

Drain and slice crab. Cream margarine and grated cheese until blended. Add light cream, salt and paprika. Stir until smooth. Fold in crab. Add unbeaten egg white and blend thoroughly. Roll out pastry dough to 12x6-inch rectangle. Spread crab mixture evenly over dough. Roll up as for jelly roll, starting from wide end. Wrap in foil and refrigerate overnight. When ready to serve, cut chilled roll into 1/4-inch slices and place on ungreased baking sheet. Bring to room temperature and bake at 425° for 6 to 8 minutes or until golden. Serve hot. Makes about 4 dozen appetizers.

GOURMET ONION RELISH

- 1 large sweet Spanish onion, peeled and thinly sliced
- 2 tablespoons capers
- 1/2 teaspoon salt
- Dash pepper
- 1 cup dry white wine
- 2 tablespoons parsley, chopped

Separate onion slices into rings and combine with capers. Sprinkle with salt and pepper. Add wine and chill for at

least 3 or 4 hours. Just before serving, sprinkle with parsley. Serves 4 to 6.

CHEESE MOLD WITH APPLE SLICES

- 1 envelope plus 1 teaspoon unflavored gelatin
- 1/4 cup cold water
- 1 1/2 cups cottage cheese
- 1/2 cup dried beef, finely chopped
- 1 teaspoon instant minced onion
- 2 teaspoons horseradish
- 2 teaspoons fresh parsley, minced
- 1/2 cup yogurt or sour cream
- 2 Red or Golden Delicious apples, sliced

Lemon juice

Soften gelatin in cold water, then dissolve over hot water. Mix thoroughly all remaining ingredients except apples and lemon juice; combine with gelatin. Pour into decorative mold and chill 6 to 8 hours. Unmold; garnish with green leaves and surround with apple slices that have been dipped in lemon juice. Serves 6 to 8.

RASPBERRY ALMOND TORTE

- 6 eggs, separated

- 3/4 cup sugar
- 1 1/2 cups blanched almonds
- 1/4 teaspoon cream of tartar
- 1/8 teaspoon salt
- 1/2 teaspoon almond extract

Put egg yolks and sugar into blender container. Cover and blend on high speed for 10 seconds. Remove cover and, with blades spinning, gradually add almonds. Continue blending until nuts are finely chopped, stopping to stir down if necessary. In large mixing bowl, beat egg whites, cream of tartar, salt and almond extract until stiff but not dry. Fold egg yolk mixture into egg whites. Spread batter in 2 greased and waxed-paper-lined 9-inch layer pans. Bake at 300° for 1 hour. Remove cakes from oven and loosen from sides of pans. Cool; remove from pans. Cut each layer in half crosswise to make 4 layers. Fill layers with Raspberry Filling, reserving 1/4 cup filling to add to Whipped Topping. Frost top of torte with Whipped Topping and garnish with raspberries.

Raspberry Filling: Defrost 2 (10-ounce) packages frozen raspberries. Dissolve

DIET MENU #23

A MONTHLY CLIP-AND-SAVE FEATURE

FAMILY HEALTH's Two-Week Diet Plan, which we inaugurated last year, has proved so successful that we are continuing the feature this year, too. Here's another supplement to the basic menu, which provides a total of 1,200 calories, as well as adjustments for 1,400 and 1,600 calories. If you missed the original menu plan, you can get a copy for 50 cents by writing to Diet Plan, Family Health Magazine, 149 Fifth Ave., New York, N.Y. 10010.

BREAKFAST

- 1/2 cup orange juice
- Onion-and-herb omelette made with 1 egg and 1 pat margarine
- 1 slice toast

Cal.

60

130

60

LUNCH

- 2 ounces turkey salad made with 1 tablespoon mayonnaise and 1 tablespoon toasted almonds
- Small hard roll
- Green pepper and zucchini slices
- Dietetic gelatin with sliced fruit

270

70

40

For 1,600 calories, add:

- 1 ounce turkey and 1/2 tablespoon mayonnaise

110

AFTERNOON SNACK

For 1,400 calories, add:

- 1 piece fresh fruit

75

DINNER

- *Baked Bluefish Teriyaki
- 1/2 cup noodles
- 3/4 cup green beans
- **Oriental Vegetable Salad
- Broiled grapefruit half

For 1,600 calories, add:

- 1/4 cup noodles

220

100

25

105

55

50

EVENING SNACK

- 1 piece fresh fruit

75

For 1,400 calories, add:

- 1 ounce cheese

105

For 1,600 calories, add:

- 1 slice dark rye bread

60

*BAKED BLUEFISH TERIYAKI

- 1 1/2 pounds bluefish fillet
- 2 teaspoons powdered ginger
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1/2 cup soy sauce
- 1/4 cup sherry
- 2 tablespoons sugar
- 1 large tomato, sliced

Place fish in glass dish. Combine rest of ingredients except tomato. Pour over fish and marinate 8 hours. Drain marinade and arrange tomato slices over fish; wrap fish in aluminum foil. Bake at 375° for about 25 minutes, or until

fish flakes easily with a fork. Serves 4; 220 calories per serving.

**ORIENTAL VEGETABLE SALAD

- 1/4 cup red wine vinegar
- 3 tablespoons polyunsaturated oil
- 2 teaspoons sesame seed oil
- 1 teaspoon dried mustard
- 1/4 teaspoon salt
- 1 tablespoon sugar
- 2 cups bean sprouts, washed and dried
- 1/2 cup raw mushrooms, sliced
- 2 cups Chinese cabbage, sliced
- 1 cucumber, thinly sliced

Combine vinegar, oils and seasonings. Pour over bean sprouts and marinate overnight. Add remaining vegetables to bean sprouts and marinade; toss. Serves 4; 105 calories per serving.

