

Sweets for the Family Table



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Sweets for the Family Table

by

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Texas A. and M. College System

Jellies, jams, preserves, marmalades, conserves, and butters are fruit products that appeal to our appetites and give accent to our meals. These fruit spreads add interest and flavor to our food. This bulletin gives methods by which the homemaker can make good quality products.

JELLY

According to Dr. N. E. Goldthwaite: "Ideal fruit jelly is a beautifully colored, transparent, palatable product obtained by so treating fruit juice that the resulting mass will quiver, not flow, when removed from its mold; a product with texture so tender that it cuts easily with a spoon, and yet so firm that the angles thus produced retain their shape; a clear product that is neither syrupy, gummy, sticky nor tough; neither is it brittle and yet it will break, and does this with a distinct, beautiful cleavage which leaves sparkling characteristic faces. This is that delicious, appetizing substance, a good fruit jelly."*

STEPS IN MAKING FRUIT JELLY

Select the fruit

The fruit juice from which jelly can be made must contain pectin and acid, and they must be present in proper portions to make a good jelly. These change with the maturity of the fruit, both decreasing as the fruit ripens. Best results are obtained by using a mixture of slightly underripe and ripe fruit, the underripe furnishing pectin and acid and the ripe contributing flavor and color. The following fruits at the proper stage of maturity have both of these in sufficient quantity:

Blackberries	Grapes (Cultivated varieties such as Carmen, Black Spanish, Fredonia)
Crab Apples	Grapes (Wild native grapes)
Cranberries	Plums
Dewberries	Tart Apples

*Goldthwaite, N. E., *The Principles of Jelly-Making*, 5th edition, University of Illinois, Urbana, Illinois, 1917, p. 3.

Combinations of fruits also result in interesting blends of flavors and colors. The following combinations are suggested:

Crab apple with grape
Tart apple with plum

Apple with rhubarb
Apple with pineapple

Equipment for jelly making

Pans for washing fruit
Brush for hard fruits
Colander
Stainless steel paring knives
Scales
Quart cup
Standard measuring cup
Tray
Jelly glasses
Large pan for sterilizing
jelly glasses
Saucepan for cooking jelly

Large kettle for cooking fruit
Long-handled spoons
Bowl to catch fruit juice
Support for jelly bag
2 jelly bags, made of canton flannel with nap side in, 2 or 3 thicknesses of good quality cheesecloth, or sugar bag
Tongs for jelly glasses
Paraffin
Small pan for melting paraffin
Labels
Teaspoon

Extract the juice

Boil fruit in a broad, flat-bottom pan and stir to prevent scorching. Count time when fruit begins to boil. Pour hot cooked fruit into a jelly bag. Let the juice drip into a bowl. When the dripping has almost ceased, press the jelly bag to obtain all the juice. Restrain the juice through a fresh wet jelly bag.

Test the juice for pectin

Home methods have not been developed for determining with accuracy how much pectin there is in fruit juice. The following tests may be used only as an approximate guide as to the amount of pectin present in the fruit juice.

You may do one of the following if the fruit juice does not give a satisfactory pectin test:

1. Use the juice for punch.
2. Combine with home-made pectin and make into jelly.
(Directions for making home-made pectin may be found in Farmer's Bulletin, Number 1800, "Homemade Jellies, Jams and Preserves".)

EPSOM SALTS TEST FOR PECTIN

2 tablespoons cool fruit juice
2 teaspoons sugar
1 tablespoon Epsom salts

1. Add sugar to fruit juice.
2. Add Epsom salts and stir until all is dissolved. Let stand 5 minutes.
3. If a solid mass of jelly forms, the juice is rich in pectin and has given an *excellent pectin test* (Figure A). Use one cup of sugar to one cup of juice.
4. If several small particles of jelly like materials form, the juice is only moderately rich in pectin and has given a *moderate pectin test* (Figure B). Use $\frac{3}{4}$ cup sugar to one cup of juice.
5. If many small pieces form, the juice is a poor source of pectin and has given a *poor pectin test* (Figure C).

ALCOHOL TEST FOR PECTIN

2 tablespoons cool fruit juice
2 tablespoons denatured alcohol (*poison—do not taste*)

1. Pour denatured alcohol into a small container and add cool fruit juice.
2. If a solid mass of jelly forms, the juice is rich in pectin and has given an *excellent pectin test* (Figure A). Use one cup of sugar to one cup of juice.
3. If several small particles of jelly like materials form, the juice is only moderately rich in pectin and has given a *moderate pectin test* (Figure B). Use $\frac{3}{4}$ cup sugar to one cup of juice.
4. If many small pieces form, the juice is a poor source of pectin and has given a *poor pectin test* (Figure C).

