

Grapes Now Plentiful For Juice, Jam, Jelly

(By the Bureau of Home Economics, U. S. Department of Agriculture)

Grapes for grape juice, jams, and jellies are coming along at their best just now. They are plentiful and cheap in local markets.

It is the housewife's opportunity to provide at small expense a store of grape juice, grape jelly, grape butter, and grape marmalade for winter, as well as to serve her family now with fresh grapes for breakfast or dinner, and grape pie or grape pudding at either the midday or the evening meal.

The best known of the native American grapes is the Concord, which provides most of the commercially bottled grape juice. The Pacific slope grows European varieties—Muscat for raisins, Thompson seedless, Malaga, Tokay, Alphonse, and other sweet grapes for the table.

Grapes, grape juice, jams or grape jellies add much to the appearance and tempting quality of a meal, but they are not merely decorative. Nutritionists of the Bureau of Home Economics have found that good grape skins are a good source of iron, and the skins, though not usually eaten raw, go into the making of grape juice, jellies and marmalades.

Thus grapes may do their bit toward balancing a meal that might otherwise be too heavy with starch, fat and protein.

Concord grapes are great favorites for any of the purposes the native grapes may serve. Often the juice is bottled and stored for use either as a drink or for making into jelly later on. Delaying the jelly making is one way to overcome the "spikes" or crystals of tartaric acid, that form in grape juice or grape jelly. These crystals are harmless, but they are gritty and spoil the smoothness of the jelly.

When grape jelly is to be made up at once, say the jelly experts of the bureau, there will be fewer "spikes" if the juice is allowed to stand overnight. Next day dip it carefully away from the crystals which will have formed on bottom and sides of the bowl, and strain it through a fine cloth.

In the economical household, the pomace of skins and pulp that remain after the juice is extracted usually go into grape butter. One half as much sugar as pomace, a little salt, and spice to taste are added, the mixture is cooked down until thick, and packed boiling hot in sterilized jars.

The bureau offers a recipe for a spiced jelly which goes particularly well with meat; also recipes for a grape conserve, hot spiced grape juice, and a grape tapioca pudding. A delicious grape jam may be made of Concord grapes. The juice and pulp are heated for about 5 minutes, then rubbed through a sieve and thickened with corn starch or flour. The grape skins and some lemon juice are then added and the filling is poured into the crust and baked in a hot oven for about half an hour.

MENU FOR ONE DAY
Breakfast
Hot Cereal—Toast
Tomato Juice for youngest child
Coffee (adults)—Milk (children)
Dinner
Hamburg Cakes—Fried Onions
Mashed Potatoes and Gravy
Crusty Hot Biscuits and Grape Marmalade, Jam, or Jelly or Sirup
Tea (adults)—Milk (children)
Supper
Cream of Corn Soup
Toast
Grape Pudding
Milk for all

RECIPES
Spiced Grape Jelly
4 pounds stemmed grapes
1 cup vinegar
Sugar
1 tablespoon cloves
8 pieces stick cinnamon 1 in. long
Cook the grapes, vinegar, and spices together rapidly until the grape seeds show, and stir constantly. Strain thru four or five thicknesses of cheesecloth. For each cup of juice add three-fourths of a cup of sugar, and boil rapidly until the test indicates the mixture will jelly. Pour into hot sterilized glasses and cover with cheesecloth until set and cold. Cover with a light layer of melted paraffin and when hard add more paraffin, rotating the glass so that a high rim will be formed. Cover, label, and store in a cool place. This jelly is especially good when served with game and other meats.

Grape Conserve
4 pounds Concord grapes
2 pounds sugar
1/4 teaspoon salt
1 cup seedless raisins
1 orange
1 cup finely chopped nuts
Wash and drain the grapes, remove them from the stems, and slip off the skins and keep them separate. Cook the grape pulp for about 10 minutes, or until the seeds show. Press the grape pulp through a sieve to remove the seeds. To the grape pulp add the sugar, salt, raisins, and orange, which has been chopped fine, rind and all, and had the seeds removed. Cook rapidly until the mixture begins to thicken, and stir frequently to prevent sticking. Add the grape skins, cook for 10 minutes longer, or until the conserve is thick. Stir in the chopped nuts, and pour at once into hot sterilized jelly glasses. When cold, cover with melted paraffin, and store in a cool, dry place.

