

FREEZING & CANNING

Jelly Facts, Home Canning Planner Will Help You

JELLY FACTS
For successful jelly it is necessary to have fruit or berry juices containing the right amount of pectin and acid to cook with a measured amount of sugar. Lemon juice and partially ripe fruit will boost the acid-pectin content.

Pectin — Liquid or powdered fruit pectin is a dependable source of pectin and removes guess work, shortens cooking time. More sugar is required but more jelly results. Be sure to follow the manufacturer's directions exactly. Of course, liquid or powdered pectin cannot be used interchangeably.

Sugar — Juice Proportion. For juice rich in pectin use 1 cup sugar to 1 cup juice. Juice moderately rich in pectin 2/3 to 3/4 cup sugar to 1 cup juice. For juice low in pectin plan to add liquid or powdered fruit pectin and follow enclosure directions for sugar measure and procedure.

Cook — In small amounts, no more than 4 to 6 cups juice in generous preserving kettle — one with wide flat bottom. This allows quick cooking and helps preserve fresh fruit flavor and color.

Jelly Doneness Test: Jelly is sufficiently cooked when two thick, heavy drops run together off a clean metal spoon. A candy-jelly thermometer is an aid — works together with the jelly spoon test. The finished temperature for jellies is 219 degrees F. to 221 degrees F. at sea level. In an altitude, add 7 degrees F. to temperature at which water boils in your community.

JELLY TROUBLES?
Sugar usually gets the blame when there are jelly failures. It has been proven, either beet or cane sugar may be used in making jams or jellies.

Tough jelly occurs when too little sugar is used in proportion to the amount of pectin in the juice. Or if the juice and sugar is boiled too long toughness may result.

Syrupy jelly results when too much sugar is used; or because the jelly is not boiled long enough after adding the sugar, or because

the fruit contains too little pectin. Crystals are found in jelly when too much sugar has been used or the juice boiled too long before adding sugar, not long enough afterwards. Grape jelly is an exception — the tartaric acid will often cause crystal formation. Avoid by storing grape juice overnight (crystals will settle to bottom); pour off juice and proceed with jelly.

UNCOOKED JELLIES
Red currants and Concord grapes are the fruits that qualify for uncooked jelly. They have the proper balance of pectin and acid needed. Briefly, the juice is extracted from the fruit just as in the usual jelly-making — heated to boiling, the sugar (either beet or cane) added immediately and the kettle removed from the heat. Then the jelly is stirred to dissolve the sugar well — that's all there is to it.

Be sure to make note of these points about UNCOOKED JELLIES:

1. Method works only with fruits high in acid and pectin... such as grapes and currants.
2. Best to use some slightly under-ripe fruit.
3. Be sure that the jelly is boiling hot when the sugar is added; and stir it well to dissolve.
4. It may take several days before the jelly is a desired firmness.
5. Make in small batches — don't increase the recipe.

CHERRY CIRCLE SALAD
1 dozen dark sweet cherries
1 cup cottage cheese
1/4 cup crushed pineapple, drained
Lettuce or endive
Parsley
Mayonnaise
Wash and stem cherries. Line a salad plate with fresh lettuce or endive. Toss together drained pineapple and cottage cheese. Place mound in center of salad plate, arrange cherries in circle around cottage cheese. Garnish with par-

Connie Baker's FOOD features

Cottage Pudding And Cherry Sauce Are Delicious

Put Summer Into Your Freezer With Frozen Cherries

Though big cherry time is but a few weeks long, you can extend it well through winter if you stock that freezer now with jars after jar of sweet cherries. Then you can enjoy the luxury of out-of-season fruit next winter, and give a gay lift to many a winter-weighted meal.

