

Jellies and Jams Prove Inexpensive Food Treat

By Bureau of Home Economics, U. S. Department of Agriculture

As the canning season advances, the pantry shelves are piling up the preserves for the winter. Home-made jellies, jams, preserves, and fruit butters are taking their place alongside the cans and jars of fruits and vegetables that will be the main supply.

Not are these sweets an expensive luxury. Fruits the farm and garden do not furnish can often be had for the gathering—wild berries or wild grapes, for instance. There is many a lone plum tree in a small back yard that does its useful part. Apples and crabapples are usually cheap—and what wonderful jelly they make!

It is true that jellies are usually only a small part of a meal, but a little jelly with the breakfast toast or the supper biscuit, with the dinner meat, with cheese, or dotting the top of a bread pudding or a custard, to say nothing of the jelly sandwich in Billy's lunch—these are ways of using jelly to make dull meals look far more attractive and also taste much better.

Jelly-making, however, calls for care, says the Bureau of Home Economics of the U. S. Department of Agriculture. As everybody knows, you cook the fruit in a given amount of water, extract the juice, add sugar, and then evaporate, or "boil down" the mixture to a certain consistency. But that's not all of the story. Success depends upon the kind, the quality, and the condition of the fruit, and upon the presence, in right proportions, of three substances—namely, the acid and pectin that are in the juice, and the sugar that is added.

Pectin is a substance that forms in the pulp of many fruits as they ripen. It causes cooked fruit to thicken and "jell." The best fruits for jelly-making are those that are tart and rich in pectin—such as currants, red and black raspberries, blackberries, gooseberries, wild goose plums, wild grapes, Concord grapes, crabapples, winter apples such as winnapp and Ben Davis, quinces and cranberries.

Nowadays, however, pectin extract can be added to the juice, and jelly can be made from many fruits which formerly were not used because they would not "jell."

As guides to successful jelly-making, the Bureau of Home Economics offers the following suggestions: Select firm fruit slightly underripe. Overripe fruits are likely to give trouble in jelly making.

Wash all fruit thoroughly and discard any damaged parts. Wash the berries quickly and with care. Leave currants on their stems, and leave the skins on grapes and plums. Remove stems and blossom ends from apples and quinces and cut the fruit into pieces, but do not remove cores or skins.

Prepare small lots of fruit at a time, and carry the process through promptly. Cook the fruit in a specified quantity of water, according to the kind of fruit. Excess water has to be cooked out and this results in overcooking the fruit. Apples, crabapples, quinces and wild grapes need 1 cup of water to the pound of fruit, or water to cover. Currants and Concord grapes need only 1/4 cup of water, or none, gooseberries need 1/4 cup, blackberries and black raspberries 1/2 cup if the fruit is firm, none if the fruit is soft. Red raspberries need no water, cranberries on the other hand need 3 cups.

Use a broad, flat-bottomed kettle, to get concentrated juice quickly, and stir to prevent scorching. Crush soft fruits to start the flow of juice. Count time only after the fruit begins to boil. Berries, currants and grapes need 5 to 10 minutes to cook soft; apples and quinces need about 25 to 30 minutes—all depending on the firmness of the fruit.

Four the hot cooked fruit at once into a jelly bag of cotton flannel or of two or three thicknesses of good quality cheesecloth. Let the juice drip out; do not squeeze the bag. When the drops are few and far between press the bag lightly to start the flow again.

Some fruits, such as currants and crabapples, are so rich in jelly-making power that two extractions of juice can be made from the fruit pomace. As soon as juice ceases to drip from the pomace after the first cooking, turn it back into the kettle, barely cover with water, boil again, and extract the juice exactly as the first time. Some jelly makers mix the fruit juice of the first and second extractions and make it into jelly. Others prefer to keep the two extractions separate and make jelly from each lot. If all the juice has good color and strong jelly-making power there is little choice.

Use granulated white sugar, and make up 6 to 8 cups of juice into jelly at a time. This will make 12 to 14 glasses of jelly, a quantity which is convenient to handle and which boils down quickly to the jellying stage. Because of the short cooking it retains the fresh fruit flavor and color and makes jelly of the best texture.

