

Recipes To Try Today!

RASPBERRY JAM

Yield: about 10 six-ounce glasses
 4 cups prepared fruit
 1/2 cup sugar
 1/2 bottle liquid fruit pectin
 To prepare the fruit, crush thoroughly about 2 quarts fully ripe red raspberries. (If desired, sieve half of pulp to remove some of seeds.) Measure 4 cups into a very large saucepan.
 To make the jam, add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and stir in bottled fruit pectin. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once.

CANNED RASPBERRIES

Select ripe but firm berries. Hand berries carefully to prevent crushing. Wash and drain. Pack raw in clean, hot containers, shaking down for a full pack. Cover with boiling thin syrup. Adjust lids. Process in pressure cooker—5 lbs. of pressure for 8 minutes.

CHOW-CHOW RELISH

- 1 gallon chopped cabbage
- 12 onions
- 12 green peppers
- 12 red peppers
- 2 quarts chopped green tomatoes
- 5 cups sugar
- 4 tablespoons mustard
- 1 tablespoon turmeric
- 1 tablespoon ginger
- 4 tablespoons mustard seed
- 3 tablespoons celery seed
- 2 tablespoons mixed whole

SAVE—THE HOME-CANNING WAY

Canning Easy Today

spices
 2-3 quarts vinegar
 Chop onions and peppers. Mix all vegetables with 1/2 cup salt. Let stand overnight. Drain. Add sugar and spices to vinegar. Simmer 20 minutes. Then add vegetables and simmer until hot and well-seasoned. Pack hot chow-chow into hot jars; seal at once.

BLACKBERRY JAM

Yield: about 11 six-ounce glasses
 5 cups prepared fruit
 7 cups sugar
 1 box powdered fruit pectin
 To prepare the fruit, crush completely, one layer at a time, about 2 1/2 quarts fully ripe blackberries. (If desired, sieve half of pulp to remove some of seeds.) Measure 5 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. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Paraffin at once.

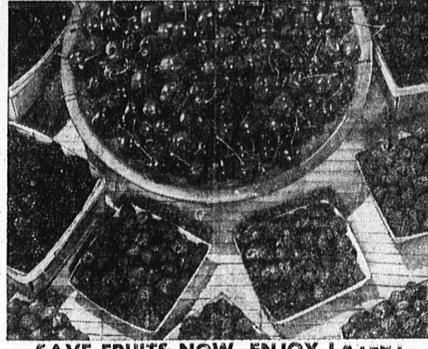
even the cloth for wiping off sealing surfaces, is clean. DO remember that "boiling"



MISS MARJORIE BLACK

means just that—not warm or simmering.
 DO make out a canning "plan." Keep in mind the size of your family, fruits and vegetables available for canning, number of weeks fresh produce is out-of-season, expensive, or not available.
 DO, we repeat, follow directions! DON'T hold produce over, but if you must, in an emergency, keep it in the refrigerator.
 DON'T undertake too much canning on any one day. Weariness, carelessness, haste and "nerves" may result in jars of wasted foods.
 DON'T use unseasoned or over-ripe produce.
 DON'T delay between steps in canning.
 DON'T can on excessively hot, humid days.
 Use Pressure Cookers for Canning
 The aim of canning is to preserve food at the peak of flavor,

color and texture, and keep it from spoiling by heating containers of food hot enough and long enough to obtain these results. The containers are sealed to prevent bacteria from entering.
 Good-quality fruits and vegetables are essential for top-quality canned foods. Thorough washing of fruits and vegetables before cutting or peeling is important, as dirt contains bacteria of the hardest type to destroy. Vegetables, except tomatoes, must be seeded or partly pre-cooked and packed hot. This heating reduces surface bacteria and shrinks the food so it is easier to pack.
 For fruits, tomatoes, pickled vegetables—use a boiling-water bath. You can process these acid foods safely in boiling water.
 For corn, beans, other common vegetables (except tomatoes)—Use a steam-pressure cooker. To process these low-acid vegetables safely takes a temperature higher than boiling water. The best way to get this temperature is to hold steam under pressure.
 Correct processing time for each vegetable is given in any home-canning guide.
 Jelly Making Simplified by Natural Fruit Pectin Method
 Natural fruit pectin products simplify the art of jelly making. Pectin, a natural substance found in most fruits in varying amounts, is what makes jelly jelly. The modern method for making jams and jellies employs the use of natural fruit pectin in either powdered or liquid form.
 By adding pectin to fruits, housewives can now finish home-



SAVE FRUITS NOW—ENJOY LATER!

