

TIMELY TIPS ON JAM AND JELLY MAKING

FULL ROLLING BOIL is a bubbling, steaming boil that cannot be stirred down. **HEAT**—If heat is not strong enough even when turned highest, cover the kettle closely while bringing mixture to a boil, and stir only occasionally. As soon as the mixture is boiling vigorously, remove the cover and proceed with the recipe.

PECTINS—Each recipe for powdered or liquid pectin is individually tested and does not allow for the substitution of powdered for liquid pectin or vice versa.

BREAKAGES are annoying, but they can be prevented. Most breakages are caused when jars are put in hot water, when hot materials are poured into cold jars, or when hot jars are put on cold surfaces or in a draft. When pouring jams and jellies, a sterilized metal spoon in the jar will prevent cracking.

PARAFFIN WAX—For many reasons, old wax you may wish to re-use may have become dusty or deteriorated in some way. It is safest to use new paraffin wax every canning season.

SETTING—Some jellies with added pectin are designed to set slowly so that they are at their best, most "delicate" set when they are to be used. If jellies from some fruits were to set at once, they would be hard and tough after a few weeks storage. If you use added pectin you can count on jellies being balanced so that they require up to ten days to set after pouring.

WEPPING—Small amounts of syrup frequently separate from jellies and jams but this will not harm preserves as long as yeast and mould do not form on the seepage. To avoid weeping -- make sure there is 1/2 inch headspace between jelly mixture and the rim of the glass -- seal correctly -- cover tightly and store in a cool, dry place.

CRYSTALS form when too much sugar has been added or when juice has boiled too long, or when sealing has been delayed.

STORING—You can be sure that jams and jellies, properly sealed, will keep about a year, but flavors and colors of different jellies are retained for various lengths of time. Storage place should be cool, dry and dark. If only a kitchen cupboard is available, give jams and jellies storage space on the cooler, lower shelves.



FRANCES BARTON

Consumer Service Department, General Foods, Limited.

I doubt if there is a home-maker anywhere who has not looked forward to these summer days when the variety of fruits and vegetables... each in its own way... is a distinctive table treat. And before the last fruit of this abundant season is picked, the wisest of us will have saved part of this fruit to put summer freshness into winter meals -- a wonderful way of extending good eating for our families, over the whole year. Luckily for all of us who are planning to "do down" fruits and vegetables, new methods have eliminated many hours of the fussing and labor that home-canning and jamming used to mean.

PLANNING FOR YOUR INDIVIDUAL FAMILY NEEDS

All you veterans at home canning will need no advice about the numbers of jars of fruits and vegetables you will want to "do down". And you beginners can easily work out your particular needs if you have noted the frequency with which canned vegetables, fruits and jams have appeared on your grocery lists. Plan any special little gift jars of jams and jellies you will need, by adding to the amounts of your favorite preserves. From now until the end of October, visit your garden and orchard produce is at its peak of ripeness and flavor and on the market at the lowest cost, your home preserving project can show a really worthwhile saving on the yearly budget.

Just a few minutes spent assembling all the equipment ahead of time, for each particular jamming or jelling or canning project will pay you well once the process begins. Jars and sealers should be washed thoroughly in warm water and rinsed well. They should be in good condition, and, of course, you will take the precaution of discarding all those that are chipped or cracked. Ladles, colander, knives, the right size pans and equipment for sealing should be in one convenient spot in your kitchen.

There's another thing too, don't underestimate the role of the simple rubber jar ring. This item, small as it appears, plays a very important part in successful canning. Throw away all the old ones you may find around, and start the new season right with

IT'S BERRY TIME AGAIN!

Fill Up Your Fruit Jars

new rings with a brand name you can depend on. Only new rings of known and tested quality have the "liveness" which assures you the most complete seal. Each new rubber ring should be given a quick dip in boiling water just before jar, and you'll find that any one of a variety of smaller metal tongs will do very well for this purpose. Test your jars ahead of time for air tightness too... a simple but necessary part of the job. Fill them with water, seal them, turn them upside down on a clean dry cloth and if none of the water seeps out you can be sure they will protect your preserves for as long as you would normally keep them.

