

Graham Crust.

Gil

2 Tablespoons sugar

2 " butter

2 eggs

1 teaspoon Soda

1 cup flour

2 "s graham flour

2 cups milk

2 teaspoons cream.

Salmon loaf.

1 can Salmon. take off bones & pour off oil,

$\frac{1}{2}$  cup cracker crumbs

3 eggs

butter, lemon juice, salt, pepper

Bake one hour & serve

with cream sauce.

gar

Oat cakes

Mrs. Adamson

2 cups graham flour Victoria B.C. (1899)

1 " wheat "

$\frac{1}{2}$  " butter worked in with the hand

pinch of salt

2 Tbs Sugar

$1\frac{1}{2}$  teps B. powder

Mix either with cold water or  
sweet milk roll thin. - rolled  
oats or graham flour may be  
used.

## Maple Jelly

Soak  $\frac{1}{2}$  box gelatine in cup  
of cold water until soft.  
Bring to a boil 2 cups  
Maple Syrup - then add the  
water and gelatine. When  
dissolved - strain through  
cheese cloth into mold - let  
set, & serve with whipped cream

## Cake - Mrs. A. B. Gillies

2 eggs, 1 cup sugar  
 $\frac{1}{2}$  cup milk  
 $1\frac{1}{2}$  "s flour  
 $2\frac{1}{2}$  teaspoons baking powder.  
 $1\frac{1}{2}$  " vanilla  
2 sqs. Chocolate

## Ficing

1 cup brown sugar  
1 " white "  
1 " water  
1 table spoon vinegar  
 $\frac{1}{2}$  lb marshmallows  
 $\frac{4}{4}$  whites of 2 eggs - melt  
marshmallows in hot sugar  
water

## Tapioca Pudding

Scald 2 cups milk in double boiler add  $1\frac{1}{2}$  heaping TBSPs "Minute" Tapioca - Cook 15 mins. Beat 2 eggs separately Divide  $\frac{1}{2}$  cup sugar putting half in  $\frac{2}{3}$  milk add rest to yolks with  $\frac{1}{4}$  TSPs salt. Pour hot mixture slowly into yolks - mix well - cook in boiler till thick - add vanilla. Smooth into pudding dish with beaten whites on top. Serve cold with cream. Dates added improve it.

Lobster -

baked with egg & crumbs.

# Bread (Technical School)

6 cups boiling water  
2 TBS Salt  
2 " Sugar  
3 " lard  
1 yeast cake for over night bread  
3 " " 5 hr. bread.  
3 cup luke-warm water  
4

about 5 qts sifted flour  
4 measuring cups to quart.

dissolve yeast cake in luke warm water measure salt sugar & shortening into bowl pour boiling water over it. When luke warm add dissolved yeast cake, sift in flour stirring & beating thoroughly. Then too stiff with spoon, knead in bowl cover, wrap in blanket, put to rise in warm place. When double in bulk turn out & knead well. Form loaves, put

into well greased pans. Let rise  
again till doubled in bulk, about  
1 hour. Put into oven at 400° F.  
Bake one hour. The first 15 mins  
the bread should only rise, the  
second 15 begin to brown.

### Whole Wheat Bread.

1 1/2 cups water

1 1/2 " milk

3 TBsp brown sugar

3 " lard

1 - Tsp salt

1 yeast cake or 1/2 cake if set  
wa right

Dissolve yeast in a little lukewarm  
water. Measure sugar salt &  
lard into bowl. Pour scalded  
milk or water over it. When lukewarm  
add yeast beat in 7 or  
7 1/2 cups w. s. flour. Beat well  
let stand over night or until double  
in bulk in warm place. Stir down and  
spoon into buttered pans. Let rise  
until list cake. 1 hr. Bake over.



✓

# Potato Salad.

2 cups cold potatoes cubed  
1 hard-boiled egg cut in  
dice

1 TBs green pepper chopped

1 TBs chopped onion

$\frac{1}{2}$  Tsp salt

$\frac{1}{2}$  cup salad dressing

✓

# Baked Bean Soup.

3 cups cold baked beans

3 pts water

2 slices onion

$\frac{1}{4}$  Tsp celery salt

$\frac{1}{4}$  cups stewed or strained

$\frac{1}{2}$  tomatoes

2 TBs butter

2 " flour

$\frac{1}{4}$  Tsp Worcestershire or

1 TBs chili sauce

Salt & pepper

Put beans water & onion in  
sauce pan. stew 10 mins. put  
through sieve add tomatoes &  
seasonings. Pour over butter-flour  
blend & cook 3 mins.

✓ Cream of Potato Soup

2 cups sliced potatoes

2 slices onion

1 qt. milk

2 tps chopped parsley

pepper & salt

2 TBs butter

2 " flour

Scald milk onion in double boiler, remove onion add sliced potato seasoning. Pour over butter & flour blended cook 10 minutes. Add parsley & serve.

✓ Jellied Vegetables

Soak 1 TBs gelatine in  $\frac{1}{2}$  cup cold water 15 mins. dissolve in one cup boiling water then add  $\frac{1}{2}$  cup sugar

+  $\frac{1}{2}$  " vinegar

2 + TBs lemon juice

1 tsp salt

strain, cool, & when beginning to stiffen add a cup of Celery

## Cheese Fonda.

- ✓
- $\frac{1}{2}$  cup grated cheese
  - $\frac{1}{2}$  " stale bread crumbs
  - $\frac{1}{2}$  cup milk
  - $\frac{1}{2}$

one egg. butter salt. cayenne  
or nutmeg

All ingredients except the  
egg & milk should be mixed  
dish in which they are to be  
baked. Beat the egg - add milk  
to it - pour over the dry ingred.  
Melt piece of butter & add also.

Bake for 15 or 20 minutes in  
a hot oven.

## "Aunt Elizabeth's Jelly roll"

- 1 cup sugar
  - 3 eggs
  - 1 cup flour
  - 1 teaspoon Baking powder
  - 2 Table spoons co. Butter
- Pour it in this

✓  
d  
relish

Mrs Crothers

1 1/2 doz red peppers

1 1/2 " green "

2 qts onions

3 pts w. wine vinegar

2 lbs white sugar

2 teps salt.

Cover the peppers & onions  
(after they have been put through  
the meat chopper) twice  
with boiling water letting  
stand 10 minutes each time.

boil whole 1/2 an hour

Cookies Mrs. Robb.

1 1/2 cups flour

1 cup butter

1 " W. Sugar

1 egg.

Mix sugar & flour. Rub  
butter in flour, then break in  
egg. Bake in quick oven.

Cookies Fannie Ford

2 cups brown sugar

1/2 " butter

2 " " lard

2 eggs

Salt & vanilla

3 1/2 cups flour

4 Teps (level) baking powder  
enough milk to mix and  
roll thin.

Glaci fruit

2 cups Sugar

1 " water

1 tsp Cream of Tartar

Heat water add sugar stir till dissolved. Add cream of tartar in one lump; blend it against sides of pan. Remove spoon do not stir again or jar. Boil until it begins to turn a light brown. Remove from fire set on pan of boiling water. Keep water boiling to prevent fall.

Oranges divided into sections  
Whole Walnuts

Green grapes with some stem on  
Cherries canned or fresh

Figs cut Canned pine apple

All must be free from moisture or glaci will run off. These keep only two days. Dip fruit one at a time into the glaci & drop on oiled paper to harden.

a

cream butter, add sugar, egg whites  
beaten, coconut & juice. This to  
spread on dough. Leave to open  
in rolled up dough with this  
filling. Seal ends & sprinkle  
with coconut before baking

### Sweet tea cakes

2 eggs

4 ounces sugar  $\frac{1}{2}$  cup

3 flour  $\frac{1}{2}$  cup

$\frac{1}{2}$  cup butter.

Mix egg & sugar first  
add flour - then melted butter  
spread this with spoon & sprinkle  
almonds - when cooked lift & round  
cool on roasting pin. Pudding!

2 oranges, sugar 1 cup

$\frac{1}{2}$  lb almonds chopped & skin

4 eggs yolks

little butter

Mix yolks & sugar & butter  
mashed - then chopped almond  
stiffly beaten whites take  
fresh  
do best

jelly roll. Cut and let rise  
in slices - or make a roll  
on greased square sheet  
moistening ends with milk  
to keep joined. Let rise till  
light then snip with  
scissors, sprinkle with nuts  
or spice. Bake in quick  
oven

### Fig & Nut filling

1 cup chopped figs  
1 Tbsp flour  
2 " candied ginger chopped  
 $\frac{1}{2}$  cup walnuts  
 $\frac{1}{12}$  " sugar  
 $\frac{1}{2}$  " water  
 $\frac{1}{8}$  2 Tsp salt

Mix sugar, salt & flour in  
saucepan add fruit, nuts & water  
stir & cook till thick. Cool

### Orange filling

2 Tbsp butter  $\frac{1}{2}$  cup coconut  
 $\frac{1}{2}$  cup Sugar 1 egg  
2 Tbsp Orange juice  $\frac{1}{8}$  Tsp salt



Plain Layer Cake Hazel Nuts

- $\frac{3}{4}$  cup Sugar
- 1 egg
- 1 Table spoon butter
- $\frac{3}{4}$  cup milk
- $2\frac{1}{4}$  cups flour
- $2\frac{1}{2}$  Table spoons baking powder
- Vanilla

Orange icing

2 cups pulverized sugar  
 moistened with juices of 1 orange  
 & half lemon. add 2 table spoons  
 melted butter. mix till smooth  
 when ready to spread on  
 cake add grated rind of orange  
 & sprinkle some over the  
 cake.

Corn fritters

- 1 can corn
- $\frac{1}{2}$  cup cream
- 1 well beaten egg
- 1 small cup flour
- Salt & pepper. Fry as pancakes

# Ginger Bread . "Consin Runa"

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  " Sugar  
 $\frac{1}{2}$  egg  
1 cup molasses  
1 " Sour Milk  
2 Tsp Soda  
2 cups flour  
2 Tsp ginger  
1 " Cinnamon  
 $\frac{1}{4}$  " Cloves  
 $\frac{1}{4}$  " Nutmeg.

## Canned Beans thro' J. A. Christ

8 cups cut & prepared Beans  
small  $\frac{1}{2}$  cup Salt.

$\frac{1}{4}$  cup Sugar

Cover with cold water - let  
come to boil & boil 10 minutes

Pack in sterilized jars as many  
beans as possible in each. Cover  
with the liquid in which they  
were boiled.

Bread "Good Housekeeper"  
in mixing bowl place

1 Tbsp salt

2 " Sugar

2 " shortening

over this pour one quart  
boiling liquid, all or  
all milk or half of

allow to cool until the  
warm (85° F.) Moisten

compressed yeast cake

1/2 cup luke warm water

1/2 add to above mixture

add 3 qts flour & mix  
thoroughly so that yeast is  
evenly distributed. Let

over night in warm place  
(keeping temperature between  
75 and 85° F.)

knead in morning, shape in  
loaves

# Bread - (Hazel Payne)

Early in evening soak 1 Royal yeast  
cake in 2 cups warm water. Let  
soak 1 hr. Mix enough flour in it  
to make a pancake batter. Let  
rise in warm place until late in  
evening. Then.

Heat four cups potato water

add 3 Tsp. Sugar

2 " Lard

1 " Salt

add to yeast mixture, pour  
whole into warmed dish, pan  
add 3 qts flour mix with spoon.

Then with hands. Let rise over  
night. In morning knead it and  
break into loaves (5 or 6) put  
in warm place to rise for two  
hours. Bake 45 minutes.

Grape-fruit marmalade.

the seeds. Boil fruit & water two hours. Then add sugar & boil again from 3 to 1 hour after it has come to a boil again.

Use an ordinary sized tea-cup.

Spiced "Redgore" Sauce

✓ Dissolve 1 ounce butter in 1/2 lb well boiled rice, & 1/2 lb cold 2 boiled salmon or canned fish - pulled into small pieces. Season with pepper, salt, Cayenne, & if liked a little. Mix a hard egg with 1 tablespoon milk & stir it well through, also the chopped white of a hard-boiled egg. When thoroughly heated, serve & pile on hot dish. Cream Sauce finely chopped & added lettuce or hard-boiled egg - something red a sieve. mixed fresh rice with the best.

# Potatoe Cakes

Winnipeg.

