



RECIPES FOR JAM-MAKING

Prepared under the direction of experts for
the Canada Food Board, and distributed
through the Conservation Publicity Section

MAKE MORE JAM

THE Canada Food Board calls the attention of housewives to the importance of jam-making. If large quantities of jam be made this year, the demand upon Canada from Overseas for butter can be met to a much greater extent than otherwise would be possible. When jam is used butter is not needed with bread.

With economy in the use of sugar, the arrangements which have been made by the Canada Food Board are confidently expected to provide a sufficient supply of sugar for jam-making as well as for preserving. Care in the use of sugar is still necessary. By using not more than is needed, housewives will find that their jam is a much more palatable and more digestible product than results from an excessive use of sugar. Sugar can be used in reasonable amounts for preserving, but persons who hoard sugar make themselves liable to a heavy fine or even to imprisonment.

Use Sugar with Care

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