

Recipes for Every Family

STRAWBERRY JAM

4 cups prepared fruit
6 1/2 cups cane sugar
1 box powdered fruit pectin

To prepare the fruit, crush completely one layer at a time, about 2 quarts fully ripe strawberries. Measure 4 cups pulp into a large saucepan.

To make the jam, Measure sugar and set aside. Place saucepan holding fruit over high heat. Add powdered fruit pectin and stir until mixture comes to a hard rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim, ladle quickly into glasses. Paraffin at once. Makes about 10 six-ounce glasses.

BOYSENBERRY JELLY

4 cups juice
7 1/2 cups sugar
1 bottle fruit pectin

To prepare the juice, Crush thoroughly about 3 quarts fully ripe boyseberries. Place in jelly cloth or bag and squeeze out juice. Measure 4 cups into a very large saucepan. (If berries lack tartness, use only 3 3/4 cups prepared juice and add 1/4 cup strained lemon juice.)

To make the jelly, Add sugar to juice in a saucepan and mix well. Place over high heat and bring to a boil, stirring constantly. At once stir in bottle fruit pectin. Then 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.

CANNED TOMATOES

Plunge into boiling water for 1/2 minute. Plunge quickly into cold water. Cut out stem ends, peel and quarter. Bring to boil, stirring often. Pack hot in hot sterilized jars to within 1/2 inch of top. Add 1/2 tsp. salt to pint jars, 1 tsp. to quarts. Adjust lids. Process in boiling water bath 35 minutes for pints or quarts.

PICCALILLI

2 pounds onions
1 pound green peppers
3 pounds green tomatoes
3 1/2 pounds cabbage
5 cups cane sugar

Peel onions; seed green peppers; put all vegetables through food chopper, using medium knife. Combine all ingredients. Cook until slightly thickened and vegetables are tender (about 20 minutes), stirring occasionally. Fill, boiling hot, into hot, sterilized jars. Seal immediately.

Whether you can 10 jars... or 1000

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HERE'S HOME CANNING NEWS...

With the following suggestions

Noted Western Home Economist



By Miss Marjorie Black

Home canning can be one of the most satisfying and useful of all home-making activities. There are a few rules to follow and a few tricks to the trade that will greatly simplify this important activity. I hope that some of these suggestions and tips may help you to have more fun and better results with your home canning.

Plan Your Canning Routine Beforehand

I have found that it pays to gather together all the basic equipment the day before you begin the actual canning operation. Most of the items required are to be found in the average homemaker's kitchen. Assemble your jars and glasses and wash them in hot soapsuds. Rinse well and scald with hot water. Invert on clean folded cloth. Make sure that your pressure cooker, water-bath canner and clock are in good working order. Most important of all, select fruits and vegetables that are fresh, free from bruises, firm and just ripe. Only the best grade fruits will produce the top-notch results that you seek.

As for the amount of food you should can, try making out a "canning budget." Factors to keep in mind are the size of your family, fruits and vegetables available, amount of canned foods consumed by your family, amount of canned foods needed for gifts, etc.

About Pressure Cookers for Canning

There are four specific agents which produce food spoilage: enzymes, molds, yeasts and bacteria. These agents must be destroyed by the proper application of heat in the canning process. Therefore, the most scientific and safe method of home canning is the pressure cooker, which heats foods to a temperature above the boiling point of water. For canning non-acid foods such as meat, fish and certain vegetables, the pressure cooker is the only safe way to can.

Owners of pressure cookers have found that their values and usefulness increase with the years. Properly cared for, a pressure cooker will serve you well through many seasons of canning. Pressure cookers have year-round cooking value in addition to their service during the canning season.

Importance of Proper Jars

In addition to destroying the agents that spoil food, the homemaker must see that other organisms do not reach the processed food during and after the time it is canned. The food must be quickly sealed in airtight jars or containers sturdy enough to withstand high temperatures. The lids of the containers must be smooth and free from nicks and cracks.

Most important of all, the lid or cap must fit the jar on which it is used. I have found that the lid gold-lacquered on both sides resists flaking, and is also resistant to food acids. This type of jar lid is self-sealing as it cools and is tightened completely before processing, requiring no re-tightening after processing. It seals the jar absolutely airtight, so that air cannot get to the processed food.

Jelly-Making Is Easy Using Natural Fruit Pectin

Making jellies and jams the modern way employs the use of natural fruit pectin, either powdered or bottled. The short-boil method of jelly-making using natural fruit pectin, produces jellies and jams that are sparkling and flavorful, gleaming and fragrant. Powdered pectin is obtained from citrus

A Year Round Treat



ENJOY BERRIES THE YEAR 'ROUND

dered pectin is obtained from citrus fruits, liquid pectin from apples; both give no flavor to the preserved product—they only accent the natural flavor of the berry or fruit. The short-boil method yields about 50 per cent more glasses from the same amount of fruit as the long-boil method since practically none of the fruit juice is boiled away. Pectin, the substance that makes jelly "jelly," allows the home jelly-maker to use fruits that are at their peak of ripeness and goodness. It is important to follow exactly the directions for jellies and jams; use the exact amount of pectin, pow-

dered or bottled, as specified in the recipe and do not interchange recipes.