Queen Dennison

2 cups mashed potatoes

1 1/2 " flour

1/2 Tbsp butter

1 tsp salt

1/2 Tbsp B. Powder

1 egg

roll out thin, Bake in fairly hot oven

# Doughnuts

Mrs J. G. Jureff

2 cups flour

4 level Tsp b. prod.

1 cup white sugar

1 " milk

2 1/2 Tsp butter or lard

1/4 tsp nutmeg

1/4 " cinnamon

1/4 " salt

3 eggs

Mix & use 3 lbs lard to  
1 lb flour in. Then shake them in a  
some pulverized sugar  
with thimble

## Salmon loaf

1 small can salmon

remove bones & oil.

$\frac{1}{2}$  Cup toast & cracker crumbs

1 Cup Mashed potatoes

$\frac{1}{4}$  Cup cream

Juice of half a lemon. salt. pepper

line dish - mold with melted butter, then toast crumbs then mashed potatoes. Mix the rest of the ingredients & pack in mold. Spreading top with crumbs, allow space to rise a little. Bake about half an hour.

Serve with thick cream sauce poured over it, shredded lettuce or parsley on top. something red scattered over. Shredded fresh red pepper or cherries will do best.

Brown Bread Mrs. J.

2 cups oatmeal porridge  
warm.

2 cups molasses

$\frac{1}{3}$  cup Graham flour

$\frac{1}{2}$  cake Royal yeast in

$\frac{1}{2}$  cup warm water.

Stir oatmeal & molasses in  
bowl. add flour. stir. add  
yeast. thicken with white  
flour until just malleable  
Set away over night  
turn out into bread pan &  
bake in slow oven.

2 lbs. Beef loaf  
2 lbs. Harbour steak  
Bessie Parmelee  
Mix together

2 eggs

6 Soda biscuits, crumbled.

1 large chopped onion

Summer Savory, Pepper, Salt

Worcestershire Sauce.

1 cup milk. enough to make  
good dough. mould into loaf. flour



✓ Cherry Cake  
1/2 cup butter  
2 1/2 " Gran. Sugar  
2 eggs  
1/2 cup milk  
2 2 cups flour  
1 1/2 tsp B. powder  
1/2 " Salt  
1/4 1 cup cherries cut in  
halves  
2 tbsps cherry juice

Cream butter, add sugar  
gradually, the yolks of the  
eggs well beaten, the milk  
then dry ingredients mixed  
and sifted. Fold in well  
beaten whites, add cherries  
and juice & bake in moderate  
oven about 1 hour.

Temperature 275 - 300

# Burnt Sugar Cake

- 1 cup Sugar
- $\frac{1}{2}$  cup butter
- 2 eggs
- 1 cup cold water
- 1 tsp vanilla
- 1 tsp cream of tartar
- 1 " soda
- 2 cups flour
- $\frac{1}{4}$  " burnt sugar.

Cream butter, add sugar, add eggs well beaten and water, then dry ingredients. Lastly add burnt sugar.

Note for the burnt sugar put in sauce-pan brown to a crump, add equal quantity boiling water and allow to dissolve. Bake - one hour.

## drop cakes (rolled oats)

- 1 cup white sugar
- 2 eggs
- 1 teaspoon B. powder
- melted butter size of walnut
- 2 - 3 cups rolled oats
- Vanilla or almond flavoring.

Beat eggs thoroughly add sugar & butter. Then oats with B. powder sifted through them. Have mixture thick & drop on pan. Bake in rather slow oven.

## Brown Bread.

- $1\frac{1}{2}$  cups graham flour
- $\frac{1}{2}$  " white "
- $\frac{1}{2}$  2 teaspoons B. prod.
- $\frac{1}{2}$  " salt
- $\frac{1}{2}$  1 table spoon white sugar.
- $1\frac{1}{2}$  " molasses
- $\frac{1}{2}$  2 kitchen bowl of water
- $\frac{1}{2}$  2 Bake one hour. This makes one loaf.

✓ ~~2 cups flour~~  
Lemon Sponge Pie

1 cup Sugar

1 cup milk

2 eggs

1 lemon juice & rind

$\frac{1}{2}$  teaspoon salt

piece of butter melted 1 Tbsp.

beat egg yolks and to other mixture - then fold in stiffly beaten whites.

Pour mixture into pie dish lined with uncooked paste.

Bake in moderate oven about  $\frac{1}{2}$  an hour.

After

Plain Mayonnaise

- 4 Teaspoonfuls powdered sugar
- " salt
- " Cayenne
- 1/2 " Mustard
- 1/2 " Worcestershire sauce
- 2 egg yolks
- 1 1/2 cups salad oil
- 2 Tbs. lemon juice
- 1 " vinegar

Mix first four ingredients. Stir in egg yolks, then well mix add lemon juice, sauce, & vinegar with wheel egg beater beat in tip at a time until dressing becomes thick. Then add rest slowly. Then a Tbs or biline water to

Relish

Mrs Payne

30 ripe Tomatoes

6 onions

6 pears

6 peaches

1 small bunch celery

4 cups g. Sugar

$\frac{1}{2}$  " W. W. Vinegar

$\frac{1}{2}$  lb mixed Spices in bag

3 green peppers

2 tbs Salt

Cayenne

Boil 2-4 hrs. Cut in small  
pieces after peeling tomatoes  
fruit.

## Sweet Pickles

- 2 caul. flowers medium size
- 1 musk melon good size
- or a citron
- 2 qt's small white onions
- 2 " green cucumbers
- 2 " ripe cucumbers
- 4 bunches celery
- 4 green or red peppers
- 1 gal. or 3 q white wine vinegar
- 4 large cups white sugar
- 1 oz. turmeric powder
- 1 large cup flour
- 3 table spoons mustard

Cut all into small pieces cover with 2 cups salt overnight - drain & wash vinegar & sugar warm. add pickles. Bring to boil slowly & let boil for few minutes until cauliflower is soft add mustard, flour & turmeric previously mixed with little cold vinegar. Let all stand on back of stove, but not boiling for one hour.

# J Narsalade

Mrs. J. A. Christie Amber

- 1 Grape fruit
- 1 Lemon
- 1 Orange or 2 if preferred.
- 12 cups Cold Water
- 12 " Gran. Sugar

Peel fruit & put the peel through chopper (using nut cutter) add it to pulp put up in your Kettle. Pour over this 11 cups of your water put on to boil & let boil for 40 minutes. Add seeds to remaining cup of water & let boil 6 or 7 mins. Strain & add liquid to the rest in the Kettle. Meanwhile have sugar heating in oven until hot but not brown and at the end of 40 min pour it into the boiling fruit & let boil 5 minutes more. Then fill jelly glasses (see should be about 14) let stand uncovered for day or two. Cover with paraffin & set away. If not wholly filled when put away it will



# Graham gems.

- 1 cup Graham flour
- 1 " white "
- 3 teaspoons baking powder
- 1 cup milk
- 1 Table spoon shortening
- 3 table spoons sugar
- 1 egg
- 1/2 teaspoon salt

Mix shortening & sugar, add egg well beaten, then milk, then flour with b. powder. Sift through it.

This makes one dozen.  
Cook in moderate oven 25 min.

## Sweets "Fairiesfoot"

Stone a quantity of Rice from dates, stuff with Neufchâtel cream cheese. Roll them first in lemon juice & last in powdered sugar.  
These make delicious sweets.

Put 2 cups white sugar

$\frac{3}{4}$  cup Golden Corn Syrup

$\frac{1}{4}$  " Water in granite saucepan

$\frac{1}{4}$  Boil it until it becomes crisp when dropped in cold water.

Whip whites of 2 eggs very stiff in a large bowl. Pour Syrup mixture into it & beat it until it begins to harden. Add 1 tsp. Vanilla,  $\frac{1}{2}$  cup chopped nuts \*  $\frac{1}{4}$  to Dates or figs out. Spread on platter.

## Gingerets

Cut preserved ginger in small pieces. Pour fondant over them. Before this sets lay it on strips of ginger. Cut it into oblongs with piece of ginger on top of each.

# Date cookies

Mr. J. G. Turiff

- 2 cups rolled oats ✓
- 2½ " flour ✓
- 1 " brown sugar ✓
- ½ " butter ✓
- ½ " lard ✓
- ½ " sour milk ✓
- ½ teaspoon soda

## Filling

- 1 lb dates - stoned & cut
  - 1 cup brown sugar
  - 1 " hot water.
- Boil to a mush.

Mix butter lard & sugar well  
add sour milk with the soda  
in it. Mix in rolled oats &  
sifted flour. Knead and roll  
out thin. Cut in shapes & spread  
with the date mixture. Put  
pieces on like sandwich  
in moderate oven

~~Chocolate pudding.~~

J Pineapple tapioca Facticeford

Soak  $\frac{1}{2}$  cup tapioca in qt. water  
over night. Boil till transparent  
(about 20 minutes) add  
1 cup white sugar  
salt

Juice 1 lemon

$\frac{1}{2}$  can shredded pineapple

Cook about 5 minutes. Just  
before taking off fold in beaten  
whites of 3 eggs. Serve with  
whipped cream.

and

Singer

1 Small tin lobster or salmon  
done fine.

$\frac{1}{2}$  pt. whipped cream

2 Table. spoons Knox's gelatine

Salt, pepper, paprika

Soak gelatine in half cup cold  
water, <sup>add still dissolved to</sup> ~~add to~~ whipped cream.  
Stir in flavoured lobster, put  
in molds to set.

garnish with celery & hard  
boiled egg on lettuce - with a  
soured dressing.

Small tin labels of Salomon

date fine.

most common to

to be found in the

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August 18

# Chocolate cake

1 Cup Sugar

3 eggs separate yeks o add to  
sugar.

$\frac{1}{2}$  Cup Sour Cream

1 " flour

$\frac{1}{2}$  " Melted chocolate

$\frac{1}{2}$  " Sour Cream

$\frac{1}{2}$  Tsp Vanilla

Salt

Whites well beaten

1 Tsp Soda in 1 + Bsp boiling  
water

King. 1 cup sugar  $\frac{1}{2}$  cup water  
boil till it threads then + beat into  
white of eggs.

## French Fruit Salad Dressing

Mix together in glass jar  
one fourth cup grape-juice  
(not very sweet) or juice of  
Canned Red Cherries. Two  
and a half tbsps Salad-oil  
One tsp lemon-juice  
 $\frac{1}{2}$  tsp salt, few grains  
 $\frac{1}{2}$  paprika. Shake thorough-  
-ly to use on any fruit  
salad.

## French Dressing

in pint jar put 1 cup salad-  
-oil - 2 tbsps salt  $\frac{1}{2}$  tsp  
paprika,  $\frac{1}{3}$  tsp pepper

Then measure in  $\frac{1}{2}$  cup  
Cider vinegar or 3 Italia  
Shake well. Keep cool &  
shake before using



## Cheese pasty

is excellent for sandwiches  
grate Cheese - 1 cup -  
1 egg well beaten  
Salt - pepper - teaspoon of  
mustard.

add 4 tablespoons milk to Cheese  
mix in the rest - cook in double  
boiler till spout.

## Lemon filling for pie.

Juice of 2 lemons - grate one rind  
1 cup of sugar.  
2 cups of water  
2 eggs  
 $\frac{1}{2}$  table spoon Corn starch  
small piece of butter  
Salt.

Mix dry ingredients together  
add to boiling water - stir  
until thick over double boiler  
add grated rind when all is  
nearly cooked.

into.

onions - pour boiling water over each in colander twice.

take a little of cider vinegar bring to boiling point with cukes turn & stir until all have been thoroughly scalded. Drain - save vinegar for the sauce.

Mix all dry ingredients of sauce with a little vinegar add to the rest of vinegar - cook for ten minutes. Then add the prepared celery - cook it for ten minutes more. Pour the sauce when cool over the other pickles and set away to ripen.

# Mustard Pickles

C. 521 Mrs W. H. Hurd.

150 lbs cucumbers or grape  
basket

3 qts onions

2 small cauliflowers

2 heads celery

2 qts malt vinegar

1 qt cider vinegar

## Sauce

1 small tin Keen's mustard

1 cup flour

1 teaspoon tumeric powder

1 tablespoon curry powder

1 teaspoon black pepper

3-6 cups brown Sugar

Soak cukes (cut fairly large) in  
strong brine for 10 days - (4 will do)

Soak onions for 4 days in brine

Soak cauliflower for 1 night in  
weak brine

drain cukes let stand over night

in cold water with one teaspoon

powd alum. drain cauliflower &

Pie pastry. "Alice."

