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# JAMS JELLIES PRESERVES

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# Jellies, Jams, Preserves

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Jellies, jams, and preserves made from fruits add variety as well as energy value to meals. They often furnish the needed accent of color, flavor and interest to help make meals appetizing and appealing to the family. Good quality homemade jellies, jams, and preserves may be obtained by following basic principles for the preservation of fruits with sugar.

## JELLIES

Jelly is made by cooking together certain fruit juices and sugar in the proper proportion. A good jelly is clear and sparkling. It should have the color and delicate flavor characteristic of the fruit from which it is made. It will hold its shape when removed from molds but quivers when the plate is moved. It should be so tender that it cuts easily, yet break with a sharp edge when cut.

### Fruits For Jelly Making

Fruits for jelly making must contain pectin and acid in proper proportions. Both of these decrease as fruit ripens. So, for best results use a mixture of slightly under-ripe and ripe fruit, the under-ripe to furnish pectin and acid and the ripe for flavor and color.

*Jelly Can Be Made Easily From:*

<b>Tart Apples</b>	<b>Plums</b>	<b>Gooseberries</b>	<b>Currants</b>
<b>Blackberries</b>	<b>Raspberries</b>	<b>Crab Apples</b>	<b>Grapes</b>

### Cranberries

*Jelly of Fair Quality Can Be Made By:*

Adding an acid to juice from low acid fruits such as:  
Peaches, Pears, and Sweet Apples

Acid may be added:

1. By adding an equal quantity of a tart fruit juice such as sour apples, crab apples, or green grapes.
2. With lemon or other citrus fruit juice in the proportion of 1 tablespoon to 1 cup of fruit juice. If the juice has a decided tart taste it has enough acid for jelly making.

*Jelly of Fair Quality Can Be Made By:*

Adding pectin to fruit juices low in pectin such as:  
Apricot, Strawberry, Cherry, Pineapple, Rhubarb.

Pectin may be added:

1. By the addition of a fruit juice rich in both pectin and acid such as tart apple or crab apple.
2. By use of commercial pectin. Follow directions on the package.

### *Preparing The Fruit*

Use a mixture of slightly under-ripe and ripe fruit. Prepare in small amounts; 4 to 6 quarts of berries or 4 to 8 pounds of fruit such as apples or grapes will be enough. Two pounds of fruit yields about 1 pint of juice.

Look over the fruit and discard damaged parts. Wash thoroughly. If spots of spray residue do not wash off, peel the fruit, otherwise leave the peel on. The spray residue might be poisonous. Discard stems and blossom ends of apples and like fruits. Cut the fruit into small uniform pieces for cooking. Do not remove the core as it contains pectin. Remove caps and stems of berries. Leave the stems on currants, the skins on grapes, plums, quinces, and apples with the exception noted above.

### *EXTRACTING THE JUICE*

Boiling the fruit is necessary to extract the pectin in the juice. The cooking should be done quickly. Long cooking destroys pectin and impairs color and flavor.

Use as little water as possible when extracting juices. More water may be used if the growing season has been unusually dry.

Use about 1 cup of water to 1 pound (about 2½ to 3 cups) of quartered apples, crab apples, quinces, and wild grapes, ¼ cup or no water for each pound of blackberries, black raspberries, currants and gooseberries. Use about ½ cup water to 1 pound of plums, and no water for red raspberries and concord grapes.

Cook the fruits in a broad flat bottomed kettle and stir to prevent scorching. Crush soft fruits to start flow of juice. Count time after fruit begins to boil.

Berries, currants and grapes need 5 to 10 minutes to cook soft, and fruits such as apples and quinces 20 to 25 minutes.

Pour the hot fruit into jelly bag and strain. Clarify by restraining through a fresh wet jelly bag.

Two extractions of juice from the same fruit may be made from fruits rich in both acid and pectin—currants, crab apples and wild grapes. Use same amount of water for second cooking that was used for the first extraction. Combine the first and second extractions of juices or use separately.

