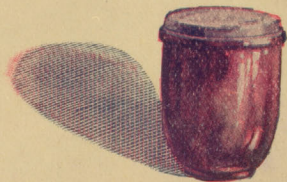




Fruit Jellies

that

"JELL"



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JELLIES that Jell

Some new light
on an old
problem



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Time-honored ways of doing things are not necessarily best.

FRUIT JELLIES THAT "JELL" AND HOW TO MAKE THEM.

Can you think of any other product of the homemaker's art more delightful to the eye and the palate than a perfect fruit jelly? To those who have enjoyed the real article, makeshift preparations from gelatin and jelly powders are forever afterward flat and insipid.

Jelly As It Should Be.

But what is *perfect* fruit jelly? It is a product of fruit juice and sugar, beautifully clear and transparent, with perhaps a tint of amber or wine or red; just solid enough so that it will quiver, but not flow; so tender that it cuts easily with a spoon, yet sufficiently firm so that when it is cut or broken the sharp angles retain their form; a delicacy that is neither tough or brittle on the one hand, nor syrupy or gummy on the other.

For perfect jelly use the perfect sugar, REDPATH
Extra Granulated.

Perhaps you know the thrill of pride which a jar or mould of this perfect fruit jelly inspires in its successful maker—and perhaps you know the discouraging disappointment which sweeps over one when a promising batch refuses to “jell” properly.

Why Jelly Does or Doesn't “Jell.”

The chief reason for these failures is that jelly-making is a fine art, for which hard-and-fast rules cannot be laid down, nor can the best results be obtained by slavishly following fixed recipes. To be uniformly successful one must understand WHY jelly “jells,” and how to suit methods and proportions to the varying conditions which arise.

A mixture of fruit juice and sugar, when cooked sufficiently, “jells” because of the presence in the fruit juice of a substance called PECTIN. This substance is plentiful in the juices cooked out of currants, raspberries, unripe grapes, blueberries, sour apples, crab apples and the white inner

The science of home-making is worthy of the closest study.

skins of oranges and lemons. It is scarce in the juices of cherries, strawberries, pears and peaches. Strangely enough, the raw fruit juices show far less pectin than the juices obtained from the same fruits by cooking; that is why we invariably cook out the juices for jelly making.

The jelly-making properties of a fruit are much improved if, in addition to the pectin, it also contains a fair amount of acid. This, as we shall show later, can sometimes be supplied to advantage.

The PECTIN Test.

The amount of pectin, if any, present in fruit juice can be readily found out by adding to a tablespoonful or two of the juice an equal quantity of ordinary alcohol (not wood alcohol), stirring it thoroughly, and letting it cool. A substance like thin jelly will separate from the liquid, and can be gathered up with a spoon. The amount of this which forms indicates the strength of the juice in pectin.

REDPATH Sugar in Original Packages is the last word in sugar purity.

Proportion of Sugar.

Upon this pectin strength, and to a certain extent upon the sourness of the fruit juices, depends the amount of sugar which can safely be added.

This proportion of sugar is one of the finest points in jelly-making—the one which requires the best judgment, and which is probably the most frequent cause of failure. Let us look into it closely.

From a fruit-juice rich in pectin, like that of currants, a sort of jelly can be made by boiling it down without any sugar. But this jelly will be small in quantity, tough, dark and anything but tempting.

As you add sugar, the volume of jelly increases; it becomes clearer, and more tender, tasty and transparent, until you reach the exact proportion which gives you the perfect jelly we have described.

Add still more sugar and you get still more product, but it gets softer and softer as the proportion of sugar is increased until

Poor jelly takes just as much fruit and sugar as the finest.

it becomes a mere syrup, perhaps with lumps of pectin or crystals of sugar scattered through it. The commonest cause of jelly failure is this excess of sugar.

The Pectin Test Prevents this Mistake

If all fruit juices were alike in pectin strength and acidity, or even if each different juice were always the same, it would be easy to tell just how much sugar to use. But the strength of the juice varies greatly with weather conditions before picking—with the ripeness of the fruit—and with the amount of water added in cooking out the juice.