2 cups flour  
1 cup of shortening - half butter &  
half lard or all beef-dripping  
1 teaspoon baking powder

Mix shortening & flour finely - (add  
baking powder to flour) have  
water like warm add enough  
to make pastry, mix it with  
a knife - roll as little as possible.

tomatoe soup.

$\frac{1}{2}$  tomatoe juice - half milk.

bring each to boiling point separate  
add pinch of soda to the  
tomatoes - small piece of butter.  
Salt, & pepper to milk - add  
enough flour to make slightly  
thick. Pour together, but do not  
let boil when mixed as this curdles  
the soup.

# Bean Pickles

1 pt. beans  
cut as many vegetables, stand in  
brine over night, drain boil  $\frac{1}{2}$  hr.  
drain again.

3 pts. vinegar

2 lbs brown sugar

1 cup mustard

1 " flour

2 Tbs turmeric pow.

2 " Celery seed

1 dessertspoon Curry pow.

Mix these together with little water  
add to bean & vinegar mixture  
bring to a boil.

icing  
or pulverized  
chopped

✓

## Eggs à la Nautie

Nev. Roche

Make a thick hot white sauce  
Pour half into a Casserole, break  
in about four eggs, Cover them  
with remaining sauce, Dust  
thickly with cheese. Bake in  
moderate oven 10 minutes

## Spiced Rhubarb.

10 cups cut unpeeled rhubarb  
1 pt. Cider vinegar  
5 Cup Gran. Sugar  
2 Tps Cinnamon  
1 1/2 " cloves

Cook rhubarb in vinegar until  
soft, add sugar, spice. Simmer  
with life in a double bag  
of spice.

Ser.  
enough  
thick.  
let boil  
1/2 hour.

## Sponge Cake Gillus

(can be used as Straw-berry short cake.)

2 Tablespoons butter

3 " Cold water

$\frac{1}{2}$  Cup sugar

2 eggs

1 Cup flour

$\frac{1}{2}$  Teaspoon soda

1 " C. of Tartar

Vanilla

## Mocho Cake

$\frac{1}{4}$  cup butter

1 Cup Castor sugar

$\frac{1}{2}$  cup milk

$1\frac{1}{2}$  " s flour

2 Teaspoons baking powder

2 eggs beaten separately

Salt

Cover with icing  
consisting of butter & pulverized  
sugar, rolled in chopped  
baked almonds.

# Chocolate Pudding

No. 3 Adamson Victoria

1 Tbs. butter

1 pt. milk

2 cups breadcrumbs

4 Tbs. grated chocolate

yolks of three eggs or two complete

eggs.

one cup sugar

Heat milk to boiling point Pour  
over breadcrumbs and chocolate  
add sugar & butter creamed with  
the eggs well beaten. Bake twenty  
minutes. Beat whites of eggs to stiff  
add 2 Tbs sugar spread on top  
or when cold spread a 1/2 inch  
layer of slightly sweetened whipped  
cream over the top.



cut in small pieces  
 $\frac{1}{2}$  cup finely shredded  
cabbage

$\frac{1}{2}$  Canned pineapples cut  
in pieces. Turn into wet  
mold & chill. When set, turn  
out onto lettuce leaves.

✓

### Fish Salad.

1 cup shredded fish  
1 hard-boiled egg diced  
1 bunch water-cress  
 $\frac{1}{4}$  cup salad dressing

Mix & serve on cress.

## Oatmeal Kisses

2 eggs

1 cup sugar

2 Tsp B.P.

melted butter size of walnut

2 to 3 cups rolled oats

almond flavouring  
drop on greased pan

## Short Bread

1 cup butter

3 cups flour

3 Tsp pulverized sugar.

## Sweet Bread made with

dough

to 2 cups dough add one egg  
well beaten, 3 cup sugar and  
2 Tsp shortening. Cut in  
thoroughly with two knives, add  
flour enough to roll. Roll in  
long shape about one fourth  
thick. (Spice may be added.) Spread  
with filling and roll up like a

## Maple Mousse

1 small tablespoon gelatine  
dissolved in 2 table spoons of  
cold water.

1 cup maple syrup.

1 pint whipped cream

Heat syrup to boiling point  
pour over gelatine, allow to  
cool partly set. Then whip  
till foamy, fold in whipped  
cream. Put in mold & pack in  
ice and salt for four hours.

Serve plain or with  
maple syrup and walnuts.

# J Spice Cake

Mrs. M. J. Morris

1 cup Sugar

1 egg

$\frac{1}{2}$  cup butter

$\frac{1}{2}$  " raisins

1 tsp Cinnamon

1 " Nutmeg

$\frac{1}{2}$  " all spice

$\frac{1}{4}$  " Soda

1 cup Sour Milk or Cream

2 " flour

# Caramel Jelly. Mrs. Morris

Soak  $\frac{1}{2}$  pk gelatine in a pt. of milk

Take another pint & put on to

boil with nearly a cup of brown

sugar mixed with yolks of 2 eggs

When add gelatine & milk. Grease

a pan, put in 4 Tps brown sugar

and burn it very dark. Pour into

mixture of flavours with vanilla.

Before taking from fire have it

thickened until the sugar is well

mixed.

Bitter orange marmalade

10  
18  
Weigh the fruit whole - 4 gallon crock  
cut oranges in two - Squeeze out  
juice, saving seeds

par  
Slice skin fine add 3 pints of  
water to every lb. of fruit. Take out  
bowl of the water, soak seeds in  
it for an hour - add water to  
crock. Put seeds in orange water -  
do as before. Let stand from  
24 to 48 hours. Boil 2 hours  
let cool. add 3 lbs sugar to  
each quart. Boil again from  
 $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour.

Grapefruit marmalade. Mrs. J. T. P.

3 grapefruit good size  
juice of four lemons  
20 cups boiling water - 20 cups of  
granulated sugar.

Cut up fruit small as possible.  
seeds in bowl with one of 20 cups  
water - 19 cups to fruit let  
stand overnight - at 11 o'clock

1  
Meringues 6 persons  
Whites of four eggs  
8 ounces sugar (Castor) 1 cup

have whites stiffly beaten with  
Dover beater - add sugar slowly  
put big spoon on pan &  
bake

Chocolate Sauce to pour over  
half ~~4oz~~ cake milk Chocolate  
2 ounces ( $\frac{1}{2}$  cup) Sugar - Grate  
Chocolate -  $\frac{1}{2}$  cup milk - boil  
together for 15 minutes - pour over  
Meringues when cool with  
shinned almonds cut lengthwise

to  
milk  
to

over  
to  
to

Tomato Sucker - Lily

10 lbs tomatoes peeled

(Soak in enough vinegar to cover  
over night)

Make a syrup of -

1 qt - vinegar

C. 958

3 lbs white sugar

1/4 teaspoon red pepper -

1 teaspoon salt -

1 " each of whole cloves

Cinnamon & allspice (in bags<sup>ties</sup>)

Remove tomatoes from vinegar

to syrup & boil until thick

has a more than

slip as  
to for  
tantal

C. P. G.

5/8  
16) 3 1/2

Bread Sauce

Take 1 pt milk - add 2 or 3 small  
onions - simmer ~~for~~ for about  
an hour - Bread crumbs a little  
spper salt - a good big lump  
Butter -



12 Bitterly orange  
4 sweet oranges  
4 lemons  
18 lbs of sugar  
For every pound of fruit put  
3 pint of water - 4 1/3 lbs.  
Oranges required 18 pints of  
water - into a crock. Cut  
the oranges and lemons in half  
Remove the pips and take  
out the pulp with a spoon  
Cut the skins into fine  
shreds and put them and  
the pulp after cutting it  
up into the cold water and  
leave it for twenty-four  
hours - Put 1 pint of boiling  
water on the pips and  
them stand for 24 hours  
Drain and add the salt  
to the mass alade which  
boiling - Boil the skins  
and pulp for about an  
hour then add the sugar  
and boil gently for four  
half an hour or until  
jelly in a saucepan

gar

Custard.

beat 2 eggs (whites & yolks together) until they are foamy.

Put 2 cups of milk in the double boiler to get scalding hot  $16\frac{1}{2}$

add 1 heaping teaspoon Sugar  $\frac{1}{4}$  tsp salt & 1 heaping tsp Corn starch to the egg. beat again & add to the hot milk keep stirring till thick

16)  
5  
8

part one cup of  
vinegar with  $\frac{3}{4}$  g  
cup of water & a  
bit of butter about  
as big as a walnut  
into bowl.

beat one egg in a  
bowl. add  $1\frac{1}{4}$  cups  
sugar, 2 rounded  
teaspoons. mustard  
1 teaspoon salt &  
2 flat tablespoons  
of flour. Beat, adding  
some of the warm vinegar  
to make it easy. Cook  
to a custard.

} Cream  
} add:  
}

Cups  
are  
Add  
bowl

Dear Mrs. Blank.

or

flour. vinegar or lemon  
- slow oven -

1

h

8

Don

p

16

h

2

Ch

to

A

S

16)

$\frac{5}{8}$

Dear Mr. Black.

12 Rustle. 800

4 Sarsol.

4 Lemons

18 lb. Sugar

(21 pint (Bottle))

weigh the fruit

for every lb. of fruit  
add 1/3 pint of water

into a kettle

to  
Mrs. P's  
Mammal

about in half

Boil skin about 3 hours.  
Open for about 3 hours.

Then add sugar  
to boil the syrup  
until

peaches - on a season  
tastes on a season

peaches from ~~the~~ to jelly.  
two hours - to jelly.

in the: 15

PEPPER RELISH.

6 Hot Red Peppers  
6 ~~Sweet~~ " "  
12 Green "  
14 Onions  
3 cups Sugar  
3 " Vinegar (white wine)  
3 teaspoons Salt

Wash peppers, take out all seeds,  
peel onions, put all through meat  
chopper. Boil 15 minutes.

ugar





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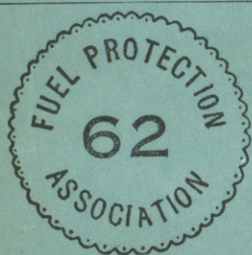
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## Stuffed Baked Potatoes

Recipe No. 9

Select uniform medium sized, smooth skinned potatoes. Scrub well. Bake till soft in hot oven. Break potato in two. Remove with spoon all inside. Mash thoroughly and season with salt and pepper, small piece of butter to each potato, Chateau Cheese. Mix all together. Re-fill shells.

Return to hot oven till surface of potato is brown.

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*Recipe Prepared and Tested by  
The Home Service Department of  
The Ottawa Electric Co.  
The Ottawa Gas Co.*

## Cheese Rice en Ramekin

Recipe No. 10

*2 cups cooked rice  
2 tbsp. chopped pimento  
2 tbsp. chopped green pepper  
Chateau Cheese cut in cubes  
Buttered crumbs Salt*

Mix rice, pepper, pimento and Chateau Cheese together. Turn into buttered baking dish. Sprinkle with buttered crumbs. Bake in hot oven till hot throughout.

Garnish with parsley. Serve hot.

Pimento Chateau Cheese may be used, and the chopped pimento omitted.

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*Recipe Prepared and Tested by  
The Home Service Department of  
The Ottawa Electric Co.  
The Ottawa Gas Co.*

## Baked Cheese Sandwich

Recipe No. 8

Cut 4 slices of white or brown bread  $\frac{1}{4}$  in. thick. Spread with butter, and cover with slices of Chateau Cheese. Sprinkle with salt, and pepper, and cover with another slice. Press well together. Cut in fingers or squares. Place in buttered baking dish. Beat together 1 c. milk, 1 egg, 1 ts. mustard, 1 ts. salt, few grains pepper. Pour over bread in baking-dish. Bake in 275° oven 20 min. Garnish with parsley. Serve at once.

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## TASTY SANDWICHES

### GREEN PEPPER

Chateau Cheese mashed. Mix with chopped green pepper.

### NUT

Chateau Cheese. Chopped nut meats—walnut, pecan or peanut.

### TOASTED

Make Chateau Cheese sandwiches with either white or dark bread. Toast on both sides. Serve hot.

### PICKLE

Chateau Cheese. Chopped sweet pickle.

### FRUIT

Chateau Cheese. Chopped dried fruit—dates, raisins, figs, or steamed prunes.