—JEANNE GOLDBERG

There is no magic formula for preventing a heart attack, but you can improve your odds by following the diet and exercise program worked out for you by Dr. Jean Mayer in his new booklet—"Fats, Diet & Your Healthy Heart." This booklet includes a one-month meal plan with recipes. If you wish to order, send \$1.25 for the booklet, plus 25 cents to cover postage and handling to: Fats, Diet & Your Healthy Heart, P.O. Box 259, Norwood, N.J. 07648.

¼ cup cornstarch in ¼ cup cold water. Add to raspberries and cook until thick and clear. Cool. Use to fill layers of torte.

Whipped Topping: Prepare 1 envelope whipped topping mix according to package directions, using skim milk. Swirl reserved Raspberry Filling into topping and use to frost torte.

HALIBUT PÂTÉ

- ¾ pound halibut, poached*
- 1 (8-ounce) package cream cheese, softened
- ¼ cup crisp cooked bacon, crumbled
- ¼ cup dry white wine
- 2 tablespoons parsley, chopped
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon onion salt
- ¼ teaspoon garlic salt
- ½ teaspoon dill weed
- Dash Tabasco sauce

Flake halibut and combine with cream cheese. Add remaining ingredients; blend thoroughly. Press mixture into waxed-paper-lined bowl or mold. Refrigerate several hours or overnight. Unmold on serving platter, garnish with additional parsley. Serve as spread with a variety of snack crackers. Makes about 3 cups pâté.

**To Poach Halibut:* In skillet, bring enough salted water to boil to just cover halibut. Add 2 to 3 slices each lemon and onion, 1 bay leaf, and 3 or 4 peppercorns. Cover and simmer 5 to 10 minutes, or until halibut flakes easily with fork. Drain. Remove bones and skin. Cool.

ZESTY SALMON DIP

- 1 (7¼-ounce) can salmon
- 1 (8-ounce) package cream cheese, softened
- ½ cup sour cream
- 1 tablespoon chili sauce
- 1 teaspoon Worcestershire sauce
- 1 tablespoon parsley, finely chopped
- 1 tablespoon onion, grated
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Assorted fresh vegetables

With hand mixer, blend salmon, cream cheese, sour cream, chili sauce and seasonings until smooth. Chill. Serve as dip with vegetables. Makes about 2½ cups.

MEATBALLS IN SWEET CHERRY SAUCE

- 1½ pounds lean ground beef
- ½ pound bulk pork sausage
- 2 eggs, beaten
- ¼ cup skim milk
- ½ cup fine bread crumbs
- ¼ cup onion, finely chopped
- ½ cup parsley, minced
- 1½ teaspoons salt
- ½ teaspoon pepper

- 1 tablespoon polyunsaturated oil
- 1 (17-ounce) can or jar pitted dark sweet cherries
- 1 tablespoon cornstarch
- 2 teaspoons sugar
- ¼ teaspoon ground ginger
- ¼ teaspoon cloves
- ¼ teaspoon cinnamon
- 1 tablespoon vinegar
- 1 tablespoon lemon juice

Mix meats, eggs, milk, bread crumbs, onion, parsley, salt and pepper. Shape into 1-inch balls. Slowly brown meatballs on all sides in oil. Place undrained cherries in blender and purée until smooth. In a pan, combine cornstarch, sugar and spices. Add puréed cherries, vinegar and lemon juice. Cook over low heat until clear and thickened. Add browned meatballs and place in chafing dish to keep warm. Serve with toothpicks. Makes about 7 dozen appetizers.

SMOKEY SALMON SPREAD

- 1 (7¼-ounce) can salmon
- 1 tablespoon lemon juice
- 2 tablespoons onion, grated
- 2 teaspoons horseradish
- ¼ teaspoon liquid smoke
- Salt and pepper to taste
- 1 (8-ounce) package cream cheese, softened

- ¼ cup chopped pecans
- 2 tablespoons snipped parsley
- Party rye slices

Drain and flake salmon. Mix together salmon, lemon juice, onion, horseradish, liquid smoke, salt and pepper; combine with cream cheese. Blend together well. Shape into a ball or log on wax paper. Wrap and chill several hours. Combine nuts and parsley on wax paper. Roll salmon ball in this. Chill. If desired, just before serving shape into fish form and garnish with additional parsley. Serve with party rye slices. May be frozen in foil for future use. Makes about 2½ cups spread.

CELERY BOMBAY

- 1 large Red Delicious apple, unpeeled
- ¼ cup walnuts, chopped
- ½ cup Cheddar cheese, grated
- 1 tablespoon chopped pickle or relish
- ¼ cup mayonnaise
- ¼ teaspoon curry powder
- 12 stalks celery
- Paprika

Dice apple very finely. Add walnuts, cheese and pickle. Stir in mayonnaise and curry powder; blend well. Fill celery stalks with mixture, sprinkle lightly with paprika. Chill well before serving. Makes 12 stuffed celery stalks. ■

perrier

IMPORTED

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fer steaks, fillets or chunks, you get the same low-fat, low-sodium, high-protein goodness); and Red or Golden Delicious apples (the ultimate snack food, providing bulk, calcium, iron, vitamins A and C, and easily digested natural sugar) from northwest Washington state, the "Apple Bowl of the World."