Cream of tartar crystals in grape jelly may be prevented by allowing the juice to stand over night in a cold place. The next morning dip off the juice and re-strain it. The crystals remain with the sediment on the bottom and sides of the container.

Another method is to can the juice and allow to stand for sometime before making jelly with it.

Still another method is to combine the grape juice with other fruit juices, usually mixing grape and apple extractions in equal proportions will prevent entirely any precipitation of cream of tartar crystals.

#### *Testing For Pectin*

The pectin content of fruit juices may be fairly accurately determined by:

1. Making a test sample of jelly from 1 cup of juice and  $\frac{3}{4}$  cup of sugar.
2. Adding 2 tablespoons of grain or denatured alcohol to 1 tablespoon of cold fruit juice. If a heavy thick gelatinous mass is a result the juice is rich in pectin and will support the use of an equal measure of sugar as of juice. If a light pectin test results decrease the amount of sugar proportionately. Denatured alcohol is a poison. Be careful in its use.
3. Use of a jelmeter. The rate of flow of the juice through the tube is considered a rough measure of the jelling power of its juice and is an index to the quantity of sugar to be used with that juice.

#### *Amount And Kind Of Sugar*

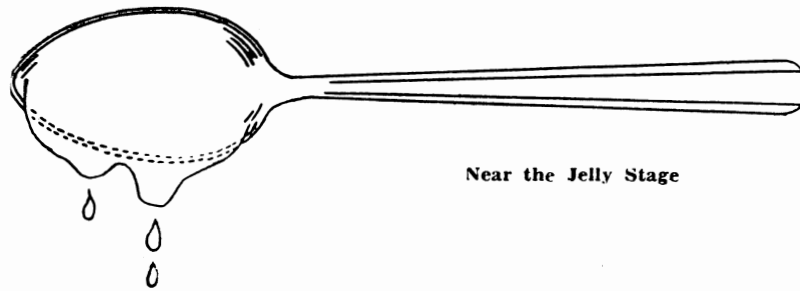
There is no difference between the same grade of cane and beet sugar. A correct proportion of sugar in jelly making is important. Too much sugar has ruined many a batch of jelly. A pectin test will indicate whether to use an equal amount or less amount of sugar. When in doubt it is better to err on the side of too little rather than too much sugar. Too much sugar will result in a soft, syrupy jelly. Too small amount will result in a tough jelly. One cup of sugar to 1 cup juice may be used with crab apple, currant, wild grape and sometimes cultivated grape juices.

Three-fourths cup of sugar to 1 cup of juice is usually preferable for apple, blackberry, black raspberry, cranberry, plum, quince, red raspberry or grape juices.

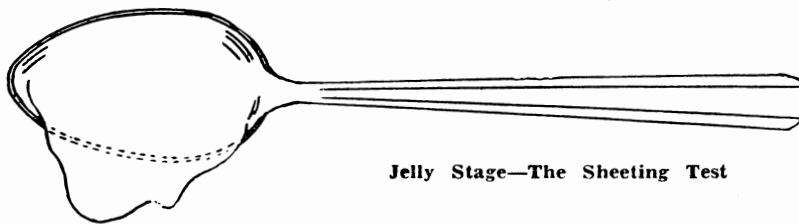
#### *Making The Jelly*

1. Use a large flat bottomed enamel lined or aluminum pan.
2. Make a small amount of jelly at a time. Not more than 4 to 8 cups of juice.
3. Measure juice and sugar accurately.
4. Add sugar to hot juice and stir until dissolved.
5. Boil rapidly.
6. Skim at end of the cooking period.
7. Watch closely as it nears the done stage.
8. Use the sheeting test to determine when jelly is finished. Dip a large spoon into the boiling syrup and lift spoon so that the syrup drops from the side of the spoon. When the drops run together and slide off in a "sheet" remove from fire. The thermometer test would be 105°-106° C. or 219°-221° F.
9. Skim.

