



# 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

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

**C**ANADIAN 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.

## 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.



### RASPBERRY JAM

8 lbs. raspberries;  
6 lbs. sugar.

Pick over the raspberries and put the sugar on. Let the fruit remain this way over night. In the morning, set the kettle over the fire, and bring the contents to a boil slowly, stirring until all the sugar is dissolved. Then cook without stirring until the quantity is reduced, and until, when tested on a cold plate, the jam is found to be sufficiently thick.

### RASPBERRY JAM WITH CURRANT JUICE

7 lbs. of fruit;  
1 lb. or 1 pint of red currant juice;  
6 lbs. sugar.

Follow the same directions as for Raspberry Jam, but, because of the juice of the currant that is added, it will require a little longer cooking, as some of the water will have to be evaporated.

### OLD-FASHIONED BLACKBERRY JAM

For each pound of blackberries use three-fourths of a pound of brown sugar. Pick over berries and mash them slightly. Add sugar and cook slowly until thick. Seal in jelly glasses.

### SPICED PEARS

7 lbs. hard pears;                      4 oz. bruised ginger root;  
4 lbs. sugar;                            1 lemon;  
1 pint vinegar;                        2 oz. stick cinnamon;  
2 tablespoons whole clove.

Peel, quarter and core the pears. Make a syrup of vinegar and sugar. Put spices and ginger root in a cheesecloth bag and boil in the syrup for ten minutes. Add the pears and lemon rind grated. Cook until the pears are soft. Remove pears from syrup and pack them in hot jars. Boil the syrup down. When thick, add it to the fruit in the jars. Seal while hot.

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Be careful with sugar. Do not buy more than you need. Use just enough. Observe the Food Board's regulations. In this way there will be enough for everybody.