

## Recipes for Your Eating Pleasure

# PLAN NOW FOR HOME CANNING

Here's valuable information for you to clip and use for guidance this canning season



By **ILMA LUCAS DOLAN**  
Noted Western Home Economist

**Any-Berry Jam**  
6 cups ground berries (any variety)  
1 3/4-oz. package powdered pectin  
8 1/2 cups sugar  
Wash, stem and grind 3 quarts fully ripe berries, or crush completely one layer at a time so that each berry is reduced to pulp. Measure exactly 6 level cups crushed berries (add water to fill out last cup, if necessary) into a large kettle. For Strawberry Jam add 1/4 cup lemon juice to each 5 1/2 cups crushed berries. Add the 3/4-oz. package powdered pectin—stir well, and bring to a boil, stirring constantly. NOW, add the sugar (which has been previously measured), mix well and bring to a full rolling boil. **BOIL EXACTLY 4 MINUTES.** Remove from fire, let boil subside, stir and skim by turns for 5 minutes. Pour into sterilized jars, allowing 1/2 inch space for sealing with fresh paraffin.

**Strawberry Jelly**  
Wash and stem 3 quarts of fully ripe berries. Crush and squeeze out juice. Add 1/4 cup lemon juice. Measure 3 1/2 level cups juice into large kettle. Add one 3/4-ounce package powdered pectin, stir well, and bring to a boil, stirring constantly. Now add 4 1/2 cups granulated sugar; mix well. Continue stirring and bring to a full rolling boil. Then boil exactly two minutes. (The difference between simmer and full rolling boil is that you cannot stir down full rolling boil.) Remove from fire. Let boil subside. Skim carefully; pour into glasses. Yield: 8 medium glasses.

**Strawberries in Syrup**  
(Will not float)  
1/2 pound (1 cup) sugar  
2 pounds strawberries  
1/2 cup strawberry juice  
Boil together sugar and strawberry juice. This juice may be obtained by crushing and heating some of the culms or over-ripe berries. Cool and add the whole strawberries, then boil 3 minutes. Cover the vessel and set aside for at least four hours or overnight. Pack into clean jars, filling to within 1/2 inch of top. Put on caps, screwing the band tight. Process in water bath for 15 minutes.

**Tomato Marmalade**  
4 quarts tomatoes (measure whole)  
2 oranges  
2 lemons  
Sugar  
1/2 ounce whole cloves  
1/2 ounce cinnamon stick  
Remove peel from tomatoes and slice them. Slice oranges and lemons very thin and quarter the slices. Pour off half the juice from the tomatoes. Weigh the tomatoes and add an equal weight of sugar. Stir until the sugar is dissolved. Add the lemons, oranges and spices tied loosely in cheesecloth bag. Place the mixture over high flame and boil rapidly, stirring often. Cook until clear and thick. Pour into sterilized jars and seal while hot.

**Sweet Pickled Cherries**  
4 cups sugar  
1 1/2 cups vinegar  
1/4 teaspoon salt  
1/2 cup water  
1/2 cup broken stick cinnamon  
1/4 cup whole cloves  
7 cups stemmed sweet cherries (black, red or white)  
Heat sugar, salt, vinegar and water to boiling. Tie spices loosely in cheesecloth, add to syrup, and simmer 10 minutes. Remove spice bag. Add about a third of the cherries (just enough so that the syrup will cover them), and simmer slowly until cherries are tender. Using a skimmer or perforated spoon remove cherries to hot sterilized jars. Add more cherries to syrup, and repeat until all are cooked. Fill jars with the boiling syrup to within 1/2 inch of the top, and seal. Makes about 3 1/2 pints.

Send for Packet of Free Booklets  
If you will send a postcard request to me, Mrs. Ilma Lucas Dolan, Room 804, 333 Montgomery St., San Francisco 4, California, I will be happy to send you tested recipe folders, free of charge, which will give you a wide selection of canning, preserving and jelly-making recipes and rules for canning success. Among this material is an extremely informative 24-page booklet prepared by the Bureau of Human Nutrition and Home Economics Division of the U. S. Department of Agriculture. The booklet contains instructions for both fruit and vegetable preserving. I suggest you write today as there is a limited supply of these free booklets.

The recipes given here assure you sure-fire results. They're tested and re-tested. But remember, it is very important that you follow the letter the recipe and method given. In jelly-making, preserving and canning, you must follow instructions exactly. Save your spirit of inventiveness for preparing dishes from the finished canned products. Before you begin canning, you should first organize all your materials and equipment. Have you plenty of jars and caps on hand? Is the boiling water bath equipment in order? Do you have ample supplies of sugar and powdered pectin? Once you get these materials lined up, you are then ready to start selecting your fruit.