Measure sugar and juice accurately and use the following proportions for the given fruit: Crabapples, currants, gooseberries, and wild grapes, 1 cup of sugar to 1 cup juice. Apples, blackberries, black raspberries, cranberries, wild goose plums, quinces and red raspberries, 1/2 cup of sugar to 1 cup of juice. Concord grapes take 1/2 to 1 cup of sugar, to 1 cup of juice.

To boil down for the jelly test, heat the fruit juice and sugar quickly to boiling, again using a large flat-bottomed kettle that permits rapid evaporation. Stir only until the sugar is dissolved, no more.

Boil rapidly until the jelly test is reached. For this test, dip a large spoon into the boiling sirup, and lift up the spoon so that the sirup runs off the side. As the sirup cooks down it reaches a stage when it no longer runs off the spoon in a steady stream, but separates into two distinct lines of drips, which "sheet" together. Stop the cooking, as soon as the boiling gives this "sheeting off" test.

Let the hot sirup stand in the kettle while lifting clean jelly glasses from boiling water. Then skim off the film from the hot jelly, and pour into the hot glasses carefully so that the jelly does not splash and does not drip on the rim.

Let the glasses of jelly stand until set—for 12 hours or longer.

When the jelly is firm and well set, pour melted paraffin over the top and rotate the glass in the hand so that the hot paraffin runs up to the rim to form a good seal. Cover and label with name of fruit and date of making, and store in a cool, dry place.

The fruit pomace remaining after the juice has been extracted for jelly can oftentimes be made into fruit butter. Press the pomace through a fine sieve, add sugar and spice to taste, cook until thick, and stir constantly. Seal and store in sterilized jars.

LOW-COST MENU FOR ONE DAY

Breakfast: Hot Cereal, Top Milk, Tomato Juice for Youngest Child, Toast

Coffee (adults), Milk (children)

Cheese and Rice Croquettes, Newly-made Jelly, Spinach, Hot Biscuits, Tea (hot or cold for adults), Milk for children

Supper: Creamed Eggs, Fried Potatoes, Biscuits, Milk for all

RECIPES

Cheese and Rice Croquettes: 2 tablespoons minced parsley, 2 tablespoons butter, 2 cups boiled rice, 1 egg, beaten

Few drops onion juice, 1 teaspoon salt, White or cayenne pepper, 1/2 cup grated cheese, Egg and crumbs, Fat for deep frying

Cook two-thirds of rice as boiled rice, drain but do not rinse. Cool. Cook the parsley in the butter, and add to the rice. Then add the egg, onion juice, salt, pepper and cheese. Mix well together. Mold into croquettes. Roll in beaten egg, and then in fine bread crumbs. Brown in fat, and drain on unglazed paper. Serve while hot.

Jelly Cake: 1/4 cup butter, 1/2 cup sugar, 1 egg, 1/2 cup milk, 1 1/2 cups flour, 2 1/2 teaspoons baking powder, 1/4 teaspoon salt

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour, baking powder, and salt and add alternately with milk to first mixture. Bake in layers and

His Life Imperiled



A 15-pound bomb filled with high explosives was found attached to the motor of Rep. Charles A. Eaton's automobile as it rested in the garage on his estate in the Watchung mountains, New Jersey.

spread tart jelly between. Sprinkle the top with powdered sugar.

Long Mountain

LONG MOUNTAIN, June 29.—(Sp.)—Mrs. Will Perry spent Tuesday afternoon at Mrs. Nick Young's.

Mr. and Mrs. W. R. Holman and daughter, Grace attended the dance at Rogue Elk Saturday night.

Mr. and Mrs. Roae Kline and Mr. and Mrs. Howard Short and Grace Holman attended the meeting at the Eagle Point grange hall Monday.

Glenn Lansing who left a few weeks ago is now in San Francisco.

James L. Linn, Jr. employed by the Associated Oil Co. as marine engineer is on a vacation visiting his parents, Mr. and Mrs. J. L. Linn.

Chas. L. Linn, wife and daughter of San Diego, Calif., left Sunday for his home after several days visit with his parents. C. L. Linn has been connected with the Navy Air corps for 16 years. Mrs. Frank Linn and son are also spending vacation on the Linn ranch.

