

GRAPE CATSUP SUGGESTED AS NEW CONSERVE

Cranberries Also Available
for Conversion Into
Spicy Dishes.

Now is the time for women to think of those spicy conserves which can give an otherwise ordinary dinner the extra "flip" that turns a meal into something special.

Grapes and cranberries, both plentiful just now, can, with little bother, be made into delicious conserves to be served with meat. Another good treat with meat is apple chutney. And how many housewives know that grapes make nice catsup?

The time is ripe for making ketchups of fragrant mixtures that will be welcomed at meals in the weeks to come.

GRape Catsup

Wash and skin five pounds of grapes. Cook pulp and skins in separate utensils, press pulp through a sieve, then combine the two lots. Add one pound of sugar, one pint of vinegar, a teaspoon each of cloves, cinnamon, allspice and pepper. Cook until thicker than cream, then put into bottles and seal.

GRape Conserve

Squeeze the skins from three quarts of grapes. Cook pulp, press through a sieve, combine with the skins and pulp in a preserving kettle with one-half pound of raisins, four pounds of sugar, one tablespoon of lemon juice and the pulp and grated rind of an orange. Cook slowly for an hour. Ten minutes before taking from the fire add a cup of chopped walnuts.

CRANBERRY Conserve

From Massachusetts, where some of the world's finest cranberries are grown, come receipts for making them into appetizing concoctions. This recipe for cranberry conserve is from "Cape Cod Kitchens."

One quart cranberries, one pound each raisins and dried currants, six



From Waldorf-Astoria, New York, Fresh fruit, a pot of home-made pork and beans, creamed lobster in chafing dish, appetizers, and ham meat loaf and mixed green salad are included in this buffet supper menu.

By N.E.A. Service

Buffet suppers are the answer to I give large parties in a small house or a two-room apartment?" The modern procedure of letting each person serve himself from a laden table solves the problem entertaining. Your guests will like the idea of choosing their own dinner partners, and they'll have a better time because their hostess is having fun.

The hot dish should be rather substantial. You can serve a hot meat loaf or, if you're having cold cuts or a roast, you might prepare a large casserole of baked macaroni and cheese or Spanish rice. Baked beans, particu-

larly if you're having baked ham, is a good suggestion.

The salad not only gives zest to the menu but adds a decorative note to the table. You can serve a simple one of lettuce or other salad greens, cubes of fresh tomatoes and diced cucumbers or go in for fancy jellied varieties in individual molds.

Better not serve the dressing on the salad. Put bowls of various dressings on the table and let each guest help himself.

VEAL MOUSSE SUITED FOR SUPPER'S CENTER

Finely Chopped Meat Prepared With Gelatin.

A veal mousse is suggested as the central dish for a supper. Here is a pretty way to serve it.

1 tablespoon gelatin
2 cups finely chopped cooked veal
1 teaspoon prepared mustard
Salt
1/2 cup heavy cream
1/2 cup boiling water
Cayenne

Soak gelatin in one-fourth cup cold water. Dissolve in boiling water. Add meat and seasonings, cool and

fold in stiffly beaten cream. Turn into cold, wet ring mold and chill. Turn out on lettuce garnished platter.

Serve with horseradish sauce in a tall stemmed compote set in the center of the ring made by the mousse.

FRESH EGGS

Small, per doz. 29c
Standard, per doz. 32c
Extra Large, per doz. 35c
Frys, Full Dressed, lb. 27c

138 N.
Delaware
RI-5470

BOYER'S HATCHERY

Put everything on one long table

oranges peeled and cut in pieces, one can shredded pineapple, one-half pound almonds.

Combine, weigh and add the equal weight of sugar, also a cup of boiling water. Cook until thick.

OYSTERS GIVE FIVE VITAMINS

Sea Food Possesses Elements Recommended for Child's Diet.

Although long recognized as all easily digested source of protein, the high water content of oysters makes them an expensive source of energy. Today they are valued as sources of iodine and compare favorably with eggs as sources of iron.

They are rich in vitamins B and D, good in vitamins A and C, and contain some vitamin G. These properties along with their easy digestibility make them an important food for growing children.

Also they are a splendid food for a reducing diet, being low in calory content.

Raw oysters are almost as easily digested as raw eggs and are an exceedingly nutritious food to serve to invalids. Steamed, baked and in a plain stew they offer appetizing variety for children and persons in all health.

Digestibility of cooked oysters depends largely on the care used in cooking. They contain an albuminous substance that must be cooked at a low temperature. Excessive heat and an overlong cooking period will make them tough and leathery and consequently hard to digest.

There are innumerable inviting ways of serving them that require little time and work.

As cocktails they make popular beginnings for winter dinners.

"For 37 Years Your Local Grocer"



CODE

79c

24-
Lb.
Sack

79c

U. S. No. 1
Round
White

15
Lb.
Pk.

15
Lb.
Pk.