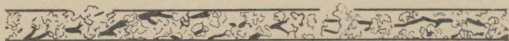


CANNING PRESERVING & JELLY MAKING MADE EASY BY USING A



“Wear-Ever”
ALUMINUM ROASTER
and a
“Wear-Ever”
PRESERVING KETTLE



THE PRINCIPLES OF PRESERVING FOODS

THE secret of canning and preserving lies in thorough sterilization—and heat is the means of sterilization employed.

Each and every piece of fruit should be heated to a temperature of from 150 to 212 degrees F. If the temperature is not high enough or if the heat does not penetrate the whole fruit, parts of the fruit will remain “alive”, will ripen further and thus create a condition favorable to the growth of bacteria, or mould.

Not only is it necessary to thoroughly sterilize the fruit or





vegetables to be canned, but it is quite as important that all the utensils used in the process be sterilized,

Saucepans, spoons, strainers, etc., should be placed in boiling water and allowed to boil for ten or fifteen minutes. Tumblers, bottles, glass jars and covers should be put into cold water, to which may be added a tablespoonful of borax, and heated to the boiling point and then boiled from ten to fifteen minutes. Dip the rubbers in hot water but do not allow them to stand. The jars should be taken out one at a time, filled at once with boiling fruit and sealed immediately.

The kitchen itself should be a model of neatness and cleanliness—the towels used as well as the dress of the worker should be clean.





Utensils Needed for Canning and Preserving

The following is a list of utensils which are useful—some of them indispensable in the art of canning, preserving and jelly making.

- | | |
|------------------------------------------------------------------------------------------------|-------------------------------------------------|
| 2 Preserving Kettles | 1 Pair Scales |
| 1 Colander | 1 Wire Sieve |
| 1 Fine Strainer | 4 Long-handled Wooden Spoons |
| 1 Skimmer | 1 Wooden Masher |
| 1 Ladle | A few large Pans |
| 1 Large-mouthed Funnel | Knives for paring fruit (plated are preferable) |
| 1 "Wear-Ever" Roaster or Flat-bottomed Boiler and a wooden or willow rack for bottom of boiler | Jars |
| 1 Wire Frying Basket | Rubbers |
| 2 Qt. or Pint Measures | Tumblers |
| | Covers for Jelly Glasses |
| | Straining Bag |

Ordinary kitchen pans will answer for holding and washing the fruit. Mixing bowls and crocks can be used for holding the juice and pared fruit.

Iron or tin utensils never should be used. The fruit acids attack these metals and give the fruit a bad color or metallic taste—or both.

Because of the peculiar qualities of the metal, aluminum utensils are to be recommended for the purpose of preserving fruits.

"Wear-Ever" aluminum utensils are stamped from thick, hard sheet aluminum. There is no coating to chip off, the metal is not attacked by fruit or food acids, absolutely no poisonous compounds can be formed and the metal will not discolor the most delicate foods.





Selection and Preparation of the Fruit

It, of course, goes without saying that the "best is not too good for canning". This does not mean that fruits which are not perfect cannot be used. Jams, jellies and marmalades may be made from the fruits which are somewhat inferior.

Prepare at one time only the quantity of fruit that can be taken care of before it becomes discolored.

A plated paring knife is to be preferred because a steel knife will discolor the fruit. For peaches it is well to have two knives, one with which to pare the fruit and another with which to cut the peach and remove the stone, as contact with the stones soon takes the sharp edge from the paring knife. The quickest and easiest way to peel peaches is to fill a wire frying basket with peaches, lower it into a kettle of boiling water and at the end of three minutes lift the basket out and plunge it for a moment into a pan of cold water. Let the peaches drain a minute, then peel. Plums and tomatoes may be peeled in the same manner.

In canning peaches, for the sake of flavor a few stones may be put into each jar.

Canning Fruit

There are several methods of canning fruit, and while the principle is the same in all methods, the conditions under which the housekeeper must do her work may, in her case, make one method more convenient than another. For this reason three methods will be given. These are: Steaming the fruit in jars in boiling water; cooking the fruit in jars in the oven; and stewing the fruit before it is put into the jars.





