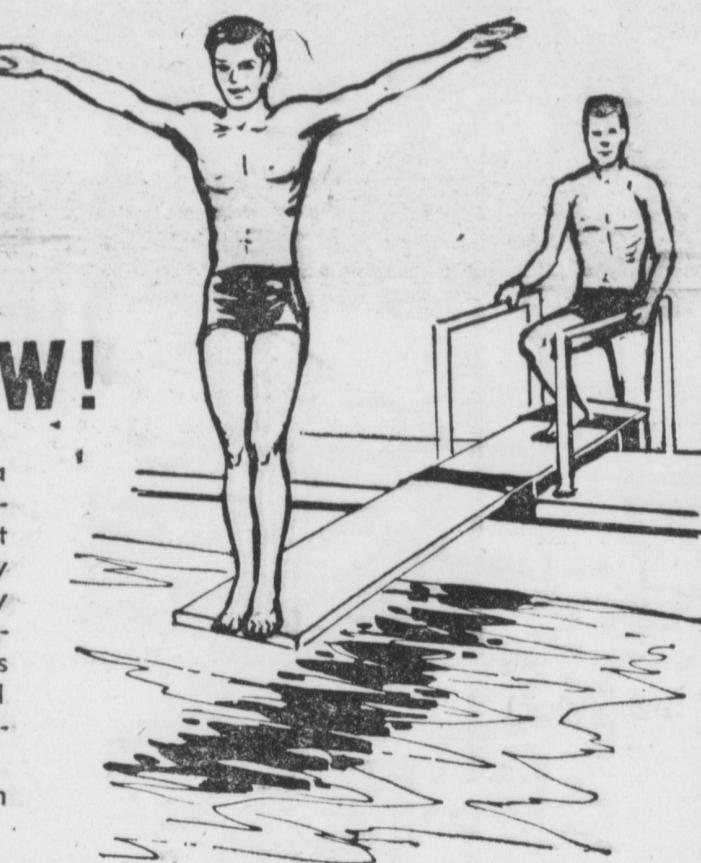


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Timely Tips For Women

by Doris W. Thomas

Bup Cool Corn

For best tasting sweet corn, there's a lot of truth in the old saying — "Fifteen minutes from the field to kettle." But there are not many of us today who can follow that rule.

Sweet corn, like so many other vegetables, must be fresh to have the best flavor. Flavor is best if it is used just as soon as it is picked. Sugar in kernels give corn its flavor. After the ears are picked the sugar begins to turn to starch. The higher the temperature, the faster this process will occur.

For best tasting sweet corn buy from an iced or refrigerated display and from a source that sells lots of corn.

In selecting individual ears look for bright green snug husks. Dry yellow or straw colored husks are an indication of age or damage. Mature corn has dried silk; immature corn has damp silk. The ears should be well filled to the tip. You can feel this from the outside of the husk. Ear size does not necessarily indicate quality since size is partly influenced by variety. Many good varieties have small ear size due to small cob size.

Difference Between Jelly, Jam Preserves, conserves Explained

The difference between jams, jellies, preserves and conserves not only cause mixups in conversation but when buying or making these products.

JELLY is made from the juice of the fruit. It is jellied, clear sweet spread which holds its shape and will quiver a bit when unmolded. When cut, it is tender and has a flavorful, fresh and fruity taste.

JAM is a thick sweet spread with pieces of crushed or chopped fruit. Some jams may hold their shape when unmolded, but they will generally have a softer set than jellies. It just depends on the fruit used.

PRESERVES contain small whole fruit or uniform size pieces in a clear, slightly jel-

led syrup. These have a soft set and do not hold their shapes when unmolded.

CONSERVES are much like jam. They are combinations of fruits plus nuts, raisins and sometimes coconut.

How To Prepare Glasses and Jars for Making Jams And Jellies

You don't have to have expensive and uniform jelly jars to make jams and jellies. Use

containers not over a pint in procedure applies to the jars, capacity. Choose ones which rings and lids. You can wash have smooth sides and which jars and covers and scald are reusable. Make sure that them in an automatic dish-the jar or glass was designed washer if it has a very hot to hold food. Jars you select should have tight-fitting lids.

Before starting to cook the jam or jelly, set the sanitized containers upright on a tray, ready for filling.

Child At Camp Needs Mail

If you have a child that is going to camp this summer, you should be aware of the difference that letters from home—or the lack of them—make to your child away and on his own at summer camp.

Adjustment to camp usually involves some bad moments for young campers. And camp counselors agree that mail plays a greater role in helping or hindering a child's ability to cope than most parents imagine.

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