Easy as home preserving, jamming and jelling has come to be, there are a few basic rules to follow to assure success. Once you get your stock of fruits or vegetables, sorting is important for the best-planned cupboard. For instance, you will find it much more convenient later if you can get the perfect green beans whole, then cut up the crooked or uneven ones for separate jars. Perfect tomatoes, too, should be canned together, left whole for salads or special winter occasions. This mis-shapen tomatoes, just as numerous though not so eye-catching, can be quartered or put up as juice. Fruits offer even more possibilities. Strawberries, raspberries, peaches and cherries, to name a few, canned whole or in halves, will be the basis for numerous delicious desserts. But the spice of the cupboard comes with your jams and jellies. No one, these days, thinks of the jam cupboard as furnishing just "spreads" for bread, and the occasional meat relish. Desserts, sauces, pastries, sandwiches and entrees the year 'round can all be enhanced by the fresh fruit flavor of some jam, jelly or conserve.

NO NEED FOR UNCERTAIN RESULTS THESE DAYS

One of the most delightful things about today's jamming and jelling is the fact that we can discard the terms of grandmother's day... when some fruits were known as "good jellies" and others as "very poor bet" indeed for the jam cupboard. Good jelling, slow jelling... whatever they were called... science has simplified and controlled jam and jelly making to the point where even a beginner can be sure of success with all types of fruit... and with a minimum of effort. Combining the correct ratio of fruit, sugar and pectin, regardless of the kind of fruit on hand, is the basic rule to follow. And this can be done so simply when a natural fruit pectin is added.

EXTRA YIELD FOR YOUR TABLE

Quite apart from the fact that it is easy and as foolproof as can be, there are plenty of other advantages in using added pectin. For instance, with fruit pectin, you use the short-boil method of jam and jelly making... actually, there's only one minute of boiling time. Really a time saver! And here fruits, all fruits, can



Ripe, juicy berries inspire the home jelly maker.

be used at the stage of ripeness where color and flavor are at their best. The short cooking helps to preserve this color and flavor, of course. Another tremendous advantage is the increased yield. With practically none of the fruit juice boiled away, the yield from the same amount of fruit is up to 50% more than the long boiling method gives.

BALANCING THE INGREDIENTS

We mentioned the correct ratio of fruit, sugar and pectin. To make good jelly, enough sugar must be used so that the finished product contains about 60%. This may sound hard to plan, but we don't have to plan it. Instructions accompanying commercial pectins give the exact amounts of each ingredient to maintain this successful ratio. And that's that! We must remember, though, that there are two types of commercial pectin... the crystals and the liquid. The recipes for these are not interchangeable... each carries its own marvellous variety of recipes with each package or bottle.

Now... in your jam and jelly making preparations you are going to need paraffin wax, and if you have any old wax on hand and are thinking of re-using it, we would advise you to throw this away too. Or, if you like, store it somewhere until some unorthodox but practical use for it comes to mind. In any case, don't use it for this season's preserves. It might spoil an otherwise successful batch of jelly for you. So it's best to play safe with fresh wax from the package. For melting the wax you will need a small double boiler, or other small container with a pouring lip, that will fit nicely over a pan of water. Never melt wax over direct heat.

THE IMPORTANCE OF PROPER SEALING

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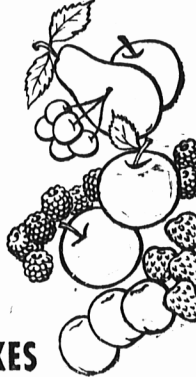
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MADE BY INTERNATIONAL WAXES LIMITED Agincourt Ontario

Pepper Relish

2 cups (1 lb.) prepared sweet peppers
3/4 cup vinegar
3/4 cups (1 1/2 lbs.) sugar
1 box crystal (powdered) fruit pectin.

To Prepare Peppers

Cut open about 1 dozen medium sized peppers and discard seeds. For the best color use half green food chopper twice, using finest blade. Drain. Measure two cups into large saucepan. Add 1/2 cup vinegar. Measure the sugar and set it aside. Add powdered pectin to the peppers in the saucepan and mix well. Place over high heat and stir until the mixture comes to a hard boil. Stir the sugar in at once. Bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for five minutes to cool slightly and prevent floating fruit. Ladle quickly into glasses. Cover relish at once with 1/4 inch layer hot paraffin. Makes about 3 six-ounce glasses.



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