Hot Spiced Grape Juice
1 quart grape juice
1/2 cup sugar
12 short pieces stick cinnamon
12 whole cloves
1/4 teaspoon salt
Mix all the ingredients, bring to the boiling point, cool, and let stand for several hours. When ready to serve, reheat, remove the spices, and add lemon juice if desired. Serve hot with sandwiches or cookies.

Grape Tapioca Pudding
1 quart stemmed Concord grapes
1 cup water
1 cup sugar
1/4 cup quick-cooking tapioca
1/4 teaspoon salt
1 tablespoon lemon juice
Cook the grapes and water for 5 minutes to remove the skins and seeds. About five minutes and press thru. Add the sugar, tapioca, and salt to the grape juice and pulp and cook for 25 minutes in a double boiler. Add the lemon juice, and let the pudding stand until cold. Serve with top milk.

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4 1/2 cups (2 1/4 lbs.) juice
1/2 cup vinegar
1 teaspoon cloves
2 teaspoons cinnamon
8 cup (3 1/2 lbs.) sugar
1/2 bottle fruit pectin.
To prepare juice, stem and crush 3 pounds fully ripe grapes. Add vinegar, cloves and cinnamon. Stir until mixture boils, cover and simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice.
Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard for half a minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 11 glasses (8 fluid ounces each).

Ripe Grape Jelly
4 cups (2 lbs.) juice
7 1/2 cups (3 1/2 lbs.) sugar
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UTILIZE GRAPES TO FILL LAST OF JELLY GLASSES

Is your jelly cupboard as full as it should be? Do you have enough full glasses in it to last you and your family through the winter? If you haven't, you should make up for lost time right away, with grapes. For plentiful as they are at the moment, they won't be in the markets long. And even if you do have a goodly supply of other jellies, you certainly should make a quantity of grape jelly, for it is the most popular kind with all members of the family.

Don't think just because these days are full of plans for the fall, that you don't have time to make jam and jelly. The economy of having your own cupboard full would pay you well, of itself, but there is really no necessity for spending hours over the cook stove, in these modern days.

A full batch of grape jelly should not take you more than 15 minutes to make, after you have put the juice on the stove. You need only add bottled fruit pectin to speed up the jelling process and to yield you jelly perfect in flavor and color.

With sugar cheaper than it has been in many years, millions of women, all over the country, are turning to jam and jelly making to help economize on the household budget. Both jam and jelly have innumerable uses in cooking, as well as having first choice as a wholesome spread for bread.

Think how fine grape jelly will taste on that winter morning omelette; how excellently it will go on

sandwiches for the children's school lunch box; how it will fit into next spring's picnic basket. So, while there is still time, put up grapes alone or in some of the delicious combinations which can be made with them. And to insure success try these tested recipes, which should give you several glasses more from the same amount of fruit than you could get from old-fashioned ones:

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a full rolling boil and boil hard 1/2 minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 11 glasses (8 fluid ounces each).

Ripe Grape Jelly
4 1/2 cups (2 1/4 lbs.) prepared pulp
7 cup (3 lbs.) sugar
1/2 bottle fruit pectin.
Measure sugar and prepared pulp, as prepared above, into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in fruit pectin. Four quickly. Paraffin hot butter at once. Makes about 11 glasses (8 fluid ounces each).

JOINT CONFERENCE U. S. AND CANADIAN CHURCHES IS PLAN

NEW YORK (AP)—Canadian and American churches will meet together in Detroit next June for the first time to discuss the social work of the church. The occasion will be the annual meeting of the National Conference of Social Work, with which the American Church Conference of Social Work is affiliated. The announcement of the joint sessions was made by Dr. Worth M. Tippy, executive chairman of the Church Conference of Social Work, upon his return from Niagara Falls, where he conferred with the Rev. J. Phillips Jones, general secretary of the Social Service Council of Canada, representing the Canadian churches. Dr. Tippy said that the Canadian representative had requested that the two groups meet together and that he had been glad to agree since relations between American and Canadian churches always have been cordial. One of the sessions during the meeting week, June 11 to 17, will be held in Windsor, Ontario.

Be correctly coseted by ETHELWYN B. HOPPMANN'S Sixth & Holly streets Phone 542. We'll haul away your refuse. City Sanitary Service.

