

## Oregon Fruit Needs Oregon Recipe

Better than an Oregon recipe for home grown fruit, says Mrs. C. R. (Velma) Mitchell, Lane extension agent. Oregon fruit—often high in pectin and acids—isn't always compatible to out-of-state recipes. The results may be overly firm jam and tough jelly. While it's possible to "localize" recipes written for national audiences it's "easier

and less time-consuming to follow recipes developed at Oregon Extension Service especially for the Oregon product," Mrs. Mitchell explains.

For instance, to change a recipe it's necessary first to make a small "test" batch. If the result is too firm, then the recipe can be revised with one-third less pectin.

For high acid berry jams and jellies, lemon juice or other acid called for in the recipe can be omitted. Or the berry jelly can be improved with apple juice substituted for one-half of the berry juice called for in the recipe.

"Successful jelly making depends on the perfect balance of pectin, acid, and sugar," Mrs. Mitchell says. "And even our Oregon fruit will vary in pectin content."

For instance, slightly underripe fruit contains more pectin than green fruit that's over-mature. To capture the flavor of fully ripened fruit, powdered or liquid pectin can be used for quick jelling.

Low-calorie fruit — apricots, peaches, and plums, can be easily jelled with the addition of lemon juice or citric acid.

If you're a calorie counter don't do it at the risk of your jellies and jams, Mrs. Mitchell warns. Low-calorie sweeteners should not be substituted for sugar. Sugar not only "holds in" the flavor; it's the best preservative.

More help on jam and jelly making is offered in the Extension bulletin, "How To Make Jellies, Jams, and Preserves at Home." For your free copy, call Lane Extension Service, DI 2-1311, Ext. 201.

## 'Dear Abby'

—Abigail Van Buren—



DEAR ABBY: Two years ago I visited some friends out of town. They were invited to a friend's home for dinner and I went along. The "friend" turned out to be a very handsome young man who had been in a wheel chair most of his life. He lives in a five-room home, built especially for him. It was nicely furnished and spotless. The meal (which he prepared himself) was out of this world. He keeps house, does his own laundry and drives a car with hand controls. I liked him immediately. I saw him many times and it developed into love. He's asked me to marry him and I want to. As you can guess, I have parent trouble. They say it is not "love" but "pity" I feel for this handicapped man, and if I marry him I'll be sorry later.

Abby, how can you "pity" a man who can take care of himself and a home? He has a steady income. We wouldn't be rich, but we'd get along. He is 29 and I am 27. What do you think?

### IN LOVE

DEAR IN: After a two-year courtship, a 29-year-old man and a 27-year-old woman should know what they want. We are all "handicapped" in some way only his shows. If you love him, marry him.

DEAR ABBY: When my hair was long I had to have it set at least twice a week. (I work in an office and must look well-groomed all the time.) One day I had it cut short and I never had so many compliments in my life.

My husband loves long hair so he had a fit. He told me to let it grow long and not to cut it again. Short hair is so much easier to care for and everyone else likes it. Should I let it grow to please my husband?

### TO CUT OR NOT

DEAR TO: It's more important to please your husband than everyone else combined. If you're wise, you'll let it grow.

DEAR ABBY: Lately I have noticed that my husband has started to smile sweetly and makes eyes at waitresses, salesladies and even strange women he passes on the boulevard. They don't even have to be goodlooking — just so they're women. My sister says he should have his head examined. He is 74 and I am 67. Should I ignore it or what?

### "67"

DEAR "67": If your 74-year-old husband's "flirting" is not conspicuous to others, ignore it. This may be his third childhood and is quite harmless.



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