To Freeze Cherries
Freezing sweet cherries is so simple, even the most amateur homemaker can do it successfully. First, select firm, fresh, ripe cherries. Wash, stem and pit them, if desired. You may leave them unpitted for salads and dessert garnishes, but for cocktails and tossed salads, pitted cherries are much preferred. Once these preliminaries are taken care of, pack the cherries in moisture-vapor proof containers or in glass freezer jars, and cover with 40 per cent syrup. This syrup is in the proportions of 1 1/2 parts sugar to 2 parts water. Add 1/4 teaspoon ascorbic acid or other anti-oxidant for each cup cold syrup. When filling container, leave one-half inch space at top for expansion. Place a piece of crumpled freezer paper on the top of cherries to keep them below level of the syrup. Seal and freeze immediately. If cherries are not pitted, prick in three or four places with a fork to permit sugar absorption.

COTTAGE PUDDING WITH CHERRY FESTIVAL SAUCE

Cottage Pudding
1/2 cup shortening
1 cup sugar
1 egg
1/4 teaspoon almond extract
1 1/4 cups all purpose flour
1/2 teaspoon salt
2 1/2 teaspoons baking powder
2/3 cup milk
Cream shortening and sugar; add egg and almond extract and beat thoroughly. Add sifted dry ingredients alternately with milk; beat well after each addition. Bake in greased 8-inch square pan in a moderate oven, 350 degrees, for 30 to 45 minutes. Remove from oven and cool. Cut in squares and serve with cherry festival sauce.

Cherry Festival Sauce
2 cups dark sweet cherries
1/4 cup water
1/2 cup sugar
Slice of lemon
1 1/2 tablespoons cornstarch
1/4 cup cold water
Heat 1/4 cup water and sugar to boiling. Add halved and pitted cherries and lemon slices and cook for 10 minutes. Remove cherries and lemon slice. Mix cornstarch with 1/4 cup cold water and add to cherry syrup. Cook until thick and clear. Return cherries to syrup. Keep hot until ready to serve. Will serve 6 to 8.

Sweet Cherry Shortcake
3 cups halved and pitted dark sweet cherries
1/2 cup sugar
1/4 cup water
2 9-inch layers or squared of sponge cake
1 cup whipping cream
1/4 cup sugar
1/2 teaspoon vanilla
Wash, halve and pit cherries. Combine 1/2 cup sugar and water and boil until syrup spins a thread. Pour over prepared cherries and let stand. Whip cream and add sugar gradually. When stiff fold in vanilla. Spoon cream in a circle around outer edge of one layer of cake. Place 2 cups of sweetened cherries on the plain layer of the cake. Cover with cream topped layer. Fill the center of the top layer with the remaining cherries. Will serve 6 to 8.

Sweet Cherry Sundae Topping
1 1/2 pounds dark sweet cherries
1/2 cup sugar
1 tablespoon lemon juice
Wash, pit and chop cherries. Measure 2 cups of fruit and mix with sugar in saucepan. Cook until sugar has dissolved and juice has been extracted from cherries (about 5 minutes). Add lemon juice and mix thoroughly. Remove from heat and cool. Serve over ice cream. Will make two cups topping.

FRESH CHERRY FACTS

1. Fresh sweet cherries are on the market from the first part of July until August.
2. Cherry quality is denoted by plump, bright appearance. They should be firm and have good color.
3. Cherries should be kept in cool place and should not be washed until ready to use. If they are washed before using, they should be dried, spread on plates or trays and stored in the refrigerator.
4. 3 cups stemmed, unpitted cherries equal 1 pound. 2 1/2 cups of stemmed and pitted cherries equal 1 pound.
5. In addition to their delightful flavor—cherries make their contribution to good nutrition through their vitamins and minerals.
6. There are three types of sweet cherries:
 - a. The ROYAL ANNE is the lightest in color and is used chiefly for maraschino cherries, though it is also used for canning and salads.
 - b. The LAMBERT is ideal for salads and showy desserts. It is also used for canning and eating out-of-hand.
 - c. The BING cherry is a deep-red fruit used for salads, desserts, canning, jam and for out-of-hand eating.
7. Sweet cherries are grown principally in the western states.
8. Sweet cherries are ideal for canning. Easy, too. Pack cherries into jars, cover with hot, medium syrup and process in boiling water bath 20 minutes. Pack either pitted or unpitted, depending on future use.
9. In freezing sweet cherries—pack washed fruit into moisture-vapor-proof containers. Cover with cold 40 per cent syrup — 1 1/2 parts sugar to 2 parts water. Leave space for expansion. Freeze. If unpitted, cherries may be pricked in three or four places with a fork to permit sugar absorption.

