

Feeding the Family

By Zola Vincent
Food Editor

Canned Lemon Juice, Lemonade Concentrates

Oregon bows to no state when it comes to the size and quality of its wheat, salmon, cheese, apple, pear, walnut, filbert, cantaloupe, berry and other diversified crops, but we concede that California grows the lemons. In fact, California grows 98 per cent of all the lemons grown in the United States and probably processes 100 per cent of those that are processed.

Now the big lemon juice squeeze takes place in modern canning plants which process about 40 per cent of the entire lemon crop. Pure lemon juice has been canned for about 10 years. Three years ago some enterprising outfits made and marketed fresh-frozen concentrates for lemonade. This extracting of juice from lemons has now become such a big business that the growers got together and formed the Lemon Products Advisory Board for the usual reasons that associations are formed.

Lemons are famous for their vitamin C (ascorbic acid) which must be supplied in each day's diet since it cannot be stored in the body. They add zest and flavor interest to practically any

food you can name except maybe cereals. Having lemon juice handy in canned form is handy, saves squeezing and disposing of all those empty lemon rinds.

Lemonade and Variations

Lemonade, according to that Advisory Board we mentioned is second most popular beverage in the Army's chow line and the most popular beverage in Chicago schools where surveys were made (next to milk, which is compulsory).

A pitcher of delicious lemonade is now made by simply pouring the contents of a can of the fresh frozen or canned concentrate for lemonade into a pitcher and adding water and ice. Children make it easily. Or you can blend the lemonade to your taste by mixing canned of fresh-frozen pure lemon juice with sugar, water and ice.

Variations:

Use ginger ale instead of water. Add ice cream and club soda for a delicious ice cream soda. Make frothy lemon drinks with lemonade and sweetened, flavored egg whites or marshmallow whip. Make summer coolers by combining lemonade with frozen or fresh grape juice, orange juice, apricot nectar, cranberry or cherry juice.

Peach-Cantaloupe Marmalade. When turning many of the summer fruits into jams and marmalades, try adding a little canned, glassed or fresh-frozen lemon juice. Already squeezed and strained, ready to use.

Combine 2 cups diced peaches, 2 cups diced cantaloupe, 4 tablespoons lemon juice and 3 cups sugar. Cook until mixture is thick and clear to desired consistency. Pour at once into sterilized jars and seal while hot.

Berry Jam. For more zest, add lemon juice. Combine 4 cups berries (boysenberries, raspberries, loganberries or whatever you happen to have), 3 cups sugar and 3 tablespoons lemon juice. Cook, stirring frequently until desired consistency. Pour at once into sterilized jelly



LEMONADE CONVERSATION—A great deal of conversation about canned and fresh-frozen lemon juice and concentrates for lemonade. Your foods editor explored the situation and reports on it in today's column.

glasses, paraffin at once.

Fig Jam. Here again lemon juice adds piquancy. Wash 2½ pounds fresh Mission figs, scald in boiling water, let stand 15 minutes. Drain and rinse well in cold water. Peel or remove stems and ends of figs and crush. Combine with 1½ cups sugar, 4 tablespoons canned lemon juice and 2 one-inch pieces ginger root (optional). Cook until thick and clear, stirring frequently. Pour into hot sterilized jelly glasses and paraffin at once.

Other Uses.—It is pretty obvious that canned and glassed pure lemon juice can be used in any recipe that calls for lemon juice; in salad dressings, lemon butters for seasoning vegetables, combined with honey as a cough "cure," pudding sauces, lemon chiffon pie and all other places not specifically calling for lemon wedges or slices.

Lemon Fluff Finales. A fine finish for any meal. Can be stirred up so quickly when you have canned, glassed or fresh-frozen lemon juice on hand. Recipe makes 12 servings.

