

RECIPES TO TRY

Red Raspberry and Currant Jelly

4 1-2 cups (2 1-4 lbs.) juice
6 cups (2 lbs. 10 ozs.) sugar
1 box powdered fruit pectin
To prepare juice: Crush thoroughly about 1 1-2 quarts fully ripe currants. Add 1-2 cup water; bring to a boil. Crush thoroughly about 1 1-2 quarts fully ripe raspberries. Combine fruits. Place fruits in jelly cloth or bag and squeeze out juice.
To make the jelly: Measure juice into a large saucepan. Measure sugar into a bowl to be added later. Place pan containing 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, then boil hard one minute, stirring constantly. Remove from heat, skim, pour quickly into glasses. Melt new wax and pour over jelly; cover. Makes about ten six-ounce glasses.

Strawberry Marmalade

4 cups (2 1-4 lbs.) prepared fruit
7 cups (3 lbs.) sugar
1-2 bottle liquid fruit pectin
To prepare fruit: Remove skins in quarters from 1 medium-sized orange and 1 medium-sized lemon. Lay quarters flat; shave off and discard about half of white part. With a sharp knife or scissors, slice remaining rind very fine. Add 1-2 cup water and 1-8 teaspoon baking soda, bring to a boil and simmer, covered, 10 minutes, stirring occasionally. Cut off light skin of peeled fruit and slip pulp out of each section. Add pulp and juice to undrained, cooked rind and simmer, covered, 20 minutes longer. Crush thoroughly about one quart fully ripe strawberries. Combine fruit and measure 4 cups into a very large saucepan.
To make the marmalade: Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard one minute, stirring constantly. Remove from heat and at once stir in liquid pectin. Then stir and skim by turns for five minutes, to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Melt new wax and pour over marmalade; cover. Makes about ten six-ounce glasses.

RHUBARB AND STRAWBERRY JAM

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar
1-2 bottle Certo
To prepare fruit: Slice thin or chop (do not peel) about one pound rhubarb. Crush about one quart ripe strawberries. Combine fruit. Measure 4 cups into a large saucepan.
To make jam: Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard one minute, stirring constantly. Remove from heat and at once stir in Certo. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin. Makes about ten glasses.

FOR SUCCESSFUL PRESERVING USE VICEROY RUBBER JAR RINGS

VICEROY FRUIT JAR RINGS

VICEROY RUBBER JAR RINGS GIVE A PERFECT SEAL USE NEW RUBBER JAR RINGS EACH SEASON

Make your Canning and Preserving chore easier with a PRESTO Cooker-Canner TOOMBS MUSIC STORE 167 Queen St

IT'S TIME TO "DO DOWN"

With a few timely tips from Frances Barton



FRANCES BARTON Consumer Service Dept. General Foods, Limited

A glance at the calendar will remind you that it's "preserving time" again and what a wonderful thrill of achievement there is in a shelf full of gleaming, tempting jams and jellies... canned fruits and vegetables... favorite relishes!

No woman need fear her ability to "do down" the marvelous galaxy of fruits and vegetables that are so plentiful in our country. It's really fun and so rewarding. Here are some suggestions to help you in your way to better, more enjoyable home preserving.

Planning Ahead— A Real Time-saver

A few minutes of beforehand planning can save many minutes when your actual preserving process begins. For instance, I have found it a splendid idea to set out all the equipment I need for that particular day, most of which is found in the average homemaker's kitchen. Assemble all the necessary jelly glasses and jars and wash them thoroughly in warm soapy water; rinse them well. Or do the same for pint and quart sealers. Make sure your pressure cooker is in good working condition if you are planning to do canning by this method. Gather all the utensils like wooden spoons, knives, colander, standard measuring cups, ladle, etc., in one spot in the kitchen.

Now comes the most important part the actual purchasing of the fruits and vegetables. Select only those in perfectly fresh condition, avoiding all those that are bruised or damaged in any way. Use only those fruits that are firm and ripe. This is wise economy — for only the best results can possibly be achieved from the best quality fruits.

