

## MORE PRESERVING

### Screw Top Jars Not Indispensable

**T**HE question of obtaining supplies of jars and bottles in which to store our preserved fruits and vegetables, as well as jam, jelly, and pickles, has caused a little anxiety this year; especially if we are looking for "luxury" bottles with clamp tops. There is no need at all to worry; for any jars at all, and even golden syrup tins, may be used quite successfully, provided that they are clean and not bent, or chipped or cracked; that you sterilise the fruit properly; and that you make the jars perfectly airtight. A very safe way to do this is to pour about half an inch of hot wax (any one of the special things sold for this purpose) over the boiling hot preserve; and then make assurance doubly sure by pasting two or three thicknesses of thick paper over this again, letting the paper come well down the outside of the jar. Flour and water paste is quite satisfactory.

If you have the screw lid jars, without rubbers, often sold with sweets or jam in them, you may run some of the wax round the inside of this sterilised screw lid before putting it over the jam or preserve. When the wax on the lid has set, screw it on tightly, and you will find that the heat of the jar will again melt the wax, and make a perfect seal round the screw.

Paste over with paper, as an extra precaution. If you are using corks to seal pickle jars, or even beer-bottles which you have filled with syrups or sauces, boil the corks to sterilise them, then drop into melted wax, and press them firmly into your filled bottles. Even then, it is safer to paste paper over the tops; or dip the top of the bottle, cork and all, into more wax.

#### Preserved Mushrooms

Wipe the mushrooms, take off the stems, and peel them. Sprinkle with salt, and pack carefully into clean jars—no water. Put on the rubber rings, and put on the lids loosely. Put the jars in a saucepan of water, and make sure that they are standing on a cloth, and that there are wedges of paper or cloth between each bottle, so that they do not touch each other, or the sides of the pan. Put water in the pan to within an inch of the necks of the jars, and sterilise an hour. By this time, they will have shrunk, and have a lot of juice. Fill up the jars one from another, and sterilise again another hour. Screw down airtight immediately.

#### Dried Mushrooms

Mushrooms may also be dried. Spread them on paper and dry in a cool oven, or in the shade on a hot day. Put into

paper bags. When using, soak beforehand.

#### Tomato Puree with Honey

Put as many tomatoes as you intend to use into a saucepan. Add honey in the proportion of two tablespoons honey to each pound of fruit. No salt and no water. Let it boil for twenty minutes, and then fill the preserving jars to overflowing, and screw them down tightly. This is very handy for soups.

#### Preserved Whole Tomatoes

Boil 2oz. salt with two quarts of water for 15 minutes. Let it get quite cold, then pour over the tomatoes previously packed in screw top jars. Put in the oven, first shelf from the bottom, on a piece of sugar bag, and have an oven-slide in on top, to cover. Sterilise until the skin shows signs of cracking, then put on new sterilised rubber rings, and screw the lids on tightly. Invert the bottles to make sure that the seal is perfect.

#### Preserved Whole Tomatoes, Uncooked

Wipe the tomatoes clean and dry, and place in a layer in a large crock. Sprinkle with brown sugar, and a few cloves. Continue so, until the crock is almost filled. Boil equal quantities of vinegar and water. Let get really cold; pour over the tomatoes. Take a piece of flannel, put over the top of the jar, allowing it to dip well into the liquid. This collects any mildew that forms. Cover over with strong brown paper, and tie up with

string. Tomatoes are lovely this way, and can be used whenever needed, provided the flannel is kept dipped in the liquid, to collect the mildew.

#### Bottled Tomato Juice

Wash good tomatoes, cut up coarsely, and simmer gently until tender. Strain. Add salt to taste, bring to boiling point, and turn into sterilised jars, filling to within half an inch of the top. Adjust rubbers and lids, and sterilise in water-bath for five to eight minutes. Screw down tight immediately.

#### To Preserve Berries

Fill the jars with firm berries, and put into the oven until they are well heated. They will have settled down, so fill the jars from another one. Fill to the top then with boiling water, and shake the bottle, or put a spoon handle down to let out the air bubbles. Then screw down tightly, and put away.

#### To Preserve Berry Juices

Crush the fruits and allow to stand a little. Add a very little water, cover, and place on a warm part of the stove to make the juices flow. Remove, and strain through a cloth. Bring to the boil, add ¾lb. sugar to each 1lb. juice. Boil five minutes steadily, and strain through muslin. Bottle while hot. Put one teaspoon of olive oil on top of each bottle—this can be drawn off with cotton wool when needed; but it excludes the air. The second straining may be omitted, if special clearness is not desired.

#### Spiced Fruits

To 2lb. of fruits allow 3lb. of sugar, 2oz. of cloves, 1oz. mustard seed, 2oz. mace, and one gallon of malt vinegar. Simmer all slowly, keeping the fruit whole, for 20 minutes, or until tender. Put into glass jars, and seal.

#### To Preserve Beetroot

Select small, perfect beets, wash them carefully, and cook in boiling water till tender. Drain, and cover with cold water. Rub off the skin, and pack them into jars, and fill up with fresh water, to which a little salt, sugar and vinegar has been added. Adjust the rubbers, screw down the lids slightly, and sterilise for 1½ hours. Screw tight, and keep in a cool place.

#### Pickled Nasturtium Seeds

(1) These are just like capers. Put the green seeds in salt and water for two days. Then put in cold fresh water for one day. Pack into jars, and cover with boiling vinegar, seasoned with mace, peppercorns, and sugar. Cork down.

(2) Another method is to spread the seeds in the sun for two or three days to dry. Then put them in jars, sprinkle with salt, and fill up with boiled vinegar. Seal when cold, and do not use for two months.

#### Picked Cucumbers (Jewish Method)

There are two Jewish methods—here is the first one: Cut off a wee bit of  
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