So, whenever family and friends gather, offer up a tempting array of finger-foods that clearly says "Season's Greetings." Because the best gift of all is that they're *all* low in calories!

LOW-CALORIE PEAR APPETIZER

- 1 pint skim milk cottage cheese
- 1 tablespoon lemon juice
- 1 teaspoon horseradish
- 1/2 teaspoon salt
- 1/4 teaspoon Beau Monde seasoning
- 1/2 teaspoon curry powder
- 1/4 teaspoon Worcestershire sauce
- 3 drops Tabasco sauce
- 3 tablespoons green pepper, finely chopped
- 1 tablespoon pimiento, finely chopped
- Ripe Anjou, Bosc or Comice pears, cut in wedges
- Rye crackers

Place cottage cheese in blender container and blend until smooth. Add next nine ingredients. Chill to blend flavors. Serve as spread with pear wedges and rye crackers. Makes 2 1/4 cups.

CURRY-STYLE HALIBUT KABOBS

- 2 pounds halibut, fresh or frozen (defrost, if frozen)
- 1 (13 1/2-ounce) can pineapple chunks
- 1/4 cup polyunsaturated oil
- 1/4 cup lemon juice
- 1/2 teaspoon garlic salt
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon salt
- 1 (8 1/2-ounce) can water chestnuts
- 14 bacon slices, halved

Cut halibut into 1-inch cubes and put in shallow dish. Drain pineapple, reserving 1/4 cup syrup. Combine syrup with oil, lemon juice and seasonings. Pour over halibut. Marinate in refrigerator 1 hour or more, turning pieces once. Cut water chestnuts in half and wrap each with bacon. Arrange kabobs, with 1 cube of halibut, 1 pineapple chunk and 1 chestnut half per skewer. Broil in oven or over hot charcoal for 5 minutes on each side, basting

occasionally with remaining marinade. Makes 28 kabobs.

MULLED RASPBERRY CUP

- 2 (10-ounce) packages frozen raspberries
- 1 quart claret
- 1 (2-inch) cinnamon stick
- 6 whole cloves
- 1 small orange, sliced

Purée and strain raspberries. In large saucepan, combine all ingredients. Bring slowly to a boil. Reduce heat and simmer 10 minutes. Serve in hot mugs or punch cups; garnish with cinnamon sticks as stirrers. Serves 8 to 10.

APPLE SESAME COOKIES

- 1/2 cup margarine
- 1 cup light brown sugar, packed
- 1 egg
- 3/4 cup toasted sesame seeds
- 1 1/4 cups quick-cooking rolled oats (not instant)
- 1 cup grated Golden Delicious apple, unpeeled
- 3/4 cup dark seedless raisins
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1/2 teaspoon cinnamon
- 1/2 cup chopped walnuts

Cream margarine and sugar together. Beat in egg. Stir in sesame seeds, oats, apple and raisins. Mix together remaining ingredients; add to apple mixture. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Flatten slightly. Bake at 375° for 10 to 12 minutes, or until golden brown. Cool on racks. Makes about 4 dozen cookies.

PEARLETS

- 1 (16-ounce) can Bartlett pear halves, drained, reserving 1 cup syrup
- 4 tablespoons unflavored gelatin
- 2 cups sugar
- 3 tablespoons lemon juice
- 1 teaspoon grated lemon peel
- 1/2 cup chopped almonds
- Powdered sugar

Purée pears in blender until smooth. Soften gelatin in 1/2 cup syrup. Add remaining syrup and sugar. Bring to a boil. Boil 20 minutes or until thermometer reaches 235° (soft-ball stage). Remove from heat. Add puréed pears, lemon juice, peel and nuts. If desired, add 1/4 teaspoon mint or cinnamon flavoring. Pour into greased 8-inch square pan. Chill until firm. Cut into squares and roll in powdered sugar. Makes 64 (1-inch) squares.

CHERRY-TOPPED CHIFFON SQUARES

- 1 cup plus 2 tablespoons cake flour
- 3/4 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup polyunsaturated oil

2 egg yolks

- 1 tablespoon grated orange peel
- 1/3 cup orange juice
- 1/2 cup (4-5) egg whites
- 1/4 teaspoon cream of tartar

Sift flour, 1/2 cup sugar, baking powder and salt into a bowl. Make a well in the center and add oil, egg yolks, orange peel and juice, in that order. Beat until smooth; set aside. Beat egg whites with cream of tartar until frothy. Gradually add remaining 1/4 cup sugar, continuing to beat until stiff peaks form. Slowly pour egg yolk mixture over entire surface of beaten egg white. Gently fold together until just blended. Turn batter into an ungreased 9-inch square baking pan. Bake at 350° for 30 to 35 minutes, or until wooden toothpick inserted in center comes out clean. Immediately invert pan and cool cake completely before removing from pan. Top with Sweet Cherry Topping; chill well. Cut into squares to serve. Serves 9 to 12.

Sweet Cherry Topping: Drain 1 (16-ounce) can or jar light sweet cherries, reserving 3/4 cup syrup. Soften 2 teaspoons unflavored gelatin in syrup and dissolve over hot water. Cool until as thick as unbeaten egg whites. Arrange cherries over cake and spoon glaze over cherries.