made spreads in just 15 minutes after the fruits are prepared. Also, when pectin is added, only a one-minute boil is required—thus assuring that the rich, full goodness of the fresh ripe fruit is not boiled away, as happens so often when using the old-fashioned long-boil method. The short boil also means economy—so important today—because the yield is about 50% more glasses.
Proper Supplies Necessary
 Regular home-canning jars are made to withstand high temperature and assure airtight seal. Their cost is low and they can be used again and again.
 Examine all jars before using. The sealing surface must be smooth, free of nicks, cracks or sharp edges.
 The two-piece cap (metal band and metal lid with flow-down sealing compound around edge of lid) has become the favorite because the band can be screwed tight when jar is filled and no further tightening is needed. Then, too, no extra rubber ring is required.
 The newest development in two-piece closures is the "dome" type of lid. This has an upward bulge or "dome" which is drawn down when a vacuum is created in the jar. After the jar cools, this type of lid is easily tested for seal by pressing the center with the fingers. If the "dome" stays down, the jar is sealed.
 The metal band should be taken off the jar within 12 hours after processing, and the lid tested for seal. Bands can be used many times. The lids should be used only once.
Sugar—All-Important
 Sugar is one of the most important elements in successful canning and jelly making. It acts as a preservative; helps to conserve essential vitamins; brings out the true flavor of fruits and protects their natural color and texture. 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, and make certain you get a 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.
 In canning, 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.

WRITE 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. "How to Save by Home Canning" is a small booklet that gives a clear, comprehensive treatment of this subject. It is written in attractive, simple form and contains charts and recipes. Also available is a file-size folder containing a number of new recipes for jams, preserves and conserves, which may be secured by sending a postcard request to Miss Marjorie Black, Room 804, 333 Montgomery Street, San Francisco 4, California. This booklet and recipe folder 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.

for SAFE HOME CANNING ...and LARGE MEAL COOKING



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SEVEN VITAL CANNING QUESTIONS

1. Glass jars and lids used for canning in water bath or steam pressure should first be sterilized by boiling. False. The containers as well as the food are sterilized while processing. (But jars home-canning has been made and lids must be sterilized by the Bureau of Human Nutrition and Home Economics, United States Department of Agriculture.)
2. A pressure cooker can be used for processing pint jars of vegetables. True. However, the pressure cooker must have an accurate control or indicator of 10 pounds pressure (240° F.) and be large enough when closed to hold pint jars and a rack.
3. If liquid is lost from a jar of vegetables during pressure processing, it may be replaced afterward. False. A jar should never be opened and refilled with liquid because bacteria would enter.
4. Oven canning is safe for fruits. False. Oven canning is never safe. The jars may seal completely in processing and enough pressure be built up within the jars to cause an explosion.
5. Safe processing times for canning are determined through research. True. Extensive research on while processing. (But jars home-canning has been made and lids must be sterilized by the Bureau of Human Nutrition and Home Economics, United States Department of Agriculture.)
6. Jelly made with added natural fruit pectin has a greater yield than jelly made without added pectin. True. When pectin is added in the short-boil method of jelly making, the fruit juice-sugar mixture is boiled only one minute and the yield, therefore, is about 50% more glasses.
7. There are three different syrups used in canning. True. Thin, medium and quid because bacteria would enter. Thin Syrup—one part sugar, three parts water or fruit juices; bring to a boil. Medium Syrup—one part sugar, two parts water or fruit juices; bring to a boil. Heavy syrup—one part sugar, one part water or fruit juices; bring to a boil.

Eat Better Spend Less

CAN AT HOME WITH EASY-TO-TEST



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SHOP EARLY IN THE WEEK—AVOID CROWDS!
SEND FOR FREE BOOK
 Contains canning methods, time tables, recipes. Home-canning can save you up to half on canned food requirements!
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 Dept. CO-7, Muncie, Indiana

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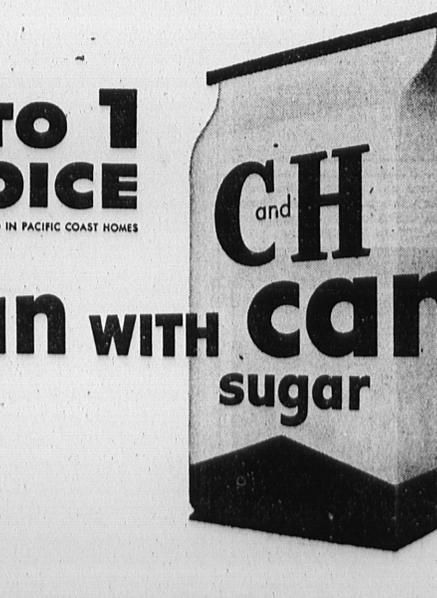
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