

## APPLE AND PLUM JAM

4 lbs. crab apples;  
4 lbs. plums;  
6 lbs. sugar

Cut the crab apples into quarters and cook in just sufficient water to extract the juice. Strain through a double cheese cloth, and add the sugar to the crab apple juice. Put over the fire and bring to a boil. Stir until the sugar is melted. Then add the plums, and boil until the plums are thoroughly cooked.

Note.—Other apples can be used if crab apples be not obtainable, but on no account must the skins and cores be taken away, as the pectin is contained largely in the cores, and directly under the skin. Any sweet plum can be used for jam. The Damson is considered quite satisfactory. Because of its acid nature, the Lombard plum will not make a good jam with the proportion of sugar prescribed above.

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## PLUM JAM

8 lbs. plums  
6 lbs. sugar

Put the plums and sugar together in a preserving kettle over the fire, with just sufficient water to start the cooking. Boil gently until the fruit is thoroughly cooked. Stir as little as possible.

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## BLACK CURRANT JAM

For 1 lb. of fruit, not over ripe, allow  $\frac{1}{2}$  lb. of sugar.

Put the currants in a granite saucepan and mash to allow the juice to escape. Add no water. Bring to a boil, stirring occasionally to ensure that all the fruit is being cooked, and to prevent burning. Cook without sugar until the quantity is reduced and the fruit is all broken. The time will vary with the quality of the fruit. Heat the sugar in the oven and add to the fruit, stirring until it is all dissolved. Then boil without stirring from three to five minutes. Remove from the fire and put into sterile jars, glasses or stone crocks. Seal when cold, by pouring melted paraffin over the top.

In making Black Currant Jam, the sugar must NOT be boiled from the beginning with the fruit, as in some jams; otherwise the currants will become hard and unpalatable.

