Drink them or eat them, strawberries are great

The luscious red strawberries soon to be ready for picking will be ident for many things, including jams and drinks with the passing the winter berries for the past few months in shorteakes, pies, parfaits, puddings and even breakfast muffins. But, now is the time to raise your glass to fresh strawberries purced for delectable drinking. You can have drinks that are law-caloric some extra nourishing for low-calorie, some extra nourishing for a sustaining breakfast and some satis-

d statuting the save some, or a lot, of those fresh berries to make into jams. And don't fort ahout cooking in the June heat, several of these jam re-

cipes require no cooking at all. STRAWBERRY MORNING DRINK

Hull and slice strawberries (makes about 2 cups). Place in the container of an electric blender along with milk, orange juice and eggs. Blend until smooth stopping occasionally to scrape down the sides. Pour into glasses garnished with orange silces, if desired. YIELD: 4 portions (about 5 cups)

STRAWRERRY PINEAPPLE SHAKE 1 pint strawberries
1 can (20 ounces) pineapple chunks
1 cop milk, divided

Reserve 4 strawberries and 4 pineappie chunks for garnish. Hull remaining strawburries and silec (makes about 44c (ups). Drain pineappie. Place half of the strawberries and pineappie chunks in the container of an electric blender add ¼ cup of the milk. Blend until smooth stopping blender occasionally to scrape down the sides. Pour Into 2 tall glasses. Repeat. Place a strawberry and a pineappie chunk on each of 4 hamboo skewers. Use to garnish drinks.

ish drinks.
YIELD: 4 portions (about 5 cups)

FRESH STRAWBERRY SODA

1 pint strawberries 1/2 cup coconut cream 1/2 cup light rum 2/2 cups crushed ice

Reserve 4 strawberries for garnish; set aside. Hull and silce remaining strawberries (makes about 1 ¼ cups). Place in the container of an electric blender. Blend until smooth, stopping occasionally to scrape down the sides of containers. Add eccount cream, rum and crushed ice; blend until smooth. Pour into tall glasses. Garnish cach glass with a reserved strawberry, cut to resemble a fan, if desired. YIELD: 4 portions

THIS RECIPE for Strawberry Jam is a breeze to make because you don't have to cook it! It's one of the casy necook freezer jams that you can store for 6 months in reusable plastic con-

have to cook it! It's one of the easy nocook freezer jams that you can store
for 6 months in reusable plastic containers.

This jam is made with the added help
of liquid fruit pectin that is conveniently pre-measured in foil pouches. Pectin
is the natural ingredient in fruit that
helps assure the jam will set and also
helps capture fruit flavor and color.
Since natural fruit pectin decreases as
fruit ripens — and you'll want to use
only the ripost, tastiest strawberries—
you need to give nature a helping hand
to create a full-flavored jam.

STRAWBERRY JAM

STRAWBERRY JAM
(ancooked)

1% cups prepared frult (about 1 qt. fully ripe strawberries.)
4 caps (1% lb.) sugar
2 they lemon julce
1 pouch liquid fruit pectin

Stem and thoroughly crush, one layer at a time, about 1 quart strawberries. Measure 1% cups into large bowl or

Measure 1¾ cups into large bowl or pan.

Thoroughly mix sugar into fruit; let stand 10 minutes. Add lemon juice to fruit pectin in small bowl. Stir into fruit, Continue stirring 3 minutes. (A few sugar crystals will remain.) Ladie quickly into scalded containers, filling to within ¼ inch of tops. Cover at once with tight lifes. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 4% cups or about 5 (8 fluid ounce) containers.

STRAWBERRY JAM

(cooked)
2 cups prepared fruit (about 1 qt. fully ripe strawberries) 4 cups (1¾ lb.) sugar ¾ cup water 1 box powdered fruit pectin

I box powdered fruit pectin

Stem and thoroughly crush, one layer
at a time, about 1 quart strawberries.
Measure 2 cups into large bowl or pan.
Thoroughly mix sugar into fruit, let
stand 10 minutes. Mix water and fruit
pectin in small saucepan. Bring to a
full boil and boil 1 minute, stirring constantly. Stir into fruit. Ladle quickly
into acalded containers, filling to within 14 inch of tops. Cover, at once with
tight lids. Let stand at room temperature 24 hours, then store in freezer.
Small amounts may be covered and
stored in refrigerator up to 3 weeks.
Makes about 4 % cups or about 5 (8 fl.
co.), containers.
Note: Any one of the following may
be added to berries before adding sugar.

