

Recipes for Every Family

STRAWBERRY JAM

4 cups prepared fruit
6 1/2 cups cane sugar
1 box powdered fruit pectin

To prepare the fruit. Crush completely, one layer at a time, about 2 quarts fully ripe strawberries. Measure 4 cups pulp into a large saucepan.

To make the jam. Measure sugar and set aside. Place saucepan holding fruit over high heat. Add powdered fruit pectin and stir until mixture comes to hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim, ladle quickly into glasses. Paraffin at once. Makes about 10 six-ounce glasses.

BOYSENBERRY JELLY

4 cups juice
7 1/2 cups sugar
1 bottle fruit pectin

To prepare the juice. Crush thoroughly about 3 quarts fully ripe boyseberries. Place in jelly cloth or bag and squeeze out juice. Measure 4 cups into a very large saucepan. (If berries lack tartness, use only 3 1/4 cups prepared juice and add 1/4 cup strained lemon juice).

To make the jelly. Add sugar to juice in a saucepan and mix well. Place over high heat and bring to boil, stirring constantly. At once stir in bottled fruit pectin. Then bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim, pour quickly into glasses. Paraffin at once. Makes about 11 six-ounce glasses.

CHERRY JAM

3 1/2 cups prepared fruit
4 cups cane sugar
1 box powdered fruit pectin

To prepare the fruit. Stem and pit about 2 1/2 pounds fully ripe sweet cherries. Chop fine and measure 3 1/2 cups into a large saucepan.

To make the jam. Measure sugar and set aside. Place saucepan holding fruit over high heat. Add powdered fruit pectin 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, skim, ladle quickly into glasses. Paraffin at once. Makes about 7 six-ounce glasses. Note: For stronger cherry flavor, add 1/4 teaspoon almond extract before ladling jam.

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HERE'S HOME CANNING NEWS...

With the following suggestions



(By Miss Marjorie Black
Noted western home economist)

Home canning can be one of the most satisfying and useful of all home-making activities. There are a few rules to follow and a few tricks to the trade that will greatly simplify this important activity. I hope that some of these suggestions and tips may help you to have more fun and better results with your home canning.

Plan Your Canning Routine Beforehand

I have found that it pays to gather together all the basic equipment the day before you begin the actual canning operation. Most of the items required are to be found in the average home-maker's kitchen. Make sure that your pressure cooker, water-bath canner and clock are in good working order. Most important of all, select fruits and vegetables that are fresh, free from bruises, firm and just ripe. Only the best grade fruits will produce the top results that you seek.

As for the amount of food you should can, try making out a "canning budget." Factors to keep in mind are the size of your family, fruits and vegetables available, amount of canned foods consumed by your family, amount of canned foods needed for gifts, etc. Your canning budget need not be exact, but a rough estimate of your requirements is important before beginning your canning program.

Use Pure Cane Sugar For Sure Canning Results

For many reasons, one of the most important elements in successful canning and jelly-making is sugar. Sugar acts as a preservative; it helps to conserve essential vitamins; it brings out the true flavor of fruits and protects their natural color and texture. Then, too, sugar is important for its nutritive value—pound for pound sugar is our cheapest source of energy. Just as Grandmother used pure cane sugar for her syrups and jellies, modern homemakers have also discovered the importance of using cane sugar for sure canning results. In canning and preserving, I repeat, it is important to follow directions to the letter and avoid experimenting. Follow the example of generations of homemakers, and stick to an all-sugar pack for fruits, jags and jellies.

About Pressure Cookers for Canning

There are four specific agents which produce food spoilage: enzymes, molds, yeasts and bacteria. These agents must be destroyed by proper application of heat in the canning process. Therefore, the most scientific and safe method of home canning is the pressure cooker, which heats foods to a temperature above the boiling point of water. For canning non-acid foods such as meat, fowl, fish and certain vegetables, the pressure cooker is the only safe way to can, since a temperature of 240 degrees is needed for the safe preserving of these foods, in order to avoid the danger of the bacilli botulinus.