2 6-ounce cans evaporated milk
1 3-ounce package lemon flavored gelatin
1½ cups hot water
½ cup bottled or canned lemon juice

1 cup sugar
2 cups vanilla wafer crumbs

Chill unopened cans of milk in refrigerator until icy cold, 3 to 4 hours. In a bowl, dissolve lemon gelatin in hot water. Chill until partially set. Whip until light and fluffy. Add lemon juice and sugar. Whip chilled milk and fold into gelatin mixture. Line bottom of 9x12x1½

inch pan with half the wafer crumbs. Pour gelatin over crumbs. Top with remaining crumbs. Chill until firm. Cut into squares and serve.

Finnish Blueberry Soup

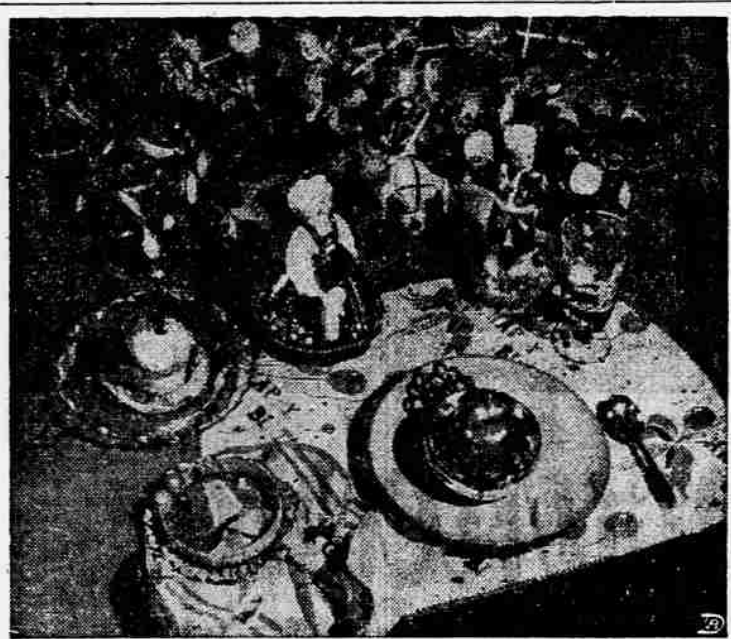
Blueberries, huckleberries... here is a chilled soup that you top with sour cream and that guests talk about from now on. Recipe makes 4 generous servings.

1 pint blueberries or huckleberries
2½ cups water
1 1-inch stick cinnamon
1 cup sugar
¼ teaspoon salt
1/3 cup bottled or canned lemon juice
1 tablespoon cornstarch

Wash and stem berries. In saucepan, combine blueberries, water and cinnamon. Bring to boil over medium heat and boil gently 15 minutes. Remove cinnamon. Strain liquid and berries through a fine sieve. In saucepan, combine strained berry liquid, sugar and salt. Blend lemon juice and cornstarch; add to berry mixture and mix well. Bring to a boil over medium heat and continue cooking until clear and slightly thickened, stirring constantly. Cool and then chill. Serve in chilled cups. Top with sour cream, if you like.

Quick Carrot Salads. Combine shredded carrots, raisins and orange sections, top with French dressing. Add shredded carrots and pineapple chunks to cottage cheese.

The Star-Spangled Banner became the National Anthem on March 3, 1931.



At your wits' end for a lively decoration for a child's birthday party? Then take a tip from Catherine Gray, consultant on table settings, and make a lollipop tree. The children's eyes will sparkle when they behold lollipops and gumdrops growing from the tree on Fido's back.

To make the tree, you'll need a china flower holder in the shape of Fido, or some other familiar animal, a sturdy branch from a tree, lollipops on paper sticks and gumdrops.

Anchor the tree branch in the flower holder firmly with the help of a blob of the children's modeling clay. Then tie the lollipops to the larger branches

with pieces of string, and stick gumdrops on the ends of the small sharp twigs.

To give the tree a life-like setting, arrange green leaves on the table around it. Add figurines that will appeal to children in the birthday child's age group.

Cut place mats from colorful sheets of birthday wrapping paper, and for the individual cakes, make a doily from small-cakes, instead of a big birthday cake, use cupcakes decorated with a lighted candle for each child.

At each child's place, put his very own plastic bib—a present he can take home from the party.

