



The RECIPE BOX

Conducted by **PHIL LIBBY**
former Restaurateur—
Now Food Consultant

(Editor's Note: You are invited to ask questions about recipes or household information of Phil Libby, care of this newspaper, enclosing self-addressed, stamped envelope. He will answer promptly. No questions received by telephone.)

During the cold winter months, long after some of our fresh berries and fruits are off the market, how good those homemade jellies, jams are at that time.

Jelly is easy to make if certain rules are followed. All fruits do not make perfect jelly. While some fruits contain proper proportions of acid and pectin, others are very deficient in both, and for that reason the use of commercial pectin is an advantage.

Fruits for making jelly in their desirability are: Currents, crab-apples, apple, quince, grape, blackberry, raspberry and plum.

Jam is a variation of a preserve, the product is cooked to a thick mass and the proportion of sugar used is less than the amount used for preserving. Jams need constant stirring to prevent burning.

A good preserve is one in which the fruit or pieces of fruit remain whole, tender, clear and plump, in a thick transparent syrup. The approximate proportion of sugar to fruit in preserves is three-fourths of a pound of sugar to one pound of fruit.

Apple or Crab Apple Jelly
Take sour fruit. Do not core or pare, merely wash, wipe and cut out blemishes. Cut up, pour over sufficient water to cover, and simmer until soft, then drain through a cheese cloth or cotton flannel bag, letting drip four or five hours. Measure juice, bring to a vigorous boil, skim and add 1/4 cup sugar for each cup of juice. Stir until sugar in dissolved. The jelly will form in about twenty minutes. Rose geranium, mint, or other leaves may be used for flavoring if desired.

Summer Fruit Marmalade
2 cups shredded pineapple
4 cups strawberries
2 cups chopped rhubarb
5 cups sugar
Cook pineapple in its own juice for 10 minutes. Add berries to rhubarb, then to pineapple. Cook until it boils and then 10 minutes more. Sift in sugar and simmer for 35 minutes. Pack hot marmalade in hot Ball jars. Seal immediately.

Strawberry and Pineapple Jam
3 1/2 cups prepared fruit
1/2 bottle fruit pectin
6 1/2 cups sugar
To prepare fruit, crush completely or grind about 1 quart fully ripened strawberries. Pare 1 medium, fully ripened pineapple, cut into food chopper; or use one No. 2 can of crushed pineapple. Combine the fruits. Measure sugar and prepared fruit into large kettle, mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard for 3 minutes, remove from fire and stir in bottled fruit pectin. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent flopping fruit. Pour quickly into hot clean jars, seal immediately.

Plum Conserves
4 lbs. plums
1/2 lb. seeded raisins
8 cups sugar
4 medium sized sliced oranges
1 cup walnuts
Pit and grind plums, without removing skins. Grind oranges, and raisins and sugar and let stand until juice starts to flow, stirring occasionally. Boil until thick. Add nuts during last ten minutes of cooking, and pour into clean hot jars and seal immediately.

Household Hints
cake, fixing cut up bananas, or serving them in any way dip them first in a citrus juice such as that of a lemon or orange or grapefruit and it will keep the banana from looking brown and unattractive, and will save you from having to prepare the bananas at the last rushed minute.

Dip fish in milk instead of eggs before rolling in bread crumbs or crackers.
If one has no sour milk in the house, a tablespoonful of vinegar

NORTH SHORES MOST BEAUTIFUL THEATRE

DEERPATH

LAKE FOREST

Phone 2502 272 E. Deerpath Ave., Lake Forest Phone 2502

Wednesday and Thursday
The Most Dramatic Revelation Since "I Am a Fugitive" July 22, 23

"ROAD GANG"
with Donald Woods, Kay Linaker, Carlyle Moore, Henry O'Neill, Joseph King
Comedy, Wed Time Story. Cartoon in Color, I Love to Take Orders. Metro-tone News

