

# Southern Oregon Housewives Begin Strawberry Canning Activity

## MRS. MACK GIVES TESTED RECIPES IN BERRY CANNING

By MABEL C. MACK, County Home Demonstration Agent, Sun-Cooked Strawberry Preserves.

Use fresh firm berries. Clean and stem fruit. For each pound of strawberries use 1 pound sugar. Bring to a boil and boil for 10 minutes. Pour on platters and let stand in sun for a day or two, or until berries are plump and syrup thickens. Pour into cold sterilized jars and cover with paraffin.

**Strawberry Jam.**  
4 quarts strawberries  
8 pounds sugar  
1/2 to 3 tablespoons lemon juice.

Wash berries thoroughly, drain, cap and pick out the largest. Take about 1 quart of the smaller fruit, crush it and add the sugar. Cook rapidly in an enameled saucepan and stir until the sugar is dissolved and thick syrup is formed. Add the remainder of the fruit and continue the rapid cooking. Stir frequently to prevent scorching. An asbestos mat should be placed under the pan as a precaution. Cook from 45 minutes to an hour, until fairly thick, then add lemon juice. The jam should then have a brilliant red color and some of the fresh fruit flavor. The jam thickens when cold and should not be cooked down too much. Place in sterilized jars, seal and store.

**Strawberry and Rhubarb Sauce**  
1 quart strawberries  
3 qts. rhubarb (cut in small pieces)  
2 quarts sugar.

Clean and cap berries. Combine fruit and sugar. Boil until a heavy syrup is formed. Pour into clean hot jars. Seal immediately.

**Crushed Strawberries.**

Use only ripe fruit in perfect condition. Clean and cap strawberries, then weigh. For each pound of fruit allow 1 1/2 pounds sugar. Combine fruit and sugar and crush fruit with heavy spoon. Be sure every berry is crushed. Then let stand in a cool place for 24 hours, or until every grain of sugar is dissolved. Stir occasionally. Fill clean, cold sterilized jars with crushed berries. Seal and store in a cool, dark place. This canned product is much like fresh berries. Raspberries, red currants and sour cherries may be canned in this way. They are excellent for shortcakes. Use

any plain layer cake; split; fill with crushed fruit, and top with whipped cream.

**To Can Strawberries.**  
To each quart of strawberries add 1 cup of sugar and 2 tablespoons of water. Boil slowly for 15 minutes. Let stand overnight in the kettle. Heat to boiling. Fill jars hot and process for 5 minutes in boiling water or under 5 pounds pressure. Strawberries contain so much water that the canned product is not very attractive. Ordinarily they are more palatable when preserved.

**Strawberry Juice.**  
Use small, inferior berries that are not suitable for canning or preserving. Cover berries with enough cold water to allow them to float. Simmer until berries are soft and have begun to lose color. Pour into a jelly bag and drain off juice. Measure and heat to boiling point. Add one-sixth its measure of sugar. Again bring juice to boiling point, skim, and seal in clean hot bottles or jars.

**Strawberry Mousse.**  
1 cup double cream, whipped  
1 cup crushed strawberries  
1-16 teaspoon salt  
1/2 cup sugar.  
2 egg whites, well beaten.  
Combine sugar and crushed fruit and stir until sugar is dissolved. Fold sweetened fruit into whipped cream.

**Strawberry Shortcake.**  
2 cups flour  
1 teaspoon salt  
4 teaspoons baking powder  
1 tablespoon sugar (if desired)  
5 tablespoons shortening  
About 2-3 cup milk.  
Sift flour, salt, baking powder and sugar together. Cut in shortening and add milk. Mix as quickly and as little as possible. Turn dough onto lightly floured board and pat or roll to 1/2 inch thickness. Cut into biscuits, place on greased baking sheet and bake in quick oven for about 15

minutes. When done, split the biscuits, dot with butter and add crushed, sweetened strawberries. Adjust top crust and pour over all a generous amount of crushed berries. Serve with plain or whipped cream.

**Strawberry Ice Cream.**  
2 quarts strawberries  
1 pint double cream  
2 cups sugar  
1/2 teaspoon salt  
Lemon juice if desired.

Wash and cap berries. Chop them, cover with sugar and let stand in cool place for two or three hours. Press sweetened fruit through a colander. Add cream which has been whipped with the salt, and freeze. Use a freezing mixture of 1 part salt and 4 to 6 parts of ice. Turn the crank of the freezer slowly. After freezing, remove dasher, pack freezer with more ice and salt, and let the cream stand for an hour or more to ripen in flavor.

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fold in beaten egg whites, to which the salt has been added. Pour into tray or mold for freezing. May use large baking-powder cans for molds. Cover tightly. Bury in 3 parts of crushed ice to 1 of salt. Let stand for several hours.

**Strawberry Preserves**  
Wash and cap berries. For every pound of fruit used allow 3/4 pound of sugar. Add the sugar to the berries and let them stand for several hours until a syrup is formed. Place over a flame and bring to a boil. When the contents of the vessel have been boiling for one minute remove and set in a cool place to stand overnight. On the following day again bring to a boil and allow the boiling to continue for two minutes. Remove from the stove and place in a cool place to stand until the third day. Again bring the contents to a boil three minutes. Pour the fruit into sterilized jars and seal immediately.

