelly and pour immediately into hot sterile jelly glasses. Cover hot jelly with a thin layer of paraffin when cooled to complete the seal. From the apples left, put through strainer mashing pulp through. Add sugar and ground cinnamon to taste. Cook until all juice is out, stirring often to keep from sticking. Makes excellent apple butter.

### A Green Lawn All Winter

Bermuda and hybrid Bermuda grass lawns turn an unsightly brown color during the colder seasons of the year. To keep lawns green and attractive, many gardeners over-seed their lawns.

Although most of this seeding is done in October, you can also do it in September. This month, the extra heat starts Winter grass off to a faster growth than will occur next month.

Before you sow Annual rye seed, cut your lawn as close as possible with a sharp mower. Next, loosen and thin out thick tangle runners and dead growth. Then mow again in several directions; rake and remove all grass clippings.

Scatter the seed evenly over your yard. Cover with composted manure or peat moss. Rake lightly, and water thoroughly. Keep the newly-seeded lawn moist at all times.

### HERE'S WHAT YOU CAN PLANT THIS FALL

**ANNUALS:** African Daisy, Petunia, Bachelor Button, Phlox, California Poppy, Stock, Pansy, Verbena, Sweet William.

**PERENNIALS:** Hardy Aster, Iris, Carnation, Tulip, Phlox, Chrysanthemums, Shasta Daisy, Camellias, Azaleas, Gardenias.



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## Help Wanted

Regional Director announces opening for JOB DEVELOPER for local training program. Salary, \$7000 to \$8500 per year. Qualifications: Two years' work experience in interviewing, supervision, counseling, job placement and marketing; completion of two years at accredited college (Additional experience may be substituted for education). Apply Fair Practice and Training Council, 110 West New York Ave.

Bank Examiner. Salary \$590 to \$714. Requires graduation from accredited college or university and one year of banking, accounting or related experience; or graduation from high school and three years of experience in technical banking, accounting or related experience. Apply Nevada State Personnel Division, Carson City, Nevada or your nearest Employment Security Office.

\*FEMALE\*

SECRETARY I - FINANCE DEPT. - CITY OF NORTH LAS VEGAS. Age 21 to 45. Salary Range \$391 - \$526. 8: AM, to 5: PM, 5 day week. Fringe benefits. 30 day residence requirement in Clark County. Must be high school graduate. 3 years experience in stenographic and clerical work. Good working knowledge of mathematics essential. Typing speed 55 wpm, shorthand speed 80 wpm. Applications will be taken through Friday, Sept. 30, 1966. For further information contact Personnel Director, 1301 E. Lake Mead Blvd., North Las Vegas.

### For Sale

MUST SELL -- Chest Deep Freezer \$35..... 8 Ft. Refrigerator \$15. 3901 San Joaquin Ave. Call 878-8576 after 6 p.m.

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### RUMMAGE SALE

SATURDAY October 1, 1966 Starts at 7:30 A.M. to 2:00 P.M. At First Christian Church, Rancho Road and Mesquite.

**REGISTER TO VOTE!**