DIVORCEE FACING MURDER CHARGE

OAKLAND, Cal., Sept. 30.—(AP)—Mrs. Catherine Dei Masso, 27, divorcee

and mother of three children, was charged with shooting and killing Clyde Beers, violinist, at her home Saturday in a verdict returned by a coroner's jury here yesterday. Mrs. Dei Masso, already charged with murder, has declared the shooting was an accidental result of a quarrel. Funeral services for Beers were held Monday and interment was in Evergreen cemetery here.

My Beauty Hint



Marie Dressler. If the saying is true that the first hundred years are the hardest—the 60-year-olds (like myself) are fast coming into their own.

What a relief it is—after years of effort to appear beautiful—to sit back in our mellow age and rest from our labors.

However, some elderly women don't appreciate this period of ease, and continue to struggle with exterior beauty methods—not realizing that our beauty comes from within.

They go about with gayly made-up faces that only emphasize their lost youth. They dash their lips with red and strive to hide their wrinkles by surgical methods... giving artificial reflections in place of middle-aged contentment.

To them I would suggest a comfy relaxation—a passing on of the paint pots to the younger generation—a relying on good old soap and water with a bit of powder for their beauty needs. By shedding our struggles, we have an opportunity of being natural—and naturalness and simplicity is youthful.

Roseburg—Blida received recently for furnishing 130 dormitory beds for veterans' home.

CORVALLIS—Dr. H. N. Whitelaw and Dr. H. M. Francis moved to new location in Ball building.

TILLAMOOK—Improvements made to local water system.

What Is the PRICE OF BEAUTY?

Without health there can be little natural beauty. The wise woman knows that the condition of her body shows itself on her face, her complexion, and in her eyes.

She takes care to avoid constipation. This treacherous ailment frequently causes headaches, sallow skin, pimples, premature aging.

Try the pleasant "cereal way" to protect yourself from constipation. Science has proved that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and Vitamin B to tone the intestinal tract. ALL-BRAN also furnishes iron, which helps build up the blood.

The "bulk" in this delicious cereal is much like that of lettuce. How much safer than abusing your system with pills and drugs—so often habit-forming!

Two tablespoons daily will correct most types of constipation. ALL-BRAN is not habit-forming. If your intestinal trouble is not relieved this way, see your doctor.

Get the red-and-green package at your grocer's. Made by Kellogg in Battle Creek.

HELPS KEEP YOU FIT

TOMMY FALLS DOWN BUT THE CAKE DOESN'T!



WELL, I'VE FOUND A DIFFERENT KIND OF BAKING POWDER NOW—CALUMET—SEE. WAITING DOESN'T HURT A CALUMET CAKE BATTER AT ALL.

CALUMET QUICK CAKE (2 egg whites)
2 cups sifted flour
2 cups Calumet
1 cup sugar
1/2 cup milk
1/2 cup vanilla
1/2 teaspoon salt
2 egg whites, beaten
1/2 cup butter or other shortening as needed
1/2 cup milk
1/2 cup vanilla
Mix flour once, measure, add baking powder, sugar, salt, and sift together three times. To egg whites in cup, add enough milk to combine with egg whites. Beat until stiff peaks form. Add sifted flour mixture and beat until smooth. Pour into greased pan. Bake in moderate oven (375° F.) 25 minutes. Cool in pan. Turn out on plate. (All measurements are level.)



in tea as in eggs. the best is most economical



There are different grades of eggs—and the cheapest ones are often most costly! Cheap tea, too, does not give the value and satisfaction of fine tea. For tea is judged and bought by flavor. That is why Lipton's Yellow Label Tea is true economy. It gives you fine tea flavor—delicate, distinctive and uniform. It will add but little to your food budget—it will add a lot to your enjoyment. Buy a package of Lipton's and see!

LIPTON'S TEA YELLOW LABEL for your money's worth

Stunk! Now is the time to Remodel and Repair!

Down into the abyss of falling prices have gone the costs of lumber

Take Advantage of the ECONOMY LUMBER CO.'S Closing Out SALE of Lumber and Building Material at LESS than Cost

Economy Lumber Company R. O. Stephenson O. L. Overmyer No. Court St. Phone 594

BUILDING COSTS GOING DOWN

DR. KUNZ Says—
Yes, we do all our work, painless extractions and filling included.
We have a special reduced price on all our plate and bridge work. All work completed in our own laboratory.
"Just Dentistry—The Best" EXAMINATION FREE
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