

Elderberry Is Summer Bonus Fruit

By ELLY

Generous clusters of white blossoms on wayside clumps of elder bushes gave early promise of a good, late-summer harvest of berries — just for the picking.

Because elderberries lack acid, they are not as palatable when eaten raw. With the addition of lemon juice, tart apples or grapes, they are delicious.

Elderberry jams, jellies and pies have a flavor all their own. The berries are also the basic ingredient of that old favorite, elderberry wine.

ACCORDING to folk medicine lore, the berry is not the only usable part of the wild elder. The blossoms, when dried and steeped for a tea, were used to treat dyspepsia. This flower tea was also supposed to be good for babies with colic.

The bark was said to have laxative qualities and a hot poultice of crushed leaves was used to lessen the pain of sprains and bruises.

The berries may be dried, stewed or frozen. To prepare simply remove stems and wash.

ELDERBERRY PIE
Pastry for 2-crust pie
3 c. stemmed elderberries
1/2 c. sugar
1/4 t. salt
2 T. flour
3 T. fresh lemon juice

Line nine-inch pan with pastry. Fill with washed berries. Mix sugar, salt and flour and sprinkle on berries. Add lemon juice. Adjust top crust and flute edges. Slash crust to allow steam to escape. Bake in 450-degree oven for 10 minutes. Reduce heat to 350 degrees and bake 30 minutes longer. May be served cold or slightly warm.

(NOTE—Gram Keith used to substitute two tablespoons of vinegar for the lemon juice. Instead of flour she used one tablespoon of tapioca. She made her pie much sweeter as her recipe calls for 1 1/2 cups of sugar.)

ELDERBERRY WINE NO. 1
12 qt. boiling water
4 qt. stemmed elderberries
6-1 c. sugar
2 t. ground ginger
8 whole cloves
1 lb. seeded raisins
Yeast, dry or compressed
Pour boiling water on berries and let stand 24 hours. Strain through coarse bag or cloth, squeezing to remove all possible juice. Add sugar, ginger, cloves and raisins. Bring to boil and simmer for one hour, skimming frequently. Cool to lukewarm. Measure. To each 16 quarts of mixture, add one package active dry yeast or one cake compressed yeast. Let stand for two weeks to ferment then put in bottles. Keep in cool place several months before using. This makes about eight quarts.

ELDERBERRY WINE NO. 2
In that great book "Stalking The Wild Asparagus," Euell Gibbons tells how his "drinking uncle" makes elderberry wine. He mashes 20 pounds of elderberries in a five-gallon crock. He adds five quarts of boiling water and lets them stand three days. Then he strains the juice and returns it to the crock and adds 10 cups of sugar. He lets this stand in the covered crock until fermentation ceases. He removes the scum, strains and bottles it. Gibbons says it is better if it is not touched for a year but his uncle always "let it stand about 20 minutes to age."

ELDERBERRY JELLY
3 pounds ripe elderberries
1/2 c. fresh lemon juice, strained
7 c. sugar
1 bottle fruit pectin
Place stemmed berries in large kettle and crush. Heat gently until juice begins to flow then cover and simmer for 15 minutes. Put in jelly bag and squeeze out juice. Measure three cups of juice into kettle. Add lemon juice and mix well. Bring to a rolling boil, stirring constantly. Stir in pectin at once. Boil hard for one minute, stirring constantly. Remove from heat, skim off foam, and pour quickly into sterilized jelly glasses. Cover with melted paraffin. Yields about 11 glasses.

MY MOTHER used to cook up a batch of elderberries or choke cherries, strain off the juice and keep it in a jar in the refrigerator until she got some grapes or crab apples. She cooked the crab apples whole, in water to cover. When mushy she strained off the juice, which is very rich in pectin. She cooked, mashed and strained the grapes the same way.

To make the jelly she used a cup of elderberry or choke cherry juice to each cup of crab apple or grape juice to each cup of sugar.



