

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 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

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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. Even if you have al-

ready taken a "first" at your local fair or if you have a desire to try your hand at home canning for the first time, read over these helpful methods of canning and the thoroughly tested recipes below: I know they will simplify this important phase of cooking for you.

Careful Planning Essential

First of all decide just what fruits and vegetables you want to can. Think about the favorites of your family — what foods will make your winter menu planning easier, and make your meals more appetizing and nourishing for your family.

Consider the equipment you already have on hand. Perhaps you may want to buy a new piece of equipment to have for use in future years. Some equipment you might find easier to borrow from a neighbor. Many women plan an equipment rotation system or do a lot of their home canning cooperatively. Check all available jars and glasses for cracks and nicks especially around the opening. By doing this first, you will eliminate washing any that are not suitable for use. Thoroughly wash all jars and glasses in hot soapy water, rinse well and scald with boiling water. Place them, inverted, on a clean towel on trays for easy moving.

Have your pressure cooker and water bath canner in top condition. A good kitchen clock or timer will be a great help, too, for correct 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. Bargains at the fruit stand usually end up making inferior canned products. True value and wise buying are of utmost importance. Instead of buying over-ripe fruit, buy first grade produce at the height of the season when the prices are reasonable.

Also, remember to select your recipes with care. Choose recipes that come from reliable sources. All modern cook books contain up-to-date directions and time-tables that are developed and perfected with you, the homemaker, in mind. By all means, follow these recipes to the letter—experimenting can mean a great disappointment.

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



Good Now — Better Later

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, the yield is about 50 per cent more glasses from the same amount of fruit. Pectin is the "jellying" substance that is added to make the jellies "jell" and the jams "jam."

There is no artificial flavor from pectin, and because the recipes are just like chemical formulas, the balance between the three essentials of jelly making—fruit acid, sugar and pectin—is always perfect. Therefore, you are assured a product every time that is delicious and perfect in texture.

There are two kinds of pectins: powdered, which is usually obtained from citrus fruits, and bottled or liquid pectin, which comes from apples. Because these recipes are so carefully developed, it is important to follow them to the letter. Do not use bottled fruit pectin when a recipe calls for powdered. The recipes are not interchangeable.

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, jellies. Sugar acts as a preservative—it really saves the fruits until you want to use them. 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. Sugar is also important nutritionally—for it is one of our cheapest sources of energy. When following recipes, always measure the sugar carefully, be sure there are no lumps

Write For Free Booklet And File-Size Folder

"So You're Canning" is a small booklet of accurate information compiled to help you plan your canning program. Simple charts and tables clearly outline procedures, and lists of do's and don'ts quickly help answer any canning questions.

Write for this attractively illustrated booklet and file-size folder complete with recipes for jams, preserves and conserves. This material may be secured by sending a postcard request to Miss Marjorie Black, Room 804, 333 Montgomery Street, San Francisco 4, California. All of the canning, preserving and jelly making recipes are thoroughly tested as are the methods and rules. These booklets are absolutely free, so be sure to send for your copy today.

One leading fruit jar manufacturer has some excellent material available at a small fee—their names and addresses will be sent to you on request.

and make certain you get level measure by drawing a knife across the top of the sugar. When adding the sugar, be sure to mix well and make certain that it is thoroughly dissolved.

Modern Jars Aid 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. Be sure to read all directions carefully.

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 re-

UP-TO-DATE TIPS ON CANNING

Question: Is there a possibility of overloading your pressure cooker?

Answer: Yes. Never crowd in more jars than recommended in the recipe.

Question: Is there 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 cook book 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 juice; 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 jelly and jam 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 it's stored in the kitchen, keep away from the range or radiator; choose the lowest shelves, as warm air rises.

main on it is much harder to take off later. The bands are reusable. Lids should be used only once.

Sealing failures are caused by lack of vacuum in jars. Lack of vacuum is caused by: (1) Using jars, lids and bands which do not fit together snugly enough to permit an airtight seal. Rough edges on jars may create leakage. (2) Using lids a second time. (3) Using warped or rusty bands. (4) Leaving too much head space when filling jars. (5) Packing food into jars so tightly that liquid cannot fill the spaces between the pieces of food. (6) Failure to "knife" out air bubbles. (7) Carelessness in adjusting lids and bands. (8) Unreliable methods of canning or carelessness in following the manufacturers' instructions.

Home canned foods "keep" indefinitely but all canner foods should, if possible, be used within a year; otherwise the loss of vitamins may be considerable.

Coos County Cooks

A SENTINEL SPECIAL
will be Our New Series
of Interviews

See Mrs. Busick's Story
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Specials FOR CANNING and PRESERVING



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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

1/4 cup lemon juice
7 1/2 cups sugar
1 bottle Certo

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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