### CATSUP

Grated Chateau Cheese, chopped peanuts, tomato catsup to moisten.

### JELLY

Chateau Cheese, grape or currant jelly.

### GINGER

Mash Chateau Cheese and preserved ginger.

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Sugar

10330  
11330  
12

9-10-30  
largest

2 hours

12 330 10  
largest shelves

Put mouse paper  
cut paper  
glue  
into  
span

Put up  
Nails  
for  
back  
set

Put 1 part  
with  
2 egg  
white  
to  
be  
new

Doc  
p  
6

2  
1/2

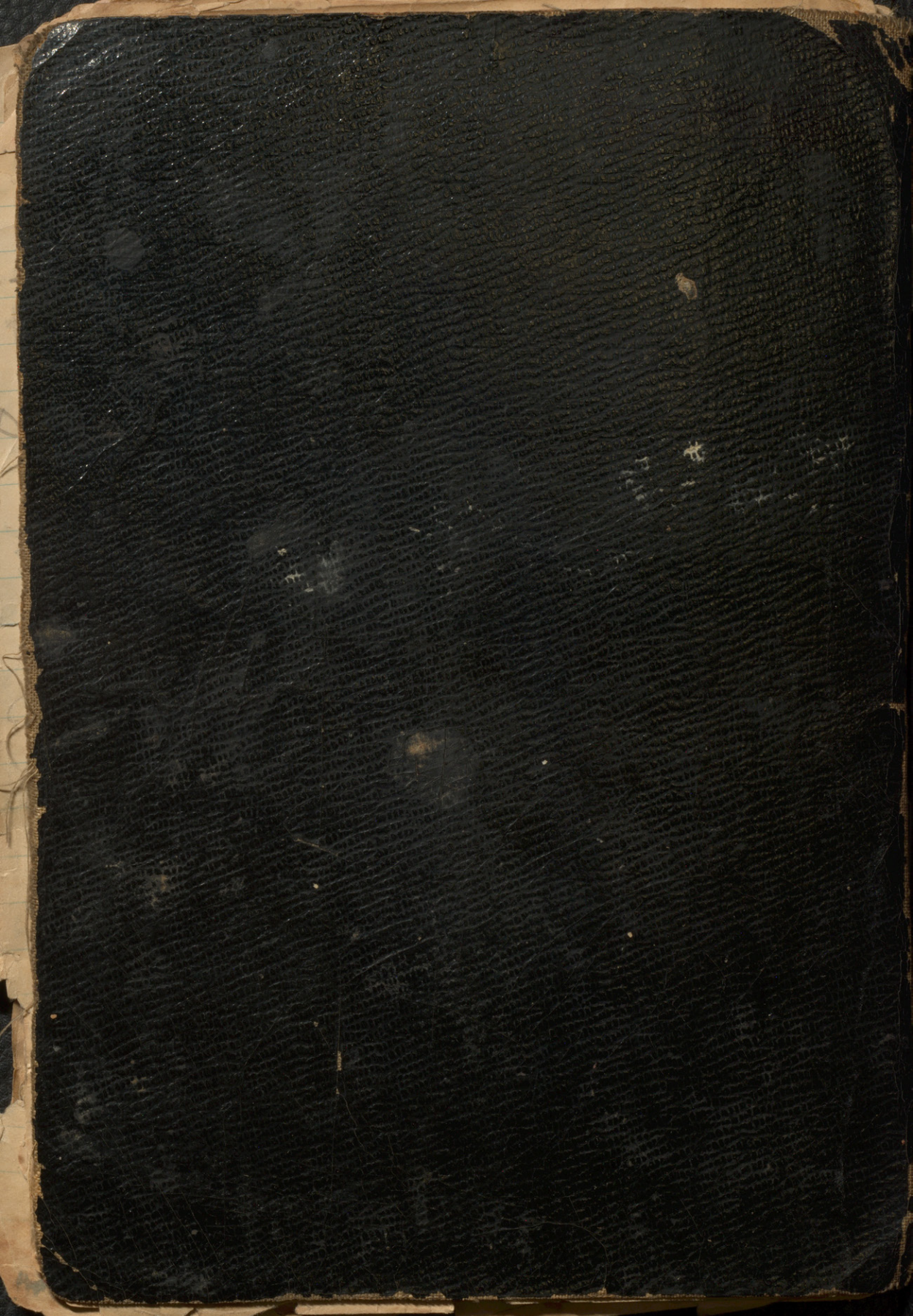
Weights and measures.

1 pound = 3 cups flour.  
2 cups butter  
2 cups granulated sugar  
 $2\frac{3}{4}$  " powdered "  
 $2\frac{3}{4}$  " brown "  
 $1\frac{7}{8}$  " rice  
 $4\frac{1}{2}$  " coffee.  
9 large eggs.

1 sq. chocolate = 1 ounce  
 $\frac{1}{3}$  cup chopped nuts = 1 ounce  
2 Table spoons butter = 1 ounce  
4 " flour = 1 ounce.

$\frac{1}{2}$

$\frac{1}{2}$   $\frac{3}{2}$



## HOW TO MAKE JUNKET

### FIRST STEP

Put 1 Junket Tablet and a tablespoon *cold* water in a cup. Crush and dissolve thoroughly. Get individual dessert glasses ready.



### SECOND STEP

To 1 pint fresh milk (do not use condensed or evaporated) add 3 tablespoons sugar, and  $\frac{1}{2}$  teaspoon vanilla, or any other flavor to taste. If desired, add a few drops of Junket Brand Food Color. Warm slowly to *lukewarm* ( $110^{\circ}$  F.) NOT HOT. Remove from stove.

### THIRD STEP

Add dissolved Junket Tablet to *lukewarm* milk and stir quickly for a few seconds only.

### FOURTH STEP

Pour at once into dessert glasses and let stand in a warm room *undisturbed* until firm—*about 10 minutes*. When set, remove to a cold place or the refrigerator. Serve, when chilled, in the same glasses.

## VANILLA JUNKET ICE CREAM

Dissolve 2 Junket Tablets in 1 tablespoon cold water. Take 1 quart of milk. Warm slightly. Stir into it 1 heaping cup of sugar and 1 tablespoon of vanilla. Any other flavoring may be substituted according to taste. Add the dissolved tablets. Stir well a few seconds and pour into the freezer can. Let stand undisturbed in a warm room until firm—about 20 minutes. Then pack around with ice and salt and freeze to a thick mush. Add  $\frac{1}{2}$  pint cream, whipped, if convenient, and finish freezing rapidly.

## CARAMEL JUNKET

1 Junket Tablet	$\frac{1}{4}$ cup sugar
1 tablespoon cold water	$\frac{1}{4}$ cup boiling water
1 pint milk	$\frac{1}{2}$ teaspoon vanilla

Crush Junket Tablet and dissolve in cold water. Put sugar in a small saucepan and heat, stirring constantly, until melted and golden brown. Add water and dissolve sugar in it. Add milk to caramel syrup and warm until *lukewarm*—*not hot*. Remove from stove. Add dissolved Tablet and vanilla and turn at once into individual dessert glasses. Let stand in a warm room until firm; then chill before serving. Add a topping of marshmallows cut in pieces and mixed with whipped cream.

## MAKING COTTAGE CHEESE

Any small amount of skim milk may be used for this, with a tablespoonful or more of good sour milk

To 1 gallon, or less, of sweet skim milk, add  $\frac{3}{4}$  of a cup of clean sour milk and stir as it is put in. Raise the temperature in hot water to 75° F. (barely lukewarm). Remove from heat and place where it is to remain until set. Add  $\frac{1}{4}$  of a Junket Tablet thoroughly dissolved in 1 tablespoonful cold water; stir while adding. Cover with cloth and leave from 12 to 16 hours in even temperature, about 75° F. (kitchen warmth). There should be a slight whey on top, and when poured out the curd should cleave sharply.

Drain through cotton cloth firmer than cheesecloth. When whey has been drained out, work 1 or 2 teaspoonfuls salt into the cheese, according to taste.  $1\frac{1}{2}$  to 2 pounds of cheese should be obtained from a gallon of milk.

Cottage cheese is one of the best foods we have. It is so rich in protein that it can replace meat to some extent; it also supplies minerals and vitamins essential to health.



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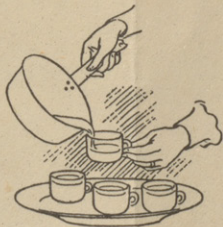
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## POUR FAIRE DU JUNKET

### PREMIEREMENT

Mettez 1 comprimé Junket et 1 cuillère à thé d'eau froide dans une tasse. Ecrasez et faites dissoudre. Préparez les verres à dessert.



### DEUXIEMEMENT

A 1 chopine de lait frais (n'employez ni lait condensé ni lait évaporé) ajoutez 3 cuillères à soupe de sucre et 1½ cuillère de vanille, ou tout autre essence de votre choix. Si vous le voulez, ajoutez quelques gouttes de Junket Brand Food Colour. Mettez à feu lent jusqu'à tiède (110 F.) PAS CHAUD. Retirez du feu.

### TROISIEMEMENT

Ajoutez au lait tiède le comprimé Junket dissout et mélangez vivement quelques secondes seulement.

### QUATRIEMEMENT

Versez aussitôt dans les verres à dessert et laissez reposer sans y toucher dans une chambre chaude jusqu'à ce qu'il soit ferme—environ 10 minutes. Après la prise, mettez au froid ou dans un réfrigérateur. Servez froid dans les mêmes verres.

## CREME A LA GLACE JUNKET A LA VANILLE

Faites dissoudre 2 comprimés Junket dans 1 cuillère à soupe d'eau froide. Faites chauffer légèrement 1 pinte de lait et faites-y dissoudre 1 tasse comble de sucre et 1 cuillère à thé de vanille ou tout autre essence de votre choix. Ajoutez les comprimés dissouts. Mélangez bien quelques secondes et versez dans la sorbetière. Laissez reposer dans une pièce chaude jusqu'à ce qu'il soit ferme—environ 20 minutes. Entourez alors de glace et de sel et faites congeler jusqu'à consistance d'une bouillie épaisse. Ajoutez ½ chopine de crème, fouettée si vous le désirez, et complétez la réfrigération.

### CARAMEL JUNKET

1 comprimé Junket	¼ tasse de sucre
1 cuillère à soupe d'eau froide	¼ tasse d'eau bouillante
1 chopine de lait	½ cuillère à thé vanille

Ecrasez le comprimé Junket et faites dissoudre dans l'eau froide. Placez le sucre dans une petite casserole sur le feu et agitez constamment jusqu'à ce qu'il soit fondu et d'un brun doré. Ajoutez l'eau et faites-y dissoudre le sucre. Ajoutez le lait au sirop caramélisé et mettez à feu lent jusqu'à tiède—pas chaud. Retirez du feu. Ajoutez le comprimé dissout et la vanille et versez aussitôt dans les verres à dessert. Laissez reposer dans une pièce chaude jusqu'à ce qu'il soit ferme; faites congeler et puis servez. Ornez de guimauve hachée mélangée à de la crème fouettée.

## POUR FAIRE DU FROMAGE COTTAGE

N'importe quelle petite quantité de lait écrémé peut servir à ceci, avec une cuillère à soupe de bon lait sur.

A 1 gallon, ou moins, de lait frais écrémé, ajoutez  $\frac{3}{4}$  de tasse de bon lait sur et remuez en l'y ajoutant. Elevez la température dans de l'eau chaude à 75° F. (à peine tiède). Retirez du feu et laissez reposer jusqu'à ce qu'il soit ferme. Ajoutez le  $\frac{1}{4}$  d'un comprimé Junket bien dissout dans 1 cuillère à soupe d'eau froide, remuez en l'y ajoutant. Recouvrez d'un linge et laissez reposer de 12 à 16 heures à une température uniforme, environ 75° F. (température de cuisine). Il devrait se trouver du petit lait sur le dessus et le lait caillé devrait bien se tenir lorsqu'il est retiré du récipient.

Egouttez dans un linge de coton plus épais qu'un coton à fromage. Lorsqu'il ne reste plus de petit lait, ajoutez 1 ou 2 cuillères à thé de sel et mélangez parfaitement. Un gallon de lait donne  $1\frac{1}{2}$  à 2 livres de fromage.