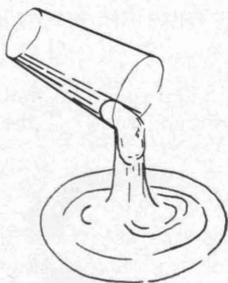


Fig. A



Fig. B

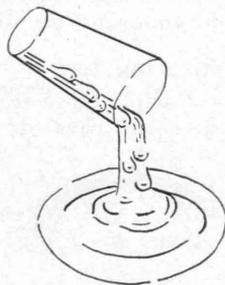


Fig. C

Test the juice for acid

If there is doubt as to whether or not the juice contains sufficient acid for jelly, test as follows: Mix 1 teaspoon of lemon juice with 9 teaspoons of water in a cup. Compare the taste of this with the juice to be tested. If the fruit juice is as sour as the diluted lemon juice, it will make satisfactory jelly. In tasting for acid disregard fruit flavor and concentrate on sourness.

Fruit juice low in acid

If the fruit juice is low in acid add either strained lemon juice or powdered citric acid. *One tablespoon* of lemon juice for *each cup* of the fruit juice, or *1 to 1 1/2 teaspoons* of the powdered citric acid for *6 cups* of juice will generally give sufficient acidity. Syrup that has failed to make jelly because of lack of acidity may be cooked again. Add lemon juice or citric acid and cook until jelly test is obtained.

Measure the juice and sugar

For the best possible product, work with 2 to 4 cups of juice at a time.

Measure the sugar and the juice accurately. Use $\frac{3}{4}$ to 1 cup of sugar to each cup of juice, according to pectin test. Use a good grade of granulated white sugar. Refined beet and cane sugar produce exactly the same results.

Prepare the jelly glasses

Wash jelly glasses. Place on a rack in a pan, cover with cold water, and boil 12 to 15 minutes.

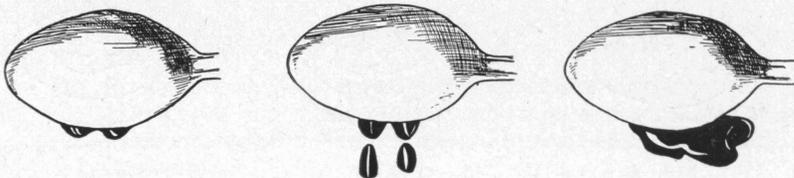
Keep the glasses in a warm place such as a warm oven so they will be hot and dry when ready to fill with jelly. One cup of fruit juice and 1 cup of sugar will yield 1 cup of jelly. Estimate the number of jelly glasses needed, and sterilize.

Cook the jelly

Heat the fruit juice and sugar quickly to boiling, using a large flat bottom pan that permits rapid evaporation. Stir only until the sugar is dissolved. Boil rapidly until the jelly stage is reached. Use one of the following methods to test whether or not this moment has arrived.

Sheeting test

Dip a large spoon into the boiling syrup and lift the spoon so that the syrup runs off the side. When the syrup no longer runs off the



spoon in a steady stream but separates into two distinct lines of drops, which "sheet" together, stop the cooking.

Temperature test

Put a candy, deep fat, or dairy thermometer into boiling water and note the temperature in your locality. Add seven degrees F. to this temperature and you have the temperature at which the jelly should be done.

Finish the jelly

Allow the hot syrup to stand a few seconds. Quickly remove any scum from the hot syrup.

Pour the jelly into hot dry glasses to within one-fourth inch of the top. Pour melted paraffin onto the top of each glass to cover the jelly. When cool add more hot paraffin and rotate glass so that it will run up to the rim and form a good seal.

Place dry tin cover on jelly glass.

Label with name of fruit and date of making. Place label one-half inch from bottom of glass.

Store the jelly

Store in a clean, cool, dark, dry place. An ideal storage place is a ventilated pantry.

JELLY RECIPES

APPLE JELLY

Select and prepare the fruit

1. Select a mixture of slightly underripe and ripe tart apples.
2. Prepare a small quantity at a time (8 pounds or less).
3. Wash thoroughly using a brush. If they show spots of spray residue, peel the apples; otherwise, do not remove peeling or core. Remove stem and blossom ends. Cut in small uniform pieces.

Extract the juice

Use the proportion of
1 pound prepared apples (approximately 1 quart)
1 cup water

1. Put water and fruit in a broad flat-bottom pan.
2. Bring to a boil. Boil 20 to 25 minutes. Stir to prevent scorching.
3. Pour hot cooked fruit into a jelly bag. Let the juice drip into a bowl.
4. When the dripping has almost ceased, press the jelly bag to obtain all the juice.
5. Strain the juice again through a fresh wet bag; do not press bag.
6. Test the juice for pectin and acid.

Prepare the jelly

4 cups apple juice

3 cups sugar

1. Heat the fruit juice and sugar quickly to boiling using a large flat-bottom pan that permits rapid evaporation.
2. Stir *only* until the sugar is dissolved.
3. Boil rapidly until jelly stage is reached.
4. Pour into hot dry sterilized jelly glasses, seal with paraffin, label and store.

VARIATION: To make mint-flavored apple jelly, after the jelly stage is reached and just before the syrup is ready to be poured into the glasses, tint with green food coloring and add a few drops of essence of spearmint or peppermint.