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## CUPBOARD SHOULD BOAST JAM, JELLY FOR WINTER'S USE

Your family expects edible surprises when cold weather rolls around. And the markets, these days, offer a guarantee against disappointment. Have you begun filling up your winter jam cupboard? Strawberries are heaped on all the food counters in town. It's one of the finest crops in years, merchants say. The fruit is large, red and challengingly ripe; much too abundant to be consumed as once and much too inexpensive to pass by. Luckily, you can eat your berries and have them, too, by preserving what you don't need at the moment. Now is the time to do your preserving, your grocer will tell you. The fruit season is comparatively

short and once the supply begins to dwindle the prices start upward. The way to avoid the household tragedy of finding that summer has gone and the jam cupboard is only half full, is to get out your preserving kettle at once.

Every first-rate jam cupboard should provide garnishes for meats, spreads for breadstuffs, and ingredients for sauces, desserts and cakes through all the cold months.

Follow carefully the tested recipes below and you will find that jelly making is neither difficult nor time-consuming, whether you use fruits or vegetables.

**Strawberry Jelly**  
4 cups (2 lbs.) juice  
7 1/2 cups (3 1/4 lbs.) sugar  
1 bottle fruit pectin

To prepare juice crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard 1/2 minute. Remove from fire, skim, pour quickly. Paraffin at once and cover. Makes about 11 glasses (8 fluid ounces each).

**Rhubarb Jelly**  
4 cups (2 lbs.) juice  
7 1/2 cups (3 1/4 lbs.) sugar  
1 bottle fruit pectin

To prepare juice cut about 3 pounds of fully ripe red-stalked rhubarb in one-inch pieces and put in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard 1/2 minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once, and cover.

# JAM MAKERS CHEER AS CHEAP STRAWBERRIES COME



LOOK AT THESE WONDERFUL RIPE STRAWBERRIES.. WHAT JAM THEY WILL MAKE WITH CERTO!

YES! AND CERTO WILL SAVE YOU TIME AND MONEY —AND GIVE YOU EVEN BETTER FLAVOR, TOO.

Hundreds of women rush to local stores to get their Certo and berries... many planning to put up extra batches this year

If you and your family like Strawberry Jam (and what sensible family doesn't?), your DAY has come at last! For the markets are filled with luscious ripe strawberries.

With Certo and the Certo recipes you can put up double the amount of jam\* in the usual time, too. Certo, you see, cuts your boiling time for Strawberry Jam to one minute. Hence you can make a complete batch in 12 minutes or less from the time the fruit is prepared.

And Certo will give you better tasting jam or jelly. All the fresh fruit flavor will be kept intact. And because no fruit juice has time to boil away, you'll get as much as one-half again more glasses from the same amount of fruit.

So get your strawberries. And get two bottles of Certo, too. That's enough to make up 40 glasses of the finest tasting Strawberry Jam you can put on your table. Certo is a product of General Foods. Get it at your grocer's.

\*NOTE: With Certo you can also make jelly from strawberries. Certo, you see, provides the jelling power which strawberries themselves lack.

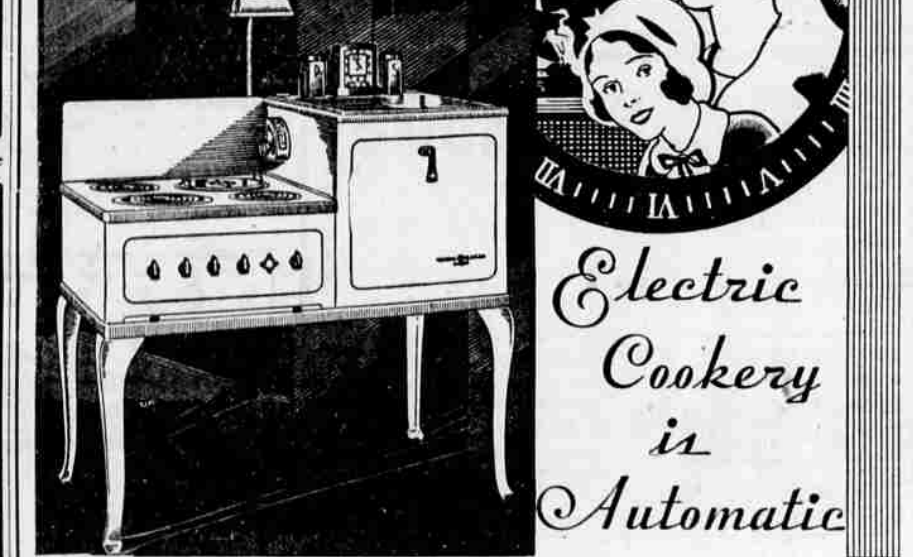
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- 1 Reduces boiling to one minute.
- 2 Saves the fresh fruit flavor.
- 3 Gives half again more glasses.
- 4 89 Fail-proof recipes with every bottle.



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Currants	3 for 25c
Raspberries	
New Apples	Local Tomatoes
2 lbs. .... 15c	2 lbs. .... 25c
Large Oranges, 2 doz. ....	29c
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