FEATURED TODAY!
FAMOUS
Mary Ellen's
"CUP TO A CUP"
DELICIOUS
APRICOT AND
PINEAPPLE
JAM
Big 20-oz. Ice-Box Jar
or 12-oz. Table Tumbler
AT YOUR GROCER'S

Mormon President Finds Conditions For Growth Good

New York—(U.P.)—David O. McKay, president of the Church of Jesus Christ of Latter-day Saints, returned Wednesday from an eight-week visit with the 40,000 Mormons of Western Europe. He said conditions there "are very favorable from the standpoint of church growth."

McKay, accompanied by his wife, son and daughter-in-law, visited 10 Mormon missions in England, The Netherlands, Denmark, Norway, Sweden, Finland, Germany, Switzerland and France, and dedicated five churches in England and Germany in his first official visit since assuming the church presidency two years ago.

To Make Report

He said he would make his official report to the first presidency and the council of the twelve in Salt Lake City on August 7.

McKay said he was most impressed "by the universal sentiment for peace" he found among the European peoples.

"The closer we got to the Iron Curtain, the more pronounced was the feeling of depression because of the iron hand hanging over the people," he said. In West Berlin particularly, he said, the people are in constant "fear of being swallowed up" by the Russians.

Universal Remark

The universal remark in Germany and Switzerland, he said, was: "If only the Russian question would settle!"

McKay said he had motored through most of the countries he visited and had never seen "such bumper crops" as in Scandinavia and Germany. Except for England, he said, "there were excellent prospects of a good harvest everywhere."

He noted that the mission at Basle, Switzerland, had been "very much depleted" 18 months ago because of the immigration of many church members to the United States.

"Today there are more members than there were 18 months ago," he said.

Youngster's Drink Causes Auto Crash

Dallas, Tex. —(U.P.)—A 14-year-old driver admitted Wednesday he had been drinking when his automobile swerved into the wrong side of a county road and crashed into a sheriff's patrol car.

"I was drinking a bottle of soda pop and wasn't watching where I was going," the boy said in a written confession.

Wholesale Food Prices In Two-Cent Decline

New York —(U.P.)—Wholesale food prices dropped for the first time in a month as the Dun & Bradstreet index fell two cents in the week ended July 22, the agency reported Wednesday.

This week's index of 56.59 compared with 56.61 a week earlier and 56.90 in the same week a year ago. The current figure is 4.5 per cent below a year ago but still 10.6 per cent above the pre-Korea level of 55.96.

Dead line Sunday Classifieds is at noon Saturdays.



BATTLING ON FLOOR, two unidentified brawlers almost break up caucus of California delegation to Democratic national convention. Group of outsiders invaded room, demanding to be heard on charge Kefauver-pledged group was illegally elected. (International)

World's Costliest Highway Underway in South America

Caracas, Venezuela—(U.P.)—The most expensive highway in the world costing nearly \$6,000,000 per mile, is being carved through the scenic Andean foothills of northern Venezuela.

(A cost of about \$1,000,000 per mile is considered high for a superhighway in the USA.)

Two giant tunnels, one more than a mile long, and the three largest pre-stressed concrete bridges in the world, mark the route of the new four-lane highway as it comes down 10½ miles from the capital of Venezuela to the Caribbean shore.

Caracas itself lies in a 3,000-foot high valley hidden from the sea by the massive Andean hills which tower up to 6,000 feet above the Caribbean.

Two thousand workers with more than 200 bulldozers, tractors, trucks and road scrapers are trying to complete the job in time for the tenth inter-American foreign ministers conference scheduled for Caracas sometime in the last quarter of 1953.

U. S. Firm Engaged

The world's three largest pre-stressed concrete bridges costing approximately \$5,000,000 are being constructed on the "autopista" by Enterprises Campeon Bernard of France.