That is why it is so important to make the pectin test on the actual juice you are working up. By using exactly the same quantity, say a tablespoonful each of juice and alcohol, for each test, you will soon be able to judge very closely just how much sugar you can add without getting too much. Once you are able to do this, jelly-making is no longer a matter of chance—

Every REDPATH Package contains full weight of
sugar, without the package.

you can depend on really good results every
time.

Extracting The Juice.

Put the clean fruit into an enameled pre-
serving kettle, with about one-quarter or
one-fifth the quantity of water to prevent
burning. In the case of apples all the
sound parts, including skins and seeds, may
be used, and enough water to cover should
be added.

Cook rather slowly, stirring occasionally
with a wooden or silver spoon, and crush-
ing, when partly cooked, with a wooden
masher. When cooked thoroughly, turn
into a folded cloth or draining bag of
double cheesecloth, and let the juice drain
out into an earthenware or enameled dish
for about half an hour. This is Extraction
No. 1.

No Necessity for Second Quality Jelly.

Many people squeeze out the pulp which
remains, and make a batch of second quality

jelly, which is never so clear or attractive as the first. A better way is to put the pulp back into the kettle, cover with water, stir thoroughly, bring to a boil and drain again. Of course this Extraction No. 2 will be weaker in pectin than No. 1. Consequently it will take up much less sugar and make less jelly, but what it does make will be just as clear and good in every way as that from Extraction No. 1.

Should the test with alcohol show a good strength of pectin in this second extraction, it might be worth while making a third.

Making The Jelly.

It is generally best to handle Extraction No. 1 by itself, and Extractions Nos. 2 and 3 (if you have made a third), together.

If you have not become familiar enough with the pectin test to be able to judge closely how much sugar to add, you will do well first to make up a sample glass, adding sugar in the proportion of from three-quarters of a pound of sugar to one of

REDPATH Paris Lumps are delightful in tea or coffee.

fruit, up to pound for pound. If this glass turns out too stiff or tough, add more sugar. If it is too soft, reduce the proportion. Meanwhile note very carefully what the pectin test shows, so that next time you will be able to judge the proportions from that alone.

How Long to Boil.

The length of boiling required varies greatly. The stronger the juice is in pectin, and the larger the proportion of sugar it will take, the less time you will need to cook it. Currant jelly seldom needs more than ten minutes, while raspberry or apple jelly may take as much as half an hour.

In any case, once you start, the quicker you can get done the better the jelly will be. Long, slow cooking destroys the pectin, and the jelly is liable to fail to "jell."

When to Add the Sugar.

Of the three plans followed—adding the sugar at the beginning—adding it near the

In jelly-making use only enameled, silver or wooden spoons and kettles.

end of the boiling—and adding it about half way through—the last plan seems best. With either of the other two methods there is, for different reasons, a danger that some of the sugar will crystallize out in the jelly. Another disadvantage in adding the sugar at first is that so much of it rises with the scum from the fruit juice and is skimmed off and lost.

In any case the sugar should be added hot, though not scorched, so that it will not cool the juice and delay the jelly-making.

The Jelly Test.

Probably the best test by which to tell when the cooking has gone far enough is the common one of quickly cooling a spoonful of the boiling liquid in a glass. If it begins to set promptly, the jelly should be poured at once into the glasses, which have already been scalded out in readiness.

A little experience will enable you to judge very closely just when to take the jelly off the fire. You cannot watch it too carefully,

REDPATH Sugar MUST be good to sustain its fifty-year-old reputation.

for half a minute too much boiling will sadly lower the quality of the product.

Treating Extractions Nos. 2 and 3.

Probably the safest way to handle these weaker juices is to boil them down rapidly till they are about as strong as Extraction No. 1. You can tell this by the pectin test and by the taste. Then add the same proportion of sugar as with Extraction No. 1, treat in the same way, and you will get just as good jelly.

If you do not first boil these weaker extractions down, you will find it very difficult to get just the right proportion of sugar, on account of the large amount of water in the juice.