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MARHOEFER

Canned Hams

\$8.59⁹⁹ LB CAN

FRESH

Whole Fryers

27⁹⁹ LB

WHOLE Semi-Boneless Hams **63⁹⁹** LB

FRESH FRYERS 3-LEGGED OR Double Breasted **35⁹⁹** LB

U.S. CHOICE

Chuck Steak

69⁹⁹ LB

U.S. CHOICE 4TH & 5TH RIBS

Rib Roast..... 88⁹⁹ LB

COUNTRY CLUB POINT CUT

Corned Beef..... 79⁹⁹ LB

U.S. CHOICE TENDERLOIN - Z SLICE

Pot Roast..... 99⁹⁹ LB

FRESH-SHORE FROZEN

Cooked Shrimp..... 77⁹⁹ 10-OZ WT PKG

BONELESS

Pork Tenderloin..... 99⁹⁹ LB

FARMER FEET OR GLENDALE

Boneless Ham..... 98⁹⁹ LB

GORDON'S

Pork Sausage..... 99⁹⁹ 2 LB ROLL

COUNTRY STYLE

Sliced Bacon..... 77⁹⁹ LB

VAC PAC PETER'S

Wieners..... 2⁹⁹ 10-PKG

ALL MEAT

Eckrich Franks..... 89⁹⁹ LB

1/2 LOIN SLICED INTO

Pork Chops

88⁹⁹ LB

FRESH LIKE 12-OZ

Green Beans

5⁹⁹ CANS

LEMON SCENTED

Quart Joy Liquid

57⁹⁹ SPECIAL LABEL

REG. OR DIET

Refreshing Pepsi-Cola

8⁹⁹ 10-FL OZ BTL

VALUABLE COUPON

SAVE 11¢ WITH THIS COUPON & \$5 PURCHASE ASSORTED COLORS

Charmin Tissue

4⁹⁹ 4 ROLL

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VALUABLE COUPON

SAVE 11¢ WITH THIS COUPON & \$5 PURCHASE RICH TOMATO FLAVOR

Heinz Ketchup

2⁹⁹ 14-OZ WT BTL

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VALUABLE COUPON

SAVE 14¢ WITH THIS COUPON & \$5 PURCHASE EMBASSY BRAND

Salad Dressing

29⁹⁹ 10-FL OZ JAR

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ASSORTED FLAVORS

Hi-C Drinks..... 25⁹⁹ 1-QT 14-OZ CAN

SPECIAL LABEL

comet Cleanser..... 13⁹⁹ 14-OZ CAN

SWANSOFT ASSORTED

Facial Tissue..... 17⁹⁹ 200-CT BOX

LOW-CAL SLICED

Dole Pineapple..... 15⁹⁹ 1-LB 4-OZ CAN

CHARCOAL

Briquets..... 20⁹⁹ 1-LB BAG

BAR-B-Q SAUCE

Open Pit..... 44⁹⁹ 1-PT 12-OZ BTL

DETERGENT

Giant Fab..... 59⁹⁹ 3-LB 1/2-OZ PKG

CINDY

Gallon Bleach..... 39⁹⁹ PLASTIC JUG

MR. SPUD IDAHO

Instant Potatoes..... 39⁹⁹ 1-LB BOX

Sunrise Fresh Produce

MICHIGAN GROWN

Blueberries

59⁹⁹ QUART

JUMBO 37 SIZE

Cantaloupe..... 3⁹⁹ FOR \$1

72 SIZE FREESTONE

Nectarines..... 12⁹⁹ FOR \$1

JUMBO 4 SIZE

Honeydews..... 79⁹⁹ EA

Lawn Care Needs!

Scott Turf Builder

SAVE \$1.00

\$8⁹⁹ COVERS 10,000 SQ. FT.

SAVE \$2.00

\$11⁹⁹ COVERS 15,000 SQ. FT.

SAVE 80¢ COVERS 5,000 SQ. FT.

\$6⁹⁹ 10-6-4 FERTILIZER 95¢

SAVE \$1.00 COVERS 5,000 SQ. FT.

\$11⁹⁹ WEED & FEED \$1.99

SWANSOFT DECORATED

Jumbo Towels

19⁹⁹ ROLL

KROGER GRADE 'A'

Large Eggs

49⁹⁹ DOZ

Health & Beauty Aids

SCOPE

Mouthwash..... 99⁹⁹ 1/2-PT BTL

SPECIAL LABEL SHAMPOO

Prell Liquid..... 89⁹⁹ 11.5-FL OZ BTL

WITH FLUORISTAN

Crest Toothpaste..... 69⁹⁹ 5.75-OZ WT TUBE

CONCENTRATED

Prell Shampoo..... 19⁹⁹ 5-OZ WT TUBE

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