**Points for Selecting Fruit**  
All authorities agree you must select only top-top, fresh, firm fruit for best results. Over-ripe or bruised products will cause spoilage, so do not attempt to save by buying second or third grade fruits.

How much fruit should you use? Well, nutrition experts advise two servings of fruit per day, plus jellies, jams and preserves. So you should figure out your family's requirements—and don't forget your Aunt

**Prize-Winning Orange Marmalade**  
6 medium sized oranges (12 pounds sliced)  
6 cups water  
1/2 cup lemon juice (about 8 lemons)  
1 3/4-ounce package powdered pectin  
9 1/2 level cups sugar (measured ready for use)

1. Cut oranges in cartwheels with very sharp knife to make slices as thin as possible. Discard the large flat peel ends. Sliced fruit should weigh 2 pounds.  
2. Put sliced fruit in 8-quart kettle. Add the water and lemon juice.  
3. Bring to a quick boil; boil gently for 1 hour (uncovered). If peel is not tender in 1 hour, boil until tender.  
4. Measure the cooked material. Due to boiling, the volume will be reduced. Add water to make total peel and juice exactly 7 level cups.  
5. Put back in kettle. Stir in 2 1/2 ounce package powdered pectin; continue stirring and bring to a full boil.  
6. Add sugar (previously measured). Stir gently until it has reached a full rolling boil, and boil exactly 4 minutes. Remove from fire; skim and stir by turns for 5 minutes.  
7. Pour into sterilized jars. If you use pint or quart jars, seal hot and invert jars on lids until marmalade begins to set. Then, shake well and set jars upright. This keeps the peel evenly distributed throughout.

**Orange-Peach Marmalade**  
12 medium cling peaches  
3 medium oranges  
Rind of 1 1/2 oranges  
Sugar  
Wash and peel peaches, wash oranges, remove peel from 1 1/2 of the oranges, grind fruit, combine and measure into large preserving kettle; add equal amount of sugar. Bring to boil. Boil rapidly 25 to 30 minutes, stirring occasionally to prevent burning. Pour into sterilized jars and seal while hot.

**Rhubarb (Open Kettle)**  
Wash; cut in convenient lengths without removing the skin. Boil in medium or heavy syrup until tender. Pack boiling hot into sterilized jars and seal.

instead of 1/2 cup. (Be sure to discard any seeds). This recipe makes 7 pounds of Orange Marmalade.

NOTE: This recipe works equally well with Naval Oranges or Valencia's. When either variety is over-ripe and peel is soft, use 3/4 cup lemon juice

Minnie, bridge club, family anniversaries, holidays and other occasions. Those of you who have put up extra amounts of preserves and jellies—in "gift-pack" jars—know how welcome these delicacies are.

**Jars Are Important**  
Spoilage in foods is caused by molds, yeasts and bacteria. In canning, their activity must be stopped by proper application of heat. The food must be sealed in air-tight jars to keep other organisms from reaching it. I have found that jars must be sturdy to withstand high temperature. The sealing surface must be smooth, without nicks, cracks or sharp edges. It is absolutely necessary that the jar cap fits the jar on which it is used. The gold lacquered type of lid—on both sides—is excellent because it has been proved food-acid resistant. Also there is no enamel to chip or flake. The screw band, too, must be intended and designed for that type of lid. The self-sealing, snug-tite caps which seal as the contents of the jar cool are excellent sealing devices. The screw bands are removed when the jars are cold and may be used again and again.

**Powdered Pectin Simplifies Jelly Making**  
In my experience, I have found that powdered pectin assures excellent results for jam and jelly-making. By using powdered pectin, no long boiling process is necessary. The "quick boil" prevents evaporation and loss of fruit which occurs when the old-fashioned long-boiling method is used. Powdered pectin is derived from citrus fruits. It is colorless, odorless, tasteless. It imparts no foreign flavor. Actually, it accent the fresh natural fruit

and berry flavor. In recipes for certain fruits and berries, you will note that lemon juice is used in addition to powdered pectin. Do not omit this for it tones up the flavor, imparts the necessary tartness the fruit requires.

**Sugar Brings Sure Results**  
Maybe it is too long ago for you to remember grandmother's savory scented kitchen during preserving time. Our house teemed

with activity and there was always an air of adventure abroad in sorting fruits and berries... boiling jars to sterilize them... melting wax to seal the fruit. Grandmother didn't believe in taking chances and always insisted on using pure sugar for syrups and in preserving. The results were always perfectly preserved fruit... crystal clear jelly... berries that looked as if they were out of picture books. My experience, too, has shown that in home-canning there is nothing better for preserving than pure sugar. Today,

as in grandmother's day, pure sugar insures canning success.

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It saves time to assemble all material before you start.

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**It's All in the Book!**  
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