CRAB APPLE JELLY

Select and prepare the fruit

1. Select a mixture of slightly underripe and ripe crab apples.
2. Prepare a small quantity at a time (8 pounds or less).
3. Wash thoroughly using a brush. If they show spots of spray residue, peel the apples; otherwise, do not remove peeling and core. Discard the stems and blossom ends.
4. Cut into small uniform pieces.

Extract the juice

Use the proportion of

1 pound prepared crab apples (approximately 1 quart)

1 cup water

1. Put water and fruit in a broad flat-bottom pan.
2. Bring to a boil. Boil 20 to 25 minutes. Stir to prevent scorching.
3. Pour hot cooked fruit into a jelly bag. Let the juice drip into a bowl.
4. When the dripping has almost ceased, press the jelly bag to obtain all the juice.
5. Restrain the juice through a fresh wet bag. Do not press bag.
6. A second extraction of juice may be made from crab apples. The two extractions may be combined.
7. Test the juice for pectin and acid.

Prepare the jelly

4 cups crab apple juice—first extraction or combination of both first and second extractions

4 cups sugar

1. Heat the fruit juice and sugar quickly to boiling using a large flat-bottom pan that permits rapid evaporation.
2. Stir *only* until the sugar is dissolved.

3. Boil rapidly until jelly stage is reached.
4. Pour into hot dry sterilized jelly glasses, seal with paraffin, label and store.

Note: If only second extraction juice is used, use 3 cups sugar to 4 cups of juice.

VARIATION: For spiced crab apple jelly, tie four 2-inch pieces stick cinnamon and 12 whole cloves loosely in a cheesecloth bag; cook with the sugar and the juice from 8 pounds of fruit.

BLACKBERRY OR DEWBERRY JELLY

Select and prepare the fruit

1. Select a mixture of slightly underripe and ripe berries.
2. Prepare a small quantity at a time (6 quarts is a good amount).
3. Wash quickly and carefully in a colander. Drain. Remove the caps.

Extract the juice

Use the proportion of

1 pound prepared blackberries or dewberries (approximately 1 quart)

Add $\frac{1}{4}$ cup water to firm fruit; add no water to soft fruit.

1. Put fruit and water (if used) in a broad flat-bottom pan.
2. Bring to a boil. Boil 5 to 10 minutes. Stir to prevent scorching.
3. Pour hot cooked fruit into a jelly bag. Let the juice drip into a bowl.
4. When the dripping has almost ceased, press the jelly bag to obtain all the juice.
5. Restrain the juice through a fresh wet bag. Do not press bag.
6. Test the juice for pectin and acid.

Prepare the jelly

4 cups blackberry or dewberry juice

3 to 4 cups of sugar

1. Heat the fruit juice and sugar quickly to boiling using a large flat-bottom pan that permits rapid evaporation.
2. Stir *only* until the sugar is dissolved.
3. Boil rapidly until jelly stage is reached.
4. Pour into hot dry sterilized jelly glasses, seal with paraffin, label and store.

CRANBERRY JELLY

Select and prepare the fruit

1. Select a mixture of slightly underripe and ripe cranberries.
2. Prepare a small quantity at a time (8 pounds or less).
3. Wash quickly and carefully in a colander. Drain, remove stems.

Extract the juice

Use the proportion of
1 pound prepared cranberries (approximately 1 quart)
3 cups water

1. Put fruit and water in a broad flat-bottom pan.
2. Bring to a boil. Boil 5 to 10 minutes. Stir to prevent scorching.
3. Pour hot cooked fruit into a jelly bag. Let the juice drip into a bowl.
4. When the dripping has almost ceased, press the jelly bag to obtain all the juice.
5. Restrain the juice through a fresh wet bag. Do not press bag.
6. Test for pectin and acid.

Prepare the jelly

4 cups cranberry juice
3 cups sugar

1. Heat the fruit juice and sugar quickly to boiling using a large flat-bottom pan that permits rapid evaporation.
2. Stir *only* until the sugar is dissolved.
3. Boil rapidly until jelly stage is reached.
4. Pour into hot dry sterilized glasses, seal with paraffin, label and store.

GRAPE JELLY

(Cultivated Varieties—Carmen, Black Spanish, Fredonia)

Select and prepare the fruit

1. Select a mixture of slightly underripe and ripe grapes.
2. Prepare a small quantity at a time (8 pounds or less).
3. Wash quickly and carefully in a colander. Drain. Leave skins on the grapes.

Extract the juice

Use the proportion of
1 pound grapes (approximately 1 quart)
 $\frac{1}{4}$ cup water

1. Put water and fruit in a broad flat-bottom pan.
2. Bring to a boil. Boil 5 to 10 minutes. Stir to prevent scorching.
3. Pour hot cooked fruit into a jelly bag. Let the juice drip into a bowl.
4. When the dripping has almost ceased, press the jelly bag to obtain all the juice.
5. Restrain the juice through a fresh wet bag. Do not press bag.
6. Test for pectin and acid.