St. Ann's Altar Society will have delicious home-made cakes on sale at the Reliable Cash Grocery next Saturday.

FRANCE, ENGLAND LOSE RESPECT BY DEBT MANEUVERS

(Continued from Page One)

der literally. They hit Baruch with everything but the lamp posts. They deplored, denounced and derided his appointment.

The publisher nearly collapsed when he read the story in his own newspapers. It appears that his "hit hard" meant that he wanted to give Baruch a big hand. His long distance telephone bill ran almost to the thousands. Apologies were offered Baruch. More explicit orders will be issued hereafter.

The colored gentlemen in the world wheat bin is France.

Our officials can see that smiling face behind the objections the Danubian nations are making to the 15 per cent wheat reduction. Marianne controls policy to a certain extent in these small nations.

The experts here have little hope that an effective agreement can be reached. At least special European marketing privileges must be given to the objectors.

There was nothing sudden about State Secretary Hull deciding to return to Washington. Or about Prof. Moley going abroad. That switch had been planned for weeks on the inside, as forecast in this column.

When it came the rumors naturally started that Hull was to retire.

There will be nothing to them until Hull has decided he is fed up. The situation has not changed except that

the public knows more about it. Hull continues to be the international front man; Moley the nationalist background.

Mr. Roosevelt has his mind fixed on the next three steps. You will probably see them work out in the following order:

1—Delay of currency stabilization, tariff reform and other international panaceas.

2—Concentration on a two-point test program at home, the two points being the industrial control setup and the farm control bill.

3—Withholding such inflationary moves as dollar revaluation for at least two months to see the No. 3 step works out.

This is the definite program now being passed around the inner circle. It is meeting with acclaim.

The boys at the top privately believe there is a very good chance that the industrial control plan will work out well. They are doubtful about the farm program. They will not say so publicly because they do not want to embarrass the setup but that is their firm private conviction.

They see the industrial regime redistributing the national income. That sounds like something Huey Long advocates, but it is not. It means only that the short-hour-day and work week with limited profits and trade agreements will spread the purchasing power to larger numbers.

Some of Mr. Roosevelt's trusted economists privately believe we may pull out without using the present program to its fullest. Business generates new business. The economic snowball gets larger going uphill as well as it did going down. Every man going back to work helps put five other men to work when he spends his new salary.

That is probably an optimistic view. The general inner supposition is that something like revaluation of the dollar will be needed later. You will know in about two months.

How "Brain Trust" Got Name Told by Scribe

By WALTER T. BROWN

ALBANY, N. Y., June 29—(AP)—The famous Roosevelt "brain trust" acquires an international flavor through the appearance of Raymond Moley at the London world economic conference. The trade mark of the small group of the president's economic advisers crossed to Europe with the assistant secretary of state who is "head man" of the "brain trust."

How did this group become known as the "brain trust?"

Here is the answer, and I believe this is the first time it has been told. James H. Kieran of the New York Times staff first designated Moley, A. A. Berle, Rex G. Tugwell, Colonel Louis McHenry Howe, Brig. General Hugh Johnson, Charles W. Taussig and others the "brains trust."

As the designation was picked up by other newsmen, magazine writers and commentators of all kinds it became a singular instead of a plural "trust."

Kieran, who had traveled with Mr. Roosevelt several years, with other writers including this correspondent, was spending the week end at Hyde Park. The then New York governor was at his Hudson river estate. It was the last week in July and Mr. Roosevelt was preparing his campaign data. Moley, Tugwell and Berle went to Hyde Park to give the candidate information for the three major speeches to be delivered in August at Columbus, Ohio; Sea Girt, N. J. and Bridgeport, Conn.

At a Saturday press conference, Mr. Roosevelt casually remarked that the Columbia professors were his guests. "The Brains Trust?" Kieran remarked.

Roosevelt laughed. The next day Kieran had launched the famous trade mark. One or two of the Roosevelt advisers did not laugh at the designation. One was outspoken in his anger. The New York governor was highly amused by the mild storm among his camp followers.

Mrs. Quackenbush, formerly with the Highway Inn, has been added to the cooking staff to assist in the coffee shop over the Fourth of July season, so everything is in readiness for a real resort celebration.