Pressure cookers utilize steam under pressure; by converting the water in the bottom of the cooker into steam, and forcing out the air, the expanding steam creates pressure, and the temperature rises. Owners of pressure cookers have found that their value and usefulness increases with the years. Properly cared for, a pressure cooker will serve you well through many seasons of canning. Pressure cookers have year-round cooking value in addition to their service during the canning season.

Jelly Making Is Easy Using Natural Fruit Pectin

Making jellies and jams the modern way employs the use of natural fruit pectin, either powdered or bottled. These pectins make it possible to avoid the old-fashioned long boiling process which "boiled away" much of the fruit itself, as well as the jelly flavor. The short-boil method of jelly-making using natural fruit pectin, produces jellies and jams that are sparkling and flavorful, gleaming and fragrant. Powdered pectin is obtained from citrus fruits, liquid pectin from apples; both give no flavor to the preserved product, they only accent the natural flavor of the berry or fruit. The short boil method yields about 50 per cent more glasses from the same fruit as the long-boil method since practically none of the fruit juice is boiled away. Pectin, the substance that makes jelly "jelly," allows the home jelly-maker to use fruits that are at their peak of ripeness and goodness. It is important to follow exactly the directions for jellies and jams; use the exact amount of pectin, powdered or bottled, as specified in the recipe and do not interchange recipes.

Importance of Proper Jars In addition to destroying the agents that spoil food, the home-maker must see that other organisms do not reach the processed food during and after the time it is canned. The food must be quickly sealed in air tight jars or containers sturdy enough to withstand high temperatures. The lids of the containers must be smooth and free from nicks and cracks.

Most important of all, the lid or cap must fit the jar on which it is used. I have found that the lid gold lacquered on both sides resists food acids. This type of jar lid is self-sealing as it cools, and is tightened completely before processing.

HELPFUL HINTS IN JELLY-MAKING

Question: How is the right amount of pectin determined when making jams and jellies?
A. Modern jelly-makers use commercial pectin following tested recipes, thus insuring just the right amount of pectin with each fruit.

Question: Can a recipe be doubled?
A. We don't recommend it. Follow the recipe exactly, measure every ingredient with a standard measuring cup, and time the boiling to the minute.

Question: What causes weeping jelly and is there a cure for it?
A. Separation of a small amount of syrup, known frequently as weeping, is normal and will not harm jellies and jams unless yeast and mold start growing on the seepage. To prevent excessive weeping, leave a half-inch space at the top when filling the glass. Paraffin, cover tightly and store in a cool, dry place.

Question: What is meant by a full, rolling boil?
A. A full, high, tumbling boil which cannot be stirred down.

Question: Is it permissible to squeeze the jelly bag?
A. Yes. Squeezing the pulp will increase the quantity and flavor of the jelly. If the bag is not squeezed the jelly will be clearer.

Question: How long will jams and jellies keep?
A. About a year. The flavor and color are retained for various lengths of time.

Send for Free Booklet and File-Size Folder

If you are planning to can fruits and vegetables this summer, first study your subject carefully and you will find the sure way to success. "So You're Canning" is a small booklet that gives a clear comprehensive treatment of this subject. It is written in attractive, simple form and is charmingly illustrated. This booklet, plus a file-size folder containing a number of new recipes for jams, preserves and conserves, may be secured by sending a postcard request to Miss Marjorie Black, Room 804, 333 Montgomery Street, San Francisco 4, California. These booklets are free of charge and give a wide selection of thoroughly tested canning, preserving and jelly-making recipes, as well as rules for canning success.

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It's Strawberry Time!
Try this Marvelous
Strawberry-Rhubarb Jam today!

4 cups prepared fruit 7 cups sugar
1/2 bottle Certo

Just slice thin or chop 1 pound rhubarb; crush 1 quart fully ripe strawberries. Combine and measure 4 cups into large saucepan. Add sugar and mix well. Place over high heat and bring to full rolling boil... boil hard 1 minute, stirring constantly. Remove from heat and at once stir in Certo. Then stir and skim by turns for 5 minutes. Ladle quickly into glasses; paraffin at once. Makes about ten 6-ounce glasses.

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