The two tunnels on the "autopista" are being built at a cost of approximately \$20,000,000 by the only other foreign company working on the project, Morrison-Knudsen Company, Inc. of Boise, Idaho. Each tunnel is actually a set of twin tunnels, separated by a natural mountain wall 13 yards thick, with a dual lane one-way traffic on either side. The tunnels were designed by Ralph Smillie, of Smillie and Griffin, a New York consulting engineering firm, in accordance with the most rigid safety specifications and advanced methods of tunnel construction.

They will have a modern ventilation system that automatically adjusts the intake of fresh air in proportion to the concentration of carbon monoxide left by the varying flow of traffic. The tunnels will also have a modern illuminating system and

automatic traffic control apparatus.

To Cost \$60,000,000

The eventual total cost of Venezuela's great "autopista," as the superhighway is called, is estimated at \$60,000,000.

Construction of the "autopista" began in January, 1950 after six years of surveys and studies by the Venezuelan ministry of public works. The project is one of the most spectacular examples of the government's policy of "sowing" its oil wealth back into the land.

The "autopista" will serve as a new, lifeline between the Venezuelan capital of 500,000 and its busy airport at Maiquetia, and its thriving seaport of La Guaira.

The present highway is a 19-mile dizzily twisting route with 365 curves precariously niched in the steep Andean hills. Traffic is heavy. Approximately 6,000 cars and trucks carry passengers and freight to and from the ports each day. The average driving time is about an hour.

The "autopista," with only 36 curves will cut driving time to fifteen minutes. The curves will have a minimum radius of 328 yards compared to 16 on the present road. The maximum grade on the "autopista" will be only six per cent and as low as 3.5 per cent in the tunnels—compared to 12 per cent on the existing route.

Norman Thomas holds the record for presidential attempts at six. He ran on the Socialist ticket. Eugene V. Debs made five attempts to win the presidency on the Socialist ticket.

Use Mail Tribune Want Ads

"DARLING, HERE'S REAL NEWS ... it's **REAL GOLD!**"

ORANGE-RICH BEVERAGE REAL GOLD TASTES BETTER!

Concentrated juice of 6 to 8 California juice oranges in every can! A delicious, healthful orange beverage. Rich in orange flavor and color. Wonderful any time of day! Requires no refrigeration. Get several cans today! A 6 oz. can makes one quart. Costs less than orange juice.

Send for FREE pamphlet "12 Delicious Recipes" - Address below



NOW YOU CAN Enjoy THIS FAMOUS FORMULA

ESSENTIALLY ENRICHED with vitamins and minerals for HEALTH.

ENERGY-PACKED with nature's own quality foods for VITALITY.

EXTRA-FRESH exclusive patented "Super-Seal" locks in that lasting goodness for ENJOYMENT.

Look for — reach for — the only bread to give you that famous "E" formula goodness.

Always AT YOUR GROCERS MORNING FRESH

Nectar Berries Are Here!

Put up JAM and JELLY with CERTO pectin today!

Goes farther! You can make two batches from one bottle!

Easier! No dissolving because Certo is a liquid natural fruit pectin product!

More real, fresh-fruit flavor with Certo!

Fresher! Every bottle coded to assure freshness!

Make better, finer-flavored jams and jellies—ask your grocer for Certo pectin today!

A Product of General Foods

HOMEMADE JAMS AND JELLIES—Taste best . . . Cost less!

PAULSEN'S THRIFT MARKET
Free Parking
CENTRAL POINT

GROCERY DEPT.

Real Coffee
MELLO-CUP
Coffee Bags

65¢

PURE—MARY ELLEN'S

Strawberry Jam 29¢

½ GALLON JORGENSEN or SNIDER'S

Ice Cream 89¢

FRESH MEATS

TENDER BEEF

Pot Roasts LB. 69¢

LEAN

Short Ribs LB. 39¢

½ OR WHOLE

Silver Salmon LB. 39¢

FRUITS AND VEGETABLES

Watermelon LB. 5¢

JUICY SWEET

Sunkist Oranges 2 DOZ. 29¢

FRESH

Radishes & Onions BU. 5¢

CENTRAL POINT'S MOST COMPLETE FOOD STORE
PRICES GOOD FRIDAY AND SATURDAY