Blueberry and Cherry-Jam
(Using sour cherries)
Yield: About 12 medium glasses (4 1/2 lbs. jam)
4 1/2 cups prepared fruit (about 3 lbs. ripe sweet cherries)
1/4 cup lemon juice (2 lemons)
1 box (2 1/2 oz.) powdered fruit pectin
5 cups (2 1/2 lbs.) sugar
1 1/2 teaspoon almond extract
1 cup sliced blanched almonds
First prepare the fruit. Stem and pit about 3 pounds fully ripe sweet cherries. Chop fine or grind and measure 4 cups into a very large saucepan. Squeeze the juice from 2 medium-sized lemons. Measure 1/4 cup into saucepan with cherries.
Then make the jam. Measure sugar and set aside. Add powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for 5 minutes. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Stir in the almond extract and sliced almonds. Ladle quickly into glasses. Cover jam at once with 1/2 inch hot paraffin.

Blueberry and Cherry-Jam
(Using sour cherries)
Yield: About 12 medium glasses (4 1/2 lbs. jam)
4 1/2 cups prepared fruit (about 1 qt. ripe blueberries and 1 1/2 lbs. ripe sour cherries)
7 1/2 cups (3 1/4 lbs.) sugar
1 bottle liquid fruit pectin
First, prepare the fruit. Crush thoroughly about 1 quart ripe blueberries. Stem and pit about 1 1/2 pounds fully ripe sour cherries. Chop fine. Combine fruits and measure 4 1/2 cups into a very large saucepan.
Then make the jam. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in liquid fruit pectin. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with 1/2 inch hot paraffin.

Freeze Cherries For Year-Round Use In Foods

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Try Cherry Top Hat For A Delightful Luncheon Dessert

It's big cherry time... when, as the poet said, "Whether we look or whether we listen, we can hear life murmur and see it glisten;" and it's now that those big, juicy sweet cherries appear on the market to give a lift to the eye and the appetite.

Sweet cherries are probably the most popular fruit on the market and because their season is short, it's the rare person who can get his fill. Their flavor is tantalizing, one calls for another... and that calls for a third. But never mind. Let everyone eat as many cherries as he likes, for they're a juicy fruit, sweetly satisfying, brimful of Vitamins A and B as well as iron, copper and manganese which are so important to the blood and don't fret if the children want to "gorge" themselves, for cherries are easily digested, are low in roughage content so that they're often listed for "soft" and "semi-soft" diets, yes, and believe it or not, are ideal for the dieter who must watch his calories.

The cherry began life as a waif... a neglected seedling that no one noticed until a Chinese gardener took a fancy to it and gave it his loving attention. The fruit that resulted was an unusual one, deep red in color and sweet in flavor, and was named after the man who cultivated it. Another favorite sweet cherry is a brighter red and favored not only for eating but also for centerpieces. Lighter yet is the cherry used chiefly for maraschino cherries, but also delightful canned, in salads and for fresh eating.

There are many delightful ways to serve sweet cherries at meals, but one of the most provocative we've run across in a long time is this cherry top hat. Try it the next time you entertain.

Cherry Top Hat
2 cups fresh sweet cherries, pitted
1 package cherry-flavored gelatin
1 7-ounce bottle Ginger Ale or lemon or lime-flavored carbonated beverage
1 package orange cake mix
1/2 pint whipping cream
2 tablespoons sugar
Wash and pit cherries. Dissolve gelatin according to directions on package in place of water. When gelatin begins to thicken, add cherries, mold in an 8-inch cake pan which has been brushed with salad oil. (Chill in refrigerator until firm. Meanwhile, prepare cake according to directions on package. Bake in 8-inch layer pan same size and shape as cherry mold. (1 package cake mix make 2 8-inch layers). When cake is baked, remove from pan, cool. When ready to serve, unmold cherry gelatin on top of cake layer. Serve with sweetened whipping cream. Makes eight servings.

