Let Peaches Launch Your Canning Season—Peaches are on the market; plums are, too. Time to start your canning. There's nothing like a home-made spread for your morning toast; for a tasty sandwich; or to serve with a roast or fowl. Here are some good ideas for peach and plum delicacies. **Plum Conserve**—Wash 6 pounds of ripe, red plums. Put into a kettle and cover with cold water. Cook slowly until plums are very soft. Cool, discard pits and measure the pulp and juice. For each 4 cups of juice, add 4 cups of granulated sugar, 1 cup of crushed pineapple, 2 teaspoons of cinnamon and ½ teaspoon each of cloves and nutmeg. Cook the mixture until it's jelly-like when tested on a cold plate. Pour into sterilized glasses and when cool seal with melted paraffin.

Ripe Peach Jelly
2½ cups juice
3½ cups granulated sugar
1 box powdered fruit rectin

To prepare juice, pit and crush thoroughly (do not peel) about 2½ pounds fully ripe peaches. Add one cup water. Bring to a boil and let simmer, covered for 10 minutes. (Add a few crushed peach-pit meats to fruit during cooking). Place fruit in jelly cloth or bag and squeeze out juice. (If there is a slight shortage of juice, add small amount of water to pulp in jelly cloth and squeeze again).

Measure sugar into dry dish and set aside until needed. Measure juice into a 3 to 4-quart saucepan.

Place over hottest fire. Add powdered fruit pectin. Mix well and continue stirring until mixture comes to a hard boil. At once pour in sugar, stirring constantly. Continue stirring, bring to a full boil, and boil hard half a minute.

Remove from fire. Skim. Pour quickly. Paraffin hot jelly at once. (Makes about 6 med. glasses)

Plum Jelly—Select fruit, fresh but not over-ripe. Measure the plums and add half as much water. Cook slowly until the plums are very soft, then pour into a jelly bag suspended above a large bowl. Let drip at least 12 hours. When ready to make the jelly measure the juice and put 4 cupfuls in a kettle and boil gently 4 minutes. Remove any foam. Pour in 3 cups of granulated sugar, mix thoroughly with a long-handled wooden spoon and boil slowly (stirring often) until a few drops of hot juice jell after a minute on a cold plate. Remove the cooking jelly from the fire while making this done test. Pour into sterilized glasses and when cool (usually the next day) seal with melted paraffin.

It is best to cook not more than four cups of juice at a time. Two pansful, however, can be going at one time if you can watch both. Be careful not to over-cook jelly or the flavor becomes strong, the color dark and it will not stiffen. Over-cooked mixtures sometimes may be used up in a conserve or jam mixture. If the jelly seems thin when cool, put the glasses in a shallow pan filled with warm water and bake 20 minutes in a moderately slow oven. Or merely set the glasses in a window, taking care to keep out dust.

Peach Marmalade—Put 6 cups of peeled peaches in a pan, add the juice and chopped rind of a large orange, mix in 3 tablespoons of lemon juice and 6 cups of granulated sugar. Boil until thick Stir often.

Irregular shaped plums can be made into jam by cooking until soft in water and then pressing them through a sieve to remove seeds and hard parts.

To sterilize glasses for jelly, wash well and rinse thoroughly, then place them in a deep pan. Cover with water and slowly bring it to the boiling point and boil gently 20 minutes—add more boiling water if needed to keep glasses well covered. Fish out the hot glasses, wipe them dry and use as soon as possible.

Peaches need the addition of some other fruit high in pectin—plums or apples are two—to make them jell, but they make delicious jams and conserves. Always select ripe peaches to assure good flavor. Peel them with a silver or silver-plated knife to prevent darkening, or cover them with boiling water and, after three minutes, drain and the peelings can be easily slipped off.

The Cookie Jar

Fudge Bars
½ cup butter
1 cup light brown sugar
2 eggs, beaten
2 squares chocolate, melted
1 teaspoon vanilla
¼ teaspoon salt
¼ cup milk
1 cup flour
½ teaspoon baking powder

Cream the butter and sugar. Add the rest of the ingredients and beat for two minutes. Pour into a shallow pan which has been lined with waxed paper. Bake 20 minutes in a moderate oven. Cool and cut into bars.

Cereal-Flake Macaroons
3 egg whites, beaten
1½ cups granulated sugar
3 cups cereal flakes (ready cooked)
1 teaspoon vanilla
¼ teaspoon lemon extract
¼ teaspoon salt
1 cup cocoanut
½ cup nut meats

Beat the whites until stiff. Add the sugar and beat until creamy. Fold in the rest of the ingredients. Drop by spoonfuls onto greased pan. Space three inches apart. Bake 20 minutes—or until well browned—in a moderate oven.

