

## For Farm Women . . .

(Continued from page eight)

lots of the fresh fruit to market. Those handsome blue bunches may grace the breakfast or dinner table, are delicious to eat out of hand, and are also easily made at home into jelly or conserves. Want to make Christmas food gifts early? How about some glasses of grape jelly?

You can make grape jelly with or without added pectin. You can make it with liquid or powdered pectin. Here's the USDA recipe for Concord jelly without added pectin. For this you'll need some underripe grapes to insure enough pectin for jelling.

### GRAPE JELLY WITHOUT ADDED PECTIN

Four cups grape juice (takes

about 3½ pounds Concord grapes and one-half cup water)  
3 cups sugar

To prepare juice: Select about one-fourth underripe and three-fourths fully ripe grapes. Sort, wash, and remove grapes from stems. Crush grapes, add water, cover and bring to boil on high heat. Reduce heat and simmer for 10 minutes. Extract juice by putting the prepared fruit in a jelly bag or a fruit press. To prevent formation of tartrate crystals in grape jelly, let juice stand in a cool place overnight, then strain through two thicknesses of damp cheesecloth to remove crystals that have formed.

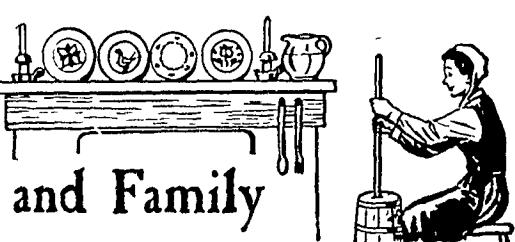
To make jelly: Measure juice into a kettle. Add sugar and stir well. Boil over high heat until the mixture sheets from a spoon. Remove from heat. Skim off foam quickly. Pour jelly immediately into hot containers and seal.

This makes about 5 six-ounce glasses of jelly.

**SMALL EGGS** The small size is the economy size in eggs at this time of year. At this season many hen hatched in the spring reach laying age, and the first eggs they lay are small. This accounts for the seasonal abundance of small eggs — and the likelihood of a price advantage to the family food shopper in August, September and October.

Allowing for the difference in weight, the smaller eggs offer as much food value as the large eggs. Small eggs weigh about ¼ less than large eggs. The price spread between sizes is the guide to a good buy. If the price spread between large and small eggs is as much or more than 15 cents, the small size is the economy buy. For example, when Large Grade A eggs sell for 65 cents a dozen, Small (or pullet) eggs are an equally good buy at 50 cents a dozen. On some markets already this month, the price spread has been considerably wider than this, and Small Grade A eggs have

Lancaster Farming, Friday, September 12, 1958—9



## For the Farm Wife and Family

been selling at 39 cents a dozen.

When Small eggs are the economy buy, it's worth considering their other advantages. They suit small-serving needs, such as those of young children, invalids, or adults for whom a small serving has the most appetite appeal. For novelty, two little poached or fried eggs on a breakfast plate are attractive. Little hard-cooked or stuffed eggs for salads or cold plates have special appeal, too. While they are a buy — this month and probably next month — it pays to make the most of them as a seasonal treat.

Because of the large hatch last spring, the number of Small eggs

this fall will be larger than last year.

Three foods listed as plentiful foods for October are ham, potatoes and cheese. Here's a main dish that includes all three.

### POTATOES AND HAM WITH CHEESE SAUCE

1 tablespoon table fat  
2 tablespoons flour  
1 teaspoon salt  
Pepper  
1 cup milk  
½ cup thinly shaved processed cheese  
2 cups diced cooked potatoes  
1 cup diced cooked ham

Melt the table fat and blend in flour and seasonings. Add milk slowly and cook over low heat until thickened, stirring constantly. Remove from heat and add cheese. Put alternate layers of potatoes and ham in a greased baking dish. Pour cheese sauce over the top. Cover, and bake in a moderate oven (375 degrees) for 30 minutes. Remove cover and bake 10 minutes longer.

Mrs. Brinser of Elizabethtown has sent up a request for green tomato pie. If any of you ladies have a recipe for green tomato pie that you especially like, won't you share it with Mrs. Brinser. Meanwhile Mrs. Brinser might like one of these recipes.

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