

Plan Now For Home Canning

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



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Whether you're a "blue ribbon" prize winner or a newcomer to the art of home-canning, you will want to save these tested, scientifically developed canning-preserving methods and recipes. I have compiled them for you from the most reliable sources. Some of the suggestions may be familiar to you; some will be new, but all will be helpful in setting up your own canning schedule.

follow to 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? Is the gauge on the pressure cooker working accurately? 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.

Pointers for Selecting Fruit
All authorities agree you must select only tip-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 can? 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 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 laquered 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.



It saves time to assemble all materials before you start

Powdered pectin is derived from citrus fruits. It is colorless, odorless, tasteless. It imparts no foreign 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 testiness the fruit requires.

Pure Cane 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 cane 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 cane sugar. Today, as in grandmother's day, pure cane sugar insures canning success.

CANNY CANNING TIPS

How to Make Syrup For Canning Fruit

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

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

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

Use of syrup for Fruits: Fill syrup to within 1½ inches of top of jar if fruit is packed cold, or to ½ inch of top of jar when fruit is packed hot.

For open kettle canning, boil in clear water for 15 minutes. For hot and cold pack methods, merely scald and invert on clean cloth. Scald lids. Pour boiling water over them, allow to remain in water until ready to use.

Always use new paraffin to seal glasses. Do not fill jelly glasses to top; allow ½ inch space for melted paraffin. Cover the jelly with melted paraffin at once.

Do not double jelly or preserving recipes.

Jelly should be boiled rapidly. Long, slow boiling will destroy the pectin in the fruit juice. Powdered pectin jam recipes recommend a four-minute boil; jelly recipes a 2-minute boil. These boiling period mean a full rolling boil, not a simmer.

To prevent such fruits as apricots, peaches, pears and apples from turning brown due to exposure to air, drop into slightly salted water after peeling and before canning.

Store cherries and berries in a dark, cool place to keep their color.

Wash jars in hot, soapy water.

Question: In Hot or Cold Pack canning when should one start to figure time of processing?

A. Pressure Cooker: From minute the hand on pressure gauge reaches required pressure.

A. Water Bath: From the minute water surrounding jars starts to boil.

Jars should be filled within ½ inch of top with fruit and 1½ inches of top with syrup when fruit is packed cold, or ½ inch of top with syrup when fruit is packed hot.

The difference between a simmer and a full rolling boil is that you cannot stir down a full rolling boil.

Recipes for your Eating Pleasure

ANY - BERRY JAM

6 cups Ground Berries (any variety)
1-3½ oz. Package powdered pectin
8½ cups sugar
Wash, stem and grind 3 quarters fully ripe, berries, or crush completely one layer at a time so that each berry is reduced to pulp. Measure exactly 6 level cups of crushed berries (add water to fill out last cup, if necessary) into a large kettle. (For Strawberry Jam and Black Raspberry Jam add ¼ cup lemon juice to each 5½ cups crushed berries). Add the 3½ 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 ½ inch space for sealing with fresh paraffin.

STRAWBERRY JAM

Wash and stem 3 quarts of fully ripe berries. Crush and squeeze out juice. Add ¼ cup lemon juice. Measure 3½ level cups juice into large kettle. Add one 3½ oz. package powdered pectin, stir well, and bring to a boil, stirring constantly. Now add 4½ 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)

½ pound (1 cup) pure cane sugar
2 pounds strawberries
½ cup strawberry juice
Boil together sugar and strawberry juice. This juice may be obtained by crushing and heating some of the culls 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 ½ inch of top. Put on cap, screwing the band tight. Process in water bath for 15 minutes.

TOMATO MARMALADE

4 quarts tomatoes (measure whole)
2 oranges
2 lemons
Pure Cane Sugar
¼ ounce whole cloves
½ ounce cinnamon stick
Remove peel from tomatoes and slice them. Slice oranges and lemons very thin and quarter the slices. Pour 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 pure cane sugar
1½ cups vinegar
¼ teaspoon salt
½ cup water
½ cup broken stick cinnamon
¼ 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 ½ in. of top, and seal. Makes about 3½ pints.

CHERRY JAM

To prepare fruit, pit about 3 pounds of fully ripe cherries. Grind through food chopper, as fine as possible. Stir in ¼ cup water. For sweet cherries, add ½ cup lemon juice, as lemon juice is absolutely necessary. For sour cherries lemon juice is omitted. Put 3½ level cups of crushed fruit into large kettle. Add one 3½ oz. package powdered pectin, stir well, and bring to a boil, stirring constantly. Now add 4½ level cups granulated sugar, 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 ½ inch space for sealing with fresh paraffin. Yield: 8 medium glasses jam.

ORANGE-PEACH MARMALADE

12 medium cling peaches
3 medium oranges
Rind of 1½ oranges
Sugar (see below)
Wash and peel oranges, wash oranges, remove peel from ½ 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.

PLUM JELLY

Sour, clingstone plums make best jelly. If sweet plums are used, use lemon juice. To prepare juice, crush thoroughly 4 pounds fully ripe plums. Do not peel or pit. Add 1 cup water (and ½ cup lemon juice to sweet plums; bring to boil, and simmer 10 minutes. Squeeze out juice. For SOUR PLUMS, measure 5 level cups juice into large kettle. Add one 3½ oz. package powdered pectin; stir well, bring to a boil, stirring constantly. Now add 7 level cups granulated sugar, mix well, continue stirring and bring to full rolling boil. Then boil EXACTLY 2 MINUTES. Remove from fire. Let boil subside. Skim carefully; pour into glasses, allowing ½ inch space for sealing with fresh paraffin. For SWEET PLUMS, use 4 cups juice and 6 level cups granulated sugar, and follow same procedure as for Sour plums. Yield: Sour plum jelly, 12 medium glasses; sweet plum jelly, 10 medium glasses.

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