Fig Cookies
½ cup fat
1 cup granulated sugar
2 eggs, beaten
1 teaspoon vanilla
1 cup chopped dried figs
1 teaspoon cinnamon
¼ teaspoon salt
¼ cup cream
3 cups flour
½ teaspoon soda

Cream the fat and sugar. Add rest of the ingredients. Mix lightly and chill. Break off bits and bake on greased pan.

Sour Cream Spice Cookies
½ cup fat
1 cup dark brown sugar
1 egg
¼ cup buttermilk or sour cream
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon soda
½ teaspoon salt
1 teaspoon vanilla
2 cups flour

Cream the fat and sugar. Add the rest of the ingredients and chill the dough. When cookies are desired, break off bits of the dough and flatten down two inches apart on a greased baking sheet. Bake 10 minutes in a moderate oven.

Banana-Nut Ice Cream
3 eggs, beaten
3 tablespoons flour
2 cups milk
1 cup granulated sugar
1 cup mashed bananas
1 tablespoon lemon juice
2 teaspoons vanilla
1 cup cream
½ cup nuts

Beat the eggs. Add the flour and when mixed pour in the milk. Cook in a double boiler until the mixture thickens. Stir constantly. Add sugar and cook two minutes. Cool and blend in the rest of the ingredients Freeze until stiff.

Cheesed Crutons
8 slices white bread
2 tablespoons butter
¼ cup grated cheeses
½ teaspoon salt

Discard crusts from bread. Using small heart cutter, cut out crutons. Mix rest of ingredients in a shallow dish. Dip in crutons and toast until well-browned. Serve two in each portion of soup and pass additional crutons.

Patriotic Cake
½ cup butter
1½ cups granulated sugar
1 cup milk
1 teaspoon vanilla
¼ teaspoon almond extract
½ teaspoon salt
3 cups pastry flour
3 teaspoons baking powder
4 egg whites, beaten

Cream the butter until soft. Add the sugar and beat until very soft. Pour in the milk, extracts, salt, flour and baking powder. Beat two minutes. Fold in the whites. Bake. Frost the cake with white icing. Decorate the top with colored sugars to simulate the flag.

Luncheon for 8

Menu
Chilled Fruit Float
Creole Shrimps Boiled Rice
Buttered Green Beans
Bran Muffins Butter
Cucumber Pickle Relish
Caramel Ice Cream with Nuts
Coffee

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Chilled Fruit Float
1 cup grapefruit juice
1 cup pineapple juice
1 cup cherry juice
2 tablespoons lemon juice
2 tablespoons lime juice
1 pint lemon sherbet

Mix and chill the fruit juices. Fill chilled glasses and top each with small ball of sherbet.

Creole Shrimps
½ cup chopped onions
⅓ cup diced celery
¼ cup chopped green peppers
6 tablespoons butter
6 tablespoons flour
3 cups tomatoes (strained)
½ teaspoon salt
¼ teaspoon paprika
1 bay leaf, crushed
1 teaspoon granulated sugar
1 tablespoon vinegar
3 cups cooked, cleaned shrimps

Cook the onions, celery and pepper for five minutes in butter. Add the flour and when mixed pour in tomatoes and seasonings. Simmer 10 minutes. Add the shrimps and cook for five minutes. Stir frequently. Serve hot, poured over hot, boiled, seasoned rice.

Bran Muffins
(Made with Buttermilk)
2 cups flour
1½ cups bran flakes
½ cup brown sugar
2 tablespoons soda
1 teaspoon baking powder
1 teaspoon salt
2 egg yolks
¼ cup fat, melted
2 cups buttermilk
2 egg whites, beaten

Mix all ingredients except whites. Fold in the whites. Half-fill small greased muffin pans and bake for 15 minutes in a moderate oven. Serve hot with butter.

For variety add half a cup of broken nuts, chopped raisins or dates to the batter before it is baked.

Smothered Chicken
2½ pound chicken
¼ cup flour
½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon celery salt
⅙ cup diced bacon
1 cup milk
¼ cup cream
4 strips bacon
¼ cup chopped green peppers

Wash, clean and cut up the chicken. Mix flour with seasonings in a paper sack. Add the chicken, a few pieces at a time, and shake until well coated with the flour mixture. Heat diced bacon in a frying pan. Add and quickly brown the chicken. Transfer to buttered baking dish or casserole. Pour in the milk. Cover and bake 45 minutes in moderate oven. Pour in cream and top with bacon strips. Add peppers. Cover and cook 20 minutes. Uncover and cook 10 minutes—to brown.