Friday and Saturday - Saturday Matinee and Eve. July 24, 25

"TILL WE MEET AGAIN"
with Herbert Marshall, Gertrude Michael, Lionel Atwill, Rod LaRoque. Guy Bates Post.
Comedy, Alladin from Manhattan. Popeye Cartoon, Grudge O'Boy. Latest Pathe News

Sunday Only. Continuous from 2 to 11 July 26
Irma Glen

NBC's Lovely Lady of the Organ, in a Novel Presentation
Sunday, Monday, Tuesday July 26, 27, 28

"THE UNGUARDED HOUR"
with Franchot Tone, Loretta Young, Lewis Stone, Roland Young, Dudley Diggs
Musical Comedy, Cogle Crosky. Cartoon in Color. Latest Paramount News

Wednesday and Thursday July 29, 30

"THE CASE AGAINST MRS. AMES"
with George Brent, Madeleine Carroll, Arthur Treacher, Alan Baxter, Alan Mowbray
Comedy, Here's How, Cartoon in Color, Major Google. Latest Metro-tone News

Friday and Saturday. Saturday Matinee and Eve. July 31 and Aug 1

"UNDER TWO FLAGS"
with Ronald Colman, Claudette Colbert, Victor McLaglen, Rosalind Russell, Nigel Bruce, C. Henry Gordon, Herbert Mundin

Sunday, Monday, Tuesday August 2, 3, 4
"ROBINHOOD of ELDERADO"

NEXT WEEK
Golden Arrow. Princess Comes Across. Sons O'Guns, King Steps Out.

to one cup of milk will serve instead.
Do not try to scrape and scour a burnt saucepan. Put ordinary salt in it and enough water to wet the salt, and let it stand overnight. Repeat if the burn does not entirely yield with the first treatment.
Rubbing the frying pan with a little salt before using will prevent food from sticking.
One tablespoonful of vinegar added to the fat in which doughnuts are fried will prevent the cakes from absorbing the fat.

PRIZE WINNING RECIPES

Mrs. L. C. Hickox
Deerfield, Ill.
Strawberry Waffles
2 eggs
2 1/2 cups flour
6 tablespoons butter
1 1/2 cups milk
2 teaspoons baking powder
Method: Beat eggs until very light, add milk and sugar. Sift baking powder and flour together, then add to mixture. Last add the melted butter. If butter is added while hot waffles will never be soggy. Clean 1 quart strawberries, crush with potato masher, add sugar to taste and spread over waffles as you would syrup, when served.

Mrs. Henry Scheskie
Deerfield, Ill.
Graham Cracker Pie
1 cup rolled graham crackers
1/2 cup sugar
1/2 cup melted butter
Method: Mix this well and press firmly in pan as crust, reserving 1/2 cup of crumbs for top of pie. Make a custard of 3 cups of hot milk, 3 eggs, 3 heaping tablespoons corn starch, and sugar to sweeten. Boil until thick and let cool. Pour into crust. Spread the 1/2 cup of crumbs mixed with 4-tablespoons sugar over top of pie and bake until brown.

Read The Want Ads

SHOPPER'S GUIDE

by Phil Libby

With the cooler weather on hand, you can now do your shopping with a little more comfort. There are so many new things on the market. A full line of fresh fruits and vegetables, so that you may vary your menus and still have fruit for in-between snacks for the children.

Imported truffles, those famous French delicacies, and sliced smoked salmon in tins for the appetizer tray, both may be found at the community store.
And home-makers, if you haven't tried those famous tender-made jams yet, you've missed a real treat. Be sure to include them in your next shopping list.

Nothing is as refreshing on a hot summer's day as iced tea. Many fine brands: Tender-leaf, Burton's, Salads and Centralla.

Liberty cocktail cherries, rhum-flavored, are not only ideal in mixed drinks, but cut up fine, mixed with cream cheese and confectioner's sugar, moistened with milk, make a fine icing and a new flavor.

Campfire marshmallows, a new summer innovation to salads, all grocers have in quarter, half and pound packages.

At the Quality Market, in Highwood, I found the butchers cutting choice cuts from Swift's Best — looked mighty fine.

