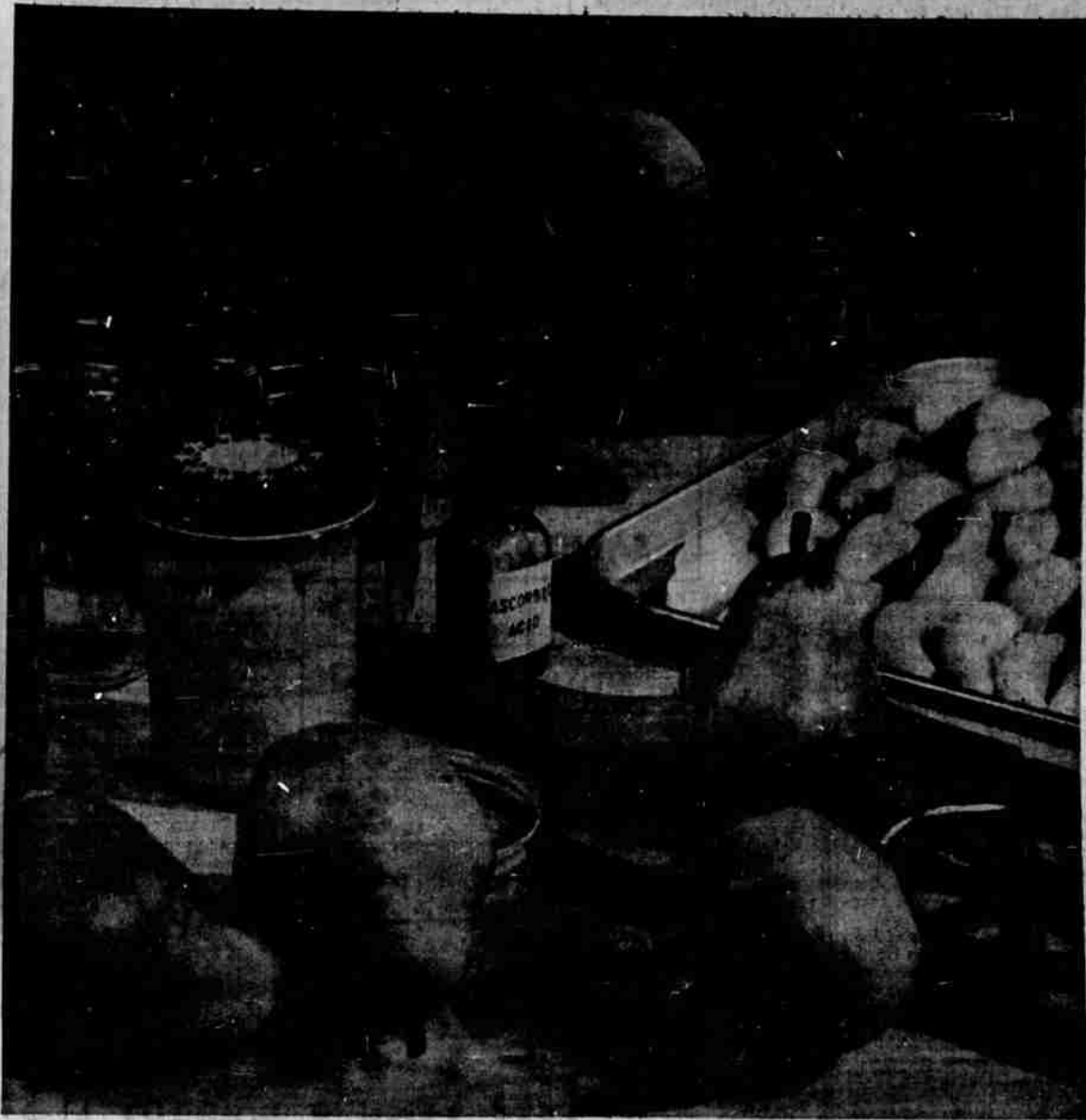


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Fall Produce Keeps Homemakers Busy Canning and Preserving



Time Still for 3 Top Fruits...

By ZOLA VINCENT
(Food Writer)

Perhaps you've already done your summer's preserving of the perfect full flavor of western grown, sun-ripened freshly harvested fruit. If so, congratulations! If not, better do it quickly for autumn will be here before you know it. In either event, you'll find several irresistible recipes in today's columns.

Again we remind you (we do this every week) to talk your plans over with your fruit and vegetable man for special quality and price advantages.

