

Try These Selected Recipes

GRAPE JELLY

5 cups juice
6 1/2 cups cane sugar
1 box powdered fruit pectin
TO PREPARE THE JUICE. Stem about 3 1/2 pounds fully ripe grapes and crush thoroughly. (Concord grapes give best color and flavor.) Add 1 1/2 cups water; bring to a boil and simmer, covered, 10 minutes. Place in jelly cloth or bag and squeeze out juice. Measure 5 cups juice into a large saucepan.
TO MAKE THE JELLY. Measure cane sugar and set aside. Place saucepan holding juice 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, pour quickly into glasses. Paraffin at once. Makes about 11 six-ounce glasses.

SPICED PEARS OR PEACHES

5 cups brown sugar
2 cups vinegar
2 cinnamon sticks
2 tablespoons whole cloves
4 quarts pears or peaches
Cook sugar, vinegar, and spices 20 minutes. Drop in fruit, a few at a time, and cook until tender. Pack into hot, sterilized jars, adding syrup to within 1/2 inch of top. Seal. Makes 6 pints.

GRAPE AND PEAR JAM

4 cups prepared fruit
7 cups cane sugar
1 bottle fruit pectin
TO PREPARE THE FRUIT. Slip skins from about 2 pounds fully ripe Concord or other loose-skinned grapes. Bring pulp to a boil and simmer, covered, 5 minutes. Then sieve to remove seeds. Chop or grind skins and add to pulp. Peel and core about 1 pound fully ripe pears. Grind or chop very fine. Combine fruits and measure 4 cups into a very large saucepan.
TO MAKE THE JAM. Add cane 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 bottled fruit pectin. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once. Makes about 11 six-ounce glasses.

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SUMMER CANNING AT PEAK

Can Today the Easy Way!



By Miss Marjorie Black
Noted Western Home Economist

Possessing the "know-how" of canning can mean the difference between success and failure. Home canning can be pleasant and satisfying, as well as useful, if you have the right material at your fingertips. Read over these helpful methods of canning and the thoroughly tested recipes on this page.

Careful Planning Essential

First of all decide just what fruits and vegetables you want to can. Consider the equipment you already have on hand. Check all available jars for cracks and leaks, especially around the opening, and thoroughly wash in hot soapy water, rinse well and scald with boiling water.

Have your pressure cooker and water bath canner in top condition. A good kitchen clock or timer will be a great help, too, for exact timing is particularly important. Be sure to use fresh lids and rubbers.

Another thing to remember is that your homemade products will only be as good as the fruits and vegetables that you use to make them. When you select the fruits and vegetables, do so personally, and be sure that they are absolutely fresh, firm and just ripe. Carefully packed and handled fruits and vegetables are free from brown spots and bruises. Also, remember to select your recipes with care. All modern cookbooks contain up-to-date directions and timetables. By all means follow these recipes to the letter.

Pressure Cookers Ideal for Canning

Pressure Cookers are recommended by leading food authorities as a safe method of canning non-acid foods—vegetables, meat, fowl and fish. Successful canning must arrest or destroy the action of spoilage organisms. There are four specific agents that produce food spoilage. They are enzymes, molds, yeasts and bacteria. Luckily the first three are easily destroyed by heat during the processing. Bacteria, however, especially *botulinus*, can be destroyed only with temperatures above boiling.

Fundamentally, the purpose of a pressure cooker is to process foods by heating them above the boiling point of water. This is achieved by utilizing steam under pressure. First some of the water in the bottom of the cooker is converted into steam and all the air is forced out through the pet cock in the cover. When the air is exhausted, this outlet is closed. The expanding steam creates pressure and there is an accompanying rise in temperature. This higher temperature is essential in destroying spoilage organisms in food.

Natural Fruit Pectin Method Glamorizes Jelly-Making

Natural fruit pectin simplifies the art of jelly-making and brings you up-to-date on the modern way today's homemakers cook. The short-boil method of making jams and jellies enables you to finish homemade sweet spreads in just 15 minutes after the fruit is prepared. The rich full goodness of the fresh fruit flavor is no longer boiled away by long hours of cooking. Because of the short-boiling period using pectin the yield is about 50% more glasses from the same amount of fruit.

There are two kinds of pectins: Powdered, usually obtained from citrus fruits, and bottled or liquid pectin, which comes from apples.

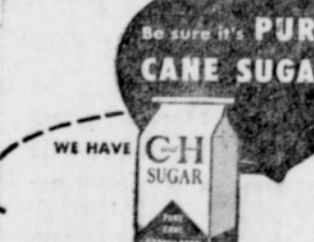
MODERN JARS AND CANNERS

Modern fruit jars make it possible to keep processed foods safe from any harmful organisms that might reach the food after cooking. It is important that you have perfect jars, with tops that are free from nicks and sharp edges.

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Good Now — Better Later

Two piece caps (metal lid and metal screw band) have become generally popular because they can be "sealed" when the jars are filled and do not require further tightening. Then, too, there is no rubber ring to put on "just so." One of the newest developments is the dome rounded lid. This lid seals by vacuum. When vacuum occurs in a jar the atmospheric pressure forces the dome down. The lid is then concave and will not yield to finger pressure. This takes all guessing out of seal testing—one touch of the finger tells whether the dome is down. Be sure to remove band after testing. If allowed to remain on, it is much harder to take off later. The bands are reusable. Lids should be used only once.