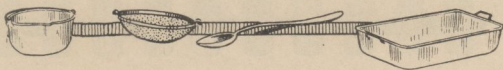
Since the easiest way is the best way we will describe it first:

FRUIT STEAMED IN JARS IN BOILING WATER: Prepare the fruit to be canned. Make by boiling together sugar and water a syrup suitable for use with the fruit. (See table page 7.)

Fill the sterilized jars with fruit, but do not pack too tight; fill full of hot syrup and put covers on loosely. Place the rack in the bottom pan of the **“Wear-Ever”** Roaster, put in enough warm water to come about four inches above the rack and place the filled jars in the roaster, but do not allow them to touch one another. Cover the roaster and let the fruit steam from ten to thirty minutes, depending on the kind of fruit being canned, from the time the water surrounding the jars begins to boil. When the fruit has steamed the required time, draw the roaster back, remove cover and when the steam has passed off take the jars out one at a time, stand in a shallow pan of boiling water beside the roaster and fill to overflowing with boiling syrup. Run the blade of a silver knife around the inside of the jar to break any bubbles and seal immediately. If jars with screw covers are used do not screw the cover on too tight at first as there is danger of breaking the jar. Do not place jars in draft of air. When the glass has cooled screw the covers on tight.

CANNED FRUIT COOKED IN OVEN: Prepare the fruit as directed for steaming in the **“Wear-Ever”** Roaster. Cover the bottom of the oven with a sheet of asbestos—the kind plumbers use in covering pipes. If asbestos is not available, put into the oven shallow pans in which there are about two inches of boiling water. Place the jars in the oven either on the asbestos or in the pans of water. The





oven should be moderately hot. The fruit should remain in the oven from ten to twenty-five minutes, depending on the kind of fruit being canned. Remove jars from the oven, fill full of boiling syrup, wipe and seal immediately. Do not place jars in a draft of air. If screw covers are used tighten them after the glass has cooled.

CANNED FRUIT COOKED IN PRESERVING KETTLE: This method of canning fruit is very simple. Place the fruit with the amount of sugar and water required in a “**Wear-Ever**” Preserving Kettle, bring slowly to the boiling point and boil the required length of time—the time varying with the kind of fruit to be canned. When cooked, fill into sterilized jars and seal. A syrup may be made of sugar and water, the fruit placed in the preserving kettle, covered with syrup and cooked the required time.

The following table may be of service in determining the density of syrup to be used with various fruits. Use granulated sugar:

One pint sugar and one-fourth pint of water make a syrup suitable for preserving strawberries and cherries.

One pint sugar and one-half pint of water make a less heavy syrup.

One pint sugar and three-fourths pint of water make a syrup suitable for preserving peaches, plums, quinces, currants, etc. The preceding syrup may be used for these same fruits.

One pint sugar and one pint of water make a syrup to be used with acid fruits.

Light syrups made of one pint of sugar and one and one-half or two pints of water may be used for canning pears, peaches, sweet plums and cherries, raspberries, blueberries and blackberries.





CANNING

Canned Peaches

Pare peaches and put into jars. For each pint jar take half a cup of water and a cup of sugar. Make a syrup of the sugar and water and fill the jars full. Fasten the covers loosely and set in the **“Wear-Ever”** Roaster, filling the lower half of the roaster half full of water, cover and let come to a boil. Boil ten or twelve minutes. Take out the jars one at a time. Fill each to the top with boiling syrup and seal. You will have peaches perfect in shape and color and you will use less time and fuel. Try peaches canned in this way and you never again will cook them in the old fashioned way because they will taste so much better cooked in jars.





Canned Pineapple

Remove skin and eyes from pineapples. Cut in small cubes or shred with a silver fork, discarding the core. Allow one-half as much sugar as the weight of the pineapple and $2\frac{1}{2}$ to 3 cups of water to each pound of sugar. Boil sugar and water ten minutes to make a thin syrup. Put the pineapple in the jars, fill the jars with syrup, adjust covers loosely, place jars in **“Wear-Ever”** Roaster half full of water and steam for 30 minutes. Take the jars out one at a time and follow directions for canning peaches. This is an easy way to can pineapples and they will taste more delicious than if prepared in the old-fashioned way. It can be done right only in the **“Wear-Ever”** Roaster.

