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DEEP WATER PACIFIC	<b>CRAB MEAT</b>	<b>73</b>	lb
	REPEAT SPECIAL		
EXTRA LEAN—CENTER CUT	<b>PORK STEAK</b>	<b>49</b>	lb
U.S. GRADED CHOICE STEER	<b>ROUND STEAK</b>	<b>83</b>	lb

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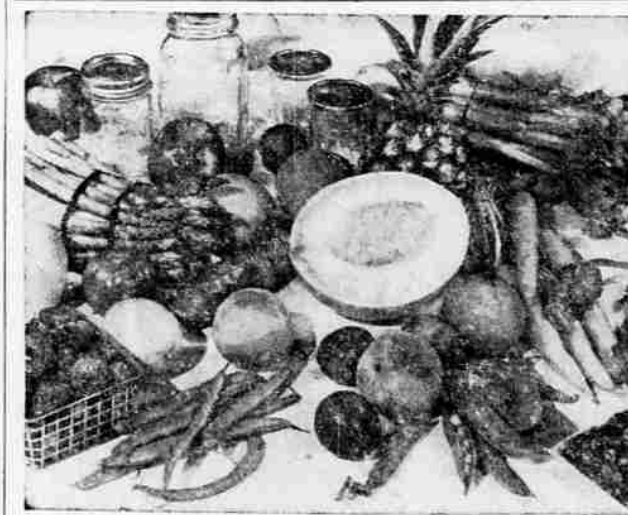
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9:30 A.M.  
Saturday, June 22

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**TIME FOR PRESERVING** — A wealth of fresh fruits and vegetables awaits the homemaker who plans to can, freeze or otherwise preserve this year's bounty. The season is "now" and will continue throughout July and August. Canning, freezing and preserving suggestions are included in today's food columns.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Many Families Enjoy Home Canned, Frozen Produce

A recent survey showed that 42 per cent of the families in America enjoy the fruits of home-makers' canning and freezing labors. It is not at all surprising when one views the variety of berries, fruits and vegetables available in abundance and at such reasonable prices during June, July and August.

### Seasonal Fruits for Preserving

Here is a list of fruits most frequently used for preserving that are at their peak or moving steadily towards it. Also some suggestions for favored ways of preserving other than plain canning or freezing. Strawberries, naturally, strawberry jam is a must. Apricots make delicious apricot-pineapple-almond preserves. Peaches are superb pickled; an ideal accompaniment for meat courses. Commercially grown blueberries, raspberries and blackberries will be available in light supply. How about some frozen pies? Watermelon brings to mind crisp, tangy watermelon pickles. Rhubarb for sauce. Plump purple plums for spicing and jam making. Cherries will be in light supply this year because of unseasonal rains. Grapes for jelly making will be coming along after a while, as will pears and apples.

### Seasonal Vegetables for Preserving

The tomato is botanically speaking a fruit, but legally and by courtesy of the U.S. Supreme Court it is a vegetable. All of which has nothing to do with it's being the most popular and versatile of the canning vegetables. No homemaker would consider her kitchen shelves adequately stocked without canned tomatoes. Tomato juice is easy to can or bottle. Why not season it before processing and have a ready-to-serve cocktail on hand? Tomato preserves are a spicy addition to any pantry. Varieties of tomato sauces and pastes are practically limitless.

Cucumbers for pickles, pickle relishes, and more pickles are in the good buy class. Corn relish is a tasty addition to many a meal. Green beans and limas are in good supply. Spinach and other greens freeze well. Plenty of green peppers, onions, celery and carrots to be incorporated

### Canning and Freezing Talk

Use strictly fresh sound produce when it is at the right stage for preserving. The pods of green or snap beans should be meaty, beans tiny. Shelled beans and peas should be green on the inside, regardless of their normal outside color. Kernels of corn should be plump and glossy; milk-like juice should squirt out when skin is broken by pressure of thumb nail. Fruits and tomatoes should be fresh, sound and firm ripe.

Underprocessing is the most common cause of food spoiling in sealed jars. Be sure you follow recipe instructions and time processing accurately.