10. Pour into hot sterilized dry jelly glasses, filling to within  $\frac{1}{4}$  inch of the top. Seal as quickly as possible or allow to become cold and cover with hot paraffin. Rotate glass to get a good seal.
11. Store in a cool dry place.



Near the Jelly Stage



Jelly Stage—The Sheeting Test

#### *Flavor Variations*

To make **mint-flavored apple jelly**, after the jelly stage is reached and just before the syrup is ready to pour into the glasses, tint with green food coloring and add a few drops of essence of spearmint or peppermint.

For **spiced crab apple jelly**, cook with the sugar and the juice from 8 pounds of fruit, four 2-inch pieces of stick cinnamon, and 12 whole cloves tied loosely in a cheesecloth bag.

For **spiced grape jelly**, cook 6 pounds of concord grapes with 1 cup of vinegar, 1 tablespoon of cloves, and 5 pieces of 1-inch stick cinnamon. Strain. Proceed with juice as for grape jelly.

#### *Jelly Failures and Spoilage*

As each lot of fruit presents its own special problems, the jelly maker may sometimes have inferior products or failures. Crystals may form in the jelly, or it may "weep" or be tough or cloudy or fail to form the characteristic jelly texture.

Sugar crystallization may result from any one of four different causes: An excess of sugar, insufficient acid, overcooking of the jelly, or too great a delay in sealing it.

Cream of tartar crystals in grape jelly may be greatly reduced if not prevented entirely by letting the juice stand for several hours in a cold place before making it into jelly

The "weeping" of jelly occurs in jellies from cranberries, currants, and other fruits that are high in acid. This weeping is supposed to be caused by a contraction of the jelly which squeezes out liquid, similar to the separation of whey from the curd in sour milk, but there may also be other factors as yet unknown.

Cloudiness may result from imperfect straining and usually occurs with red juices. Restraining a juice without pressure brings a lower yield but insures a clear product.

Failure to form jelly is caused by an improper balance of pectin, sugar, acid, and mineral salts. This improper balance may have come about in various ways. The fruits used may have lacked sufficient pectin or acid, or both essentials. Overcooking may have destroyed so much pectin that a gummy mass was formed instead of a jelly. Undercooking will also result in failure to get a jelly formation, because of insufficient concentration. Too much water may have been used for the extraction of the juice, so that the proportion of sugar is too great for the pectin; also the long cooking time required for evaporation, is likely to destroy some of the pectin.

Mold or fermentation in jelly often results from storage in a warm or a damp place. The best paraffin seal and tin friction-top lid is not an adequate protection unless the jelly is kept cool and dry. If moisture collects beneath the paraffin, it may break the seal and permit the entrance of molds and yeast spores. If the jelly must be stored in a warm or a moist atmosphere, it should be in a container made air tight with a rubber or a composition gasket. Other causes of spoilage are failure to sterilize the glasses and imperfect sealing with paraffin.

### PRESERVES

A preserve is a product consisting of whole small fruits or pieces of larger fruits cooked in a sirup until tender, clear, and translucent or shiny as to hold their shape.

#### *General Suggestions*

1. Hard fruits such as pears, melon rinds, quinces, etc. make better preserves when the cooking is started in a thin syrup which may later be concentrated. This allows the fruit to cook tender and remain plump. Or the fruit may be steamed or pre-cooked in water before adding the sugar.
2. For juicy fruits such as berries it is better to combine the fruit and sugar in alternate layers and let stand 8 to 10 hours

- or over night. This helps to firm the fruit so that it will be less likely to cook to pieces.
3. Firm skinned juicy fruits such as plums may, if preferred, be started in a thick syrup because the fruit juices thin down the syrup quite rapidly.