Canned Pears


Wipe and pare the fruit, cut in halves and core. Fill jars with fruit and follow directions as for canning peaches, allowing about 20 minutes for steaming. A few slices of lemon or a small piece of ginger root may be cooked with the syrup. Bartlett pears are best for canning.

Canned Raspberries

12 quarts raspberries 2 quarts sugar

Make a syrup by boiling together for ten minutes two quarts of sugar and three quarts of water. Fill sterilized jars with berries, cover berries with syrup, place in **“Wear-Ever”** Roaster and steam for ten minutes after the water around the jars has reached the boiling point; or, if you prefer, put two quarts of the fruit into the **“Wear-Ever”** Preserving Kettle, heat slowly, crush with a wooden vegetable masher, spread a square of cheesecloth over a bowl, and turn the crushed berries and juice into it. Press out the juice and return into the preserving kettle. Add





the sugar and place on the stove; stir until the sugar is dissolved. When the syrup begins to boil add the remaining 10 quarts of berries. Let them heat slowly, boil ten minutes counting from the time they begin to bubble. Skim well while boiling. Put in sterilized jars and seal.

Canned Grapes

6 quarts grapes 1 quart sugar $\frac{1}{4}$ pint water

Squeeze the pulp of the grapes out of the skins. Cook the pulp five minutes and then rub through a sieve that is fine enough to retain the seeds. Put the water, skins and pulp into the preserving kettle and heat slowly to the boiling point. Skim the fruit, add sugar and boil fifteen minutes. Put into jars and seal.

Canned Rhubarb

Pare rhubarb and cut in one-inch pieces. Pack the jar, put under cold water faucet and let water run 20 minutes. Then screw on cover. Rhubarb canned in this way has often been known to keep a year. Or pack the jar with rhubarb, fill with cold water and let stand 10 minutes. Drain off the water and once more fill to overflowing with fresh cold water; and seal.

Canned Whole Tomatoes

Use 8 quarts of medium sized whole tomatoes and 4 quarts of sliced tomatoes. Prepare the sliced tomatoes as for stewed tomatoes. Boil 20 minutes. Rub through a strainer and return to fire. Now pare the whole tomatoes and put into sterilized jars. Pour over them the stewed and strained tomatoes until the jar is full. Put the uncovered jars in the **"Wear-Ever"** Roaster and steam for half an hour. Remove, fill to overflowing with boiling hot strained tomatoes and seal. Any strained tomatoes left over may be canned for sauces.



PRESERVING

Preserving fruit is cooking it with from three-fourths to its whole weight of sugar. You must expect that this large quantity of sugar will destroy much of the natural flavor of the fruit and make it very sweet.

For preserving use either glass or stone jars with covers that screw on. And use the

“Wear-Ever” Preserving Kettle

Aluminum is purer, cleaner, safer than any other ware—especially for cooking fruits. Aluminum cannot chip, cannot rust and cannot form poisonous compounds with the acids in fruit.





Strawberry Preserves

Pick over, wash, drain and hull the strawberries; then weigh. Make a syrup by boiling three-fourths their weight in sugar with water, allowing one cup of water to each pound of sugar. Cook syrup for fifteen minutes. Fill glass jars with berries. Add syrup to overflow jars. Let stand 15 minutes, when fruit will have shrunk and more fruit must be added to fill jars. Screw on covers and set in **"Wear-Ever"** Roaster half filled with water. Heat water to boiling point and keep just below boiling point one hour. Remove jars from roaster, set out of draft of air and when glass has cooled tighten covers. Raspberries may be preserved in the same way.

Raspberry and Currant Preserves

6 lbs. currants 6 lbs. sugar
8 qts. raspberries

Pick over, wash and drain currants. Put into **"Wear-Ever"** Preserving Kettle, adding a few at a time, and mash. Cook one hour. Strain through double thickness of cheesecloth. Return to kettle, add sugar, heat to boiling point and cook slowly 20 minutes. When syrup again reaches the boiling point add one quart of raspberries. Skim out raspberries, put in jar and repeat until raspberries are used. Fill jars to overflowing with syrup and screw on covers.

Preserved Plums

Wash the plums, cut a small piece off the blossom end, and place the fruit in jars. Make a syrup by boiling together three cupfuls of sugar and one and one-half cupfuls of water—until it is rich and thick. Pour the syrup over the fruit in the jars, adjust covers slightly and steam in the **"Wear-Ever"**





Roaster until the plums are tender or the skins burst slightly.

