

Are you planning to make jam or jelly this fall? Many of us have trouble determining exactly when the jelly or jam is "done."

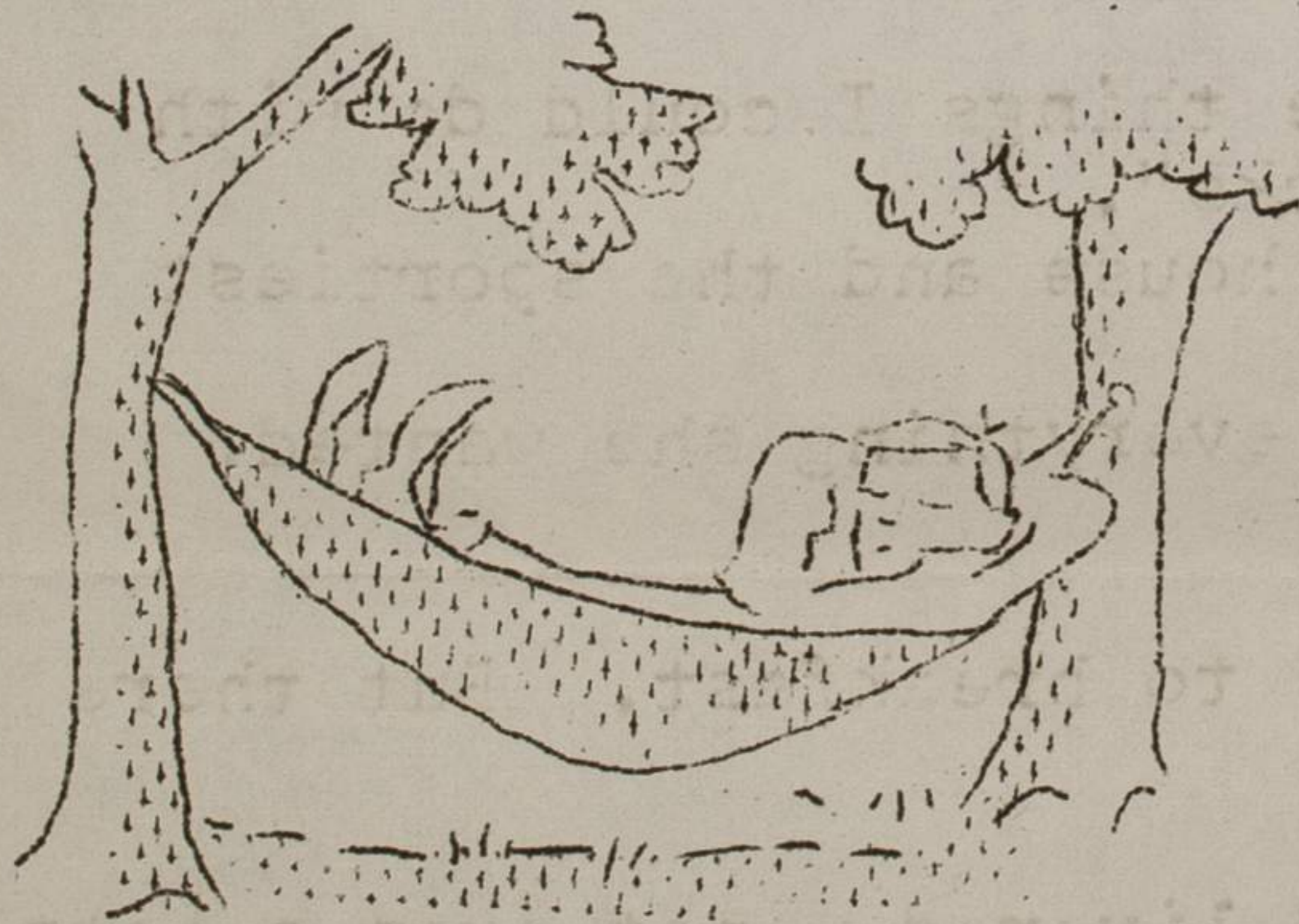
The most simple and certain method of testing to see if the jelly or jam is cooked enough is to use a thermometer.

Before you make the jelly or jam, take the temperature of boiling water with a jelly, candy or deep-fat thermometer.

Cook the jelly mixture to a temperature 8°F. higher than the boiling point of water. Cook the jam to 9°F. above this temperature.

Why use the boiling point of water as a gauge? At that temperature the concentration of sugar will be just right for the mixture to form a satisfactory jell.

When you read the thermometer, hold the thermometer in a vertical position and at eye level. The bulb of the thermometer must be completely covered with the jelly or jam mixture without touching the bottom of the pan.



Feeling tired and run down?

This sounds like the beginning of a commercial, but it isn't - just some common sense and facts!

Eight hours of sleep are still recommended for most people. This was shown by a study of the effect of increasing amounts of sleep on performance.

Performance improved sharply as the amount of sleep was increased from one to six hours. Beyond six hours of sleep, the rate of improvement was smaller up to eight hours. When the length of sleep was extended to ten hours, there was no further improvement of performance.

The hours of sleep needed vary from person to person. Doctors say you are getting enough sleep if: (1) you can wake up spontaneously at the usual getting up time, and (2) do not get drowsy in the afternoon. nap, anyone?