SALMON NUGGETS WITH LEMON GLAZE

- 1 (7 3/4-ounce) can salmon
- 1/2 cup bread crumbs
- 1 egg
- 2 tablespoons onion, finely chopped
- 1/2 teaspoon dry mustard
- 1 tablespoon parsley, minced
- 1/4 teaspoon salt
- Dash pepper

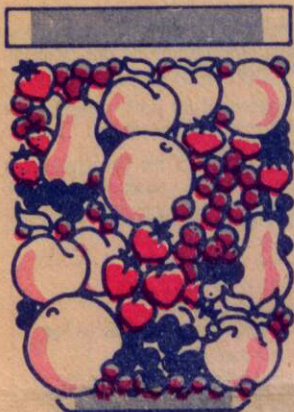
Drain and flake salmon, reserving liquid. Combine salmon and reserved liquid with remaining ingredients. Form into 30 (1-inch) balls. Place on baking sheet and bake at 450° for 5 minutes. Serve in chafing dish with Lemon Glaze.

Lemon Glaze: Dissolve 1 tablespoon cornstarch in 1 cup chicken bouillon. Add 2 teaspoons margarine and cook until thick and clear. Add 1 teaspoon lemon peel and 2 tablespoons lemon juice. Pour over Salmon Nuggets.

KING CRAB PINWHEELS

- 1 (7 1/2-ounce) can Alaska King crab or 1 (6-ounce) package frozen Alaska King crab, defrosted
- 1/3 cup margarine
- 1 cup sharp Cheddar cheese, grated
- 2 tablespoons light cream
- 1/4 teaspoon salt
- 1/8 teaspoon paprika
- 1 egg white
- Pastry for single-crust pie

continued



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Sure-Jell fruit pectin assures "sets" with a conveniently short boiling time that provides higher recipe yields. The addition of natural pectin lets you use **fully ripe fruit** for truest fruit flavor. Fruits vary, so you can expect differences between batches from year to year...even between batches prepared during the same season.

BASIC RULES FOR MAKING JELLY

- FOLLOW RECIPES EXACTLY. DO NOT DOUBLE.
- Never substitute liquid Certo fruit pectin for powdered Sure-Jell fruit pectin.
- Recipe results with other powdered pectins cannot be assured.
- Use only granulated sugar and do not decrease measure given. Reduced sugar causes soft sets.
- Measure accurately, using graduated measuring spoons (for measures of less than ¼ cup), a nest of graduated measuring cups for sugar and 1- to 4-cup liquid measuring cups for water and prepared juices.
- Use fully ripe fruit, discarding any underripe or imperfect pieces. Wash fruit just before using. Prepare fruit for one recipe at a time, even when several recipes will be made in succession.
- Allow ample time for juice to drip, as much as 4 hours.
- When extracting juice from prepared fruit, the bag may be gently pressed or squeezed; firm pressure will decrease clarity of prepared jelly. For maximum clarity, use twice the listed Fruit Amount Needed (not the prepared juice measure).



JELLY DIRECTIONS

1. Locate and mark off fruit recipe on chart below. Check 8-ounce jelly glasses or jars for defects. Because containers are not filled to the rim, one more container than the cup yield specified may be needed. Wash and drain containers; sterilize in boiling water 10 minutes. Keep hot.

Jelly in glasses should be sealed with paraffin. Melt paraffin in double boiler to prevent spattering and to keep it hot.

If jars with 2-piece lids are used, wash lids and place in small container. Cover with boiling water shortly before sealing jars. Always use new lids.

2. Prepare fruit as directed in recipe.

3. To extract juice, place prepared fruit in dampened jelly bag or several thicknesses of cheesecloth. Let drip. When dripping has almost ceased (or to speed up extraction), gently press or squeeze bag. Measure amount of juice specified in recipe ingredient listing. If measure is slightly short, add water to pulp in bag and squeeze again. Pour measured juice into 6- or 8-quart saucepot.

4. Measure sugar and set aside.

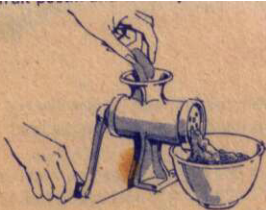
if listed, into juice. (Saucepot must be no more than ⅓ full to allow for full rolling boil.)

6. Bring to a full boil over high heat, stirring constantly. At once stir in sugar. Stir and bring to a **full rolling boil** (a boil that cannot be stirred down) and **boil hard 1 minute**, stirring constantly. Remove from heat.

7. Skim off foam with large metal spoon. Immediately ladle into hot glasses or jars, leaving ½-inch space at top of glasses; ⅛-inch space at top of jars.

8. With damp cloth, wipe any spills from inner sides of glasses; rims and threads of jars. Quickly seal glasses by spooning ⅓ inch hot paraffin onto hot jelly surface; make sure paraffin touches all sides and prick any air bubbles. Quickly seal jars by covering with hot lids; screw bands on firmly.

9. Let jelly stand to cool. Check seals. Jar lids should be slightly concave or remain so when pressed; paraffin should cling to glasses and contain no air bubbles. Remove bands from jars. Cover paraffin-sealed glasses with caps. Store jelly in a cool dry place. (Small amounts of unsealed jelly may be covered and stored in the refrigerator.)