14 cup dry white vermouth or sherry

ne thsp finely chopped crystallized ginger
I thep grated lemon, lime or orange

rind

55 cups silvered almonds, chopped pecans, sunflower seeds or pine nuts (tonsted, if desired)

2 they orange liqueur

2 tap almond extract

35 cups in control pine nuts (tonsted, if desired)

2 they orange liqueur

35 cm and thoroughly cru at a time, about I pint a

STRAWBERRY-APRICOT JAM

2 cups prepared fruit (about ¼ cup dried apricots and 1 pt. fully rips strawberries)

Place about ¼ cup dried apricots to about 8 dwart to cover and site to about 1 punt strawberries; and 1 pt. fully rips strawberries?

Place about ¼ cup dried apricots to abowl; add water to cover and site stand about 4 bours. Drain and finely chap or grind. Stem and thoroughly crush, one layer at a time, about 1 pint strawberries; and thoroughly crush, one layer and time and the stand about 1 pint strawberries. Thoroughly mix sugar into fruit; betting the stand about a bowl; add water to cover and site stand about half the white membrane test and bowl; add water to cover and stand about a bowl; add water to cover and stand about a bowl; and thoroughly risk sugar into fruit; each and 10 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Combine peel with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Online peel and ¾ cup sair find to fruit; leet and 10 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange sections and simmer 15 minutes. Add lemon piece to with liquid, the orange section

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STRAWBERRY ORANGE MARMALADE

234 cups prepared I ruit (about 1 pt. ful-ly ripe strawberries, 2 medium oranges and 34 cup water)

535 caps (2 lb. 6 oz.) sugar

1 pouch liquid fruit pectin

stem and thoroughly crush, one layer at a time, about 1 quart strawberries. Measure 134 cups into large bowl or pan. Add lime pind.

Thoroughly mix sugar into fruit; let stand 100 minutes. Add lime julce to fruit pectin in small bowl. Stir into fruit, Continue stirring 3 minutes. (A few sugar crystals will remain.) Ladle quickly into scalded containers, filling to within 34 inch of tops. Cover at once with light lifes, Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 4 3c cups or about 5 (8 fl. oz.) containers.

STRAWBERRY-PEACH JAM 1% cups prepared fruit (about 1 pt. ful-ly ripe strawberries and % lb. fully ripe penches) 1 tsp ascorbic acid crystals (optional) 4 cups (1 % lb.) sugar

2 thsp lemon juice I pouch liquid fruit pectia

Stem and thoroughly crush, one layer at a time, about 1 pint strawberries. Measure 1 cup into large bowl or pan. Peel, pit and finely chop or grind about 34 pound peaches. Measure 34 cup and add to strawberries; add ascorbic acid.

Thoroughly mix sugar into fruit; let stand 10 minutes. Add lemon piace to fruit pectin in small bowl. Stir into fruit. Continue stirring 3 minutes. (A few sugar crystals will remain.) Ladie quickly into scalded containers, filling to within 34 inch of tops. Cover at once

with tight lids. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered stored in refrigerator up to 3 weeks. Makes about 4% cups or about 6 (6 fl. oz.) containers. Note: Addition of ascorbic acid helps maintain color and flavor of fruit; purchase at local drugstore.

STRAWBERRY-RHUBARB JAM STRAWBERRY-RHIDBARB JAM
2 cups prepared fruit (about 1 pt. fully
ripe strawberries and 1 lb. red-stalked
rhubarb)
4 cups (1¾ lb.) sugar
34 cup water
1 box powdered fruit pectin

Stem and thoroughly crush, one layer at a time, about 1 pint strawberries. Measure 1 cup into large bowl or pan. Cut about 1 pound rhubarb into 2-inch pieces and finely grind. Measure 1 cup: add to strawberries.

pieces and finely grind. Measure I cup; add to strawberries.

Thoroughly mix sugar into fruit; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to a full boil and boil I minute, stirring constantly. Stir into fruit. Continue stirring 3 minutes. A few sugar crystals will remain.) Ladle quickly into scalded containers, filling to within ¼ inch of tops. Cover at once with tight lids. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 4 ¾ cups or about 6 (8 ft. oz.) containers.

STRAWBERRY AND RHUBARB TARTS (Makes 12 3-inch tarts)

Florida

1 package pie crust mix 2 cups fresh rhobarb, cut into 1 inch pieces (or 2 cups frozen, unsweetened rhobarb) 2 thsp butter, cut in pieces 2 cups strawberriess, halved 2 isp lemon juice 1 1/2 cops sugar

Trepare pastry as package directs. Line 12 tart pans (3 inches in diameter at 10) or shallow muffin cups with pastry control of the pastry control of the

Cold hands . .

It's normal for your external body temperature to vary by as much as eight degrees. Typically, It's your hands and feet that are colder since they are the farthest from your heart. A woman's feet average a temperature of about 86 degrees, whereas her torso area is approximately 94 degrees.





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