

Waltz Through 'Jam Session' With Easy-to-Follow Steps

By EDIE EULANE
Of the Register-Guard

If you know your preserving "P's and Q's", you won't get in a jam this year come canning time.

Plan a smooth put-up job on your jams and jellies by organizing your work. Check supplies and the condition of glasses and lids. Read the recipe through and assemble everything before you begin.

Be exact in your measurements. Forget that "by guess and by gosh" method you use for spaghetti and goulash. Turn out a product you can be proud of and do it with a song 'n a smile.

There are several very good methods for making preserves: If you want to keep cool when temperatures rise, try the new freezing method with no cooking required or the "freeze now and cook later" way (recipes listed below).

USE LARGE KETTLE

Cooked jams and jellies are simple to make too with the liquid or powdered fruit pectins now on the market. Shorter boiling time is required and while more sugar is used, the quantity of jelly is proportionately greater.

If you're cooking the jams or jellies, it saves time and tempers, we've found, to use a large preserving kettle, shallow and wide-bottomed. This way contents can reach a full, rolling boil fast... but not cook over. Rapid cooking helps preserve flavor and color.

You don't have to be in hot water about preserving, but the jars you use certainly do. Sterilizing is a must. Wash jars and glasses with soap and water, rinse in hot water.

Then put them in a large container (it need not be deep, if jars are placed on sides). Cover with fresh water; boil 10 to 15 minutes. Add lids. Leave over low heat until needed; drain. Fill jars and glasses while hot.

A long-handled wooden spoon for stirring, and metal tongs for lifting out hot, sterilized jars are a big help too.

LABEL PRESERVES

Use a tin can for melting paraffin over hot water. Pour onto a metal spoon placed close to surface of jelly, letting it overflow onto surface of the jelly into a thin layer, about 1/4-inch thick. When set, prick any bubbles and pour a second layer same depth.

Slightly tip and swirl glass to seal edges. Label preserves at once, with name of product and date. Spare your tongue—run gummed labels over ice cube or wet cloth.

For gifts, use cheese glasses or pretty re-usable, such as sherbet glasses. Add a monogram in nail polish.

Listed below are several recipes using different methods. The Cherry Jelly recipe is from Mrs. Don Holt of 2797 Thurston Rd., who says her husband and two children list it as one of their favorites.

And when she serves it with her special rolls (made from a recipe given to her by her Danish grandmother), they say: "Mom's the best cook in the house." We've included the roll recipe, too as a special bonus.

Frozen Fresh Berry Jam

No Cooking Needed
4 cups crushed berries
3 1/2 ounce package powdered citrus pectin
1 cup light corn syrup
5 1/2 cups sugar
1/4 cup lemon juice (with strawberries only)

Sprinkle pectin over berries. Stir vigorously. Let stand 20 minutes. Add corn syrup and sugar and stir until sugar is completely dissolved. If using strawberries blend in the lemon juice thoroughly. Omit lemon juice if using raspberries, loganberries, blackberries, or youngberries. If jam seems a little thin, let it stand a short time and it will thicken.

Put in jars or containers and freeze for at least 24 hours. Keeps indefinitely in your freezer or for about 30 days in refrigerator. When you take it from freezer, it is ready to use. No thawing is necessary because high sugar content prevents freezing. This recipe may be doubled and then yields 8 full pints.

Cot and Loganberry Jam

5 1/2 cups coarse ground apricots
2 cups loganberries
5 1/2 cups white sugar
3/4 teaspoon ascorbic acid powder

Combine all ingredients in a large flat pan; stir together with rubber spatula until sugar dissolves. Seal in containers, label, freeze. Makes about 9 to 10 cups.

Make up jam later as needed by following method: Partly thaw. Combine with 1 tablespoon lemon juice in a kel-

JAMS AND JELLIES

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By KAY LUNDEEN
Register-Guard Women's Editor

If you have a home freezer, make it work for you or you'll wind up wishing for it. That's the advice of energetic Mrs. John D. McBurney, who as a homemaker and mother is putting into practice the skills she developed as a professional dietitian.