Le fromage cottage est l'un des aliments les plus précieux. Il est tellement riche en protéine qu'il remplace avantageusement la viande; il fournit en plus les minéraux et les vitamines essentiels à la santé.

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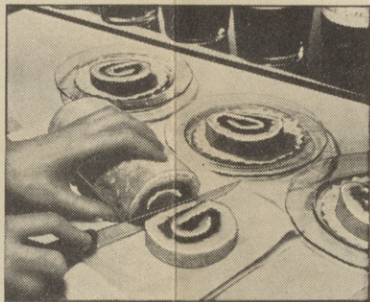


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## OLD-FASHIONED JELLY ROLL

- ¾ cup sifted Swans Down  
Cake Flour.
- ¾ teaspoon baking powder.
- ¼ teaspoon salt.
- 4 eggs.
- ¾ cup sugar.
- 1 teaspoon vanilla.
- 1 cup jelly (any flavor).

Sift flour once; measure. Combine baking powder, salt, and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored. Remove bowl from hot water. Fold in flour and vanilla. Turn into greased pan, 15 x 10 inches, lined with greased paper, and bake in hot oven (400°F.) 13 minutes. Quickly cut off crisp edges of cake. Turn from pan at once onto cloth covered with powdered sugar. Remove paper. Spread with jelly, spreading almost to edge. Roll quickly. Wrap in cloth and cool on rack.



## JELLY

Strawberry, Loganberry,  
Red Raspberry, Blackberry

- 4 cups (2 lbs.) juice.
- 7½ cups (3¼ lbs.) sugar.
- 1 bottle Certo.

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice.

Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed. Makes about 11 glasses (6 fluid ounces each).

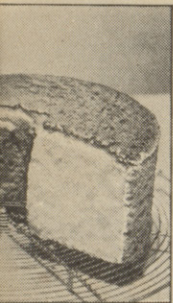
Under the label of each Certo bottle is a booklet containing 75 tested Jam and Jelly Recipes.

## SWANS DOWN ANGEL FOOD

- 1 cup sifted Swans Down  
Cake Flour.
- 1 cup (8 to 10) egg whites.
- ¼ teaspoon salt.
- 1 teaspoon cream of tartar.
- 1¼ cups sifted granulated  
sugar.
- ¾ teaspoon vanilla.
- ¼ teaspoon almond extract.

Sift flour once, measure and sift four more times. Beat egg whites and salt with flat wire whisk. When foamy, add cream of tartar, and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 tablespoons at a time, until all is used. Fold in flavoring. Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake in slow oven. Begin at 275°F. After 30 minutes increase heat slightly (325°F.); bake 30 minutes more. Remove from oven; invert pan 1 hour.





## COCONUT CRESTED ANGEL FOOD

Use recipe for Swans Down Angel Food. Pour batter into ungreased angel food pan. Sprinkle with  $\frac{1}{2}$  cup Baker's Coconut, Premium Shred. Bake in slow oven at least 1 hour. Begin at 275°F. and after 30 minutes increase heat slightly (325°F.) and bake 30 minutes longer.

## CHERRY ANGEL FOOD

Use recipe for Swans Down Angel Food. Pour about  $\frac{1}{3}$  of cake batter into ungreased angel food pan. Sprinkle  $\frac{1}{4}$  cup finely chopped maraschino cherries over it, add another  $\frac{1}{3}$  batter, then  $\frac{1}{4}$  cup cherries, and remaining batter. Run knife through to bottom of pan to mix cherries evenly throughout. Bake in slow oven at least 1 hour. Begin at 275°F. and after 30 minutes increase heat slightly (325°F.) and bake 30 minutes.

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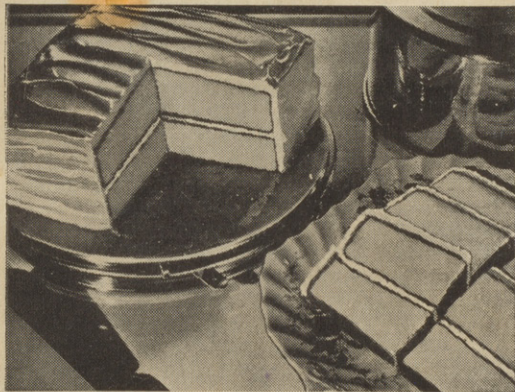
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## ECONOMICAL GOLD CAKE

**A Butter Cake Which Uses Egg Yolks Only  
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## ECONOMICAL GOLD CAKE

(Illustrated on Cover of this Leaflet)

- 2 cups sifted Swans Down Cake Flour.
- 2 teaspoons baking powder.
- $\frac{1}{2}$  cup butter or other shortening.
- 1 cup sugar.
- 3 egg yolks, beaten until thick and lemon-colored.
- $\frac{3}{4}$  cup milk.
- 1 teaspoon vanilla or  $\frac{1}{2}$  teaspoon orange extract.

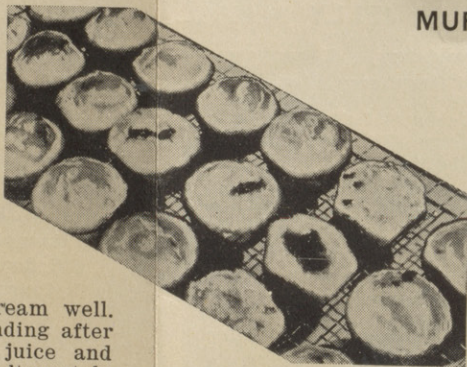
Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add egg yolks and beat well; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Beat well. Bake in a greased pan, 8 x 8 x 2 inches, in moderate oven (350°F.) 50 minutes, or until done. Spread Luscious Lemon Frosting over cake. Double recipe for two square layers.

## LUSCIOUS LEMON FROSTING

- 1 tablespoon grated orange rind.
- 3 tablespoons butter.
- 3 cups sifted confectioners' sugar.
- 2 tablespoons lemon juice.
- 1 tablespoon water.
- Dash of salt.

Add orange rind to butter; cream well. Add part of sugar gradually, blending after each addition. Combine lemon juice and water; add to creamed mixture, alternately with remaining sugar, until of right consistency to spread. Beat after each addition until smooth. Add salt. Makes enough frosting to cover tops and sides of two 9-inch layers, or top and sides of 8 x 8 x 2-inch cake (generously), or about 3 dozen cup cakes.

(SEE ADDITIONAL RECIPES ON YOUR PACKAGE OF SWANS DOWN CAKE FLOUR).



## MUFFINS

You can make  
from this recipe:

Fruit Muffins

Nut Muffins

Jelly Muffins

### BASIC RECIPE

- 2 teaspoons baking powder.
- 2 cups sifted Swans Down Cake Flour.
- 4 tablespoons melted butter or other shortening.
- 2 tablespoons sugar.  $\frac{1}{2}$  teaspoon salt.
- 1 egg, well beaten.  $\frac{3}{4}$  cup milk.

Sift flour once, measure, add baking powder, sugar, and salt and sift again. Combine egg, milk, and shortening. Add to flour, beating only enough to dampen all flour. Do not attempt to beat the mixture until smooth,

but as soon as all flour is moistened, turn into greased muffin pans. Bake in hot oven (425°F.) 25 minutes, or until done. Makes 12 muffins. Muffin pans of different materials are suitable. Cast iron pans give an unusually even crust. They should first be heated and greased so the baking of the muffin mixture may not be retarded by the slow heating of the iron pans.

### VARIATIONS OF PLAIN MUFFINS

**Currant Muffins.** Use recipe for Muffins, adding  $\frac{1}{2}$  cup currants, washed and dried, to flour mixture.

**Date Muffins.** Use recipe for Muffins, adding  $\frac{2}{3}$  cup dates, seeded and finely cut, to flour mixture.

**Apricot Muffins.** Use recipe for Muffins, adding  $\frac{1}{2}$  cup dried apricots, washed, dried, and cut, to flour mixture.

**Nut Muffins.** Use recipe for Muffins, adding  $\frac{1}{2}$  cup nut meats, coarsely broken, to flour mixture.

**Surprise Muffins.** Use recipe for Muffins. Drop a scant teaspoon of currant jelly on each muffin before baking.



*A  
Short Cut  
to*

## **Better Jams and Jellies**

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**Perfect Jams and Jellies . PAGES 2-3**

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**Steps to Follow . . . . . 4-5**

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**Marmalades and Relishes . . 23-25**

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**Do's and Don't's. . . . . 27-31**

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**Douglas-Pectin, Ltd., Cobourg, Ont., Canada.  
©1936, Canada.**

## **PERFECT JAMS AND JELLIES**

Do you ever stop to think why certain jellies and jams walk off with the blue ribbons in jelly-contests and win cheers from all the family . . . just what stands for perfection in a jelly or a jam?

Score Cards used for judging in exhibitions and contests rate jellies for flavor, texture, color, and clearness, and give 75 per cent of a score of 100 for perfect flavor and texture. "Perfect flavor" is the flavor of fresh, fully ripe fruit; a jelly of "perfect texture" is one which holds its shape when turned onto a plate, yet quivers when the plate is moved.

### **Why Certo Recipes Win**

Certo jelly recipes are developed with fully ripe fruit instead of the under-ripe fruit commonly used in old-fashioned jelly making. They take you a long way toward perfect flavor. And Certo jelly recipes are designed to give you the most desirable texture at the time the jelly is most apt to be used. They take account of the fact that many jellies grow progressively firmer for a week to a month after they are made.

About the ideal texture for jams there is far less agreement than for jellies. Some prefer jams which hold the shape of the mold when turned out, while others like softer jams. Either texture may be had with Certo jams. If a jam seems stiffer than desired, simply break it up with a fork before turning out of the glass.

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**New Certo Users: Read also pages 3 to 5, 26 to 32**

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## CERTO SHORT-BOIL METHOD

Scores of jelly and jam exhibition champions and millions of other jelly makers, too, use Certo and the short-boil method of jelly making. Certo gives them sure results. It saves them time. It saves them money. And it gives them better, richer flavored jellies and jams.

Certo is natural fruit pectin, the substance in fruits that makes jellies "jell" and jams "jam," refined, concentrated, and bottled. And because the fruits from which jellies are made vary widely in their jelly making properties, there comes with Certo a definite recipe for each fruit. If you will only follow these recipes carefully, you'll have top-notch results with jelly making.

In following Certo recipes, you may find that they call for more sugar than you have been accustomed to using. But remember that with Certo no fruit juice boils away in steam and you usually get half again more glasses from the same amount of fruit. So you need this extra sugar to take care of the extra juice.

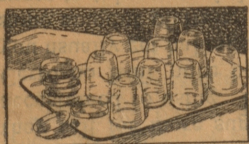
### **Before You Begin . . .**

Now, before you make a single glass of jelly or jam, study the *Steps to Follow*, on the two following pages. The pictures and the brief instructions here will help you to make every jelly and jam the easiest, surest way—will make every recipe clearer. The *Do's and Don'ts* on pages 30 and 31 are worth reading, too, for they are based on the questions most often asked by jelly makers year after year, the country over.

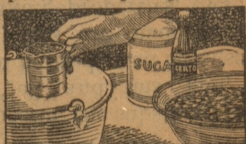
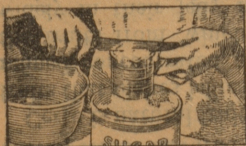
# THE STEPS TO FOLLOW



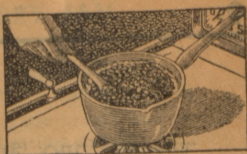
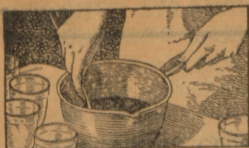
**1. Prepare Fruit:** Select fully ripe fruit. Prepare exactly as recipe directs. If fruit lacks tartness add  $\frac{1}{4}$  cup lemon juice when adding sugar. For separating juice for jelly, use 1-yard square of Canton flannel, spread over colander. Place prepared fruit in cloth, bring corners together and twist while pressing down on bag. To make jellies from dripped juice, use twice amount of fruit called for in recipe.



**2. Prepare Glasses:** Wash, scald, and drain the glasses and tin covers needed, and melt paraffin in a small pot over hot water while making jelly or jam. Use new paraffin; old paraffin often causes spoilage. If tin covers are not available, cut out circles of paper to paste over tops of glasses.