Govern the amount of fruits and vegetables you buy for preserving by the size of your family

and their specific requirements. Jams and jellies for gift-giving should be considered at this time, and adequate amounts of your favorites made to cover this. But do take advantage of the fruits and vegetables when they are at the peak of their season — for it is then that they are the least expensive as well as the best and your home preserving is then a really worthwhile project.

More Successful Jam and Jelly-making with Natural Fruit Pectin

In these modern times, such short-cuts as using commercial fruit pectin makes home preserving a real joy. Either powdered or liquid fruit pectin produces such sparkling, flavorful jams and jellies you'll never want to go back to the tedious, long-boil method. With the short boil method made possible by the use of commercial pectin, the actual boiling time for both jams and jellies is just one minute. Too, you use fruit at its peak of ripeness and goodness when the flavor is the fullest and best, and you get 50 per cent more jam and jelly from the same amount of fruit as with the old-fashioned method. For there's no need to concentrate the jam and jelly mixture to its right "jelling" consistency because you add the exact amount of pectin needed to produce the perfect "jam" or "jelly". But remember this, it is important to follow exactly the instructions that accompany these commercial pectins, using the exact amounts of ingredients called for in each recipe. Also it should be remembered that the recipes for powdered and liquid pectin are not interchangeable. You'll find a magnificent variety of recipes in the booklets that accompany each bottle or package of commercial fruit pectin.



ENJOY BERRIES THE YEAR 'ROUND

A Word About Pressure Cookers for Canning

Experiments have shown that the most scientific and safest method for home canning is the pressure cooker, which heats food to a temperature above the boiling point of water. This is necessary for there are four specific agents which produce food spoilage in canned foods: enzymes, moulds, yeasts and bacteria. For canning non-acid foods, such as meat, fowl, fish and certain vegetables like peas, corn and beans, the pressure cooker is the only safe way. The best advice I can give you here is to follow carefully and completely the instructions that are outlined in your pressure cooker booklet. Then you can be sure of safe, successful canning.

Importance of Proper Sealing

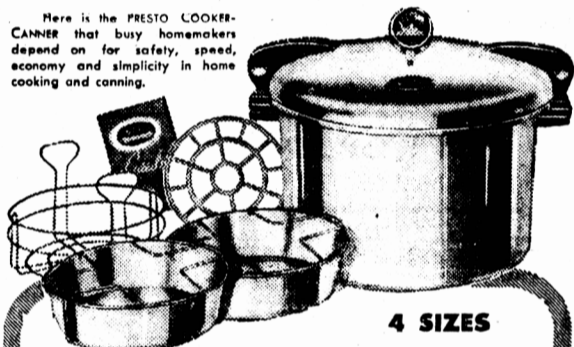
Only jars, glasses and sealers in good condition should be used — discard all those that are chipped or cracked, etc. These, as previously mentioned, should be washed thoroughly in hot soapy water, rinsed, and allowed to drain. Before using, all glasses, jars and sealers should be sterilized in boiling water.

In home canning or preserving, a great deal of the responsibility for successful canning lies in the rubber jar rings. That is why with this small but important item it pays to buy rubber rings of good quality of a name you can depend on, for only these high quality rings have a "liveness" about them which makes possible the most complete seal. Always remember, too, that only new rubber rings should be used each time and these should be dipped quickly in boiling water before being adjusted onto the top of the sterilized jars. Small metal tongs are the best utensil for this. For home canning, sealers should be tested for their air-tightness before filling. This is easily accomplished by filling them partially full with water, sealing them, then allowing them to stand upside-down on a dry, clean cloth. If none of the water seeps out, you can be sure that the jars are air-tight.

In filling jam and jelly glasses, or if for jams and pickles you use jars that came with salad dressing or peanut butter, or olives, allow about 1/2-inch space at the top of the glass—this gives ample room to pour on the paraffin wax. And here I would like to say a few words about the use of paraffin wax in assuring a complete seal. Always use new wax, for old wax can cause spoilage. Be

Presto COOKER-CANNER

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Canning and Preserving NEEDS AND SUPPLIES

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