Sealing Up The Jelly.

Though jelly is not so difficult to keep as preserves or canned fruit, still it pays to seal it up very carefully if you want it to keep a considerable time.

Plain blanc-mange with real fruit jelly is a dessert fit for a king.

As we have said, the glasses should be scalded out thoroughly before the jelly is poured in. They should then be filled to the very top and set in a cool place, so that the jelly will harden. If it appears that the cooking has not been carried quite far enough, cover the glasses with panes of glass and set them in the sun for a day or two, and the jelly will harden up.

When properly set, the jelly will have settled considerably in the glasses. Fill up this space with paraffin that is not only melted, but scalding hot, in order to kill any germs that may have gathered on the jelly. Then cover with tin lids which have also been scalded, and set away in a dry, cool place.

Jelly From Sweet Fruits.

Thus far we have considered only fruits which contain plenty of acid as well as plenty of pectin. With these fruits jelly-making is comparatively easy.

Though not quite so easy, it is still quite

You prefer to buy other groceries in packages—
why not sugar?

possible to make very good jelly indeed from sweet fruits which contain enough pectin, such as sweet apples, pears, quinces and peaches.

After extracting the juice in the usual way, add enough tartaric or citric acid powder to make the juice about as sour as good, tart apples. It usually takes about a level teaspoonful of the acid powder to a quart of juice, but it is better to judge by the taste. Be careful, though, that the powder is completely dissolved and thoroughly mixed through the juice, so that every part will be the same as that which you taste.

The juice may then be made up into jelly in the way we have outlined, gauging the amount of sugar by the alcohol test for pectin. With some fruits the addition of the acid somewhat impairs the flavor of the fruit, but with others, notably sweet apples and quinces, it decidedly improves the taste.

Another way of treating these sweet

Fruit jellies are as healthful as they are
delicious.

fruits is to add their juices as flavoring to a base of sour apple juice. This supplies the acid and more pectin, and makes jellies of fine texture and very acceptable flavor.

Jellies from Fruits that are Poor in Pectin.

By going to a little extra trouble, one can make up some very attractive jellies from oranges, lemons, rhubarb and other fruits generally considered impossible.

While the juices of oranges and lemons show little or no pectin under the alcohol test, the white inner skin is rich in it. So whenever you are using lemons or oranges in cooking, first peel off all the yellow outer skin, and then carefully remove the white inner skin. Put this through the meat-grinder, using the nut-butter knife, or cut it into very small pieces, dry it and put it away for future use.

Then, when you want some unusual jelly, soak up this dried white peel over night in enough water to cover, cook it slowly for

To be sure of getting genuine REDPATH Sugar,
buy it in the ORIGINAL PACKAGES.

some hours, and drain off the liquid, which will be found very rich in pectin. Add to this enough orange, lemon, rhubarb or similar sour juice not commonly used for jelly, to give a pronounced flavor and acidity, and make up in the regular way. You will get a product as delicious as it is distinctive.

Use Only the Very Best Sugar.

We have emphasized the importance of using exactly the right proportion of sugar, and of adding it at just the right time. It is certainly equally important to use the purest and best granulated sugar you can buy.

Perfect jelly appeals to the eye almost as much as to the palate, but you cannot hope to secure that beautiful, clear transparency, which is its greatest charm, if the sugar is not pure and clean.

You can be absolutely sure of these essential qualities in your sugar if you buy REDPATH Extra Granulated in any of

There is exceptional satisfaction in successfully
making unusual dishes.

the *original packages*—2-lb. or 5-lb. Sealed
Cartons, or 20-lb., 50-lb., or 100-lb. Cloth
Bags.

REDPATH is genuine Cane Sugar, re-
fined to absolute purity in a splendidly
equipped plant, where even the air is fil-
tered. Here it is put up by special
machinery (no hand touches it at any stage
of the refining) in the Cartons or Bags, and
delivered to you by your Grocer in the
same perfect condition in which it left the
refinery.

We take this extra trouble of putting
up the sugar in individual packages, in
sizes to fit the needs of any family, in order
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