Prepare the jelly

4 cups grape juice
3 to 4 cups sugar

1. Heat the fruit juice and sugar quickly to boiling using a large flat-bottom pan that permits rapid evaporation.
2. Stir *only* until the sugar is dissolved.
3. Boil rapidly until jelly stage is reached.
4. Pour into hot dry sterilized jelly glasses, seal with paraffin, label and store.

GRAPE JELLY

(Wild Variety)

Select and prepare the fruit

1. Select a mixture of slightly underripe and ripe wild grapes.
2. Prepare a small quantity at a time (8 pounds or less).
3. Wash quickly and carefully in a colander. Drain. Leave skins on the grapes.

Extract the juice

Use the proportion of
1 pound grapes (approximately 1 quart)
 $\frac{1}{2}$ cup water

1. Put water and fruit in a broad flat-bottom pan.
2. Bring to a boil. Boil 5 to 10 minutes. Stir to prevent scorching.
3. Pour hot, cooked fruit into a jelly bag. Let the juice drip into a bowl.
4. When the dripping has almost ceased, press the jelly bag to obtain all the juice.
5. Restrain the juice through a fresh wet bag. Do not press bag.
6. Test for pectin and acid.

Prepare the jelly

4 cups grape juice
3 to 4 cups sugar

1. Heat the fruit juice and sugar quickly to boiling using a large flat-bottom pan that permits rapid evaporation.
2. Stir *only* until the sugar is dissolved.
3. Boil rapidly until jelly stage is reached.
4. Pour into hot dry sterilized jelly glasses, seal with paraffin, label and store.

PLUM JELLY

Select and prepare the fruit

1. Select a mixture of slightly underripe and ripe plums.
2. Prepare a small quantity at a time (8 pounds or less).
3. Wash quickly and carefully in a colander. Drain. Leave skins on plums.

Extract the juice

Use the proportion of
1 pound plums
 $\frac{1}{2}$ cup water

1. Put water and fruit in a broad flat-bottom pan.
2. Bring to a boil. Boil 15 to 20 minutes. Stir to prevent scorching.
3. Pour hot cooked fruit into a jelly bag. Let the juice drip into a bowl.
4. When the dripping has almost ceased, press the jelly bag to obtain all the juice.
5. Restrain the juice through a fresh wet bag. Do not press bag.
6. Test the juice for pectin and acid.

Prepare the jelly

4 cups plum juice
3 cups sugar

1. Heat the fruit juice and sugar quickly to boiling using a large flat-bottom pan that permits rapid evaporation.
2. Stir *only* until the sugar is dissolved.
3. Boil rapidly until jelly stage is reached.
4. Pour into hot dry sterilized jelly glasses, seal with paraffin, label, and store.

PROBLEMS IN JELLY MAKING

PROBLEM	CAUSE
Sugar Crystallization	Excess of sugar. Insufficient acid. Overcooking. Delay in sealing.
"Weeping"	Juice too high in acid.
Cloudiness	Imperfect straining. Apple and Crab Apple Jelly upon standing often become cloudy due to starch in underripe fruit.
Failure to form jelly	Improper balance of pectin, sugar and acid, which may be caused by: <ol style="list-style-type: none">1. Overcooking or undercooking jelly.2. Undercooking fruit in extracting the juice.3. Too much water used in extracting juice.4. Fruit too ripe.
Mold or fermentation	Storage in warm or damp place. Failure to sterilize glasses. Imperfect sealing with paraffin. Not enough sugar.

PRESERVES

Preserves are fruit products made from whole small fruits or pieces of larger fruits cooked in syrup until tender and somewhat translucent and stored in the thick syrup or jellied juice. Fruits commonly used for preserves are cherries, figs, peaches, pears, pineapples, plums, strawberries, tomatoes and watermelons.

GENERAL STEPS IN MAKING PRESERVES

Select and prepare the jars and closures

1. Select jars that can be closed with an airtight seal.
2. Wash the jars in hot soapy water, rinse thoroughly and place them upside down in a pan of clean water.
3. Bring to a boil and continue boiling for 12 to 15 minutes to *sterilize*.
4. Leave jars in the boiling water until ready to fill with the preserves. Remove and drain before filling.
5. Prepare closures according to manufacturers' directions.

Label the jars

Label each jar of preserves with a neat, plain label placed $\frac{1}{4}$ inch from bottom of jar. Give name of the product and the date preserved.

Store the preserves

Store the jars of preserves in a clean, cool, dark, dry place. A ventilated pantry is an excellent place for storage.

PRESERVE RECIPES

CHERRY PRESERVES

1 pound sour cherries (pitted)

$\frac{3}{4}$ to 1 pound sugar

1. Select sound red cherries. Discard any imperfect ones.
2. Wash and drain.
3. Remove stems and pits without tearing the fruit needlessly.
4. Combine fruit and sugar in alternate layers and let stand 8 to 10 hours or overnight before cooking. Or, if preferred, add the sugar and one-fourth cup water for each pound fruit and cook at once.
5. Stir carefully while heating to the boiling point.
6. Boil rapidly until syrup is somewhat thick, taking care to prevent scorching.
7. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
8. Seal, label and store.