Registrations at the resort last week included Dr. W. S. Back, U. S. N., who is physician for the Moon Prairie and Lake o' the Woods CCC camps. Mrs. Back, accompanied by Mrs. H. S. Osburne, drove from New York to meet Dr. Back at the Lake o' the Woods last Sunday. They will be guests at the resort for the duration of the CCC camps. Other guests last week were: Misses Helen Patton and Molly Browne of Medford; Mr. and Mrs. G. E. Garrett, Mr. and Mrs. C. R. Braley, Hamilton Patton, Medford; O. J. Miller and John McKenle, Portland; Mr. and Mrs. H. A. Laythe of Murphy, Cal., and Mr. and Mrs. Evans and party of Klamath Falls.

Call the Southern Oregon Credit Bureau They can tell you who pass up debts promptly.

St. Ann's Altar Society will have delicious home made cakes on sale at Reliable Cash Grocery next Saturday.

Real estate or insurance—leave it to Jones. Phone 698.

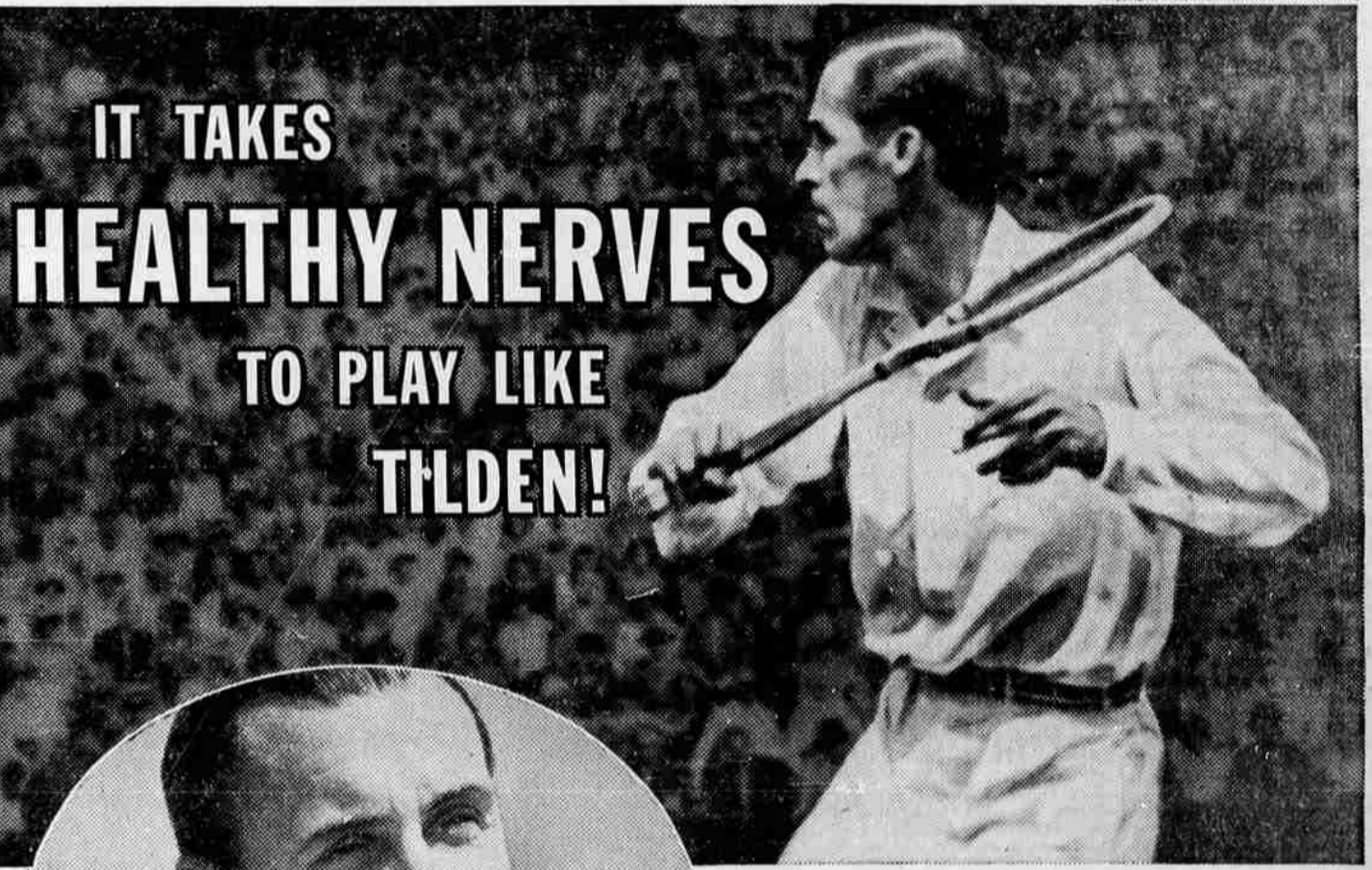
LAKE OF WOODS PLANS THREE DAYS' PROGRAM OVER JULY 4 HOLIDAY

Extensive plans for a "Glorious Fourth" are being made at Lake o' the Woods resort, it was announced yesterday in a letter from the lake, where C. G. Smith of this city is manager this year. The fishing is

good with silver sides beginning to bite and the roads are open by way of Klamath and Butte Falls. The latter trip can be made in two and one-half hours, going out from Medford.

One-half the cabins have already been reserved for July 2, 3 and 4. Mr. Smith announced yesterday, and reservations are being received by telephone and letter.

The Pine Cone orchestra of Klamath Falls has been engaged to play for dancing throughout the holiday season and the young men from Illinois, stationed at the CCC camp nearby, are among the many now haunting the resort for recreation, and anticipating a large crowd from Medford for the holiday week-end.



IT TAKES HEALTHY NERVES TO PLAY LIKE TILDEN!



● "BIG BILL" TILDEN in a characteristic pose as he makes one of those thrilling returns which have so often spelled "point...game...set...MATCH!"

