

FOOD FORUM *

Dorothy Johnson

Jellies, Jams & Preserves

Jellies, jams and preserves add a delightful touch to any meal and are ideal gifts attractively wrapped or packaged in a basket.

Unlike jams, which require only one cooking, jellies require two: One cooking prepares the fruit for juice extraction; in the second cooking, the juice is mixed with sugar and cooked to the gelatin stage.

A test for jelly: Take up a spoonful of juice, cool it for a moment, then pour it back into the kettle from the side of the spoon. When the jelly is ready, drops of jelly will come together and sheet off the spoon.

JELLIES MADE WITHOUT PECTIN

3 lbs. tart red apples, 4 c. water, 3 cups sugar.

Wash apples, cut out any blemishes and the stem and blossom ends, but DO NOT peel or remove core. Cut apples into eighths. Put fruit in a flat-bottomed saucepan and add water. Cover and simmer until the juice flows freely, about 15 minutes. Strain through a damp jelly bag or several layers of dampened cheesecloth. For crystal-clear jelly, do not squeeze or press the bag.

Measure juice into a deep saucepan. There should be four cups. Boil for 5 minutes. Stir in sugar and boil rapidly to the jelly stage. Skim any foam from mixture and pour into hot sterilized jars; seal. Makes four or five 1/2 pint jars.

GRAPE JELLY

3 lbs. Concord grapes, about 2-1/2 c. sugar. Crush grapes, bring to boil and cook for 15 minutes. Strain juice through flannel jelly bag; chill. Dip out juice; do not use sediment at bottom as it may cause crystals to form. Add sugar, using 5 parts sugar to 4 parts juice by measure. Stir until sugar is completely dissolved; do not heat! Pour into sterilized jars, and seal. Makes about three 1/2 pints.

APRICOT-PINEAPPLE JAM

Cover with cold water, 1 lb. dried apricots. Cook until soft; drain, reserving juice. Chop fruit and add the drained juice. Add 1 large can crushed pineapple (with juice), measure fruit and juice and add heated sugar (2/3 the amount of fruit and juice, or less if liked less sweet). Cook until thick. Makes 4 pints.

CHERRY JAM

Put in a flat-bottomed saucepan, 1/4 c. water, 4 c. pitted cherries. Bring to the boiling point. Cover and simmer 15 minutes. Add 7 c. heated sugar; bring again to boiling point and boil rapidly 3 minutes, stirring constantly. Add 1 bottle commercial pectin; stir 5 minutes and skim. Add 1/4 tsp. almond flavoring. Makes eleven 6 ounce glasses.

RASPBERRY CURRANT PRESERVES

Have ready 4 quarts raspberries, washed if necessary. Extract the juice from 3 pounds currants and add 3 pounds sugar. Heat to boiling point and cook slowly 20 minutes.

Add 1 quart of the raspberries. Bring syrup to boiling point, skim out the berries and put into jars. Repeat until all the berries are used. Fill jars with syrup. Makes about twelve 8 ounce jars.

STRAWBERRY PRESERVES

Cook together to soft ball stage: 3 cups sugar, 1 cup water.
Wash, hull, and drain thoroughly 1 quart



REDDY KILOWATT

How A Parent's Concern and
FORESIGHT

Can Help Protect A Child's EYESIGHT

With school days around again, now's a good time to check up on the lamps that light the desk or table in your home where the family geniuses do their studying.

What to do:

1. Make sure light source comes from behind and above the shoulders, not the front or side.
2. Maintain a moderate level of background light, too.
3. Use at least a 100-watt lamp for studying or any close work.
4. Prevent harsh shadows by using modern fixtures with built-in diffusers.
5. Make sure children pause occasionally during long study periods to readjust and rest their eyes.
6. Avoid glare ... raw, irritating light from unshaded bulbs (or reflected glare from glossy papers).
7. Watch contrast ... prevent differences between light and dark areas caused by lighting only one spot in a room.
8. Eliminate shadows cast by poorly placed lamps and fixtures.
9. Be sure there is sufficient lighting for the study room.
10. Look for this tag on all study lamps!



Helpful Hint:

Painting walls in neutral or light colors or selecting a plain wallpaper or one with a quiet design greatly adds to an atmosphere more conducive to good study habits.

Just what would we do without electric lighting?

We invite you to use the services offered by our Home Economics Department. For assistance with electrical appliances, kitchen planning, home lighting, menus and recipes

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strawberries. Add to the syrup, cover, and remove from heat. Let stand 10 minutes. Skim if there is any foam on top. Remove berries and set them aside.

Cook the syrup; add berries again, and let stand 15 minutes over low heat. Skim, remove berries, and again cook syrup. Add berries once more and cook slowly until syrup is thick. Let stand 24 hours before filling jars. Makes 2 pints.

Protest At The Polls YOUR VOTE COUNTS

FRIENDLY LIQUORS



At A New Location
1602 No. "H" St.

AIR POLLUTION CONTROL

A new air pollution control ordinance will be presented to the City Commission for consideration Wednesday. The ordinance will prohibit the burning of trash anywhere within the city limits. This ordinance will conform to that now in effect in the county. In the past, a special permit could be obtained which would allow limited trash burning, however, in the future under the new ordinance the air pollution inspector will have to inspect the premises. Then only in cases of necessity will permission be granted for open fires.

Dr. Irving Kline

**Endorse
Dr. W. M.
CLARK**

for
**Clark County
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