JELLY RECIPES

FRUIT AMOUNT NEEDED	TO PREPARE FRUIT	INGREDIENTS	APPROX. YIELD
Apple (Tart) 5 lb.	Remove blossom and stem ends from apples (do not peel or core). Cut fruit in small chunks. Add 5 cups water. Cover and simmer 10 minutes, stirring occasionally. Crush; then simmer 5 minutes longer. (Add red food coloring to prepared juice, if desired.)	7 cups prepared apple juice 9 cups (4 lb.) sugar 1 box Sure-Jell fruit pectin	10 cups
Blackberry 2½ qt.	Crush blackberries one layer at a time.	3½ cups prepared berry juice 5 cups (2¼ lb.) sugar 1 box Sure-Jell fruit pectin	5¾ cups
Blackcap	Follow Raspberry (Black) recipe, substituting blackcaps.		6½ cups
Boysenberry 2 qt.	Follow Blackberry recipe, substituting boysenberries.		5¼ cups
Cherry (Sour) 3½ lb.	Remove stems and pits from cherries. Grind or finely chop fruit. Add ½ cup water. Cover and simmer 10 minutes, stirring occasionally.	3½ cups prepared cherry juice 4½ cups (2 lb.) sugar 1 box Sure-Jell fruit pectin	5 cups
Crab Apple	Follow Apple (Tart) recipe, substituting crab apples.		10 cups
Currant (Red) 4½ qt.	Remove large stems from currant clusters. Crush berries one layer at a time. Add 1½ cups water. Cover and simmer 10 minutes, stirring occasionally.	6½ cups prepared currant juice 7 cups (3 lb.) sugar 1 box Sure-Jell fruit pectin	9 cups
Dewberry 2 qt.	Follow Blackberry recipe, substituting dewberries.		5¼ cups
Elderberry 3 lb.	Remove large stems from elderberries. Crush fruit one layer at a time. Heat gently until juice starts to flow. Cover and simmer 15 minutes, stirring occasionally.	3 cups prepared berry juice 4½ cups (2 lb.) sugar 1 box Sure-Jell fruit pectin ¼ cup lemon juice	4½ cups
Grape (Concord) 3½ lb.	Remove large stems from grapes. Crush fruit one layer at a time. Add 1½ cups water. Cover and simmer 10 minutes, stirring occasionally.	5 cups prepared grape juice 7 cups (3 lb.) sugar 1 box Sure-Jell fruit pectin	8 cups
Loganberry 2½ qt.	Follow Raspberry (Red) recipe, substituting loganberries.		6 cups
Mayhaw 3 lb.	Crush berries one layer at a time. Add 4 cups water. Cover and simmer 10 minutes, stirring occasionally.	4 cups prepared mayhaw juice 5½ cups (2 lb. 6 oz.) sugar 1 box Sure-Jell fruit pectin	6 cups
Mint 1 large bunch (1½ cups firmly packed)	Crush mint leaves and stems (use wooden masher or a glass) or finely chop. Add ¾ cups water. Bring quickly to a boil; then remove from heat. Cover and let stand 10 minutes. (Add green food coloring to prepared infusion [juice], if desired.)	3 cups prepared mint infusion 4 cups (1¾ lb.) sugar 1 box Sure-Jell fruit pectin	4½ cups
Peach 3½ lb.	Pit (do not peel) peaches. Grind or finely chop fruit. Add ½ cup water. Cover and simmer 5 minutes, stirring occasionally.	3 cups prepared peach juice 5 cups (2¼ lb.) sugar 1 box Sure-Jell fruit pectin ½ cup lemon juice	5½ cups
Plum 5 lb.	Pit (do not peel) plums. Grind or finely chop fruit. Add 1½ cups water. Cover and simmer 10 minutes, stirring occasionally.	5½ cups prepared plum juice 7½ cups (3¼ lb.) sugar 1 box Sure-Jell fruit pectin	8½ cups
Raspberry (Black) 3½ qt.	Crush black raspberries one layer at a time. Heat gently until juice starts to flow. Cover and simmer 10 minutes, stirring occasionally.	4½ cups prepared berry juice 6½ cups (2 lb. 14 oz.) sugar 1 box Sure-Jell fruit pectin	6½ cups
Raspberry (Red) 2½ qt.	Crush red raspberries one layer at a time.	4 cups prepared berry juice 5½ cups (2 lb. 6 oz.) sugar 1 box Sure-Jell fruit pectin	6 cups
Rhubarb 3 lb.	Trim (do not peel) rhubarb. Finely chop stalks or cut into 1-inch pieces and grind. (Add red food coloring to prepared juice, if desired.)	3 cups prepared rhubarb juice 4½ cups (2 lb.) sugar 1 box Sure-Jell fruit pectin	4¾ cups
Strawberry 2½ qt.	Remove caps from strawberries. Crush fruit one layer at a time.	3½ cups prepared berry juice 5 cups (2¼ lb.) sugar 1 box Sure-Jell fruit pectin	5¾ cups

JELLIES FROM COMMERCIALY PREPARED JUICES

Apple Juice (Bottled)	Measure juice into 6- or 8-quart saucepot. (Add red food coloring , if desired.) Continue with Directions, Step 4.	4 cups bottled juice 5 cups (2¼ lb.) sugar 1 box Sure-Jell fruit pectin	6 cups
Grape Juice (Bottled)	Measure juice into 6- or 8-quart saucepot. Add 1 cup water. Continue with Directions, Step 4.	3 cups bottled grape juice 4½ cups (2 lb.) sugar 1 box Sure-Jell fruit pectin	6 cups
Grape Juice (Frozen)	Pour concentrated grape juice into 6- or 8-quart saucepot. Stir in 2½ cups water. Continue with Directions, Step 4.	1 can (6 fl. oz.) concentrated grape juice, thawed 3¾ cups (1 lb. 10 oz.) sugar 1 box Sure-Jell fruit pectin	4½ cups
Orange Juice (Frozen)	Pour concentrated orange juice into 6- or 8-quart saucepot. Stir in 2½ cups water. Continue with Directions, Step 4.	2 cans (6 fl. oz. each) concentrated orange juice, thawed 4½ cups (2 lb.) sugar 1 box Sure-Jell fruit pectin	5¾ cups

