

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Let the Family Help With Project Peaches

Maralee and her mother, in our picture today, thoroughly enjoy putting up peaches, plums and other seasonal good things; bask in compliments showered by Dad who thinks they (and their products) are terrific. Instead of mirrors, their jam and jelly magic is performed with pectin which is what makes modern jelly "jell" quickly, expertly, economically. Let the children help with "project peaches" and other put-up jobs.

Unlike most other fruits so popular with commercial freezers and canners, the commercial processors go for the cling peaches which leaves practically all of the freestones on fruit stands for consumers. Prices aren't likely to be really low but they will be reasonable for peaches and cream and other good eating in the fresh state and there will be a peak season for home canners and freezers.

Keep in mind that Havens freeze best; Elbertas "can" best of all varieties make good eating fresh and in jams. Watch newspaper advertisements and displays for best buys.

Get more glasses and jars of jam with the short-boil method using added pectin. Follow simple directions on bottle or package.

### Peach Jam So Easy

Here you get about 11 medium glasses of jam from about three pounds of ripe peaches. Prepare four cups fruit by peeling and pitting about three pounds fully ripe peaches; grind or chop very fine. Measure into very large saucepan. Squeeze juice from two medium size lemons or use one-fourth cup bottled or glassed lemon juice; add to peaches.

To make the jam, add 7½ cups (3¾ pounds) sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat and at once stir in one-half bottle liquid fruit pectin. Skim off foam with metal spoon; then stir and skim by turns for five minutes to cool slightly to prevent floating fruit. Ladle quickly into sterilized glasses; cover at once with one-eighth inch hot paraffin. Label kind and date.

### Peach-Plum Jam

Here we combine peaches and

plums for a taste-tingling delight certain to please the family. Peel and pit about two pounds fully ripe peaches; chop very fine or grind. Pit but do not peel about 1½ pounds fully ripe plums. Cut in small pieces or chop. Combine fruits and measure five cups into a very large saucepan.

Measure six cups (two pounds, 10 ounces) sugar and set aside. Add one box (2½ ounce) powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once, stir in sugar. Bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for five minutes to cool slightly to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with one-eighth inch hot paraffin. Should get 11 glasses.

### Peaches Freeze Easy

As mentioned earlier, Havens freeze best, Elbertas "can" best. Select freezer containers. Prepare sugar syrup using two cups sugar to four cups water. Dissolve sugar in hot water and cool thoroughly. Set up freezer containers in assembly-line fashion. Pour three-fourths to one cup syrup in each quart container. The use of vitamin C powder is suggested to prevent browning or darkening of fruit. (Directions on package). Ascorbic acid can also be used when added to chilled syrup. Many however prefer adding one tablespoon fresh lemon juice to cold syrup (or one-fourth cup orange juice) instead of ascorbic acid; retards browning, gives new flavor twist.

Wash peaches quickly in cold water. Peel one at a time and slice directly into prepared syrup.

Work quickly until fruit and syrup are within one inch of top. Cover top of fruit with piece of crumpled wax paper or foil to keep fruit from bobbing out of syrup while freezing. Seal tightly; cover and freeze.

To keep color and flavor of peaches "fresh," always defrost in sealed freezer containers.

### How Much Fruit to Buy For Canning and Freezing

Home canners and freezers will find these charts helpful. Can and freeze only fresh, firm fruit of high quality. Finished product is no better than the



**CANNING PEACHES**—Luscious freestone peaches lure home freezers, canners and jam makers. Freeze Havens. Can Elbertas. Use these and other varieties for quickly made jams. West coast states are famed for quality and flavor of peaches.

ingredients. Sort fruit for uniform size and ripeness.

### Cooking Apples

We mention this now because many people like to put-up Gravensteins which are coming in. Figure on buying 2½ pounds for each quart. A bushel weighs 48 pounds; will "put up" 18 quarts.

**Apricots.** Two pounds fresh for one quart canned. A lug weighs 22 pounds; makes 11 quarts.

**Berries.** 1½ pounds for each quart. A crate holds 12 12-ounce baskets; makes six quarts.

**Cherries.** 1½ pounds for each quart. A lug weighs 22 pounds; makes 14 quarts.

**Peaches.** 2½ pounds for each quart. A lug weighs 22 pounds; makes nine quarts.

**Pears.** 2½ pounds for each quart. A bushel weighs 50 pounds; makes 20 quarts.

**Plums.** Two pounds equal one quart. A lug weighs 24 pounds; makes 12 quarts.

Home freezers will find that a pound of whole strawberries, sour pitted cherries, pitted plums or rhubarb will each pack a pint frozen foods container. Three pounds sweet pitted cherries will fill four pint containers. 1¼ pounds three to four peaches) is about right per pint frozen foods container.

### Sweet Cherry Delights

Northwest cherries now coming in are plump, luscious. Their season is short. Enjoy them now.

Keep cherries in a cool place, preferably the refrigerator. They should not be washed until ready for use. If washed, dry and spread on plates and store in refrigerator.