PINEAPPLE PRESERVES

2 pounds prepared pineapple (6 cups)
3 cups sugar
1 cup water

1. Slice pineapple, pare, remove eyes and core.
2. Cut in small cubes or grate.
3. Put sugar and fruit into preserving kettle with water and cook 20 minutes.
4. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
5. Seal, label and store.

PLUM PRESERVES

1 pound prepared plums
 $\frac{3}{4}$ to 1 pound of sugar
 $\frac{1}{2}$ cup water

1. Wash the fruit, drain, and prick each plum in three or four places.
2. Dissolve the sugar in the water and bring to a boil.
3. Add the plums and boil gently until the fruit is clear and tender and the syrup sheets from a spoon.
4. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
5. Seal, label and store.

FIG PRESERVES

Select and prepare figs for preserves

1. Select only perfect figs, ripe but not soft.
2. Leave $\frac{1}{8}$ inch stem. Wash.
3. To remove the fuzz, sprinkle one cup soda over 6 quarts sound figs and add 1 gallon boiling water. Let stand 5 minutes. Drain and wash thoroughly in cold water.

FIG PRESERVES I

2 quarts prepared figs
1 quart sugar
1 quart water

1. Combine sugar and water. Boil 10 minutes.
2. Add figs slowly to keep syrup boiling gently.
3. Boil in a covered kettle until figs are clear.
4. Skim and let stand overnight.

5. Drain off syrup and boil until thick.
6. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
7. Seal, label and store.

FIG PRESERVES II

1 gallon prepared figs
 2 quarts sugar
 1 lemon

1. Place alternate layers of sugar and figs in an enamel or aluminum kettle.
2. Let stand overnight.
3. Drain off syrup. Bring to a boil. Drop in figs a few at a time.
4. Cook until tender, transparent and amber color (about 1 to $1\frac{1}{2}$ hours).
5. Add juice of lemon. Cook 10 minutes longer.
6. Remove figs from the syrup. Fill hot sterilized jars three-fourths full with preserved fruit. Cook syrup until thick.
7. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
8. Seal, label and store.

PEACH PRESERVES

1 pound prepared peaches
 $\frac{3}{4}$ to 1 pound sugar

1. Select any variety of white or yellow peach of good dessert quality, at firm ripe stage.
2. Wash and pare the peaches.
3. Leave whole or cut into uniform pieces such as halves, quarters, or eighths.
4. Combine the fruit and sugar in alternate layers. Let stand 8 to 10 hours or overnight before cooking, or add the sugar and one-fourth cup water for each pound of fruit and cook at once.
5. In either case stir carefully while heating to boiling.
6. Cook until the syrup is somewhat thick, stirring occasionally to prevent burning.
7. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
8. Seal, label and store.

PEAR PRESERVES

1 pound prepared pears
 $\frac{3}{4}$ to 1 pound sugar

1. Select pears which hold their shape and have a good flavor. The Keiffer pear is a variety commonly used.
2. Allow fruit to reach the firm ripe stage. (Store Keiffer pears two or three weeks at 60° to 65° F. before using for best quality in making preserves).
3. Wash, pare, and cut fruit into uniform pieces, as quarters, or eighths, depending on size of the fruit; then core.
4. Combine the fruit and sugar in alternate layers and let stand 8 to 10 hours or overnight before cooking, or cook at once with sugar and one-fourth cup of water to a pound of fruit.
5. Stir carefully while heating to the boiling point.
6. Cook until the syrup is somewhat thick, stirring occasionally to prevent burning.
7. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
8. Seal, label and store.

GINGER PEAR PRESERVES

1 pound prepared pears
 $\frac{1}{2}$ to $\frac{3}{4}$ pound sugar
1 or 2 pieces gingerroot
 $\frac{1}{2}$ lemon thinly sliced

1. Wash, pare and core the fruit. Cut in small uniform pieces.
2. Combine the sliced pears and sugar in alternate layers and let stand 8 to 10 hours or overnight before cooking.
3. Boil the lemon for about 5 minutes in only enough water to cover.
4. Add lemon with what water remains and the gingerroot to the pear and sugar mixture.
5. Cook until the fruit is clear and of rich amber color, stirring occasionally to prevent scorching.
6. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
7. Seal, label and store.

STRAWBERRY PRESERVES I

4 cups prepared strawberries
3 cups sugar
1 cup water
1 tablespoon lemon juice (optional)

1. Select firm, tart berries.
2. Wash, drain, and remove caps.
3. Boil two cups sugar and one cup water until it begins to form a thread.
4. Add two cups strawberries and cook 10 minutes.
5. Add the other two cups strawberries with one cup of sugar sprinkled over the top.
6. One tablespoon lemon juice added at this time helps retain color.
7. Boil another 10 minutes, or until it reaches a jelly stage.
8. Remove from the fire and shake the kettle gently until the foam collects in the center and can be removed easily.
9. Pour into a flat pan or bowl and let cool about 8 hours or overnight.
10. Drain berries without reheating.
11. Fill hot sterilized jars $\frac{3}{4}$ full with berries.
12. Boil syrup rapidly until fairly thick or to desired consistency.
13. Pour the hot syrup over the berries to $\frac{1}{4}$ inch of the top. Cover with hot paraffin and seal at once. Label and store.

