

## Easy No-Cook Jam Brings Rewards

"Putting up" your very own homemade Fresh Strawberry Jam will be easy to do this season when you use this simplified no-cook recipe. There's no guesswork about preparation because there are only five basic ingredients, one of which is Sure-Jell fruit pectin that helps assure a good set. Keep in mind that the natural pectin in fresh fruit which helps jam or jelly to "jell" decreases as fruit ripens. So it's necessary to supplement it with powdered fruit pectin. There's no need to cook the fresh strawberries because the pectin captures the fresh fruit flavor and color. If you're economy minded, you'll appreciate the fact that you can use small plastic containers of not over a pint capacity, with tight fitting lids. Clip and save this basic recipe and try a few of the variations. Your reward for a delicious homemade jam? Love and calls for more!

- Fresh Strawberry Jam**
- 2 cups prepared fruit (about 1 qt. fully ripe strawberries)
  - 4 cups (1.34 lb.) sugar
  - 3/4 cup water
  - 1 box Sure-Jell fruit pectin
- First prepare the fruit.* Stem and thoroughly crush, one layer at a time, about 1 quart strawberries. Measure 2 cups into large bowl or pan.
- Then make the jam.* Thoroughly mix sugar into fruit; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to a full boil and boil 1 minute stirring constantly. Stir into fruit. Continue stirring 3 minutes. (A few sugar crystals will remain.) Ladle quickly into sealed containers, filling to within 1/2 inch of tops. Cover at once with tight lids. Let stand at room temperature 24 hours, then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 4-3/4 cups or about 6 (8 fl. oz.) containers.
- Note:* Any one of the following may be added to berries before adding sugar:
- 1/2 cup slivered almonds, chopped
  - peanuts, pumpkin or sunflower seeds or pine nuts (toasted, if desired)
  - 1 tablespoon finely chopped crystallized ginger
  - 2 teaspoons almond extract
  - 1 tablespoon grated lemon, lime or orange rind



## Peninsula Park Community Center will reopen soon

A grand opening ceremony for the remodeled Peninsula Park Community Center will be held Tuesday, Sept. 27, from 11 a.m. to 1 p.m. The historic building was built in 1913. Center director Leslie Unthank said she is looking for historic pictures of the building, park and neighborhood for the ceremony. Also, she said, "We'll have the tape going and people can just come and relate." People with pictures and other artifacts can call the center at 285-4222.

## Peninsula Park Center schedule

Peninsula Park Community Center announces the following activities to be held at the center, 700 N. Portland Blvd., phone 285-4222.

Preschool Gymnastics I: Age 3 1/2-5, Tuesday, 1:30-2:15 p.m., \$8. Intro to gymnastics.

Preschool Gymnastics II: Age 4-6, Tuesday, 2:45-3:30 p.m., \$8. Intro to gymnastics.

Parent/Tot Trampoline: Age 2-5, Monday, 10:15-11:30 a.m., \$6 per family/per term. Trampoline instruction and supervision for parents and young children. Limited to eight families.

Character Building Through Sports:

Age 5 and over, Tues./Thur., 3:45-5:45 p.m., \$15. Exercise and conditioning for the mind and body. Introduction to wrestling.

Int./Adv. Wrestling: M/W/F, 6:30-7:30 p.m., \$15 fee per term (Team fee: \$30 yr.). Wrestling team times/meets to be arranged. Contact Roy Pittman for more information.

High School and Adult Conditioning classes will meet Fall term, Sept. 30-Dec. 9. Fees for all adult conditioning classes are \$6 per term for each day of scheduled class (1-day a week, \$6; 5-days a week, \$30). Class size is limited. ID card issued upon payment of fees. Drop-in fee per class: \$2.



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## USDA confirms: Raising child is costly

"If the family money doesn't seem to go as far as it used to, it may be because you have teen-agers in the family," says Alice Mills Morrow, Oregon State University Extension family economics specialist.

Parents have complained for years about the money they spend on a high school-aged boy or girl. The complaints reflect reality, according to new figures from the U.S. Department of Agriculture about the cost of raising a child.

The 1984 estimated cost for a one-year-old is \$4,727, while the cost for a 16 or 17-year-old is \$6,527.

The figures for 1984 show it costs more than \$95,000 to raise a child in a "moderate" income family from birth to age 18 in an urban setting in the West, Morrow reports. "Moderate" is defined as family income of about \$15,000 for a family of three, \$20,000 for a family of four, and \$30,000 for a family of five.

The cost in a western urban setting is \$96,484, while it reaches \$100,821 in a rural non-farm setting.

Based on information from families with children, the cost estimates represent average expenditures for a child at a given age or the child's share of family expenses for such items as housing and transportation, she explains.

The estimates can't be interpreted as precise costs for a particular family, but are general estimates of what families sent on their children in certain circumstances. Each family may spend more or less on its children.

The cost estimates don't include all the money spent on a girl or boy, the specialist notes. For instance, the figures don't include the cost of birth, savings for education beyond high school, or costs not paid directly by parents by such government-provided services as schools, libraries or parks.

Of the total spent, USDA estimates that 20 percent goes for food-at-home, 33 percent for housing, 16 percent for transportation, 13 percent for "other expenses," and 6 percent each for clothing and medical care.

The lowest categories are food away-from-home, 3 percent, and education, 2 percent.

Families interested in projecting estimated costs over the life of a child need to consider projections for future price increases. Assuming an annual inflation rate of 5 percent, for instance, the cost of raising a child born in 1984 to age 18 would be about \$220,000 in urban areas and \$231,000 in the rural non-farm setting, Morrow explains.

Unless family income increases with the inflation rate and with the age of the child, the family's money won't go as far as it once did, the specialist adds. "This doesn't mean the family isn't managing its income well, it simply reflects the increased costs."

Persons interested in the complete USDA report on the Costs of Raising a Child may obtain a copy by sending \$1 to Extension Family Economics Specialist, Extension Home Economics, Milam Hall 141, Oregon State University, Corvallis, OR 97331.