Peach Preserves

Pare the peaches and remove stones. For each pound of peaches allow one pound of best granulated sugar and about six kernels taken from the peach stones. In the "**Wear-Ever**" Preserving Kettle put a layer of peaches, then a layer of sugar, and so on until peaches and sugar are used. Cover and let stand over night. In the morning add the peach kernels, bring to the boiling point and cook slowly until the peaches are tender and clear. Put the peaches carefully into glass jars or tumblers. When cool pour over the syrup, cover and keep in a cool place.

Apricots and pears may be preserved in the same way.

Spiced Peaches

1/2 peck peaches	1 pint vinegar
2 lbs. brown sugar	1 oz. stick cinnamon
	white cloves

Boil sugar, vinegar and cinnamon 20 minutes. Dip peaches quickly into hot water and rub with towel to remove fur. Stick four cloves in each peach, put into jars with syrup, set in the "**Wear-Ever**" Roaster half filled with water and let boil until peaches are soft. Peaches spiced in this way retain their full delicate flavor, and they are much easier to prepare.

Spiced Pears

Follow recipe for Spiced Peaches, using pears in place of peaches.

Preserved Melon Rind

Pare and cut in strips the rind of ripe melons. Cover with water in which has been dissolved two





teaspoons powdered alum to each quart of water. Heat gradually to boiling point and cook slowly for ten minutes. Drain, cover with ice-water and let stand two hours. Then drain again and dry between towels. Weigh, allowing one pound of sugar to each pound of fruit, and one cup water to each pound of sugar. Boil sugar and water ten minutes. Add melon rind and cook until tender. Fill into stone jars and cover. It will improve the flavor to cut two lemons in slices and cook in the syrup.

Tomato Preserves

- | | |
|---------------------------------|----------------------------------|
| 1 lb. yellow pear to-
matoes | 2 oz. preserved Canton
ginger |
| 1 lb. sugar | 2 lemons |

Wipe tomatoes, cover with boiling water and let stand until skins are easily removed. Add sugar to tomatoes, cover and let stand over night. In the morning pour off syrup and boil in the **“Wear-Ever”** Preserving Kettle until quite thick. Skim, then add tomatoes, ginger and sliced lemon from which the seeds have been removed. Cook until tomatoes become clear.

Red Raspberry and Rhubarb Preserves

- | | |
|-----------------------|----------------|
| 1 cup red raspberries | 2 cups rhubarb |
| 3 cups sugar | |

Use no water. Cook until almost done before adding sugar.





JELLY MAKING

Jellies are made of cooked fruit juice and sugar. In nearly all cases the proportions are equal. An acid fruit is the most desirable for jelly making; and the fruit should not be too ripe, inasmuch as a fruit that is fully ripe has lost to a great extent its jelly making properties.

The best fruits for jellies are: Currants, crab apples, apples, quinces, grapes, blackberries, raspberries, peaches.

Jelly will be clearer and finer if the fruit is simmered gently and not stirred during the cooking.

For jelly making you need jelly glasses, a jelly bag, a large spoon or ladle, a pint or quart measure, paraffine and a **“Wear-Ever”** Preserving Kettle.

TO PREPARE GLASSES FOR JELLY: Wash the glasses and put into a kettle of cold water, bring





to the boiling point and boil for five minutes. Remove the glasses and drain. While filling glasses place them on a cloth wrung out of hot water, or stand them in a shallow pan containing very hot water.

TO MAKE A JELLY BAG: Place together the two opposite corners of a piece of cotton or wool flannel $\frac{3}{4}$ yard long. Sew up in the form of a cornucopia, rounding at the end. Bind the seam and top with tape to make more secure. Finish with two or three heavy loops by which it may be hung.

TO COVER JELLY GLASSES: After the jelly has become "set" pour over it melted paraffine and adjust covers. Keep in a cool, dry, dark place.

Currant Jelly

Remove leaves and large stems from the currants; put them into the "**Wear-Ever**" Preserving Kettle; crush a few with a wooden vegetable masher or spoon; heat slowly, stirring frequently.

