

For Preserving, the best method is to use one part **Lily White Corn Syrup to Three Parts of Sugar**. Corn Syrup in Preserves prevents Crystallization, and also prevents Mould from gathering on the top.

PRESERVING

Directions for Cooking Fruit in Syrup

Wash and pick over the fruit, and pare and stone as necessary. Make a syrup with boiling water, Lily White Syrup and Sugar. Add the fruit and cook slowly, until the fruit is soft enough to pierce with a needle. Place fruit in sterilized cans, and strain the boiling syrup over the fruit. Place handle of a spoon between fruit and jar, to let the air escape. Fill jar, wipe off rubber ring, fit cap on to the jar and seal. Turn over jars to be sure that they do not leak.

To Cook Fruit in Jars

Pack prepared fruit in sterilized jars, and cover with boiling syrup made with water, sugar and Lily White Syrup. Place the jars on a rack in the boiler, and fill boiler with tepid water to the neck of the jars. Cook until fruit is soft. Refill the jars, using the contents of one jar. Seal and cool without placing in a draught. To insure keeping, the jars should be re-heated for one-half hour on the third day.

To Sterilize Jars

Cover the jars with tepid water and bring to boil. Do not take the jars from the water until ready to use. Covers should also be sterilized, and rubber rings dipped in boiling water just before being used. Fruit should be sealed as near to boiling point as possible.

Thick Jam

1 lb. fruit
 $\frac{1}{2}$ lb. sugar

$\frac{1}{4}$ lb. Lily White Syrup

Wash and pick over the fruit. Mash berries, currants, etc., and slice other fruits. Put sugar over the fruit, and let stand until some of the fruit juice has been extracted. Stir frequently to prevent burning. Turn into sterilized glasses and seal. Time required for cooking—one to two hours, or until thick, when tested on a cold plate.