Cream Cheese Pastry
3 tablespoons white cream cheese
3 tablespoons fat
½ teaspoon salt
1 cup flour

Mix the cheese with fat and salt and work into the flour. Chill for an hour—or longer. Shape into one-inch balls and roll out each one until very thin. Fit into shallow tart pans. Prick well with a fork on the sides and bottoms. Bake seven minutes—or until well browned—in a hot oven. When ready to serve fill with cream filling.

To help keep omelets puffy, add baking powder, in the proportions of one teaspoonful to six eggs, to the yolks.

Thirst Quenchers

Spiced Grape Juice
2 tbsps. broken stick cinnamon
12 whole cloves
½ teaspoon salt
2 qts. grape juice (sweetened)
2 cups water
½ cup lemon juice
½ cup granulated sugar

Let simmer for 15 minutes in a covered pan the spices, salt, grape juice and water. Strain. Add the rest of the ingredients. Cool and chill. Serve in glasses of ice.

Grape-Aid
1 cup granulated sugar
2 cups boiling water
2 cups grapeape juice
½ cup lemon juice
8 cups iced water

Boil the sugar and water together for three minutes. Cool and add the juices. Chill until serving time. Add the iced water and serve in glasses which have been one-third filled with ice.

Caramel Molds
1 cup granulated sugar
1 cup boiling water
4 egg yolks, beaten
2 cups milk
½ cup cream
2 tablespoons granulated gelatin
½ cup cold water
1 teaspoon vanilla
¼ teaspoon almond extract
⅛ teaspoon salt

Sprinkle half of the sugar into a frying pan. Heat slowly and stir constantly until a brown liquid forms. (It will be very hot). Pour in the boiling water and let simmer until the sugar dissolves. Beat the yolks. Add the milk and cream. Heat until smoking in a double boiler. (Be careful not to overcook). Stir in the gelatin which has been soaked for five minutes in the cold water. Add the sugar mixture, and extracts, salt and the rest of the sugar. Pour into mold.

Pineapple Rolls
1 cake compressed yeast
½ cup granulated sugar
1 teaspoon salt
1 cup lukewarm milk
3 tablespoons fat, melted
3 eggs, beaten
4½ cups flour
⅔ cup crushed, drained pineapple
½ cup broken nuts

Mix two tablespoons of sugar with yeast. After 5 minutes, add the rest of the sugar, salt, milk, fat eggs and two cups of flour. Beat two minutes. Fold in the rest of the ingredients. Cover and let dough rise until doubled in size. Chill until time to make rolls—or roll out the dough, shape into rolls and place in a greased pan. Cover with cloth and let rise until doubled in size. (About four hours). Bake 12 minutes in a moderate oven.

Salmon Mornay
1 pound can salmon
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon celery salt
1 teaspoon minced parsley
¼ teaspoon minced onions
1 cup milk
½ cup grated cheese

Carefully unmold the can of salmon into a buttered baking dish. Cover and bake 10 minutes in a moderate oven to heat thoroughly. Melt the butter and add the flour. When mixed pour in the seasonings and milk. Cook until a creamy sauce forms. Pour over the salmon. Sprinkle with cheese and bake 10 minutes in a moderate oven. Serve in the dish used in baking.

Lemon Cookies
(Makes Two Dozen)
½ cup butter
1½ cups granulated sugar
2 eggs, beaten
2 tablespoons lemon juice
1 teaspoon grated lemon rind
¼ teaspoon salt
½ cup chopped almonds
2½ cups flour
2 teaspoons baking powder

Cream the butter and sugar. Add eggs and juice. Beat for two minutes. Add the rest of the ingredients. Chill the dough. Break off bits and flatten down three inches apart on greased baking sheet. Bake 10 minutes in a moderate oven.

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½ cup diced celery
¼ cup chopped green peppers
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2 eggs or 4 yolks
1 cup crumbs, bread or cracker
2 tablespoons fat, melted
½ cup milk

Brown the onions, celery and peppers in bacon heated in a frying pan. Pour into rest of ingredients, combined. Place in greased baking pan and bake 40 minutes in moderate oven. Unmold carefully and surround with tomato or cream sauce.

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