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BASIC RULES FOR MAKING JAM

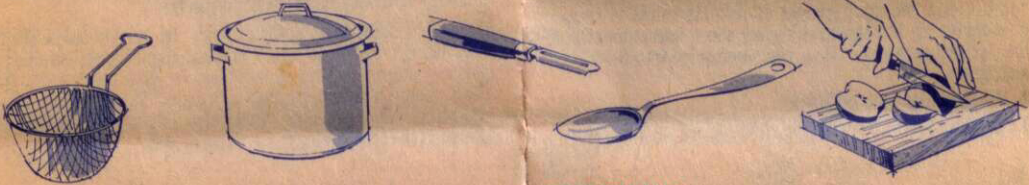
- FOLLOW RECIPES EXACTLY. DO NOT DOUBLE.
- Never substitute liquid Certo fruit pectin for powdered Sure-Jell fruit pectin.
- Recipe results with other powdered pectins cannot be assured.
- Use only granulated sugar and do not decrease measure given. Reduced sugar causes soft sets.
- Measure accurately, using graduated measuring spoons (for measures of less than ¼ cup), a nest of graduated measuring cups for sugar and 1- to 4-cup liquid measuring cups for water and prepared fruits.

- Use fully ripe fruit, discarding any underripe or imperfect pieces. Wash fruit just before using. Prepare fruit for one recipe at a time, even when several recipes will be made in succession.
- Paraffin seals are not recommended for jams, particularly in warm and humid climates where molds grow readily.
- Water-bath processing does not affect the flavor or jelling quality of jams, although it sometimes causes fruits to float.
- If food processor or blender is used for chopping or grinding, use care not to puree fruit.

NO-COOK FREEZER JAMS

1. Use 1- to 2-cup glass or rigid plastic containers with tightfitting lids. Wash, scald and drain containers and lids, or use automatic dishwasher with very hot rinse water.
2. Have fruit at room temperature and prepare as directed in recipe. If fruit measure is slightly short, add water.
3. Measure sugar; then thoroughly stir into fruit. Let stand 10 minutes.
4. Mix ¾ cup water and Sure-Jell fruit pectin in small saucepan. Bring to a full boil and **boil 1 minute**, stirring constantly.
5. At once stir into fruit. Continue stirring **3 minutes**. (A few sugar crystals will remain.)
6. Immediately ladle into containers, leaving ½-inch space at top. With a damp cloth, wipe any spills from containers. Cover at once with lids. Let stand at room temperature 24 hours.
7. Store jam in freezer. (Small amounts may be covered and kept in the refrigerator up to 3 weeks.)

FRUIT AMOUNT NEEDED	TO PREPARE FRUIT	INGREDIENTS	APPROX. YIELD
Apricot 1¾ lb.	Pit (do not peel) apricots. Grind or finely chop fruit. Measure 2½ cups into large bowl. Add ascorbic acid crystals (to maintain color and flavor of fruit), if desired, and the lemon juice.	2½ cups prepared apricots ⅛ teaspoon ascorbic acid crystals 2 tablespoons lemon juice 5½ cups (2 lb. 6 oz.) sugar 1 box Sure-Jell fruit pectin	6¼ cups
Blackberry 1½ qt.	Crush berries one layer at a time. If desired, sieve half the pulp to remove some of the seeds. Measure 3 cups into large bowl.	3 cups prepared blackberries 5¼ cups (2 lb. 5 oz.) sugar 1 box Sure-Jell fruit pectin	6½ cups
Blueberry 2½ pt.	Remove stems from blueberries. Crush fruit one layer at a time or grind. Measure 3 cups into large bowl. Add lemon juice. (If desired, add ½ teaspoon nutmeg or cinnamon.)	3 cups prepared blueberries 1 tablespoon lemon juice 5¼ cups (2 lb. 5 oz.) sugar 1 box Sure-Jell fruit pectin	6½ cups
Cherry (Sour) 1½ lb.	Remove stems and pits from cherries. Grind or finely chop fruit. Measure 2 cups into large bowl. Add ascorbic acid crystals (to maintain color and flavor of fruit), if desired.	2 cups prepared sour cherries ½ teaspoon ascorbic acid crystals 4 cups (1¾ lb.) sugar 1 box Sure-Jell fruit pectin	4¾ cups
Cherry (Sweet) 1½ lb.	Remove stems and pits from cherries. Grind or finely chop fruit. Measure 2 cups into large bowl. Add lemon juice.	2 cups prepared sweet cherries 2 tablespoons lemon juice 4¼ cups (1 lb. 14 oz.) sugar 1 box Sure-Jell fruit pectin	5 cups
Peach 2 lb.	Peel and pit peaches. Grind or finely chop fruit. Measure 2¼ cups into large bowl. Add ascorbic acid crystals (to maintain color and flavor of fruit), if desired, and the lemon juice.	2¼ cups prepared peaches 1 teaspoon ascorbic acid crystals 2 tablespoons lemon juice 5 cups (2¼ lb.) sugar 1 box Sure-Jell fruit pectin	5½ cups
Raspberry (Red)	Follow Blackberry recipe, substituting red raspberries.		6½ cups
Strawberry 1 qt.	Remove caps from strawberries. Crush fruit one layer at a time. Measure 2 cups into large bowl.	2 cups prepared strawberries 4 cups (1¾ lb.) sugar 1 box Sure-Jell fruit pectin	4¾ cups



COOKED JAM DIRECTIONS

For maximum protection against mold growth and to obtain tight seals, use jars with 2-piece lids and process in a boiling water bath after filling. If the boiling water bath is omitted, jars **must** be sterilized.