STRAWBERRY PRESERVES II

1 pound prepared strawberries
 $\frac{3}{4}$ pound sugar

1. Select firm, tart berries.
2. Wash, drain and remove caps.
3. Sprinkle sugar over fruit.
4. Cook immediately.
5. Bring to a boil and boil 10 minutes. Stir to prevent scorching.
6. Pour into a flat pan and let stand about 8 hours or overnight.
7. Drain berries. Fill hot sterilized jars three-fourths full with the preserved fruit.
8. If syrup is thin, boil until thick or to desired consistency.
9. Pour enough hot syrup over the fruit to fill the jar to $\frac{1}{4}$ inch of the top.
10. Cover with hot paraffin, seal at once. Label and store.

TOMATO PRESERVES

1 pound prepared tomatoes
 $\frac{3}{4}$ pounds sugar
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ lemon thinly sliced
 1 piece gingerroot

1. Select small firm yellow or red tomatoes.
2. Wash and drain.

3. If a tomato preserve without skins is desired, dip the tomatoes into boiling water, then into cold water, and remove the skins. Handle the tomatoes carefully.
4. Boil the lemon 5 minutes in part of the water.
5. Boil the remainder of the water with the sugar for 5 minutes to make a syrup.
6. Add the tomatoes, gingerroot, lemon and liquid in which lemon was cooked.
7. Boil until the tomatoes are clear and the syrup somewhat thick.
8. Remove the scum.
9. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
10. Seal, label and store.

WATERMELON PRESERVES

First Part

- 4 pounds prepared watermelon rind
- 2 tablespoons lime (calcium oxide)
- 2 quarts water

Second Part

- 4 quarts water (16 cups)
- 4 pounds sugar (approximately 8 cups)
- 2 lemons thinly sliced
- 4 small pieces gingerroot (if desired)

1. Select thick watermelon rind and trim off the outer green skin and the pink flesh.
2. Cut the rind into $\frac{1}{2}$ or 1 inch cubes and weigh.
3. Combine lime and water
4. Add the rind to the lime water and let stand for 1 hour to make it crisp.
5. Drain and place in clear water for 1 hour.
6. Drain and boil for $1\frac{1}{2}$ hours in fresh water. Drain again.
7. Boil the lemon for 5 minutes in one-half cup water.
8. Boil remainder ($15\frac{1}{2}$ cups) of water, with the sugar for 5 minutes to make a syrup.
9. Add the watermelon rind and gingerroot to the syrup.
10. Boil for 1 hour. When the syrup thickens, add the lemon and the water in which it was cooked.
11. Continue to boil until the syrup is somewhat thick and the rind is clear. Stir to prevent sticking.
12. Fill hot sterilized jars three-fourths full with the preserved fruit. If paraffin is to be used, add enough syrup to fill the jar to $\frac{1}{4}$ inch of the top; otherwise, fill to top of jar.
13. Seal, label and store.

MARMALADES

A marmalade is a jellied fruit product which holds suspended within it all or part of the fruit pulp and the sliced peel. It is prepared from pulpy fruits, preferably those that contain pectin. Citrus fruits are especially desirable because of their flavor and pectin content.

AMBER MARMALADE

1 orange	$\frac{1}{8}$ teaspoon salt
1 grapefruit	Sugar
1 lemon	Water

1. Select smooth, thick-skinned fruit, free from blemishes.
2. Remove the peel, slice very thin. Add 1 quart water, and parboil 5 minutes.
3. Drain off water, add a quart of fresh water, parboil again, and drain.
4. Drain off water, add a quart of fresh water, parboil a third time. Drain.
5. Cut fruit pulp into thin slices and remove seeds and rag.
6. Combine the sliced pulp with the drained, parboiled peel and measure.
7. To each packed measure of this mixture of fruit pulp and parboiled peel, add twice that quantity of water and boil rapidly for about 40 minutes.
8. Weigh or measure the mixture and add equal weight or measure of sugar. Add salt.
9. Boil the fruit mixture and the sugar rapidly for 25 minutes, or until it thickens and becomes amber-colored. Stir to prevent scorching.
10. Let stand in the kettle until slightly cool so that the shreds of peel will be distributed uniformly throughout the jellied juice.
11. Fill hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
12. Seal, label and store.

SWEET ORANGE MARMALADE

4 oranges	$\frac{1}{8}$ teaspoon salt
4 lemons or limes	Water
	Sugar

1. Select fruit with smooth thick skins free from blemishes.
2. Wash fruit, remove the peel, and slice thin.
3. Cover sliced peel with cold water. Boil until tender, adding more water as it boils away.
4. Change water frequently if bitter flavor is objectionable.
5. Cut fruit pulp into thin slices. Remove seeds and rag.