#### *General Procedure*

1. Choose fruit which is firm-ripe rather than soft-ripe. It should be uniform in size or in uniform pieces so as to cook evenly.
2. Weigh the fruit. For each pound of fruit use  $\frac{3}{4}$  to 1 pound sugar. (1 pound of refined white sugar is 2 cups). Fruits vary in weight, but in general a pound of freshly prepared fruit measures about 3 cups. Measuring is not as accurate as weighing because fruits differ in weight.
3. Cook small quantities at a time—not more than two or three quarts.
4. Cook rapidly after syrup becomes somewhat thick to retain bright color, flavor and good texture.
5. Stir frequently to prevent scorching.
6. Skim at end of cooking period.
7. Fill containers and seal.
  - a. Pour boiling hot mixture into hot sterilized containers and seal immediately, or cool and cover well with hot paraffin. **Do not use paraffin on fair exhibit jars.**
  - b. The filled containers may be processed at simmering temperature for 15 to 20 minutes to be more certain of a perfect seal.
8. Store in a dry, dark, cool place.

#### *Cherry Preserves*

Select sour red cherries. Discard any imperfect ones. Wash and drain. Remove stems and pits without tearing the fruit needlessly. For each pound of pitted cherries use  $\frac{3}{4}$  to 1 pound of sugar. Combine the fruit and sugar in alternate layers and let them stand 8 to 10 hours or overnight before cooking. Or, if preferred, add the sugar and  $\frac{1}{4}$  cup of water for each pound of the fruit and cook at once.

Whether or not the fruit has been allowed to stand with the sugar, it must be stirred carefully while it is being heated to the boiling point. Boil rapidly until the syrup is somewhat thick, taking care to prevent scorching. Pour at once into hot sterilized jars and seal.

#### *Pear Preserves*

Two pounds of pears (one quart), 3 cups water, 3 cups sugar and 1 lemon sliced thin. Pears should be firm, but ripe for preserving. The Kieffer should be stored from 3 to 5 weeks before using.



Pare, core, and cut fruit as desired. Add  $\frac{1}{2}$  of the sugar to the water. Boil 2 minutes. Add pears and boil 15 minutes. Add remaining sugar and lemon. (Orange may be used instead of lemon). A piece of ginger root may be added. Cook until fruit is tender and clear. Let stand several hours. Pack the cold fruit into hot sterilized jars. Boil syrup until thick like honey. Pour hot syrup over pears. Seal.

#### *Strawberry Preserves*

**No. 1**—Select large, firm, tart berries. Wash, drain and remove caps. For each pound (about 3 cups) of fruit use 1 pound sugar (2 cups). Combine the fruit and sugar in alternate layers. Let stand 8 to 10 hours or overnight. Heat to boiling point—stir carefully. Boil rapidly for 15 to 20 minutes or until syrup is quite thick. Remove scum. Pour into hot sterilized jars and seal.

**No. 2**—2 pounds (about 6 cups) capped berries, 5 cups sugar and 4 tablespoons lemon juice. Mix berries with sugar. Let stand 3 to 4 hours. Place over very low heat until simmering point is reached. Add lemon juice. Boil rapidly for 10 to 12 minutes (or until berries are clear and syrup thick). Cover and let stand overnight. Pack cold into hot sterilized jars. Process 15 minutes at simmering temperature.

**No. 3**—1 pint of berries and 1 pint sugar. Boil together for 10 minutes. Remove from fire. Cool. Add another cup of berries and another pint of sugar. Boil 10 minutes more. Allow to cool. Pour into sterilized jars and seal. Seal by heating at simmering temperature for 15 minutes.

#### *Watermelon Rind Preserves*

Two pounds watermelon rind, 1 tablespoon ground ginger,  $4\frac{1}{2}$  cups sugar, 2 lemons and 2 quarts water. The texture of the preserved watermelon rind is largely determined by treatment of the rind before it is preserved. For a crisp, firm product, soak rind 2 or 3 hours in lime water to cover. Prepare lime water by adding 1 tablespoon calcium oxide to each quart of cold water. Calcium oxide may be purchased at any drug store. For a product with texture more like that of preserved pears, soak rind over night in salt water (2 tablespoons salt to each quart of water.)