"The secret of success with a freezer is to keep it working," she says. "If you don't have a continual turnover of a variety of foods, you might just as well let the grocer store them for you and avoid paying for mere storage on them."

There's no 40-hour week for Mrs. McBurney's own freezer. It works day and night—and overtime on Sundays and holidays. Peeking into it is a little like exploring a treasure chest, for there's an unexpected variety of tempting fare—apple pies, blackberry pies, brownies, gumdrop cookies, chocolate chip cookies, jumbo raisin cookies, sponge cake, angel food cake, homemade chop suey, spaghetti with meat, chopped parsley (ready for garnishes), strawberry jam, strawberries—all this, and the better part of a half beef, too!

FREEZES PIES

"One secret is not to get too much of any one thing at a time," Mrs. McBurney explained, as we explored the contents of her freezer, an upright style with four separate compartments that make possible a quick inventory. "Take raspberries, for instance. We like them but not well enough for me to freeze a whole flat of them."

Apple pies are a different story. She baked and froze 28 last year and plans to make 35 to 50 for the freezer this year. She'll bake them all within a couple of days, because she prefers to use yellow transparent apples and their season is short.

For pies, she uses 9" aluminum foil pie tins and prefers to bake the pies before freezing. Then thawed and warmed in a 300-degree oven for about 25 minutes, they are ready to serve. Or they can be partially thawed before going into the oven.

"Everyone seems to like apple pie and besides it's my husband's favorite so I find I can use all I freeze," Mrs. McBurney continued. "But I'll also freeze some berry and some cherry pies this year."

DOUBLES RECIPES

Learning to use a freezer to advantage, rather than regarding it as a mere place for storage, is largely a matter of habit, she said. For instance, when she bakes, she tries never to make a single batch of anything. It's always "one for the family, the other for the freezer."



READY FOR THE FREEZER—Mrs. John D. McBurney of 2255 Charnelton St. packs spaghetti with meat into a carton preparatory to freezing it, while Mike, 11, and Nancy, 5, look on. A freshly baked angel food cake is also ready for the freezer.

"It doesn't take much more time to double or triple a recipe," she pointed out. "In addition, I have a freezer day once a week—usually on Saturdays when I bake bread, cookies and cakes.

"It's so simple to keep an assortment in the freezer, yet such a boon in entertaining, whether it's for guests, unexpected or expected, parties or church suppers. Or, if it's a dull day and the dinner menu seems uninspiring, I can bring out a pie or cake or even cookies to serve with fruit, and it gives a lift to the meal."

Mrs. McBurney says she always keeps food on hand for an entire meal, except for the salad—"the one thing that can't be frozen." She also makes up batches of sandwiches (using two cans of tuna or leftover meat, etc.) that will be ready for lunches or picnics. (The sandwiches go into individual waxed sandwich bags, then are packed sev-

eral at a time into larger plastic freezer bags.

"One of the secrets is to label everything—I use a freezer pencil for that," she warned. "You think you'll remember, but you won't—and the packages look different after they've been in the freezer for awhile.

"Since our freezer is in such constant use, I prefer the 'look and see' method of keeping a real inventory. I use my own system in arranging the foods in the freezer so that I know just usually do. Or, for guests, I sometimes take them out of the freezer and put them in a 300 degree oven to freshen them."

BAKE COOKIES FIRST

Among the foods Mrs. McBurney tries to keep always on hand in her freezer are an emergency supply of bread and rolls, coffee cake ("so convenient to warm up, if friends drop in for coffee"), hamburger patties (packed, ready to cook, with a sheet of aluminum foil between

each one), ice cream (she finds it improves and mellows with standing in the freezer), an angel food cake and a sponge cake (she buys a dozen eggs and makes one of each), cinnamon rolls, banana bread, orange bread, plus brownies and four or five different kinds of cookies.