6. Combine the sliced pulp and the parboiled peel.
7. To each packed measure of mixed fruit pulp and parboiled peel, add twice the quantity of water, and $\frac{1}{8}$ teaspoon salt.
8. Boil rapidly for 25 minutes.
9. Weigh or measure this mixture and to it add an equal weight or measure of sugar.
10. Boil 15 minutes or until jelly stage is reached.
11. Cool slightly, stir, and pour into hot sterilized jars to $\frac{1}{4}$ inch of top of jar if paraffin is to be used. If not, fill to top of jar.
12. Seal, label and store.

GREEN TOMATO MARMALADE

4 pounds prepared green tomatoes	5 lemons
2 pounds sugar	Water
$\frac{1}{2}$ teaspoon salt	

1. Wash green tomatoes. Trim and cut into small pieces or slices.
2. Peel the lemons, cut the peel into thin slices, and boil 5 minutes in 1 cup water. Discard the water and repeat the parboiling if the bitter flavor in the lemon peeling is not desired. Drain.
3. Slice the lemon pulp and remove the seeds.
4. Combine the tomatoes, sugar, salt, sliced lemon, and drained peel.
5. Heat slowly and stir until the sugar is dissolved.
6. Continue stirring and boil for 1 hour or until the mixture is somewhat thick and the fruit is clear.
7. Pour into hot sterilized jars to $\frac{1}{4}$ inch of top of jar if paraffin is to be used. If not, fill to top of jar.
8. Seal, label and store.

JAMS

Jams are made from crushed fruits cooked with sugar until the mixture is uniform and thick.

BLACKBERRY OR OTHER BERRY JAM

1 pound prepared berries	1 pound sugar
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1. Select well-ripened, sound berries.
2. Wash carefully, drain, and remove caps.
3. Crush the berries and bring slowly to boiling, stirring constantly.
4. If seeds are objectionable, boil the fruit a few minutes and put through a fine sieve to remove the seeds before weighing.
5. Add sugar and boil until the fruit mixture has thickened to jelly like consistency.

6. Stir throughout cooking.
7. Pour into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
8. Seal, label and store.

PLUM JAM

1 pound plums 3/4 pound sugar
 1 cup water

1. Select well ripened and soft-fleshed plums of tart variety.
2. Wash the fruit and drain.
3. Boil plums in the water for 10 to 15 minutes, or until the skins are tender.
4. Add the sugar and stir while boiling until the jelly stage is reached.
5. Pour into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
6. Seal, label and store.

PEACH JAM

1 pound peaches 3/4 to 1 pound sugar

1. Select well ripened, soft-fleshed peaches.
2. Wash fruit carefully.
3. Dip into boiling water for about half a minute or until the skins slip easily. Plunge at once into cold water for a few seconds, remove the skins, cut the fruit into halves, and discard the seeds.
4. Crush the fruit, combine with the sugar in alternate layers and let stand 3 to 4 hours or until some of the juice is extracted.
5. Heat slowly until the sugar is dissolved.
6. Bring to boiling and cook, stirring constantly, until the jam is clear and somewhat thick.
7. Pour into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
8. Seal, label and store.

CONSERVES

Conserves are jamlike products which contain a mixture of fruits, generally including oranges or lemons, and raisins and often nuts.

CRANBERRY CONSERVE

2 pounds sound cranberries 3 cups sugar
 1 cup raisins 1/4 teaspoon salt
 2 oranges 2 cups water

1. Wash the cranberries and raisins.
2. Peel the oranges and discard the seeds.
3. Combine the fruits and the orange peel, and chop.
4. Add the sugar, salt and water.
5. Boil, stirring constantly, for about half an hour or until the jelly stage is reached.
6. Pour at once in hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
7. Seal, label and store.

GRAPE CONSERVE

4 pounds prepared grapes	1 orange
4 cups sugar	1 cup nut meats
1 cup seedless raisins	$\frac{1}{2}$ teaspoon salt

1. Select slip-skin grapes.
2. Wash and drain the grapes and then remove from the stems.
3. Slip the skins from the grapes and keep them separate from the pulp.
4. Peel the orange and discard the seeds. Chop the nuts, orange pulp and peel.
5. Boil the grape pulp stirring constantly about 10 minutes or until seeds show. Press through a sieve to remove the seeds.
6. Add the sugar, raisins, orange, and salt to the grape pulp. Boil rapidly, stirring to prevent scorching, until mixture begins to thicken.
7. Add the grape skins and boil for 10 minutes or until somewhat thick. Stir in the chopped nuts.
8. Pour at once into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
9. Seal, label and store.

FRUIT BUTTERS

Fruit butters are made from the fruit pulp cooked with sugar until mixture has a uniform thick consistency that is soft enough to spread easily when cold.

APPLE BUTTER

Prepare the apple pulp

1. Select sound ripe tart apples.
2. Wash the apples, peel, and slice.
3. Use equal measures of fruit and sweet cider, or a mixture of half sweet cider and half water.