Have you seen those new Royal Spears of Pineapple? Packed in spears of five inches in length and twelve of them in a can. Just think of it: 5 feet of pineapple. As your grocer for it.

Grosche & Blackwell's tomato juice in extra large cans, so that you may have an ample supply on hand, you can find it at most grocers.

Greene Wins Yacht Club Race Sunday

The North Shore Yacht club race originally scheduled for Sunday, July 12, but necessarily postponed due to lack of wind, was won last Sunday afternoon by Patches. The winning craft was skippered by Dave Green. The race was conducted over the regular three mile course, with the start and finish boys off the Central avenue beach. A brisk northeast wind filled the sails of the little boats and propelled them around the triangular course at a good fast clip.

When the boats rounded the second buoy and headed toward the finish line, Feather piloted by Joe Riddle, was in the lead with Patches, second, and Juno, third. Undoubtedly they would have finished in these respective positions if Feather had not run into trouble. About half way between the two and three mile markers the forestay broke loose causing her to lose ground rapidly. Before Riddle was able to repair the damage done he dropped into third place which he continued to hold throughout the remainder of the contest.

A summary of the first six boats to finish follows:
Place Name of Yacht Skipper
1 Patches D. Greene
2 Juno E. Rasmussen
3 Feather J. Fiddle, O. Andersen
4 Warlus J. Crane
5 Question Mark W. Walker
6 Atom R. Carter

The club is working out two shorter races of novel style to be run off next Sunday afternoon. The set course is to be a mile in length and no participant will man his own craft. The skipper of each sailboat will be determined by lot, thus requiring the contenders to rely entirely on their skill as a sailor and not what they know about their own boats.

Let the Moraine Grocery serve you in your food necessities. Tel. H. P. 1078.

L. F. Legion Team Believes Possession Is 9 Points of Game

The local American Legion baseball team played the Lake Forest Legion last Sunday afternoon at the North Chicago diamond. After the first innings with a score of 1 to 0 in the sixth and then scored another run in the seventh, giving them the lead with a score of 2 to 1. At the point of the game they gathered up their equipment and retired from the field, stating they always played seven innings games.

According to the manager of the Highland Park team there was a definite understanding that the game would last a full nine innings, yet no amount of arguing would induce the Lake Forest club to continue the match.

The Highland Park American Legion team will meet the Fort Sheridan Medical Department next Sunday afternoon in Sunset Park. The game is scheduled to get under way at three o'clock.

Deerfield Days Aug. 14, 15, 16

"The Cream of the North Shore"

Ice Cream at 45c

Made in our own store.

Golden Meadow Dairy and Farm Products

OPEN EVENINGS
537 Central Ave. - Highland Park

SPECIALS FOR THURS., FRI. and SAT., JULY 23-24-25

CUCUMBERS 3 for 10c Rib Roast BABY BEEF the lb. 17 1/2c & 23 1/2c

CANNED GOODS		CEREALS		SOAPS	
Clark's DICED CARROTS 3 No. 2 cans for	25c	POST BRAN FLAKES 2 packages for	17c	AM. FAMILY SOAP 10 bars for	49c
D. C. CROSBY CORN 3 No. 2 cans for	27c	POST WHOLE BRAN 2 packages for	19c	AM. FAMILY FLAKES 2 packages for	39c
NOBILITY G. B. CORN 2 No. 2 cans for	25c	WHEATENA the package	22c	P-G SOAP 2 packages for	17c
ICEBOUND CRAB MEAT large can for	49c	RALSTON'S BREAKFAST FOOD, pkg.	21c	CHIPSOP 5 bars for	35c
PACTRA TUNA FISH 6 cans for	\$1	WHEATIES 2 packages for	21c	QUAKER CORNMEAL yellow or white, pkg.	10c
AZALEA TUNA FISH 3 large cans for	\$1	SHREDDED WHEAT 2 packages for	20c	Kellogg's W. W. BISCUIT 2 packages for	25c
REBER HOMINY 3 No. 2 1/2 cans for	27c	Kellogg's ALL BRAN Large package for	20c	MALT-O-MEAL the package	21c
SAUER KRAUT 3 No. 2 1/2 cans for	25c	GRAPENUT FLAKES 2 packages for	18c	CREAM OF WHEAT the package	24c
LIBBY'S PEACHES 2 No. 2 1/2 cans for	39c	RICE KRISPIES 2 packages for	22c	POST TOASTIES 2 packages for	15c
ALOLA PEARS 2 No. 2 1/2 cans for	39c	WHEAT CRISPIES 2 packages for	27c	Large package for	11c
Guard Health TOILET PAPER, 4 rolls for	25c	HEINZ RICE FLAKES 2 packages for	23c	GRAPE NUTS 2 packages for	35c
Guard Health ROLL TOWELS, 2 rolls for	29c	AUNT JEMIMA PANCAKE FLOUR, pkg.	12c	CORN FLAKES 2 packages for	17c
		BUCKWHEAT FLOUR pkg.	12c	Large package	12c