When the currants are hot, crush them with the vegetable masher. Turn the crushed fruit and juice into the jelly bag and let it drain as long as it drips, but do not use pressure. This clear juice will make the most beautiful jelly. Into another vessel the juice may be pressed from the fruit, which juice will make a less transparent jelly.

Measure the juice, and put into a clean "**Wear-Ever**" Preserving Kettle. For every pint of juice add a pint of granulated sugar. Stir until the sugar is dissolved, then place over the fire; watch closely and when it boils up draw it back and skim; put over the fire again, boil and skim once more; boil and skim a third time; then pour into hot jelly glasses and set on a board. Place the board in a





sunny window in a room where there is no dust. As soon as the jelly is set, cover with paraffine and adjust covers.

Apple Jelly

Wipe apples, remove stem and blossom end. Cut in quarters and put into a **“Wear-Ever”** Preserving Kettle. Add cold water until apples are nearly covered. Place cover on kettle and cook slowly until apples are soft; mash and pour into jelly bag. Allow juice to drip through the jelly bag without squeezing—otherwise jelly will be cloudy. Boil the juice 20 minutes and add an equal quantity of heated sugar. Boil five minutes more, skim and pour into glasses. Put in a sunny window and let stand 24 hours. Cover and keep in a cool place. To heat sugar: Put into a **“Wear-Ever”** pan, place in oven, leaving door ajar, and stir occasionally.

Quince Jelly

Follow recipe for apple jelly, using quinces in place of apples and removing seeds from fruit. Many people use quince parings for jelly—the better part of the fruit being used for canning.

Grape Jelly

Pick over the grapes, wash and remove stems before putting into the **“Wear-Ever”** Preserving Kettle. Heat to boiling point, mash and boil slowly for 30 minutes. Strain through a coarse strainer then allow juice to drip through a jelly bag. Measure juice, bring to the boiling point and boil five minutes. Add an equal amount of heated sugar, boil 3 minutes, skim and pour into glasses. Place in a sunny window and let stand 24 hours. Cover with melted paraffine, keep in a dry, cool place. Wild grapes are excellent for jelly.





Plum Jelly

Wipe and pick over damson plums. Prick several times with silver fork or nut pick. Make same as grape jelly, using $\frac{3}{4}$ as much sugar as fruit juice.

JAMS

Raspberries, blackberries and huckleberries are the fruits most often used in making jams and require equal weight of sugar and fruit.

Raspberry Jam

Pick over raspberries. Mash a few in the bottom of the **“Wear-Ever”** Preserving Kettle, using a wooden vegetable masher. Continue until all the fruit is mashed. Heat slowly to boiling point and add gradually an equal quantity of heated sugar. Cook slowly 45 minutes. Put in stone jar or tumblers.

Blackberry Jam

Follow recipe for raspberry jam, using blackberries in place of raspberries.

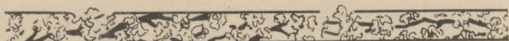
Huckleberry Jam

Follow recipe for raspberry jam, using huckleberries in place of raspberries.

Grape Jam

Pick grapes from stems, wash and squeeze out the pulp. Put the pulp into the **“Wear-Ever”** Preserving Kettle and bring to the boiling point. Press through colander to remove seeds, then add the skins and measure. For every quart of fruit allow one pound of sugar. Put the fruit and the sugar into the **“Wear-Ever”** Preserving Kettle and boil for twenty minutes. Pour into tumblers and seal. Keep in a cool place.





MARMALADES

Marmalades are made of the pulp and juice of fruits with sugar.

Grape Marmalade

Pick over, wash, drain and remove the stems from grapes. Separate pulps from skins. Put pulp into the **“Wear-Ever”** Preserving Kettle; heat to boiling point and cook slowly until seeds separate from pulp. Rub through sieve and return to kettle with skins. Add an equal amount of sugar, and cook slowly 30 minutes, occasionally stirring to prevent burning. Put into a stone jar or tumblers.

Orange Marmalade

Select sour, smooth-skinned oranges. Weigh the oranges and allow three-fourths their weight in lump sugar. Peel oranges and cut into quarters. Put orange peel into water and boil until soft. Drain, remove white parts from peel by scraping with a spoon. Cut thin yellow rind in strips, using a pair of scissors. Remove seeds from oranges. Put into **“Wear-Ever”** Preserving Kettle and heat to boiling point. Add sugar gradually and cook slowly one hour; add rind, and cook one hour longer. Pour into glasses.