4. Cook until the fruit is soft, stirring constantly.
5. Press through a colander, then through a fine sieve to remove all fibrous material and give a smooth consistency.

Prepare the Apple Butter

4 cups apple pulp	$\frac{1}{4}$ teaspoon mixed ground
2 cups sugar	spices (if desired)
$\frac{1}{8}$ teaspoon salt	

1. Combine pulp, sugar, and salt. Boil rapidly and stir constantly to prevent burning.
2. As the butter cooks down and becomes thicker reduce the heat to prevent spattering.
3. Test for desired thickness by pouring a small quantity on a cold plate. Continue to cook until no rim of liquid separates around the edge of the butter.
4. Stir in fresh spices. If a light-colored butter is desired, add whole spices tied loosely in a cheesecloth bag while the butter is cooking.
5. Pour boiling hot butter into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
6. Seal, label and store.

PEACH BUTTER

Prepare the peach pulp

1. Select sound ripe fruit.
2. Wash the fruit thoroughly. Scald; remove skins and seeds.
3. Crush fruit and cook in own juice until soft, stirring constantly.
4. Press through a colander then through a fine sieve to remove all fibrous material and give a smooth consistency.

Prepare the peach butter

4 cups peach pulp	$\frac{1}{8}$ teaspoon salt
2 cups sugar	$\frac{1}{4}$ teaspoon mixed ground
	spices (if desired)

1. Combine pulp, sugar and salt. Boil rapidly and stir constantly to prevent burning.
2. As the butter cooks down and becomes thicker reduce the heat to prevent spattering.
3. Test for desired thickness by pouring a small quantity on a cold plate. Continue to cook until no rim of liquid separates around the edge of butter.
4. Stir in fresh spices. If a light colored butter is desired, add whole spices tied loosely in a cheesecloth bag while the butter is cooking.
5. Pour boiling hot butter into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
6. Seal, label and store.

GRAPE BUTTER

Prepare the pulp

1. Select sound, ripe grapes.
2. Wash thoroughly. Remove from stems, crush, cook in own juice.
3. Cook until soft, stirring constantly.
4. Press through a colander, then through a fine sieve to remove all fibrous material and give a smooth consistency.

Prepare the butter

4 cups grape pulp
2 cups sugar
 $\frac{1}{8}$ teaspoon salt

$\frac{1}{4}$ teaspoon mixed ground
spices (if desired)

1. Combine pulp, sugar and salt. Boil rapidly and stir constantly to prevent burning.
2. As the butter cooks down and becomes thicker reduce the heat to prevent spattering.
3. Test for desired thickness by pouring a small quantity on a cold plate. Continue to cook until no rim of liquid separates around the edge of butter.
4. Stir in fresh spices.
5. Pour boiling hot butter into hot sterilized jar to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
6. Seal, label and store.

PEAR BUTTER

Prepare the pear pulp

1. Select sound, ripe fruit.
2. Wash fruit thoroughly. Quarter; remove stems but not cores and skins.
3. Add half as much water as fruit. Cook until fruit is soft, stirring constantly.
4. Press through a colander, then through a fine sieve to remove all fibrous material and give a smooth consistency.

Prepare the pear butter

4 cups pear pulp
2 cups sugar
 $\frac{1}{8}$ teaspoon salt

$\frac{1}{4}$ teaspoon mixed ground
spices (if desired)

1. Combine pulp, sugar and salt. Boil rapidly and stir constantly to prevent burning.
2. As the butter cooks down and becomes thicker reduce the heat to prevent spattering.
3. Test for desired thickness by pouring a small quantity on a cold plate. Continue to cook until no rim of liquid separates around the edge of butter.

4. Stir in fresh spices. If a light colored butter is desired, add whole spices tied loosely in a cheesecloth bag while the butter is cooking.
5. Pour boiling hot butter into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
6. Seal, label and store.

PLUM BUTTER

Prepare the plum pulp

1. Select sound ripe fruit.
2. Wash thoroughly. Crush and cook in own juice until soft, stirring constantly.
3. Press through a colander, then through a fine sieve to remove all fibrous material to give a smooth consistency.

Prepare the plum butter

4 cups plum pulp	$\frac{1}{4}$ teaspoon mixed ground
2 cups sugar	spices (if desired)
$\frac{1}{8}$ teaspoon salt	

1. Combine pulp, sugar and salt. Boil rapidly and stir constantly to prevent burning.
2. As the butter cooks down and becomes thicker, reduce the heat to prevent spattering.
3. Test for desired thickness by pouring a small quantity on a cold plate. Continue to cook until no rim of liquid separates around the edge of butter.
4. Stir in fresh spices. If a light colored butter is desired, add whole spices tied loosely in a cheesecloth bag while the butter is cooking.
5. Pour boiling hot butter into hot sterilized jars to $\frac{1}{4}$ inch of top if paraffin is to be used. If not, fill to top of jar.
6. Seal, label and store.