● SEVEN TIMES WORLD CHAMPION, and present title holder of the U.S. pro tennis championship, William T. Tilden, II, has played superlative tennis for many years. "Big Bill" is shown at the left enjoying a Camel between sets.

STEADY SMOKERS TURN TO CAMELS

BILL TILDEN says: "Tournament play in tennis imposes a terrific strain upon the nervous system. Healthy nerves are essential if a player is going to be successful in maintaining his speed, endurance, and the psychology of victory. As a steady smoker, I find that cigarettes vary a lot in their effect upon the nerves. I have tried all the other popular brands, but for years I have smoked Camels. Because of their extraordinary mildness I know that I can smoke Camels as freely as I wish and still have healthy nerves."

Steady smokers turn to Camels because the costlier tobaccos in Camels never tire the taste—never get on the nerves.

Your taste and your nerves will confirm this. Start smoking Camels today and prove it for yourself. It is more fun to know.

IT IS MORE FUN TO KNOW

Camels are made from finer, MORE EXPENSIVE tobaccos than any other popular brand. You will find Camels rich in flavor and delightfully mild.



● WHEN THE WHOLE GALLERY is tense, excited... have a Camel, for the sake of your nerves... for the added pleasure of smoking Camel's finer, MORE EXPENSIVE tobaccos.

Friday Saturday Monday **Pay'n Takit** June 30 July 1 and 3

Plan Today for the 4th

Shop early to get the best selections. Plan your lunches, picnics and party foods from our unlimited supply and as always there is something saved on everything, which means a few moments spent in shopping at Pay'N Takit will be Profitable for you.

Dependable Coffee High grade Vacuum pack. 2 lb. Can 49¢	Shrimp American Beauty, Fancy pack. Can 9¢
Shortening Cudahy's White Ribbon First Quality. 8 lb. Pail 77¢	Sardines Booth's or North Star. 2 cans 15¢
Tuna Clearwater Tuna Flakes. 1/2 size can 12 1/2¢	Pork and Beans Ritter's Quality 6 Cans 29¢

MEAT SPECIALS

Chickens each 39¢
HENS AND FRYERS

Shortening 3 lbs. 27¢

Salt Pork lb. 13 1/2¢

Beef Roasts lb. 9 1/2¢

COME SHOP AND SAVE **Pay'n Takit** 113 NO. CENTRAL

Camel's Costlier Tobaccos

NEVER GET ON YOUR NERVES NEVER TIRE YOUR TASTE