CONCORD GRAPE JELLY
Extract juice from grapes by the same method. Measure juice, bring to boil and add 1 1/2 cups beet or cane sugar for each 1 cup of juice. Proceed as for red currant jelly.

AVOCADO DESSERT
Ever dice avocado and mix it with cut-up fruit for a dessert? Dress it with a combination of orange or pineapple juice, honey and lemon juice.

CHERRY TIME MEANS HOME CANNING TIME
Cherry time means summer is here and it is time to start thinking and acting about canning fruit for winter use. Juicy sweet Northwest cherries are coming on the market now and will be available for about six weeks.

The first cherries to come onto the market are the dark red Bings with their firm flesh and delicious flavor. They are followed by the Lambert, a deeper red, juicy cherry. Next to make their appearance are the Royal Annes, a cherry that is light in color, firm fleshed and sweet in flavor. Major part of the Royal Anne crop goes into the pies but there are some available for eating and canning at home. The last cherry to be ready for home use and canning is the red tart cherry that has made a place for itself in the hearts of all cherry lovers. Red tart cherries are canned the same way as sweet cherries but because the tart cherries are usually used for pies, they should be pitted before canning.

While fresh cherries are available on the market, include them in your meal plans. Add them to fruit salads for an up-to-the-minute touch. Fresh cherries can be added to canned fruits or to other fresh fruits to make salads that are sure to be enjoyed.

Fresh cherry shortcake or cobbler will please even your problem eater. A dish of fresh cherries to be eaten out-of-hand will make a simple but sophisticated dessert to serve after a meal. Low in calories it takes about 25 cher-

ries to make 100 calories. Cherries will find a place in your summer menu as well as in the winter time if you can now with the future in mind.

Buy ripe cherries in good condition for the best freezing results. Working quickly is the key to successful freezing. Try to get the cherries as soon after they are picked as possible. Wash, sort and remove the stems. The cherries may be pitted or not depending on the use for which they are intended. If they are not pitted, the cherries should be pricked with a fork in four places to permit sugar absorption.

Sweet cherries are best if frozen in a 40 per cent syrup. Make the syrup by dissolving 1 cup sugar in 1 1/2 cups water. Chill the syrup and add 1/4 teaspoon citric acid to each cup of cold syrup, with a little stirring as possible. Place the sweet Northwest cherries in moisture-vapor-proof containers and pour the syrup over them. A pad of waxed paper or lockert paper on top of the fruit before sealing the container will help keep the fruit under the syrup. Seal and freeze immediately.

Red tart cherries for pies should be frozen by dry sugar pack method. Use 4 pounds of pitted cherries to 1 pound of sugar. Add sugar to pitted cherries and let stand for few minutes until juice is formed. Turn lightly with spoon until sugar is dissolved. Seal. Cherry pies may be prepared ready for the oven then carefully wrapped in moisture-vapor-proof wrapper and frozen.

Frosted Cherry Souffle Salad
1 pint frozen pitted cherries
1 package cherry or raspberry gelatin
1 cup hot water
1 tablespoon vinegar or lemon juice
1/2 cup mayonnaise
1/4 cup chopped filberts or almonds
Take sweet cherries from freezer to thaw. Dissolve gelatin in hot water. Add vinegar or lemon juice and mayonnaise. Blend well with rotary beater. Pour into refrigerator tray. Chill in freezing unit for 15 minutes or until firm about 1-inch from edge hot soft in center. Turn mixture into bowl and whip with rotary beater until fluffy. Fold in partially thawed cherries and nuts. Pour into 1 quart mold or individual molds. Chill until firm, 30-60 minutes. Unmold on salad greens. Serves 6.

FRESH WATER CRESS
Water cress, to be fresh, must be bright green, crisp and clean. Wilted or yellowing leaves means the cress is getting too old for use.

Cherries Are Very Tasty When Used Jam, Jelly



COVER THE CHERRY JAM with 1/2 inch hot paraffin. Isn't that easy? Now you have glowing sweet spreads which your family will enjoy for months to come.