1. Locate and mark off fruit recipe on chart below. Check 8-ounce jars for defects. Because containers are not filled to the rim, one more container than the specified cup yield may be needed. If jams will be placed in a boiling water bath, wash, scald and drain jars, or use automatic dishwasher with very hot rinse water. Keep hot.
- If jams will not be placed in a boiling water bath, wash jars and sterilize in boiling water for 10 minutes. Keep hot.
- Wash lids and place in a small container. Cover with boiling water shortly before placing on filled jars. Always use **new** lids.
2. Prepare fruit as directed in recipe.
3. Measure amount of fruit specified in recipe ingredient listing; pack solidly in cup. If measure is slightly short, add water. Place measured fruit in a 6- or 8-quart saucepot. Add lemon juice, if listed.
4. Measure sugar and set aside.
5. Stir Sure-Jell fruit pectin into prepared fruit. (Saucepot must be no more than ⅓ full to allow for a full rolling boil.)
6. Bring to a full boil over high heat, stirring constantly. At once stir in sugar. Stir and bring to a **full rolling boil** (a boil that cannot be stirred down). Then **boil hard 1 minute**, stirring constantly. Remove from heat.
7. Skim off foam with large metal spoon. Immediately ladle into hot jars, leaving ¼-inch space at top. With a damp cloth, wipe jar rims and threads clean.
8. Immediately cover jars with hot lids. Screw bands on firmly.
9. Place in boiling water bath, carefully setting jars on rack in canner or large saucepot of boiling water. Water should cover jars by 1 to 2 inches. Cover canner and return the water to a boil; then **boil 5 minutes**. (At high altitudes, increase boiling time by 1 minute for each 1,000 feet above sea level.) Remove jars from canner.
10. Let jam stand to cool. Check seals. Jar lids should be slightly concave or remain so when pressed. Remove bands from jars. Store jam in a cool dry place. (Small amounts of unsealed jam may be covered and stored in the refrigerator.)

4. Measure sugar and set aside.
 5. Stir Sure-Jell fruit pectin into prepared fruit. (Small amounts of uncooked jam may be covered and stored in the refrigerator.)

Jars. Store jam in a cool dry place. (Small amounts of uncooked jam may be covered and stored in the refrigerator.)

COOKED JAM AND MARMALADE RECIPES

FRUIT AMOUNT NEEDED	TO PREPARE FRUIT	INGREDIENTS	APPROX. YIELD
Apricot 3½ lb.	Pit (do not peel) apricots. Grind or finely chop fruit. Note: This jam may take up to 2 weeks to set.	5 cups prepared apricots ¼ cup lemon juice 7 cups (3 lb.) sugar 1 box Sure-Jell fruit pectin	8 cups
Blackberry 2 qt.	Crush blackberries one layer at a time. If desired, sieve half the pulp to remove some of the seeds.	5 cups prepared berries 7 cups (3 lb.) sugar 1 box Sure-Jell fruit pectin	7¾ cups
Blueberry 3 pt.	Remove stems from blueberries. Crush fruit one layer at a time or grind.	4 cups prepared berries 2 tablespoons lemon juice 4 cups (1¾ lb.) sugar 1 box Sure-Jell fruit pectin	5⅔ cups
Boysenberry	Follow Blackberry recipe, substituting boysenberries.		8⅓ cups
Cherry (Sour or Sweet*) 3 lb.	Remove stems and pits from cherries. Grind or finely chop fruit. *Use lemon juice only with sweet cherries.	4 cups prepared cherries ¼ cup lemon juice* 5 cups (2¼ lb.) sugar 1 box Sure-Jell fruit pectin	6 cups
Currant (Red) 3 qt.	Remove stems from currants. Crush berries one layer at a time. If desired, sieve half the pulp to remove some of the seeds.	6½ cups prepared currants 7½ cups (3¼ lb.) sugar 1 box Sure-Jell fruit pectin	9½ cups
Dewberry	Follow Blackberry recipe, substituting dewberries.		8¾ cups
Fig (Fresh) 3¼ lb.	Remove stem ends from figs. Grind or mash fruit. Measure 5 cups into 6- or 8-quart saucepot. Add ½ cup water. Continue with Directions, Step 4.	5 cups prepared figs ½ cup lemon juice 7½ cups (3¼ lb.) sugar 1 box Sure-Jell fruit pectin	8½ cups
Gooseberry 2½ qt.	Remove blossom and stem ends from gooseberries. Grind fruit.	5½ cups prepared berries 7 cups (3 lb.) sugar 1 box Sure-Jell fruit pectin	8¾ cups
Grape (Concord) 4 lb.	Remove stems from grapes. Slip skins and set aside. Add 1 cup water to pulp. Cover and simmer 5 minutes, stirring occasionally. Sieve to remove seeds. Grind or finely chop skins; stir into sieved pulp.	6 cups prepared grapes 7½ cups (3¼ lb.) sugar 1 box Sure-Jell fruit pectin	9¾ cups
Loganberry	Follow Blackberry recipe, substituting loganberries.		8¾ cups
Orange Marmalade 4 Oranges 2 Lemons	Remove rinds from fruits in quarter sections. Lay sections flat. Scrape and discard half of white part. Thinly slice remaining rind. Add 1½ cups water and ½ teaspoon baking soda . Cover and simmer 20 minutes, stirring occasionally. Chop peeled fruit, discarding all membrane and reserving all juice. Add fruit and juice to rind. Cover and simmer 10 minutes, stirring occasionally. Note: Marmalade may take up to 2 weeks to set.	4 cups prepared fruits 6½ cups (2 lb. 14 oz.) sugar 1 box Sure-Jell fruit pectin	7 cups
Peach 3 lb.	Peel and pit peaches. Grind or finely chop fruit.	4 cups prepared peaches 2 tablespoons lemon juice 5½ cups (2 lb. 6 oz.) sugar 1 box Sure-Jell fruit pectin	6½ cups
Pear 3 lb.	Peel and core pears. Grind or finely chop fruit.	4 cups prepared pears 2 tablespoons lemon juice 5 cups (2¼ lb.) sugar 1 box Sure-Jell fruit pectin	6¼ cups
Plum 4 lb.	Pit (do not peel) plums. Finely chop fruit. Add ½ cup water. Cover and simmer 5 minutes, stirring occasionally.	6 cups prepared plums 8 cups (3½ lb.) sugar 1 box Sure-Jell fruit pectin	9½ cups
Raspberry (Red)	Follow Blackberry recipe, substituting red raspberries.		7⅔ cups
Rhubarb 2½ lb.	Trim (do not peel) rhubarb. Thinly slice or chop stalks. Add 1 cup water. Cover and simmer 2 minutes, or until soft. (Add red food coloring to prepared fruit, if desired.)	4½ cups prepared rhubarb 6½ cups (2 lb. 14 oz.) sugar 1 box Sure-Jell fruit pectin	7 cups
Strawberry 2 qt.	Follow Blackberry recipe, substituting strawberries. (Remove caps from berries before crushing.)		8 cups
Tomato (Spiced) 2¼ lb.	Scald, peel and chop tomatoes. Cover and simmer 10 minutes, stirring occasionally. Measure 3 cups into 6- or 8-quart saucepot. Add 1½ teaspoons grated lemon rind , ½ teaspoon each allspice and cinnamon and ¼ teaspoon ground cloves to tomatoes. Continue with Directions, Step 4.	3 cups prepared tomatoes ¼ cup lemon juice 4½ cups (2 lb.) sugar 1 box Sure-Jell fruit pectin	5 cups
Youngberry	Follow Blackberry recipe, substituting youngberries.		8¾ cups