For Family, For Gifts

Any day now, we'll be reading "empty shopping days until Christmas," so do your labeling job well so that you can share some of your home-made good things with members of the family and with friends during the holiday season.

Label Advice

Writing labels indicating name of product together with date BEFORE putting them on jars and glasses. If possible use India or other waterproof ink for glassed products, the special pencil for frozen foods. Handy neat labels come in flat little boxes but it is more ef-

ficient and economical to use rolls of gummed labels in any favored color, tearing them off one at a time as needed, keeping them fresh and clean down to the last label on the roll. Later you can decorate with sunburst, star and other fancy seal designs for giving according to the season or reason.

Freestone Peaches

These are the favorites for home canning, freezing, preserving as well for enjoying fresh. Best thing to remember is that peach must look good to be good. Size and color are extremely important in making your choice. Slightest indication of over-ripeness means that they must be handled carefully and quickly; no waiting until tomorrow. If scales aren't handy, figure on about 4 medium-sized peaches to the bushel. A bushel basket yields 18 to 24 quarts of canned peaches; 36 to 48 pints of frozen.

Bartlett Pears

The perfect canning fruit, pears are increasingly processed by freezing also. They retain their shape well, have attractive color and refreshing full flavor. Figure on 2 to 2½ pounds of fresh pears to the

quart. A bushel basket yields 20-25 quarts.

Italian Prunes

Best quality is both plump and firm with long oval shape. Flesh is yellow-green covered with a deep purple skin. Figure 1½ to 2 pounds to the quart; 24 pounds for 12-14 quarts.

Canning the "3 P's"

When canning any of these fruits choose only those which are fully matured, firm, juicy and just right for eating. Use a 40 percent syrup made by heating 1 part sugar and 1½ parts water. To prepare peaches, peel, remove stones, halves or slice. To prepare Bartlett pears, peel, halve and core. If a large quantity is being done, keep peeled pear halves in salted water until ready for canning.

Italian prunes should be washed, halved and pits removed. If they are canned pricked several times to prevent splitting during processing.

Pack jars with prepared fruit and cover with hot syrup. Fill jars to within ½ inch of the top. Remove air bubbles and seal according to manufacturer's (of jars and lids) instructions. Process in boiling

water bath for 20 minutes, counting time when water returns to a full rolling boil. Remove jars from canner and cool, well separated and away from drafts.

Freezing the "3 P's"

Freezing of fruit is tremendously popular in our part of the country where we truly capture the full fresh flavor of tree-ripened fruit. The same 40 percent syrup used in canning is also used in freezing.

In freezing, however, add ¼ teaspoon ascorbic acid for each cup of cold syrup. For commercially prepared anti-oxidant, follow manufacturer's directions.

Freezing peaches are peeled, then sliced or halved into packing container.

Bartlett pears must be peeled, sliced or halved and then heated for 2 minutes in a boiling syrup, chilled and packed into jars.

Italian prunes are simply washed, halved, pitted and packed into container.

Fill jars or other containers with cold 40 percent syrup to within ½ inch of top. Remove air bubbles and insert crumpled freezer paper on top of fruit. Seal, label and freeze immediately.

Tobasco Tips

Eggs take on new zest if a few drops of tabasco are added, either to boiled or poached eggs after they are cooked; to scrambled eggs and omelets after the eggs have been beaten and before they are cooked. Good, too, as an addition to your favorite stuffing for deviled eggs.

Many Items Plentiful, Priced Lower

Women with beef-and-potatoes eating husbands and growing sons continue to have cause for rejoicing because beef and potatoes are exceptionally plentiful, lower in price than in recent years and many a man and growing boy can happily make a meal of meat, potatoes and good gravy. Of course good nutrition indicates that you also feed him some good green and gold vegetables, frequent salads and fresh fruit. These present no problems since markets are filled to overflowing with seasonal good things from nearby fields and orchards.

Canning and Freezing

Although a goodly portion of your home canning and freezing has been done, there still remains a wealth of good flavor to be preserved in peaches, pears and prunes. You may even still find a few apricots and if you're going to do Gravenstein or other green apples, you'd best be about it for their season is short.

Other Fruits, Melons

Fine peaches, pears, plums for eating out-of-hand and for dessert making, along with ap-

ples, bananas, oranges, melons. Cantaloupe and water-melons are of exceptional quality and flavor and the fancy melons such as Cran-shaws and locally grown specialties are of the stuff dreams are made of.