Use home canning and freezing jars suitable for sealing with the caps used. Be sure to follow manufacturer's instructions for using caps. They are not the same for all brands.

Have everything you need on hand and plan to do small batches.

Wash and drain fruits and vegetables to be processed before cutting or breaking skin.

Use up-to-date canning methods. Remember, oven canning is both an unreliable and a dangerous method. Unreliable because the food is likely to spoil. Dangerous because the jars may explode.

Pack jars or other containers "comfortably tight," that is, don't waste space, but do leave enough for liquid to circulate between pieces.

It is false economy to re-use lids which were made to be used only once. . . So don't!

Test all jars for leakage before storing.

### Strawberry-Lemonade Conserve

Here is a new conserve combining the succulent flavor of strawberries with the refreshingly sweet tang of lemonade. No lemons to squeeze nor rind to grate, just open a six-ounce can of frozen lemonade concentrate. Recipe makes 10 to 12 pints.

- 8 cups fresh strawberries
- 2 cups seedless raisins
- 4 cups sugar
- 1 8-ounce can frozen concentrate for lemonade
- 1 cup chopped walnuts
- ½ 6-ounce bottle liquid pectin (about 1/3 cup)

Combine strawberries, raisins and sugar; mix well. Cover and let stand 12 hours. Add concentrate for lemonade. Heat to boiling point. Boil 6 minutes, stirring occasionally.

Add walnuts and pectin; mix well. Remove from heat. Stir and skim for five minutes. Pour into sterilized hot jars. Seal with metal cap as desired.

### Tomato Chutney Goes with Curry

Tomato chutney has that just right spicy, piquant flavor that curry dishes require. It also complements meat, fish and poultry as a relish.

- 12 ripe tomatoes
- 6 tart apples
- 3 onions
- 3 red sweet peppers
- 1 pod hot pepper
- 1 cucumber
- 1 cup seedless raisins
- 1 clove garlic
- 3 cups brown sugar
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 3 cups vinegar

Wash and drain fruits and vegetables. Scald, core and peel tomatoes, being sure to remove core completely. Core and pare apples. Peel onions; remove seeds from peppers. Chop all vegetables and fruits except garlic fairly fine; mix. Garlic. Mix all ingredients and boil until thick. Pour, boiling hot into sterilized jars. Seal at once.

### Apricot-Pineapple Preserves

A long-time family favorite which bears up well under yearly repetition is this recipe for apricot-pineapple preserves. The crunchiness of the blanched almonds is the perfect texture addition. Recipe makes about seven pints.

- 5 pounds (50 medium) apricots
- ¾ cup (no. 1 flat can) crushed pineapple
- 1½ teaspoons finely grated lemon rind
- 11 cups sugar
- 1½ cups coarsely chopped, blanched almonds

Wash, halve, pit unpeeled apricots; cut halves into quarters. Measure 13½ cups. Combine all ingredients except almonds in kettle, stirring to blend in sugar. Bring to a rolling boil on high heat. Reduce heat and cook until thick, about 20 minutes, or until two thick heavy drops run together off a clean metal spoon. Stir often. Remove from heat; skim. Stir in warmed nuts. Pour into hot, sterilized jars; seal at once.

To blanch almonds: Put shelled nuts in strainer; place in pan of cold water. Bring to boil, remove strainer at once. Slip skins from almonds by pressing between thumb and fingers. Chop while almonds are moist. . . less "flying" pieces.

### Short Method Dill Pickles

Looking for a "quick dill pickle?" Well here it is plus a taste-tingling Kosher variation. If you can't find fresh or dried dill, use two to three tablespoons dill seed to each quart.

Wash, dry and cut 35 to 40 small-size cucumbers into halves lengthwise. Combine three-fourths cup sugar, one-half cup salt, four cups vinegar, three tablespoons mixed pickling spice tied in a bag with four cups water. Simmer 15 minutes. In the meantime sterilize bottles and put head of dill into each one. Pack cucumbers carefully. Heat brine to boiling and pour over pickles. Cover with additional dill. Process pints and quarts 15 minutes in boiling-water bath.

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