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no. 0066
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NOTE.—The best results in jam-making will be obtained by using no larger proportions of sugar than those stated in these recipes;

CANADIAN Housewives should make all the jam they can this year, but they should do so with the minimum of sugar. The Canada Food Board has issued regulations governing the use of sugar by public eating-places, candy manufacturers, ice-cream manufacturers, bakers, confectioners, etc., and these have resulted in an aggregate saving of a very large quantity. This saving has been increased by voluntary economies in private homes. The Anti-Hoarding Order providing limitations on holdings of sugar also has been effective. The Food Board has been able to arrange for a number of ships to carry raw sugar to Canada. The cumulative effect of all these measures is that a sufficient supply for the canning and preserving season seems now to be assured.

In order that the maximum use may be made of our fruit crop this year in all parts of Canada, housewives are asked to use no larger proportion of sugar than is needed for preserving and jam-making. The recipes in this book have been prepared by experts, having in mind the use of those proportions of sugar which will give the best results. No more sugar is required than the amounts stated in the recipes given below.

STRAWBERRY JAM

- 8 lbs strawberries;
- 6 lbs. sugar.

Mix the strawberries and sugar in a kettle and let them stand over night. In the morning set the kettle over the fire on an asbestos mat, and bring the contents slowly to a boil. Do not stir the fruit any more than is absolutely necessary. Boil gently without stirring until it is sufficiently thick and then put it away in sterile jars.

CURRENT JELLY

- 4 lbs. currant juice;
- 3 lbs. sugar

Boil the currant juice without the sugar about 10 minutes, or until the quantity is reduced. Heat the sugar in the oven, and add when very hot to the liquid, so that the temperature will not be greatly reduced. When all is dissolved, bring to a boil again, and continue from three to five minutes. Test, and when done remove and put away in unsealed jars. When cool, seal with melted paraffin.