JAMS FROM COMMERCIALY FROZEN FRUITS

Peach^o or Strawberry	Thaw fruit as directed on package. Drain, reserving juice. Crush fruit; combine with reserved juice. Measure 3 cups into 6- or 8-quart saucepot. Stir in lemon juice. Stir contents of fruit pectin package; measure 2½ tablespoons. Continue with Directions, Step 4. *Use lemon juice with peaches only.	3 packages (10 oz. each) Birds Eye [®] quick thaw peaches or strawberries 1 tablespoon lemon juice* 2½ tablespoons Sure-Jell fruit pectin 3 cups (1¼ lb.) sugar	4 cups
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Keep Sure-Jell fruit pectin in a cool dry place. Use before month and year stamped on end panel.

Up with Volunteers



Hi:

Enclosed is the Stroganoff recipe (and a copy of others) I copied off the one my sister gave me and the way I make it - No difference in taste - but mine is easier - Love you

compliments of

Washoe Medical Center Auxiliary Volunteers
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Up with Volunteers



4 Layer Dessert

Step 1 - 1 cup flour
1 cube Margarine
1/2 Cup Chopped Walnuts
Pat into bottom of 9 x 13 pan
Bake 10-12 min 350°

Step 2 - 8 oz pkg Cream Cheese } Cream
1 Cup Powdered Sugar } Together
fold in 1/2 (Big) (Carton) Cool Whip

Step 3 - 1 Lg (Chocolate or Lemon is Best) or 2 Small any flavor
Instant pudding + 3 3/4 C. Milk

Step 4 - Spread with rest of Cool Whip
Chill - Freezes beautifully

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Up with Volunteers



Pickled Garlic

3 Cups peeled garlic
1 1/2 Cups White Vinegar
1/2 Cup Sugar
1/2 TSP Salt

Combine all ingredients
Bring to a boil and boil
1 Min. Put in a Mason Jar
Cool - Refrigerate for 2 weeks
makes about 2 pints

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Cranberry Coconut Macaroons

(Makes about 35 cookies)

- 1 cup rinsed and finely chopped fresh cranberries
- 2/3 cup flour
- 1 14 oz. bag of shredded sweetened coconut
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1 14 oz. can sweetened condensed milk
- (1/2 cup chocolate chips, optional)

Preheat oven to 325°. In a large bowl, toss flour and cranberries. Stir to coat. Add remaining ingredients and mix well. Place batter by teaspoonful on baking sheet lined with parchment paper. Bake at 325° for about 20 minutes or until golden. Remove from sheet to cool. Store in airtight container.

Holiday Cranberry Sauce

- 2 cups (8 oz) fresh cranberries
- 1/2 cup pure apple juice
- 3/4 cup packed brown sugar
- 1/4 teaspoon ground allspice

Wash and drain cranberries. In a pot, combine all ingredients and bring to a boil. Reduce heat to medium and simmer for 15 minutes. Cool and serve.