Vegetable Abundance

Plenty of fine dry onions to go with plentiful potatoes in everything from potato soup, chowder, casseroles, to "frys" beyond numbering. Enjoy corn while you may. Cauliflower, celery, lettuce, cabbage, beans, cucumbers, eggplant, peppers, spinach, Danish squash, bunched vegetables and locally grown tomatoes vie for menu attention. Tomatoes, hot and cold, might well be a daily menu item.

Fish and Shellfish

Plenty of menu variety here. Western and eastern filleted cods that are ideal for both baking and broiling. Other fillets available include rockfish, halibut, haddock, ocean perch, petrale sole and Dover sole. For steak and baking, there are northern halibut, Chinook salmon, sablefish, ling cod. Shellfish offerings include cooked lobster, Pacific shrimp, eastern and western

scallops, fresh western oysters and abalone. Panready fish include Eureka rex sole, Columbia River smelt, Idaho brook trout, and eastern whiting.

Other good buys: turkeys, peanuts, peanut butter, table fats and oils, honey.

A new thrill in eating

SNOW'S CORN CHOWDER

A hearty, delicious treat, packed with the goodness of sweet corn at the peak of flavor-perfection. Just add milk and butter, heat and serve.

Try it Today!

BY THE MAKERS OF SNOW'S CLAM CHOWDER

Spiced Plum Conserve Delicious

Nowadays we keep pickling recipes and methods simple; find results quite comparable with those remembered by the oldsters. One of the handiest aids to easier and tastier pickling is the seasoning mixture known as Mixed Pickling Spice. This is a blend of 10 to 16 different whole spices including pepper, allspice, ginger, cloves, bay leaves, cinnamon, red pepper and turmeric in proportions balanced for ideal spicy flavor.

Spiced Plum Conserve
3 pounds ripe plums
½ cup water
½ cup sugar
1 lemon juice and grated rind
2 tablespoons Mixed Pickling Spice
½ cup walnut meats
½ cup seedless raisins
½ bottle fruit pectin

Pit 3 pounds of ripe plums but do not peel. Chop into coarse pieces. Add water and boil 3 minutes. Add sugar, fruit juices, rinds, mixed pickling spice (tied in small bag), nutmeats and raisins. Bring to a boil and simmer

Apple-Corn Muffins

Quite a thing, this; easy to prepare and gives muffins a tangy, fresh green apple flavor the whole family will enjoy. To one package corn muffin mix, add 1 cup chopped early Gravenstein apples. Add liquid and stir just enough to dampen dry ingredients. Batter will be lumpy. Spoon into muffin tins and bake in moderate oven, 25 to 30 minutes.

Breakfast Puffs

Little sugar and spice breakfast puffs will bring your family to the table in a hurry. Combine ½ cup raisins with 2 cups biscuit mix. Add ½ cup milk and 2 tablespoons melted shortening. Drop dough by tablespoons into a mixture of 3 tablespoons brown sugar and ½ teaspoon cinnamon. Put sugar side up on greased baking sheet and bake in hot oven 15 minutes.

for 5 minutes, stirring constantly. Remove from heat and add fruit pectin. Allow to cool slightly, stirring and skimming alternately until most of the scum has been removed. Ladle into sterilized jelly glasses. Seal at once. Makes 6 pints.

Rice and Swiss Steak Combined

Succulent steak is always good, but it is even better when it is cooked along with white rice, because the rice absorbs the precious juices and flavors which might otherwise escape.

Here is a main dish to please even the most finicky eater and make him mighty glad he came to the table before all this sumptuous rice and steak dish disappeared — but fast.

Swiss Steak with Rice
Ingredients:
2 tablespoons fat
1½ pounds round beef
1 medium onion, sliced
2 tablespoons flour
1 8-ounce can tomato sauce
2½ cups water
1½ teaspoons salt
¼ teaspoon pepper
2 teaspoons Worcestershire sauce

½ cup chopped green pepper
1 cup uncooked rice
Method: Melt the fat in a large skillet. Pound the flour into both sides of the meat. Brown the meat on both sides in the fat. Lay the onion slices over the meat. Add the tomato sauce, water, salt, pepper and Worcestershire sauce. Cover and cook over low heat 1 hour. Uncover and add the green pepper. Pour the uncooked rice over the meat and around the sides of the meat. Spoon some of the gravy over the rice. Cover and cook over low heat for 45 minutes or until rice is tender. Add more water if necessary to keep the meat from sticking. Serve with additional tomato sauce if desired.
This recipe makes 6 servings.

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