**3. Measure Exactly:** Preferably weigh with a scales both fruit and sugar; or measure both with a *standard* measuring cup. (A *standard* measuring cup holds 8 fluid ounces of liquid or 7 ounces of sugar by weight.) When you measure fruit for jam, pack solidly into cup until juice and fruit come to top. If there is a slight shortage, fill last cup, or fraction of cup, with water. If not quite enough juice for jelly, mix water with pulp in jelly bag and squeeze again.



**4. Cook Rapidly:** For quickest boiling, use an aluminum kettle or saucepan—6- to 8-quart size. The kettle or saucepan should be less than one-half full of sugar and fruit to permit a *full rolling boil*, a boil which cannot be stirred down. Use hottest flame. If fire is slow, keep kettle covered after sugar is dissolved until mixture boils. Stir occasionally while coming to a boil, and while boiling.



**5. Add Certo:** For *jelly*, add *Certo* as soon as fruit juice and sugar mixture comes to a boil; then bring to a full rolling boil and boil hard for exact time stated in the recipe, stirring constantly. For *jam*, cook fruit and sugar mixture at full rolling boil, stirring constantly, for exact time specified; then *remove from fire and stir in Certo*. Time boil by the clock.



**6. Skim, Pour, Paraffin:** Skim and pour directly from the kettle into the clean, freshly scalded glasses. Cool jam, if directed, and ladle into glasses, stirring occasionally in the kettle to distribute fruit. Leave  $\frac{1}{2}$ -inch space at top of each glass. Paraffin at once as directed on page 26. When cool, cover glasses with scalded tin covers or tightly pasted paper covers. Be sure to store in a cool, dry place.

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Many recipes for local fruits not contained in this book may be obtained by writing to Jane Taylor Allen, General Foods, Ltd., Cobourg, Ont., Canada.

## CRUSHED STRAWBERRY JAM BLACKBERRY JAM

4 cups (2 lbs.) prepared fruit  
7 cups (3 lbs.) sugar      ½ bottle Certo

To prepare fruit, grind about 2 quarts fully ripe berries, or crush completely one layer at a time so that each berry is reduced to a pulp. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 10 glasses (6 fluid ounces each).

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## RED RASPBERRY JAM LOGANBERRY JAM

4 cups (2 lbs.) prepared fruit  
6½ cups (2¾ lbs.) sugar      ½ bottle Certo

To prepare fruit, crush or grind about 2 quarts fully ripe berries. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 10 glasses (6 fluid ounces each).

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## BLUEBERRY JAM HUCKLEBERRY JAM

4½ cups (2¼ lbs.) prepared fruit  
7 cups (3 lbs.) sugar      1 bottle Certo

To prepare fruit, crush about 1½ quarts fully ripe berries. Add juice of 1 lemon and grated rind of ½ lemon. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 12 glasses (6 fluid ounces each).

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## RED OR BLACK CURRANT JAM GOOSEBERRY JAM

4 cups (2 lbs.) crushed fruit 7½ cups (3¼ lbs.) sugar  
½ cup water ½ bottle Certo

To prepare fruit, crush thoroughly or grind about 2 pounds fully ripe fruit; measure into large kettle. With red currants, add ½ cup water; stir until mixture boils. (With black currants, use ¾ cup water.) Simmer, covered, 15 minutes. Add sugar, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## CRANBERRY JAM (PLAIN OR SPICED) CRANBERRY CONSERVE

7½ cups (3½ lbs.) prepared cranberries  
5½ cups (2 lbs. 6 oz.) sugar ½ bottle Certo

To prepare fruit, add 4 cups water to 2 quarts (2 pounds) fully ripe cranberries. (For Spiced Cranberry Jam, add ½ teaspoon ground cloves and 1 teaspoon cinnamon; for Cranberry Conserve, add 1 cup seeded raisins, chopped.) Bring to a boil, cover, and simmer 10 minutes. (Sieve pulp, if desired.) Measure sugar into large kettle. Add prepared fruit, filling up last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 12 glasses.

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## FRESH FIG JAM

4 cups (2 lbs.) prepared fruit  
8 cups (3½ lbs.) sugar 1 bottle Certo

To prepare fruit, remove stem ends from about 2 pounds fully ripe figs. Crush thoroughly or grind. Add juice of 2 lemons. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 12 glasses (6 fluid ounces each).

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## FRESH APRICOT JAM

3 cups (1½ lbs.) prepared fruit  
¼ cup lemon juice      7 cups (3 lbs.) sugar  
½ bottle Certo

To prepare fruit, pit about 2 pounds fully ripe apricots, cut into small pieces, and crush thoroughly or grind. Do not peel. Squeeze juice of 2 medium lemons. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 9 glasses (6 fluid ounces each).

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## FRESH PINEAPPLE JAM

4 cups (2 lbs.) prepared fruit  
7 cups (3 lbs.) sugar      1 bottle Certo

To prepare fruit, pare 2 medium fully ripe pineapples. Chop very fine or grind, using finest knife of food chopper. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 to 2 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## STRAWBERRY AND PINEAPPLE JAM

3½ cups (1¾ lbs.) prepared fruit  
6½ cups (2¾ lbs.) sugar      ½ bottle Certo

To prepare fruit, crush completely or grind about 1 quart fully ripe berries. Each berry must be reduced to a pulp. Cut fine or grind 1 medium fully ripe pineapple or use 1 No. 2 can crushed pineapple. Combine fruits. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 9 glasses (6 fluid ounces each).

---

## SOUR CHERRY JAM

4 cups (2 lbs.) prepared fruit  
7 cups (3 lbs.) sugar      1 bottle Certo

To prepare fruit, pit about 2½ pounds fully ripe cherries. Crush thoroughly or grind. Add ¼ cup water, bring to a boil, cover, and simmer 15 minutes. (For stronger cherry flavor, add ¼ teaspoon almond extract before pouring.) Measure sugar into large kettle. Add prepared fruit, packing each cup solidly and filling up the last cup with water, if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## SWEET CHERRY JAM

Use recipe for Sour Cherry Jam (above), adding ¼ cup lemon juice to prepared fruit and boiling 5 minutes instead of 3 minutes.

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## VEGETABLE MARROW AND GINGER JAM

3 cups (1½ lbs.) prepared marrow  
7½ cups (3¼ lbs.) sugar      ¼ cup (2 oz.) water  
3 teaspoons powdered ginger  
Juice of 1 lemon      1 bottle Certo

Peel a large marrow, discarding skin, seeds, and pithy portion around seeds. Cut 2 lbs. into small pieces, cover with water and let stand overnight. Pour off water and chop marrow very fine. Add ¼ cup water and simmer, covered, for 20 minutes. Measure sugar, 3 cups of prepared marrow, lemon juice, and powdered ginger into large kettle. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in Certo. Let stand 5 minutes to cool slightly. Pour quickly. Paraffin and cover as directed on page 26. Makes about 13 glasses (6 fluid ounces each).

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## RHUBARB JAM

3 cups (1½ lbs.) prepared fruit  
5 cups (2¼ lbs.) sugar ½ bottle Certo

To prepare fruit, slice fine or chop about 2 pounds rhubarb. Do not peel. Red-stalked rhubarb gives the best color. Add 1 cup sugar; let stand 15 minutes. This cup of sugar is in addition to the 5 cups specified above. If desired, add 1 teaspoon ginger or other spice. If stalks are not red, red coloring may be added. Measure sugar and prepared fruit into large kettle. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in Certo. Skim and pour quickly. Paraffin and cover as directed on page 26. Makes about 8 glasses (6 fluid ounces each).

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## PLUM JAM

4 cups (2 lbs.) crushed fruit 7½ cups (3¼ lbs.) sugar  
½ cup water ½ bottle Certo

To prepare fruit, pit about 2½ pounds fully ripe fruit. Do not peel. Cut into small pieces and crush thoroughly. Measure fruit, solidly packed, and water into a large kettle. (For Ripe Prune Jam, add juice of 1 lemon.) Stir until mixture boils, cover, and simmer 15 minutes. Add sugar, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## RIPE PRUNE JAM

## PEACH JAM

3½ cups (1¾ lbs.) prepared fruit  
7½ cups (3¼ lbs.) sugar 1 bottle Certo

To prepare fruit, peel about 2½ pounds fully ripe fruit. Grind or chop very fine. If desired, about 3 teaspoons spice may be added. Measure sugar and prepared fruit, tightly packed, into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove kettle from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool jam slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 10 glasses (6 fluid ounces each).

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## PEAR JAM

## QUINCE JAM

5 cups (2½ lbs.) prepared fruit

7 cups (3 lbs.) sugar      ½ bottle Certo

To prepare fruit, peel and core about 3 pounds fully ripe quinces. Grind, using finest knife of food chopper. Add 1½ cups water and juice of 1 lemon. Bring to a boil, cover, and simmer 15 minutes. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## GRAPE JAM

4½ cups (2¼ lbs.) prepared fruit

7 cups (3 lbs.) sugar      ½ bottle Certo

To prepare fruit, slip skins from about 3 pounds fully ripe grapes. Simmer pulp, covered, 5 minutes. Remove seeds by sieving. Chop or grind skins and add to pulp. (Concord grapes give best color and flavor. If wild grapes, Malagas, or other tight-skinned grapes are used, stem, crush, and simmer with ½ cup water 30 minutes. Sieve and measure. Use 4 cups prepared fruit and add juice of 2 medium lemons.) Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## DRIED APRICOT JAM

4 cups (2 lbs.) prepared fruit

7 cups (3 lbs.) sugar      1 bottle Certo

To prepare fruit, add 3½ cups water to ½ pound apricots. Cover, let stand 4 hours or overnight. Then simmer, covered, 30 minutes. Drain, grind or chop fine, and mix with juice. Measure sugar into large kettle, add prepared fruit, filling up last cup with water if necessary. Mix well, bring to *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Then remove kettle from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## DRIED APRICOT AND PINEAPPLE JAM

4 cups (2 lbs.) prepared fruit

7 cups (3 lbs.) sugar 1 bottle Certo

To prepare fruit, add 2 cups water to  $\frac{1}{4}$  pound apricots. Cover and let stand 4 hours or overnight. Then simmer, covered, 30 minutes. Drain fruit, grind or chop fine, and mix with juice. Crush well or grind 1 medium, fully ripe pineapple or use 1 No. 2 can crushed pineapple. Measure sugar and prepared fruit into large kettle, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Then remove kettle from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## DRIED FIG JAM

3 cups ( $1\frac{3}{4}$  lbs.) prepared fruit

5 cups ( $2\frac{1}{4}$  lbs.) sugar 1 bottle Certo

To prepare fruit, add 2 cups water and juice of 1 lemon to  $\frac{3}{4}$  pound stemmed stewing figs. Cover, let stand 4 hours or overnight. Drain, chop fine, mix with juice. Measure sugar into large kettle, add prepared fruit, filling up the last cup with water if necessary. Mix well, bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Then remove kettle from fire and stir in Certo. Pour quickly. Paraffin and cover as directed on page 26. Makes about 9 glasses (6 fluid ounces each).

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## CANNED APRICOT, CHERRY, BERRY, PEACH, OR PLUM JAM

2 cups (1 lb.) prepared fruit

$3\frac{1}{2}$  cups ( $1\frac{1}{2}$  lbs.) sugar  $\frac{1}{2}$  bottle Certo

To prepare fruit, drain syrup from canned fruit or any desired combination of fruits. Crush fruit well. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in Certo. Skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 6 glasses (6 fluid ounces each).

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## CANNED PINEAPPLE JAM

2 cups (1 lb.) prepared fruit  
3½ cups (1½ lbs.) sugar      ½ bottle Certo

To prepare fruit, use 1 No. 2 can of pineapple. Grind or chop fine. Juice of 1 lemon may be added, if more tart jam is desired. Measure sugar and prepared fruit into large kettle, mix well, and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard ½ minute. Remove from fire and stir in Certo. Then stir and skim by turns for just 3 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 6 glasses (6 fluid ounces each).

---

## CANNED PINEAPPLE AND APRICOT JAM

4 cups (2 lbs.) prepared fruit  
6½ cups (2¾ lbs.) sugar      1 bottle Certo

To prepare fruit, crush fruit from 1 No. 2 can pineapple and 1 No. 2 can apricots. Follow directions in recipe for Canned Pineapple Jam (above). Boil hard 2 minutes. Makes about 11 glasses (6 fluid ounces each).