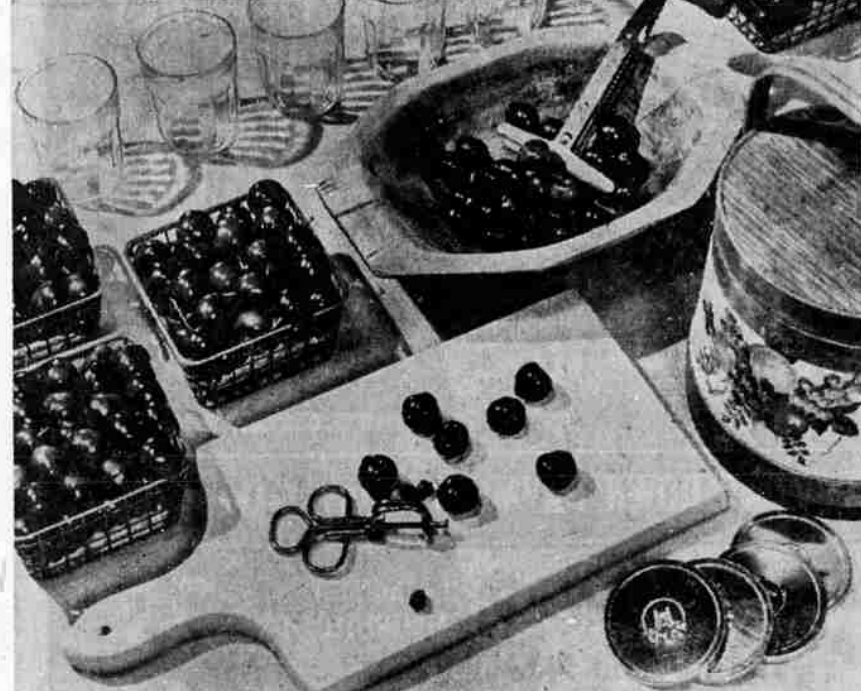
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Blueberry And Cherry Jam Will Delight The Family



WITH TODAY'S RECIPE, a bowl of cherries will become a tasty batch of jam in less than fifteen minutes after the fruit has been prepared!

CHOOSE CHERRIES FOR INSPIRATION
If a bowl of cherries can inspire a lyric, just think what a glass of homemade almond cherry jam can do for an appetite! On toast at breakfast or on hot muffins at luncheon every body will sing its praises!

To assure the fresh cherry flavor use the short-boil method with natural fruit pectin and fully ripe cherries. Add almond extract and sliced blanched almonds to make this jam taste just right. This method necessitates only a one-minute boil, thus none of the full fruit flavor is steamed away, and you get more glasses per pound of fruit. Your jams are ready to paraffin in just 15 minutes after the fruit is prepared! And by the way, if you don't have a cherry pitter handy, insert a pen point in a pen staff and punch out the pits.

For a unique flavor variation, combine berries and cherries to make a glamour jam. In the recipe below, blueberries and cherries blend to become a real delicacy for your table. Just right to remember, too, when you go visiting and don't want to forget your hostess. Several glasses of jam as a gift will make your visit memorable!

ALMOND CHERRY JAM
(Using sweet cherries)
Yield: about 9 medium glasses (4 1/2 lbs. jam)
4 cups prepared fruit (about 3 lbs. ripe sweet cherries)
1/4 cup lemon juice (2 lemons)
1 box (2 1/2 oz.) powdered fruit pectin
5 cups (2 1/2 lbs.) sugar
1 1/2 teaspoon almond extract
1 cup sliced blanched almonds
First prepare the fruit. Stem and pit about 3 pounds fully ripe sweet cherries. Chop fine or grind and measure 4 cups into a very large saucepan. Squeeze the juice from 2 medium-sized lemons. Measure 1/4 cup into saucepan with cherries.
Then make the jam. Measure sugar and set aside. Add powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for 5 minutes. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Stir in the almond extract and sliced almonds. Ladle quickly into glasses. Cover jam at once with 1/2 inch hot paraffin.