To make the preserves: Cut the white part of the rind into pieces of uniform size and shape. Soak in lime or salt water. Freshen in 2 or more changes of cold water. Sprinkle ginger over rind. Cover with water and boil 1 hour. Drain and drop into cool syrup made with the sugar, 2 quarts of water, and juice of 1 lemon. Boil gently 1 hour. Add the second lemon, sliced thin. Continue boiling until rind is tender and the syrup thick as honey. (If the syrup gets too thick before the rind is tender, add a cup or more of boiling water.) Let stand several hours. Pack into hot jars. Process 15 minutes at simmering.

### *Tomato Preserves*

Select firm, small, yellow or red pear-shaped tomatoes. Wash and drain. If a tomato preserve without skins is desired, dip the tomatoes into boiling water, then into cold water, and remove the skins before starting the preserving process. The tomatoes must then be handled with extra care to prevent their going to pieces. To each pound of tomatoes allow  $\frac{3}{4}$  cup of water,  $\frac{3}{4}$  pound of sugar,  $\frac{1}{4}$  lemon thinly sliced, and one piece of gingerroot. Boil the lemon for 5 minutes in part of the water. Boil the remainder of the water with the sugar for 5 minutes to make a syrup. Add the tomatoes, the gingerroot, the lemon, and the liquid in which the lemon was cooked. Boil until the tomatoes are clear and the syrup somewhat thick. Remove the scum; then pour the preserves at once into hot sterilized jars and seal.

### *Peach Preserves*

**1 pound sliced under ripe peaches (3 cups)**

**$\frac{1}{4}$  cup water**

**Sugar**

Cook the peaches in the water for about 5 minutes or until barely tender. Keep heat low and watch so the peaches will not scorch. Drain off juice and for each cup of juice add 2 cups of sugar. Boil until sugar spins a thread. Then add the peaches and cook very rapidly for 4 or 5 minutes. Remove from fire, skim if necessary. Let stand in shallow bowl or tray for 24 hours. Pack into jars and seal.

## **MARMALADES**

Marmalades are made from fruits or a combination of fruits often including citrus fruits. The fruit appears in small pieces evenly distributed throughout the clear, transparent jelly-like product.

### *Amber Marmalade*

Select an orange, a grapefruit, and a lemon—each smooth, thick-skinned, and free from blemishes. Remove the peel, slice it very thin, add a quart of cold water, and parboil 5 minutes. Drain off the water, add a quart of fresh water, parboil again, and drain. Add water a third time and parboil.

Cut the fruit pulp into thin slices and remove the seeds and rag. Combine the sliced with the drained parboiled peel. To each pressed measure of this mixture of fruit pulp and parboiled peel, add twice that quantity of water and boil rapidly about 40 minutes. Then weigh or measure this mixture and add to it an equal weight or measure of sugar. Add an eighth of a teaspoon of salt.

Boil the fruit mixture and the sugar rapidly 25 minutes, or until it thickens and becomes amber-colored. Stir the mixture as it cooks down, to prevent scorching. Let the marmalade stand in the

kettle long enough for the shreds of peel to distribute themselves uniformly throughout the jellied juice—that is, until it is slightly cooled. Stir and pour into hot sterilized jars and seal; or pour into hot sterilized jelly glasses and cover with paraffin.

#### *Orange Marmalade*

Use 2 pounds of oranges (about 6 medium sized), 2 quarts of water, 3 pounds of sugar, and one-half teaspoon of salt. Select from the oranges two with clear skins and remove the peel. Slice the peel very thin and cover with water. Boil until tender, adding more water as it boils away. Change the water frequently if the bitter flavor is objectionable.

Peel the other oranges, discarding the peel. Boil the pulp in the 2 quarts of water until very soft and then strain through a bag with pressure. Re-strain without pressure. Mix this juice with the drained peel, the sugar, and the salt, and boil until the jelly stage is reached. Let stand in the kettle until slightly cool, then stir, and pour into hot sterilized jars and seal; or pour into hot sterilized jelly glasses and cover with paraffin.