Use Pure Cane Sugar for Sure Canning Results

For many reasons, one of the most important elements in successful canning and jelly-making is sugar. Sugar acts as a preservative; it helps to conserve essential vitamins; it brings out the true flavor of fruits and protects their natural color and texture. Just as Grandmother used pure cane sugar for her syrups and jellies, modern homemakers have also discovered the importance of using pure cane sugar for sure canning results. In canning and preserving, I repeat, it is imperative to follow directions to the letter and avoid experimenting. Follow the example of generations of homemakers, and stick to an all-sugar pack for fruits, jams and jellies.

Send for Free Booklet and File-Size Folder

If you're planning to can fruits and vegetables this summer first study your subject carefully and you will find the sure way to success. "So You're Canning" is a small booklet that gives a clear, comprehensive treatment of this subject. It is written in attractive, simple form and is charmingly illustrated. This booklet, plus a file-size folder containing a number of new recipes for jams, preserves and conserves, may be secured by sending a postcard request to Miss Marjorie Black, Room 804, 333 Montgomery Street, San Francisco 4, California. These booklets are free of charge and give a wide selection of thoroughly tested canning, preserving and jelly-making recipes, as well as rules for canning success.



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HELPFUL HINTS IN JELLY-MAKING

Question: What are the essentials of jelly and jam-making?
A. They are pectin (the jelling 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: How is the right amount of pectin determined when making jams and jellies?
A. Modern jelly-makers use commercial pectin following tested recipes, thus insuring just the right amount of pectin with each fruit.

Question: What causes weeping jelly and is there a cure for it?
A. Separation of a small amount of syrup, known frequently as weeping, is normal and will not harm jellies and jams unless severe and moldy start growing on the seepage. To prevent excessive weeping, leave a half-inch space at the top when filling the glass. Paraffin, cover tightly and store in a cool, dry place.

Question: How much paraffin should be used on each glass?
A. Immediately after the jelly or jam has been poured into the glasses, cover with a thin coat of paraffin—about 1/8" thick. One tablespoon of melted paraffin will give the desired thickness and prevent weeping.

Question: Can a recipe be doubled?
A. We don't recommend it. Follow the recipe exactly, measure every ingredient with a standard measuring cup, and time the boiling to the minute.

Question: What is meant by a full, rolling boil?
A. A full, high, tumbling boil which cannot be stirred down.

Question: Is it permissible to squeeze the jelly bag?
A. Yes. Squeezing the pulp will increase the quantity and flavor of the jelly. If the bag it not squeezed the jelly will be clearer.

Question: Is it necessary to measure fruits for jam after crushing?
A. Yes. Fruits must be measured after they are crushed because each fruit is different in size. The perfectly balanced recipes calling for liquid or powdered pectin are based on measurements of crushed fruit.

Question: Can you substitute bottled pectin in a recipe that calls for powdered fruit pectin?
A. No. Each recipe is individually tested and does not allow for a substitution.

Question: How long will jams and jellies keep?
A. About a year. The flavor and color are retained for various lengths of time.

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Search to Continue For Portland Fliers

Klamath Falls, Ore., June 15 (U.P.)—The Klamath branch of the Oregon air search and rescue unit said today it will resume the search for a plane missing since March 21 with four Portlanders aboard.

The unit plans to set up a camp Saturday at the forest service airstrip at Silver Lake and proceed with a coordinated air-ground search for the plane which disappeared en route home from a goodwill tour to Havana, Cuba.

Those aboard the plane were Lee Blakkolb, 47, Portland pilot; Mrs. Blakkolb, and Mr. and Mrs. W. B. Lundstrom of Portland. Their plane, a Beechcraft, left Lakeview, Ore., and was not seen again.

Acting Governor of Oregon Designates Father's Day June 18

Salem, Ore., June 15 (U.P.)—State Senate President William E. Walsh became acting governor of Oregon today following Gov. Douglas McKay's exit from the state for the governor's conference at White Sulphur Springs, W. Va., opening Sunday.

Walsh's first action in the top post was to send off a Father's day statement at the statehouse, and the statement summed up dad as a pretty good Joe.

The senate president and governor pro tem from Coos Bay designated Sunday for observance of Father's day in Oregon, which is the date for national observance.

Safety Conference Stated at Tillamook

Tillamook, Ore., June 15 (U.P.) Gov. Douglas McKay's regional safety conference will open here Friday with a welcoming address by Mayor Harry Elliott.

The governor called the conference with the idea that the entire safety movement must be integrated. All major fields of accident prevention will be discussed.

The governor will not attend the conference because he will be at the annual conference of governors at White Sulphur Springs, Va., but his transcribed official greeting will be heard by the delegates.

Last Coxcomb Hill Homes To Be Moved

Astoria, Ore., June 15 (U.P.)—The last three of 18 homes endangered by the Irving avenue slide on Astoria's Coxcomb hill will be removed this week, the American Red Cross reported.

Reinforcement of two bridges on Irving avenue was necessary before the houses could be moved.

About \$70,000 was spent by the Red Cross in relocating families displaced early this year when a section of the steep hillside broke loose and began moving slowly toward the Columbia river.



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