Orange and Rhubarb Marmalade

Peel and quarter eight oranges and prepare as for orange marmalade. Divide oranges into sections, remove seeds and tough parts of skins. Put into **“Wear-Ever”** Preserving Kettle with five pounds of rhubarb which has been skinned and cut into half-inch pieces. Heat to boiling point and boil half an hour. Add four pounds of lump sugar and cut orange rind. Cook slowly two hours.





Currant Conserve

Take five pounds of ripe currants, two pounds of seeded raisins, two pounds of rhubarb—peeled and cut into inch pieces—and seven pounds of sugar. Cook together gently for 45 minutes, pour into jars or tumblers and seal.

Grape Conserve

1 basket of grapes 2 oranges
1 pound seeded raisins 1 pound English walnuts

Pick, wash and pulp the grapes, boil the pulp and put through sieve. Peel the oranges, grind the peel—and use only the meat or pulp of each section of orange. Grind or chop the nuts to about the size of grape seeds. (If large raisins are used cut or chop.) Mix together, using the grape skins as well. To every quart of the fruit mixture allow one quart of sugar, boil 20 minutes. Pour into jars or tumblers and seal.

Peach-Plum Marmalade

Six pounds pared peaches, cut small and cooked three-quarters of an hour with 5 pounds sugar (granulated) without any water. Add six pounds green gage plums with seeds and 5 pounds more of sugar and cook half hour longer.





The Superiority of “Wear-Ever” Aluminum Utensils

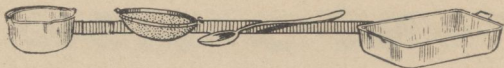
will impress itself upon you—once you have used them. They cannot rust—there are no joints, seams or soldered parts in which dirt may collect—they cannot chip or scale—are pure and safe. There is little danger of food burning, and even though an accident should happen the utensil can be cleaned without injury.

Because aluminum stores up so much heat, a large amount of heat should be applied to a “**Wear-Ever**” utensil when it is first placed over the fire in order to “fill” the utensil with heat. As soon as the utensil is heated throughout, however, the amount of heat should be reduced. Thus you save time and fuel.

Be sure always to look for the “**Wear-Ever**” trade mark—on the bottom of every utensil; and just as there are different kinds of enamel utensils on the market so also there are different kinds of aluminum utensils.

Besides the responsibility of the man who sells you utensils bearing the “**Wear-Ever**” trade mark, is the responsibility of the many magazines in which it has been advertised, as well as the responsibility of the manufacturer who makes them.





A HALF DOZEN “DONT’S”

DON'T use more heat than is necessary to cook food thoroughly. Save one-third your fuel bill.

DON'T scrape an aluminum utensil with a knife. Use a wooden spoon or clothespin, and thereby preserve the smooth surface of the utensil.

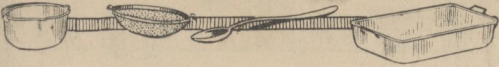
DON'T put soda, ashes, lye, washing powders or soaps containing alkalis in aluminum utensils.

DON'T fail to clean aluminum utensils thoroughly as soon as burned or discolored. By so doing unnecessary labor will be saved.

DON'T expect too much of aluminum utensils. Use them well and they will serve you well and long.

DON'T forget that the **“Wear-Ever”** trade mark is your guarantee of safety, saving and service.





WEAR EVER



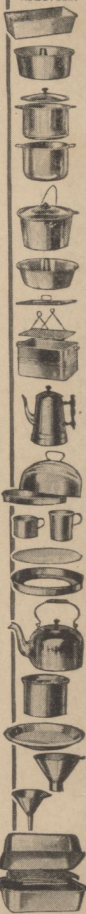
TRADE MARK



WEAR EVER



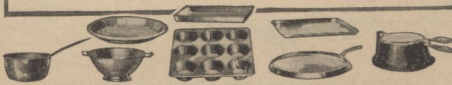
TRADE MARK



WEAR EVER



TRADE MARK



WEAR EVER



TRADE MARK