Successful Canners
Use Pure Cane Sugar
Experienced homemakers know the value of pure cane sugar when canning time comes around, and you'll find that they recommend an all-sugar pack for fruits, jams and jellies. Sugar acts as a preservative. For this reason sugar is one of the most important elements in successful canning and jelly-making. It protects the natural color and texture of the fruits and it helps to bring out the true flavor.

Cucumber Pickles
(Short Method)
Select 50 cucumbers 2 1/2 inches long; wash and cover with hot brine, 1 cup coarse salt to 2 quarts water; let stand until cold or overnight. Drain cucumbers. Cover with mixture of 3 quarts vinegar, 1 quart water, 4 tablespoons mixed pickling spices, and 2 cups cane sugar.

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UP-TO-DATE TIPS ON CANNING

Question: Is there ever a possibility of overloading your pressure cooker?
Answer: Yes — never crowd in more jars than recommended in the recipe.

Question: Is there a danger of filling jars too full?
Answer: Yes — never fill jars too full. There should be at least 1/2 inch head space after liquid is poured in. Some foods require more head space as expansion is greater. Consult your cookbook for definite instructions.

Question: When should one start to count time of processing?
Answer: From the minute the hand on the pressure gauge reaches the required pressure.

Question: How much cane sugar syrup should be used in a jar?
Answer: Fill syrup to within 1 1/2 inches of top of jar if fruit is packed cold — or to 1/2 inch of top of jar when fruit is packed hot.

Question: What are the different syrups used in canning and how are they made?
Answer: There are three syrups: thin, medium and heavy.

THIN SYRUP — one part pure cane sugar, three parts water or fruit; bring to a boil.

MEDIUM SYRUP — one part pure cane sugar, two parts water or fruit juice; bring to a boil.

HEAVY SYRUP — one part pure cane sugar, one part water or fruit juice; bring to a boil.

Question: What are the three essentials of jam and jelly-making?
Answer: They are pectin (the jellying substance in fruit), sugar and fruit acid. These ingredients, properly balanced, turn the fruit or fruit juice into jam or jelly. Jelly-making is not for the woman who cooks "by instinct," for a jam or jelly recipe is really a scientific development.

Question: Can you substitute bottled pectin in a recipe that calls for powdered fruit pectin?
Answer: No — each recipe is individually tested and does not allow for a substitution. Follow the recipe leaflet that comes with the pectin.

Question: How should jams and jellies be stored?
Answer: Store jams and jellies covered in a cool, dry place. If they're stored in the kitchen, keep them away from the range or radiator; choose the lowest shelves, as warm air rises.

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Peaches are in Season!
Your family will love this
SPICED PEACH JAM

4 cups prepared fruit
1/2 to 1 teaspoon each—
cinnamon, cloves, and allspice

To prepare the fruit. Peel and pit about 3 pounds ripe peaches. Grind. Measure 4 cups into a large saucepan; add spices and lemon juice.

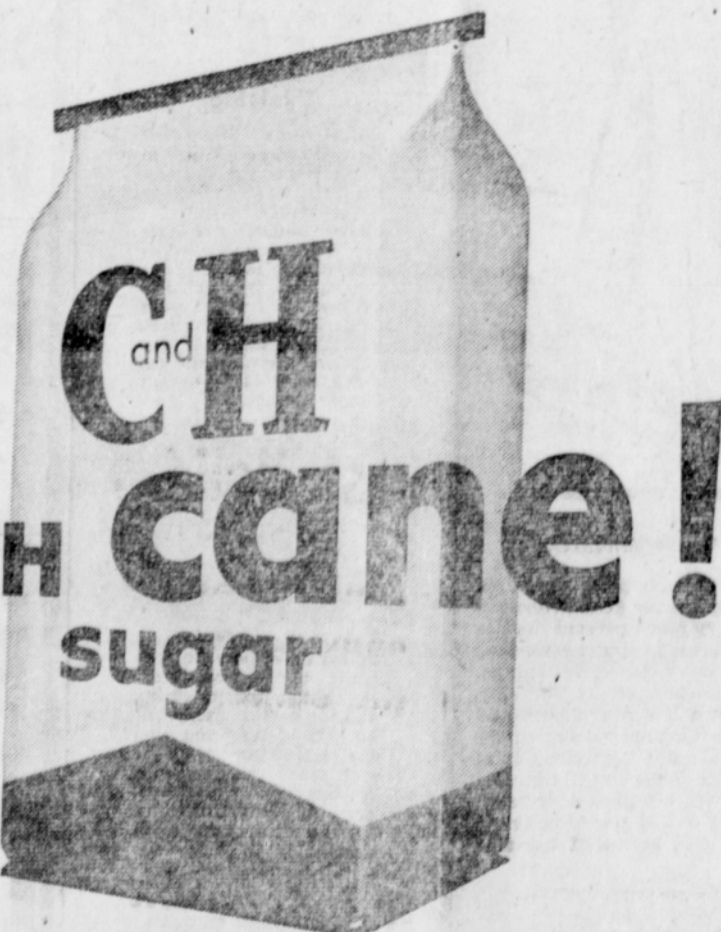
To make the jam. Add sugar to fruit in saucepan, mix well. Place over high heat, bring to full rolling boil; boil hard 1 minute, stirring constantly. Remove from heat and at once stir in Certo. Then stir and skim by turns 5 minutes to cool slightly. Ladle quickly into glasses. Paraffin at once. Makes about eleven 6-ounce glasses.

For Homemade Peach Jam—leave out the spices.

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