---

## FRUIT CONSERVE

3 cups (1½ lbs.) prepared fruit      ½ lb. seeded raisins  
1 cup nut meats, finely chopped  
5 cups (2¼ lbs.) sugar      ½ bottle Certo

Prepare fruits (fresh, canned, or dried) according to directions in the jam recipe for each fruit. Simmer, if directed. Add juice of 1 lemon, if fruit lacks tartness. Do not simmer raisins. Almonds darken mixture less than other nuts. Measure sugar and prepared ingredients into large kettle. Follow directions in recipe for Canned Pineapple Jam (above) boiling hard for 1 minute instead of ½ minute. Makes about 9 glasses (6 fluid ounces each).

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**New Certo Users: Read also pages 3 to 5, 26 to 32.**

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Many recipes for local fruits not contained in this book may be obtained by writing to Jane Taylor Allen, General Foods, Ltd., Cobourg, Ont., Canada.

## STRAWBERRY JELLY

### BLACKBERRY JELLY

4 cups (2 lbs.) berry juice  
2 tablespoons lemon juice  
8 cups (3½ lbs.) sugar 1 bottle Certo

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Squeeze and strain juice from 1 medium lemon. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 12 glasses (6 fluid ounces each).

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## RED RASPBERRY JELLY

### LOGANBERRY JELLY

4 cups (2 lbs.) juice  
7½ cups (3¼ lbs.) sugar 1 bottle Certo

To prepare juice, crush thoroughly or grind about 3 quarts fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## RED OR BLACK CURRANT JELLY

5 cups (2½ lbs.) juice  
7 cups (3 lbs.) sugar ½ bottle Certo

With black currants, crush about 3 pounds fully ripe fruit; add 3 cups water. With red currants, crush about 4 pounds fully ripe fruit; add 1 cup water. To prepare juice, bring mixture to a boil, cover, and simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

## SOUR CHERRY JELLY

3½ cups (1¾ lbs.) juice  
7 cups (3 lbs.) sugar      1 bottle Certo

To prepare juice, stem and crush about 3 pounds fully ripe cherries. Do not pit. Add ½ cup water, bring to a boil, cover, and simmer 10 minutes. (For stronger cherry flavor, add ¼ teaspoon almond extract before pouring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 10 glasses (6 fluid ounces each).

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## WILD CHERRY JELLY CHOCHECHERRY JELLY

3 cups (1½ lbs.) juice  
6½ cups (2¾ lbs.) sugar      1 bottle Certo

To prepare juice, stem about 3 pounds fully ripe cherries. Add 3 cups water. Bring to a boil, cover, and simmer 15 minutes. (For stronger cherry flavor, add 4 tablespoons crushed pits during simmering, or ¼ teaspoon almond extract before pouring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard 1 minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 9 glasses (6 fluid ounces each).

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## BLUEBERRY JELLY

4 cups (2 lbs.) juice  
7½ cups (3¼ lbs.) sugar      1 bottle Certo

Crush thoroughly about 3 pounds fully ripe blueberries. Place fruit in kettle, cover, and put on stove for just 5 minutes, stirring occasionally. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## RIPE PINEAPPLE JELLY

3 cups (1½ lbs.) juice  
6½ cups (2¾ lbs.) sugar      1 bottle Certo

To prepare juice, pare 2 medium, fully ripe pineapples. Chop very fine or grind. Place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 9 glasses (6 fluid ounces each).

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## RHUBARB JELLY

3½ cups (1¾ lbs.) juice  
7½ cups (3¼ lbs.) sugar      1 bottle Certo

To prepare juice, cut about 3 pounds of fully ripe red-stalked rhubarb into 1-inch pieces and put through food chopper. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## APPLE JELLY

## CRABAPPLE JELLY

5 cups (2½ lbs.) juice  
7½ cups (3¼ lbs.) sugar      ½ bottle Certo

To prepare juice, remove blossom and stem ends from about 3 pounds fully ripe fruit, and cut apples in small pieces. Do not peel or core. Add 4 cups water, cover, and simmer 10 minutes. Crush with masher, and simmer, covered, 5 minutes longer. (With soft, very sweet apples, add juice of 1 lemon to prepared juice before measuring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 12 glasses (6 fluid ounces each).

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## PLUM JELLY

## RIPE PRUNE JELLY

4 cups (2 lbs.) juice

7½ cups (3¼ lbs.) sugar      ½ bottle Certo

To prepare juice, crush thoroughly 4 pounds fully ripe fruit. Do not peel or pit. Add 1 cup water (and juice of 1 lemon with prunes). Bring to a boil, cover, and simmer 10 minutes. Place in jelly cloth or bag; squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## PEACH JELLY

3 cups (1½ lbs.) juice

6½ cups (2¾ lbs.) sugar      1 bottle Certo

To prepare juice, remove pits from about 3½ pounds peaches. Do not peel. Crush peaches thoroughly. Add ½ cup water, bring to a boil, cover, and simmer 5 minutes. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 9 glasses (6 fluid ounces each).

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## QUINCE JELLY

4½ cups (2¼ lbs.) juice

7½ cups (3¼ lbs.) sugar      ½ bottle Certo

To prepare juice, remove cores, blossom and stem ends from about 3 pounds fully ripe quinces. Do not peel. Grind fine and add 4½ cups water. Simmer, covered, 15 minutes. Place in jelly cloth or bag; squeeze out juice. (With fruit lacking tartness, add the juice of 1 lemon to prepared juice.) Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## JELLIES

## CRANBERRY JELLY

6 cups (3 lbs.) juice and pulp from cooked fruit  
5 cups (2¼ lbs.) sugar      ½ bottle Certo

Add 5 cups water to cranberries and simmer, covered, 15 minutes. Force through fine sieve. Measure juice and pulp and sugar into large saucepan, stir, and bring to a boil. At once add Certo, stirring constantly, and bring again to a *full rolling boil*. Boil hard 1 minute. Remove from fire, let stand 1 minute, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 12 glasses (6 fluid ounces each).

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## FRESH MINT JELLY

1 cup (4 oz.) spearmint leaves and stems, packed  
½ cup cider vinegar      1 cup water  
3½ cups (1½ lbs.) sugar      green coloring  
½ bottle Certo

Wash spearmint. Do not remove the leaves from stems. Measure into 3-quart saucepan and press with wooden potato masher or glass. Add vinegar, water, and sugar and mix. Bring to a boil over hottest fire. While mixture is coming to a boil, add coloring to give desired shade. Use coloring which fruit acids do not fade. As soon as mixture boils, add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire and skim. To remove all trace of mint leaves, pour hot jelly through fine sieve into glasses. Paraffin and cover as directed on page 26. Makes about 5 glasses (6 fluid ounces each).

Spearmint extract may be used in place of fresh spearmint. Omit mint leaves; add ½ to 1½ teaspoons extract after jelly is removed from fire.

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## GRAPE JELLY FROM BOTTLED JUICE

2 cups (1 lb.) juice  
3½ cups (1¾ lbs.) sugar      ½ bottle Certo

Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 5 glasses (6 fluid ounces each).

## FRESH GRAPE JELLY

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4 cups (2 lbs.) juice  
7½ cups (3¼ lbs.) sugar      ½ bottle Certo

To prepare juice, stem about 3 pounds fully ripe grapes and crush thoroughly. Add ½ cup water, bring to a boil, cover, and simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. (If Malagas or other tight-skinned grapes are used, the juice of 1 lemon should be added to prepared juice.) Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## SASKATOON JELLY    ELDERBERRY JELLY BLACK RASPBERRY JELLY

3 cups (1½ lbs.) berry juice  
½ cup lemon juice  
7½ cups (3¼ lbs.) sugar      1 bottle Certo

To prepare juice, remove larger stems from about 4 pounds fully ripe berries; place in kettle and crush. Heat gently until juice starts to flow, then simmer, covered, 15 minutes. Place in jelly cloth or bag and squeeze out juice. Squeeze and strain juice from 4 medium lemons. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 10 glasses.

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## JELLY FROM CANNED FRUIT SYRUP

2 cups (1 lb.) syrup  
4 cups (1¾ lbs.) sugar      ½ bottle Certo

Drain syrup from canned fruit. Juice of 1 lemon may be added to measured syrup, if it lacks flavor or tartness. Measure sugar and syrup into large saucepan. Mix and bring to a boil over hottest fire. Stir constantly before and while boiling. As soon as mixture boils, add Certo, stirring constantly, and bring to a *full rolling boil*. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 6 glasses (6 fluid ounces each).

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## RED SPICED JELLY

$1\frac{1}{4}$  cups water      2 teaspoons whole allspice  
 $\frac{1}{2}$  cup cider vinegar      2 three-inch sticks cinnamon  
1 tablespoon whole cloves       $3\frac{1}{2}$  cups ( $1\frac{1}{2}$  lbs.) sugar  
Red coloring       $\frac{1}{2}$  bottle Certo

Measure water, vinegar, and spices into 3-quart saucepan. Bring quickly to a boil. Remove from fire, cover, and let stand in warm place 10 minutes. Measure sugar into saucepan and mix with spices and liquid. Place over hottest fire, and while mixture is coming to a boil, add coloring to give desired shade. As soon as mixture boils, add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard  $\frac{1}{2}$  minute. Remove from fire; remove spices. Skim, pour quickly. To remove all trace of spices, pour hot jelly through fine sieve into glasses. Paraffin and cover as directed on page 26. Makes about 5 glasses (6 fluid ounces each).

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## VENISON JELLY

4 cups (2 lbs.) juice       $\frac{1}{2}$  cup cider vinegar  
7 cups (3 lbs.) sugar       $\frac{1}{2}$  bottle Certo

To prepare juice, stem 3 pounds fully ripe grapes and crush thoroughly. Add  $\frac{1}{2}$  cup cider vinegar, 1 teaspoon cloves, and 2 teaspoons cinnamon. Bring to a boil. Cover, and simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard  $\frac{1}{2}$  minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes 11 glasses (6 fluid ounces each).

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## CITROUS FRUIT JELLIES

$2\frac{1}{2}$  cups ( $1\frac{1}{4}$  lbs.) juice  
6 cups (2 lbs. 10 oz.) sugar      1 bottle Certo

Add juice to grated rinds and let stand 10 minutes. Press juice through small cloth. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add Certo, stirring constantly. Then bring to a *full rolling boil* and boil hard  $\frac{1}{2}$  minute. Remove from fire, skim, pour quickly. Paraffin and cover as directed on page 26. Makes about 8 glasses (6 fluid ounces each).

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### ORANGE JELLY

Follow recipe for Citrous Fruit Jellies (page 22). Full-strength juice requires about 4 oranges and 2 lemons.

### LEMON JELLY

Follow recipe for Citrous Fruit Jellies (page 22), using  $\frac{3}{4}$  cup lemon juice (3 lemons) and  $1\frac{3}{4}$  cups of water.

### GRAPEFRUIT JELLY

3 cups ( $1\frac{1}{2}$  lbs.) juice  
6 $\frac{1}{2}$  cups (2 $\frac{3}{4}$  lbs.) sugar 1 bottle Certo

Follow directions in recipe for Citrous Fruit Jellies (page 22) Full-strength juice usually requires about 4 grapefruit Makes 9 glasses (6 fluid ounces each).

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## CITROUS FRUIT MARMALADES

6 cups (3 lbs.) prepared citrous fruit  
12 cups (5 $\frac{1}{4}$  lbs.) sugar 1 bottle Certo

To prepare fruit, remove skins in quarters. Lay quarters flat, shave off and discard about  $\frac{1}{2}$  of white part. With a very sharp knife, cut remaining rind into shreds  $\frac{1}{16}$ -inch thick or less. Add 3 cups water and  $\frac{1}{2}$  teaspoon soda. Bring to a boil and simmer, covered, for just 10 minutes, stirring occasionally. Cut off tight skin of peeled fruit and slip pulp out of each section. Add pulp and juice to cooked rind. (If oranges are very sweet, add juice of 1 extra lemon.) Simmer, covered, 20 minutes longer. Measure sugar and prepared fruit, solidly packed, into large kettle, flooding each cup with juice, or if necessary, with water. Bring to a boil and *boil hard* 5 minutes. Remove kettle from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 16 glasses (6 fluid ounces each).

### ORANGE MARMALADE

Use 8 medium oranges and 2 lemons. Follow general directions for Marmalades (above).

### SEVILLE ORANGE MARMALADE

Use 8 or 10 bitter oranges. Follow general directions given above except when cooking the skins use 5 cups of water instead of 3 cups.