"The cookies are a little better, if you freeze the dough, then bake them fresh," she said. "But it's so much more convenient to bake them first and they're still delicious, so that's what I usually do. Or, for guests, I sometimes take them out of the freezer and put them in a 300 degree oven to freshen them."

E can my and convenience should go hand in hand in making your freezer work for you, Mrs. McBurney continued. If used properly, she said, the freezer should be the greatest

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Food Features

EUGENE, OREGON, THURSDAY, JULY 21, 1955

Here Are Basic Rules Used in Freezing Fruits

Freezing Basics

When to Use Sugar Syrup—When to Use Sugar

Sugar syrup is used to pack whole, halved or sliced fruits—choice fruits intended for salads, cocktails, desserts, etc.

LIGHT SYRUP—1 cup beet or cane sugar to 3 cups water makes 3 1/2 cups syrup.

MEDIUM SYRUP—1 cup beet or cane sugar to 2 cups water makes 2 1/2 cups syrup.

HEAVY SYRUP—1 cup beet or cane sugar to 1 cup water makes 1 1/2 cups syrup.

Prepared, measured fruit is placed in containers; syrup poured over fruit.

Sugar, either beet or cane, is used with sliced or crushed fruit, or berries which later will be used for pie, shortcake, puddings and sundaes. Measure 1 cup beet or cane sugar to each 4 to 6 cups berries, depending upon sweetness and personal taste.

How to Prevent Darkening of Fruit:

We have found lemon juice (fresh, frozen or canned) to be as effective as ascorbic acid in helping prevent discoloration in light-colored fruit such as Royal Anne cherries, apricots and peaches.

Lemon Juice is sprinkled over cut-up fruit before beet or cane sugar is added or it is stirred into the sugar syrup. Use 2 teaspoons lemon juice to 4 cups prepared fruit and beet or cane sugar. Use 1 tablespoon lemon juice to 3 cups sugar syrup.

Ascorbic Acid is dissolved in cold water before adding beet or cane sugar to cut-up fruit or it is stirred into the sugar syrup before pouring over prepared fruit. Use 1/4 teaspoon ascorbic acid and 1/4 cup cold water to 4 cups prepared fruit and beet or cane sugar. Use 1/2 to 3/4 teaspoon ascorbic acid to 4 cups sugar syrup. (1/2 teaspoon ascorbic acid for peaches and apples; 1/4 teaspoon for apricots.)

Another Fruit Discoloration

Prevention: Keep fruit under syrup with a crumpled strip of waxed paper or ploifilm.

Freezer Containers

All right type of containers are satisfactory. Regular or special canning jars or glasses may be used but allow enough headroom for expansion during freezing. Allow 1/2 inch for pints; 1 inch for quarts.

Reusable Containers for Freezer

Foods:

Various commercial types of packages can be used successfully if thoroughly washed and dried. These include:

Mayonnaise or salad dressing jars that have airtight, screw-top lids. (Satisfactory or crushed fruits, purées, or fruits which can be completely thawed out before removing from containers.)

Tub-type cardboard cartons with pressed-in lid and cylindrical cartons with twist-on lid. (Satisfactory for vegetables or syrup-packed fruits.)

Cardboard milk cartons. (Satisfactory for purées which are completely thawed before using and therefore can be poured.) Cover with special surface covers or aluminum foil.

Labeling:

Should include: Name of product, amount of product (number of halves, slices, cups cut-up), type pack (sugar or syrup), date packed. Wax marking pencil is easy to use. Red easiest to see; comes off plastic, aluminum, metal covers easily with steel wool pads.

Freezer Memos

Make sugar syrup in advance and store in covered container in refrigerator.

Freeze pie fillings—In storing fresh fruit pies in freezer, freeze prepared filling in container—takes less space than completed pie. Pre-heat filling and use lattice top to decrease baking time.

Freeze cobbler fillings in 8-inch-square pan; then remove from pan and wrap for freezing. Easy to store in freezer. Original pan used during defrosting and for baking.

Freeze fruits at height of season; later make into jam as needed. Beats the heat—makes it possible to combine a variety of fruits and berries not in season at the same time.

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