DIXIE BACON 2 pounds SLICED for M. & H. BACON, 3 lbs. 89c 39c
EGGS KITCHEN, doz. 25c
SELECTED, doz. 25c
TABLE, doz. 35c

BAKER'S CHOCOLATE 1/2-pound cake for	14 1/2c	CLUB HOUSE Dry Mince Meat; 2 pkgs.	25c	AMMONIA quart bottle	10c	Libby's CORNED BEEF 2 cans for	35c
HERSHEY'S CHOCOLATE 1/2-pound cake for	9c	LITTLE BOY BLUE the bottle	9c	Dromedary PITTED DATES, (2) 8-oz. pkgs. for	25c	Broadway C. B. HASH 2 cans for	35c
BAKER'S COCOA 1-pound-can for	13c	CRESTO Salad Dressing quart	29c	PET or CARNATION MILK, 3 tall cans for	20c	PRUNES—Bulk 3 pounds for	25c
HERSEHEY'S COCOA 1-pound can for	13c	HEINZ'S SOUPS All kinds except Consomme and Clam Chowder, 2 cans	25c	NUT MEATS PECANS, the pound	39c	VIRGINIA SWEET PANCAKE FLOUR, 2 pkgs.	21c
CRISCO 1-pound can for	21c	HEINZ SPAGHETTI 12-ounce can, 2 for	19c	NUT MEATS—Almonds or English Walnuts; lb.	49c	BUCKWHEAT FLOUR 2 packages for	27c
1 1/2-pound can for	30c	JAP ROSE SOAP the bar	9c	CIDER VINEGAR quart bottle; each	10c	WESSON OIL quarts, each	39c
3-pound can for	57c	LINCOWASH quart bottle	19c	C. H. CHILI CON CARNI 2 cans for	23c	KOSTO 2 packages for	9c
KNOX GELATINE the package	19c	LEE & PERRIN'S SAUCE the bottle	30c	COYALTINE \$1.00 size for	63c	DILL PICKLES quart jar	19c
Hi-land PEANUT BUTTER 1-pound jar for	19c	DOG FOOD—Hero 5 cans for	25c	50-cent size for	35c	LOG CABIN SYRUP Medium can for	19c
2-pound jar for	27c			1-pound can for	22c	Large can	73c
MUSTARD quart jar	19c						

PURE LARD 2 lbs. for 27c
RAISINS—Seedless 3 15-oz. pkgs. for 25c
Royal DESERTS or JELLO 3 packages for 17c
TOMATO JUICE Libby's; 4 cans for 25c

NUCOA or GOOD MARGARINE; 2 lbs. for 39c
Armour's PORK 2 28-oz cans for 19c
CRACKERS GRAHAM or SODA; 2-pkg. 19c
RED CROSS MACARONI or SPAGHETTI; 2 pkgs. 9c

LUCK BEANS 19c
CANE SUGAR 10 lb. limit; 10 lbs. for 49c
BISQUICK large package 29c
TOMATO SOUP Campbell's; 3 cans for 19c

RAPP BROS.

24 N. First St. Highland Park Illinois