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### GRAPEFRUIT MARMALADE

Use 4 medium grapefruit. Follow general directions for Marmalades (page 23).

### ORANGE AND GRAPEFRUIT MARMALADE

Use 4 oranges and 2 small grapefruit. Follow general directions for Marmalades (page 23).

### ORANGE, GRAPEFRUIT, AND LEMON MARMALADE

Use 2 of each fruit. Follow general directions for Marmalades (page 23).

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### GINGER MARMALADE

6 cups (3 lbs.) prepared fruit  
4 cups (2 lbs.) crystallized ginger, chopped  
11 cups (4¾ lbs.) sugar                      1 bottle Certo

Use 6 oranges and 2 lemons. Add ginger with sugar. Follow general directions for Marmalades (page 23); boil only 2 minutes. Makes about 20 glasses (6 fluid ounces each).

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### PEACH MARMALADE

4 cups (2 lbs.) prepared fruit  
7½ cups (3¼ lbs.) sugar                      1 bottle Certo

To prepare fruit, peel off the yellow rind of 1 orange and 1 lemon with a sharp knife, leaving as much of the white part on the fruit as possible. Put yellow rinds through the food chopper twice. Add ¾ cup water and ⅓ teaspoon soda to ground rind and simmer, covered, for 10 minutes. Cut off the tight skin of the peeled fruit and slip the pulp out of each section. Add pulp and juice and the juice of an additional lemon to the rind, and simmer, covered, 20 minutes longer. Peel about 1½ pounds fully ripe peaches. Pit and grind or chop very fine. Combine fruits. Measure sugar into large kettle. Add prepared fruit, filling up the last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil gently 5 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 11 glasses (6 fluid ounces each).

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## TOMATO RELISH

3 cups (1½ lbs.) prepared tomato  
6½ cups (2¾ lbs.) sugar 1 bottle Certo

To prepare tomatoes, scald, peel, and crush about 2½ pounds ripe tomatoes, or use canned tomatoes. Boil 4 cups crushed tomatoes 10 minutes, uncovered, stirring occasionally. Add ¼ cup lemon juice and grated rind of 1 lemon. (For use with meats, add ½ teaspoon each ground cloves, allspice, and cinnamon, or Worcestershire sauce to taste.) Measure sugar into large kettle. Add prepared tomato, filling up last cup with water if necessary. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove kettle from fire and stir in Certo. Skim; pour quickly. Paraffin and cover as directed on page 26. Makes about 9 glasses (6 fluid ounces each).

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## PEPPER RELISH

2 cups (14 oz.) prepared pepper  
1½ cups cider vinegar  
7 cups (3 lbs.) sugar 1 bottle Certo

To prepare peppers, cut open about 1 dozen medium peppers and discard seeds. For best color, use equal amounts green and red sweet peppers. Put through food chopper twice, using finest knife. Drain pulp in sieve. Measure sugar and vinegar into large kettle. Add prepared pepper, packing it solidly into cup until juice comes to top. Mix well and bring to a *full rolling boil* over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin and cover as directed on page 26. Makes about 10 glasses (6 fluid ounces each).

NOTE: Sets slowly; sometimes takes 3 weeks to come to a full set.

# HOW TO SEAL JAMS AND JELLIES FOR PERFECT PROTECTION

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The best protection you can give your jams and jellies is to seal them with paraffin wax. Follow these directions carefully to avoid any spoilage:

1. Glasses or jars and tin covers should be freshly washed, scalded, and drained before cooking is started.
2. Use only *new* paraffin, unless old paraffin was washed in *hot* water after previous use and stored in a tightly covered jar.
3. Melt paraffin in a small pot placed in a pan of boiling water, while jam or jelly is cooking.
4. In pouring jellies or ladling jams into glasses, leave  $\frac{1}{2}$  inch of clear space at top of each glass to allow for paraffin and to provide space for any possible seepage.
5. As soon as batch is poured into glasses, cover with a  $\frac{1}{8}$  inch layer of hot paraffin to protect from dust. When glasses have cooled, add a second heavier coating of paraffin, and roll each glass to make the paraffin run around the edges for a perfect seal. Cover with clean tin covers, or with securely fastened papers.
6. When using air-tight fruit jars for jams, omit paraffin and seal as soon as batch is poured. Then invert jars for 10 minutes.
7. Store your jams and jellies in a cool, dry place free from dust and mildew.



## IMPORTANT DO'S AND DON'T'S FOR JELLY MAKERS

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**DON'T**—double Certo recipes. Better color and flavor and perfect results are obtained from single batches.

**DO**—use fully ripe fruit of the best possible color and flavor. Taste fruit, and if it lacks tartness, add the juice of 2 medium lemons ( $\frac{1}{4}$  cup) when adding sugar.

**DO**—prepare fruit exactly as the recipes direct. Do not simmer before crushing or squeezing unless recipes specify cooking. For crushing fruit, a food chopper is convenient.

**DO**—measure both fruit and sugar exactly with the same standard measuring cup, level full; or weigh both. A standard measuring cup holds 8 fluid ounces of liquid or 7 ounces of sugar by weight.

**DO**—use a large enough kettle so that your mixture has room enough to boil *hard*. A kettle of 6- to 8-quart capacity is recommended. If the 6-quart size is used for jam, add  $\frac{1}{4}$  teaspoon butter with sugar to reduce foaming.

**DON'T**—confuse a gentle simmering boil with the *full rolling boil* specified in Certo recipes. A full rolling boil is a high, tumbling boil that cannot be stirred down.

**DO**—time the full rolling boil by the clock.

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**DO**—cool jams before pouring, as directed, and stir them while they are cooling. This helps to prevent floating fruit.

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**DON'T**—expose jellies and jams to dust or dampness after they are made. Spoilage is caused by the growth of yeast and mold plants, which are usually carried by dust. Use clean glasses, new paraffin, and clean covers. Paraffin hot jelly and jam at once. Fill glasses only to within  $\frac{1}{2}$  inch of top, so that there will be a space between the paraffin and the tin or paper cover. Store jelly and jam in a cool, dry place.

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**DON'T**—judge the texture of your jellies or jams too hastily. Certo recipes are designed to give an ideal set at the time they are most apt to be used. Many grow progressively firmer for a week to a month after they are made.

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**DO**—write to Jane Taylor Allen, General Foods, Ltd., Cobourg, Ont., Canada, if you need to remake a batch of jelly or jam. Send copy of the recipe used and sample ( $\frac{1}{2}$  cup). Sample will be tested and remaking directions sent to you.

NOTE: To pack sample for mailing, put  $\frac{1}{2}$  cup of sample in a screw-top container. Label with name of sample and your name and address. Wrap well in paper and put in a cardboard box, large enough to permit packing securely with crumpled newspaper. Address to Jane Taylor Allen.

# "QUESTIONS I AM OFTEN ASKED BY JELLY MAKERS"

By JANE TAYLOR ALLEN

(Note: Aided by a corps of efficient "home testers," Jane Taylor Allen has devoted fourteen years to research work in jams and jellies. Beyond question, she is the world's best known authority on this subject. She is glad to answer personally any questions addressed to her. Following are sample questions addressed her by jelly makers.)

## ABOUT RECIPES

1. Q. "How may two fruits be combined in a Certo-made jam or jelly?"
  - A. Combine  $\frac{1}{2}$  the amounts of ingredients called for in recipe for each fruit, and proceed according to recipe requiring longer boiling time. Prepare each fruit or juice as directed in recipe for that fruit.
2. Q. "How may a favorite Certo recipe be varied?"
  - A. You may add sliced candied ginger, sliced maraschino cherries, grated orange rind, or finely chopped nuts when the sugar is added. Or, select coloring which cannot be faded by fruit acids, and add coloring while sugar and fruit mixture is coming to a boil.
3. Q. "How may I obtain recipes not in the Certo recipe book?"
  - A. Write to me. I have dozens of interesting ones to send you.
4. Q. "Can I adapt my own favorite recipe to the Certo method?"
  - A. Yes. Write to me for directions.
5. Q. "Can I double a Certo recipe?"
  - A. I do not recommend it. Better color and flavor and more certain results are obtained from making single batches.

## ABOUT REMAKING A BATCH OF JELLY OR JAM

6. Q. "Can I remake a batch of unsuccessful jelly or jam by using Certo?"

A. Yes, but the fresh fruit flavor and color of these mixtures often have been spoiled by the long cooking. It is better to use the syrup in some other way and to start with fresh fruit. If you wish to try remaking a long-boil failure, however, send me a sample ( $\frac{1}{2}$  cup) and copy of the recipe used. Sample will be tested and remaking directions sent you.

7. Q. "Can I correct a mistake in using Certo recipe?"

A. Yes. If some part of sugar or Certo was omitted, reheat the whole batch to boiling point and add the omitted part. Then bring mixture to *full rolling boil* and boil for  $\frac{1}{2}$  minute before pouring. If error is more complicated, write details to me for possible remaking suggestions. If the mistake made is unknown, send sample ( $\frac{1}{2}$  cup) and copy of recipe used to me. Sample will be tested and remaking directions sent you.

(Note: To pack sample for mailing, put  $\frac{1}{2}$  cup of sample in a screw-top container. Label with name of sample and your name and address. Wrap well in paper and put in a cardboard box, large enough to permit packing securely with crumpled newspaper. Address to me.)

## ABOUT JELLY OR JAM "SET"

8. Q. "How long should it take my jam or jelly to set?"

A. The Certo recipes are designed to give you a jelly, jam, or marmalade which starts to set the next day, but which reaches the ideal set after three or four weeks.

9. Q. "How may I secure a slightly stiffer, more quickly setting jelly?"

A. Use  $\frac{1}{2}$  cup less prepared juice than the recipe calls for. Do not vary from other directions.

10. Q. "How may I soften the texture of a jam?"
- A. Simply crush the jam with a knife or fork before serving.

## ABOUT "FLOATING FRUIT" IN JAMS

11. Q. "How may floating of fruit be lessened?"
- A. These possible ways: a) crushing fruit thoroughly; b) having *full rolling boil* for length of time specified in recipe; c) cooling and stirring as directed in recipe; d) using fully ripe fruit.

## ABOUT CHANGES DURING STORAGE

12. Q. "What causes souring?"
- A. Growth of yeast and mold plants. To prevent, be sure to: a) time the boil exactly, beginning when mixture reaches *full rolling boil*; b) use sufficiently large kettle to allow *full rolling boil* over hottest fire; c) use only clean glasses and covers; d) protect hot surface of poured jelly or jam by paraffining at once; e) avoid using old paraffin, contaminated with yeast and mold; f) avoid storing uncovered glasses in damp or warm place.
13. Q. "Will the separation of syrup harm my jams and jellies?"
- A. No, unless yeast and mold start growing on it. To prevent this, do not fill glasses too full; cover well, and store in a cool, dry place free from dust and mildew. The separation of a small amount of syrup is normal. Excessive separation may be prevented by using fully ripe fruit, and by following the recipe exactly.



# MRS. A SHOWS MRS. B THAT CERTO PAYS FOR ITSELF

Mrs. A and Mrs. B both wanted to make some raspberry jam. Each had 2 quarts of berries to begin with and after cleaning and crushing them each got the same amount of prepared fruit—4 cups.

Both Mrs. A and Mrs. B



started at 9 o'clock.

Mrs. A added 6 cups of sugar to her fruit. Then Mrs. A simply brought her fruit and sugar to a tumbling boil, boiled for 1 min-

Mrs. B added 4 cups of sugar. Then Mrs. B, following the old-fashioned "cup for cup" recipe, had to boil her fruit and sugar about



ute, removed it from the stove and added  $\frac{1}{2}$  bottle of Certo. The jam was done and it had all of the flavor of fresh, ripe fruit

30 minutes before the jam thickened. This long boiling evaporated more than a third of the jam mixture and carried off most of the natural fresh fruit flavor in steam.

Mrs. A was finished at 9.12.

Mrs. B was finished at 9.45.



Mrs. A got 10 glasses of jam from her 2 quarts of berries.



Mrs. B took 3 times as long and got only 6 glasses of jam.



Mrs. A had shown Mrs. B exactly what she meant when she said, "Certo really pays for itself!"

*For advice on jelly or jam making problems, write to Jane Taylor Allen, General Foods, Ltd., Cobourg, Ont., Canada. There is no charge for this service.*