This method gives a clear jelly with small pieces of peel distributed through it.

#### *JAMS*

Jams are made from crushed fruits mixed with sugar and cooked until of even consistency and thick. Jams are sometimes sieved. Well-ripened, yet sound berries and soft-fleshed fruits like apricots, peaches, and plums make good jam. The standard proportion of sugar varies from  $\frac{3}{4}$  to 1 pound sugar to 1 pound prepared fruit.

#### *Grape Jam*

Use slip-skin grapes as the concord. Wash grapes picked from the stems, press with thumb and forefinger on the grapes, one by one to separate the pulp from the skin. Heat the pulp until it softens and changes color, then with a wooden spoon rub the pulp through a strainer. To the pulp add the skins. (If preferred the uncooked skins may be coarsely chopped or ground). Add sugar to equal the weight of the skins and pulp. Mix thoroughly and let cook until it shows a jam test.

#### *Blackberry Or Other Berry Jam*

Wash the berries carefully, drain, and remove the caps and stems. To each pound of the prepared fruit allow an equal weight of sugar. Crush the berries and bring slowly to boiling, stirring constantly. Add the sugar and boil until the fruit mixture has thickened to jelly like consistency. Stir throughout the cooking. Pour into hot sterilized jars and seal.

If the seeds in blackberries and black raspberries are objectionable, boil the fruit for a few minutes, then put through a fine sieve to remove the seeds before weighing the fruit and adding the sugar.

#### *Pear Honey*

**3 pounds ripe pears (9 cups)**    **Grated rind and juice of 1**  
**1 cup diced pineapple**        **fresh lemon or lime.**  
**5 cups sugar**                    **1 teaspoon ginger**

Wash, pare and core pears; slice before measuring, run through a food chopper using fine blade.

Dice pineapple fine and combine with the pears. Add grated lime or lemon rind and juice. Add sugar and cook over slow heat, stirring frequently. Cook for 20 minutes. Pack into sterilized jars and seal while hot.

#### **Variations:**

1. Use orange and nutmeg instead of lemon and ginger.
2. Use canned pears if raw ones are not available.
3. Chopped maraschino cherries may be added for color.

### **CONSERVES**

Conserves are jam like products which contain a mixture of fruits, generally including oranges or lemons and raisins, and often nuts.

#### *Grape Conserve*

Use slip-skin grapes such as the Concord. Wash and drain the grapes and then remove them from the stems. To 4 pounds of the prepared grapes allow 2 pounds of sugar, 1 cup of seedless raisins, 1 orange, 1 cup of nut meats, and 1 teaspoon of salt.

Slip the skins from the grapes and keep them separate from the pulp. Peel the orange and discard the seeds. Chop the orange pulp and peel fine. Also chop the nuts fine.

Boil the grape pulp, stirring constantly, about 10 minutes, or until the seeds show. Press through a sieve to remove the seeds. To the grape pulp add the sugar, the raisins, the orange, and the salt. Boil rapidly, stirring to prevent scorching, until the mixture begins to thicken. Add the grape skins and boil 10 minutes longer or until somewhat thick. Stir in the chopped nuts, pour at once into hot sterilized jelly glasses or glass jars, and seal.

#### *Rhubarb Conserve*

**4 pounds rhubarb**    **1 pound seeded**        **5 pounds sugar**  
**1 lemon**                **raisins**                **2 oranges**

Wash and peel stalks of rhubarb and cut in 1-inch pieces. Put in kettle, sprinkle with sugar, add raisins, and grated rind, and juice of oranges and lemon. Mix, cover, and let stand  $\frac{1}{2}$  hour. Bring to boiling point, and let simmer 45 minutes, stirring constantly. Fill jelly glasses with mixture; cool, seal, label, and store.

