

HERE'S HOME CANNING NEWS . . .

HELPFUL HINTS IN JELLY-MAKING

Question: What are the essentials of jelly and jam making?
A: 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 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 is not squeezed the jelly will be clear.

Question: Is it necessary to measure fruits for jam after crushing?
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.

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 yeast and mold 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 on jam has been poured into the glasses, cover with a thin coat of paraffin—about 1/4 inch thick. One tablespoon of melted paraffin will give the desired thickness and prevent weeping.

Question: Can you substitute bottled pectin in a recipe that calls for powdered fruit pectin?
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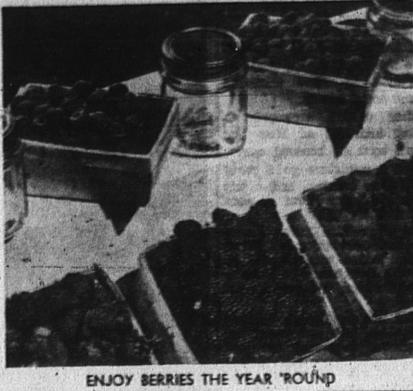
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If you're planning to can fruits and vegetables this summer, first study your subject carefully and you will find the sure way to success. "So You're Canning" is a small booklet that gives a clear, comprehensive treatment of this subject. It is written in an 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 procured 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.

SPICED RIPE BLACKBERRY JELLY

3 cups juice
 4 cups cane sugar
 1 box powdered fruit pectin

To Prepare the Juice: Crush thoroughly about 2 quarts (6 cups) ripe blackberries (not black caps). Place in jelly cloth or bag and squeeze out juice. Measure 3 cups into a large saucepan. Add 1/2 to 1 teaspoon each cinnamon, cloves, and allspice, or any desired combination of spices.

To Make the Jelly: Measure 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 7 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 sterilized jars to within 1/2 inch of top. Add 1 tsp. salt to pint jars, 1 tsp. to quarts. Adjust lids. Process in boiling water bath 35 minutes for pints or quarts.

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 boysenberries. 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 1/2 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 bottled 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.

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. Your canning budget need not be exact, but a rough estimate of your requirements is important before beginning your canning program.

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, fowl, fish and certain vegetables, the pressure cooker is the ONLY safe way to can, since a temperature of 240 degrees is needed for the safe preserving of these foods, in order to avoid the danger of the bacilli botulinus.

Pressure cookers utilize steam under pressure; by converting the water in the bottom of the cooker into steam and forcing out the air, the expanding steam creates pressure, and the temperature rises. Owners of pressure cookers have found that their value 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 cooks, 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. These pectins make it possible to avoid the old-fashioned long boiling process which "boiled away" much 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, powdered 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. Then, too, sugar is important for its nutritive value—pound for pound sugar is our cheapest source of food energy. Just as Grandmother used pure cane sugar for her syrups and jellies, modern homemakers have also discovered the importance of using 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.

Recipes for Every Family

Strawberry Jam
 4 cups prepared fruit
 3/4 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 boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim, ladle quickly into glasses. Paraffin at once. Makes about 16 six-ounce glasses.

Cherry Jam
 3 1/2 cups prepared fruit
 4 cups cane sugar
 1 box powdered fruit pectin

To Prepare the Fruit: Stem and pit about 2 1/2 pounds fully ripe, sweet cherries. Chop fine and measure 3 1/2 cups 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 boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim, ladle quickly into glasses. Paraffin at once. Makes about 17 six-ounce glasses.

Note: For stronger cherry flavor, add 1/4 teaspoon almond extract before ladling jam.

CANNED PLUMS

If plums are left whole, prick skins. If sometimes may be halved and pitted. Heat to boiling in Medium Syrup. (1 cup cane sugar added to 2 cups water or fruit juice, and boiled 5 minutes before combining with fruit.) Pack hot plums in hot sterilized jars to within 1/2 inch of top. Cover with boiling syrup, leaving 1/2 inch space at top. Adjust lids. Process in boiling water bath 15 minutes for either pints or quarts.



By Miss Marjorie Black
 Noted Western Home Economist

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 seal 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, of the fruit itself, as well as the jelly flavor. 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 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

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