Cherries are fine as snacks; good "as is" at meals. Use in fruit cups, salads, desserts or as garnish. Molded gelatin salad with fresh, canned or frozen cherries are wonderful any time.

**Can or Freeze.** A pound of sweet cherries will give you three cups stemmed, unpitted; 2½ cups, stemmed and pitted. Adequate canning directions accompany all "jars"; are in most cook books.

When freezing, stem and wash cherries. Pit or prick to permit sugar absorption. Pack in moisture-vapor proof containers. Cover with chilled syrup that combines one cup sugar to 1½ cups water or figure one pound sugar to four pounds fruit. Use one-fourth teaspoon ascorbic acid to each cup or 1½ cups syrup to prevent browning. Leave one-inch headspace if packed in cartons and 1½ inches headspace if packed in glass or tin. Freeze immediately.

### New Easy Sauce For Barbecued Kabobs

Everybody's doing it. Barbecuing food on skewers indoors or outdoors. Either way, you'll want to make up this sauce which is poured over the cooked food rather than being used as a mar-

inade. Remove food from skewers to plate or into hot frankfurter rolls; then "sauce". Four servings. You'll probably want to double this.

**Kabobs.** Using one pound of beef, lamb or veal cut into one-inch cubes, eight small white onions that have been parboiled; place two cubes of meat alternately with two onions on metal skewers; brush well with melted butter. Broil until meat and onion are browned and tender.

**Barbecue Sauce.** Meanwhile, make sauce by cooking one-third cup chopped onion, one-third cup chopped celery, one-half clove garlic, minced until tender, in three tablespoons shortening. Add one can condensed tomato soup, two tablespoons brown sugar, two tablespoons lemon juice or vinegar, two teaspoons prepared mustard and dash of tabasco sauce and simmer a few minutes. Pour sauce over broiled kabobs and serve while hot. Sauce good on practically any other broiled meat, too.

### Chilled Soup

Chilled soups are increasingly popular summer-time fare. Here is a good recipe that will serve two if a luncheon specialty, three persons if served as first course at dinner.

Brown one tablespoon minced onion in one tablespoon butter in saucepan. Add one can condensed cream of chicken soup and an equal amount of milk; blend in gradually. Heat but do not boil. Add one-half cup diced avocado just before serving. Rich? Plenty of calories? Yes.

### Shellfish Zest. A teaspoonful

of angostura aromatic bitters mixed into a cup of tartar sauce, hollandaise sauce, lemon-butter sauce, mayonnaise or bottled cocktail sauce gives shrimp, oysters, crabmeat or lobster "chunks" a delightfully different flavor certain of favorable comments from family and friends.

**Good Idea.** A half teaspoon of oregano added to the cooking water of some California large dry lima beans gives them a delicious accent. Especially good when you're going to combine the beans with sausage in a casserole or use them for a hearty salad.

Thursday, July 28, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

## Bright Bird Houses

### Frighten Away Tenants

Detroit —(U.P.)—Dull-colored bird houses are more likely to attract winged occupants than brightly painted ones, according to a Michigan naturalist.

"Moderate or even dull tones, especially on the interior, are more likely to attract feathered tenants," said Walter P. Nickell of the Cranbrook Institute of Science.

"There isn't much point in designing and building a beautiful structure if you scare away the birds by using loud colors," Nickell said.

## SCHOOL EARNINGS

Revere, Mass.—(U.P.)—One hundred and seven Revere high school seniors earned a total of \$58,325 by part-time work during the past school year.

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## Swimming Students Slate Demonstration

A total of 210 students of the two-week swimming class at Hawthorne park will present a demonstration Friday, July 29, according to Darrell Huson, city park director.

The demonstration, under the supervision of the pool lifeguards and swimming instructors, John Smock and Phil Sanders, will take place at 7:15 p.m. in the pool, Huson said. The pool will close to regular swimming at 7 p.m.

The class brings to a total of more than 1,600 people taught to swim at Hawthorne pool since its opening five years ago, Huson said.

## Owl Crashes Party;

### Gets Eviction Notice

Muskegon, Mich.—(U.P.)—Police had to be called to evict an unwelcome owl that came to dinner at the Marvin Brown home.

While eight guests attempted to eat and ignore the party-crasher, the indignant owl flew about the Browns' living room, dirtied up the wall and finally perched on the window drapes until the police nabbed it.

The owl had been nesting in the Brown's chimney. It apparently became offended and flew out when Mrs. Brown lit a fire in the grate during the party.

## Big Fish Earns Big Money in Horse Race

Des Moines —(U.P.)—A fish helped a group of Des Moines men win \$430 on a Florida horse race.

The men made up \$50 for one of them to bet on a race on his trip to Florida this winter.

Since the winner of the trophy for the largest fish caught by a member of the group was for one weighing three pounds, six ounces, it was decided to bet the money on the number three horse in the sixth race. The hunch worked.

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