### *Plum Conserve*

2 pounds plums      1 teaspoon grated      1 cup raisins  
3 cups sugar      orange peel       $\frac{1}{4}$  cup orange juice  
 $\frac{1}{2}$ —1 cup nuts, coarsely chopped

Wash plums, cut in half to remove pits; chop coarsely or if plums are firm, put through food grinder using coarse blade. Weigh fruit. Add orange juice, simmer to get fruit tender before adding remaining ingredients. Add remaining ingredients, except nuts.\* Bring to a boil, cook rapidly, stirring frequently, until as thick as desired. Add nuts during last 5 minutes of cooking. Pour into hot sterilized jars and seal or cover with paraffin.

**\*When using nuts in fruit spreads the hot water treatment is advised. Pouring boiling water over the nuts, allow to set 10 to 15 minutes, then drain off water. This aids in removing some of the tannin-like material from the nuts so that the flavor remains sweet and mild.**

### *Tomato Conserve*

Two quarts chopped tomatoes, 1 orange, 2 lemons (juice), 8 cups sugar, 2 cups seedless raisins, 1 cup pecan meats and 1 to 4 teaspoons salt.

Scald, skin, core and chop sound ripe tomatoes. (Firm canned tomatoes may be used.) Cut orange peel in very thin slices. Cook tomatoes, lemon juice, orange pulp and peel until tomatoes are reduced to pulp. If convenient, let stand overnight. Add sugar and raisins and boil rapidly until thick. Add nuts and salt. Pour hot into hot jars and seal.

### *FRUIT BUTTERS*

Fruit butters are the fruit pulp which has been pressed through a sieve and cooked with sugar until it is of a smooth thick consistency soft enough to spread when cold.

The fruits most commonly used for butters are tart apples, apricots, grapes, peaches, pears, plums, and quinces. Apple butter made with cider has an especially good flavor.

Use only sound, ripe fruit or firm portions of windfalls or culls. Wash the fruit thoroughly and prepare it as follows:

**Apples:** Pare and slice. Use equal measures of fruit and cider, or a 50-50 mixture of cider and water.

**Apricots and peaches:** Scald; remove skins and pits. Crush fruit and cook in own juice.

**Grapes:** Remove from stems, crush, cook in own juice.

**Pears:** Quarter; remove stems but not cores and skins. Add half as much water as fruit.

**Plums:** Crush and cook in own juice.

**Quinces:** Cut into small pieces, and remove blossom ends but leave cores and skins. Add water, using from one-half to equal quantities of water to fruit.

Cook until the fruit is soft, stirring constantly. Press through a colander, then through a fine sieve to remove all fibrous material and give a smooth consistency. The quantity of sugar varies according to taste, but the usual proportion is half as much sugar as fruit pulp. Add one-fourth to one-half teaspoon of salt to each gallon of butter. Boil rapidly and stir constantly to prevent burning.

As the butter cooks down and becomes thicker reduce the heat to prevent spattering. When the butter is thick, test by pouring a small quantity on a cold plate. Cook until no rim of liquid separates around the edge of the butter.

Stir in spices as desired; for example, 1 to 2 teaspoons of mixed ground spices to the gallon of butter. Use only fresh spices and just enough to give a delicate flavor without obscuring the natural fruit flavor. Or if a light-colored butter is desired, add whole spices tied loosely in a cheesecloth bag while the butter is cooking.

Pour the butter while boiling hot into sterilized containers and seal.

#### ***JELLIES, JAMS, PRESERVES, WITH LESS SUGAR***

Use  $\frac{3}{4}$  cup sugar to each cup of fruit juice.

Replace up to one-half of the sugar with an equal quantity of honey. Product will take on some of the honey flavor.

Replace up to one-fourth of the sugar with an equal amount of corn syrup.

When using part honey or part corn syrup in jellies, cook the mixture slightly beyond the jelly stage.

#### ***PRESERVING FRUIT AND JUICE FOR LATER USE***

Fruits and Juice may be frozen or canned without sugar and made into jelly or preserves later in the season.



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