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# Oregon Agricultural College Extension Service

R. D. HETZEL  
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## BOYS' AND GIRLS' INDUSTRIAL CLUBS.

Oregon Agricultural College, United States Department of Agriculture, and  
State Department of Education, cooperating

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### **CANNING CLUB LESSONS--Div. I** *Nos. 5 to 10 inclusive*

Circular No. 7

Now that you have finished the first four lessons of your canning project, you are being sent all of the instructions (this circular and some Government bulletins) for lessons No. 5 to 10, inclusive, so that you may have them on hand when you need them. Some time between now and Fair time you are to can at least 20 pints of fruit, 20 pints of vegetables, and make 10 glasses of jelly.

You are not expected to can both fruit and vegetables and make jelly every month, but the cards are all alike and you are to fill in the blanks you need.

Remember that it is not always easy to see what the results of our work are going to be and that it always pays to complete whatever we undertake.

I am expecting every one of my girls to keep the promise she made when she enrolled; namely, to send in her final report and exhibit some products at some Fair.

#### JELLY MAKING

Jelly is one of the things that girls and women find somewhat difficult to make successfully because some of the facts necessary to complete success are not generally known.

### *Tests of Good Jelly.*

Good jelly will be clear and transparent.

It will be tender and will cut easily with a spoon but will leave sharp edges.

It will stand alone but quiver.

It will have the characteristic flavor of the fruit from which it is made.

It is not sticky or gummy; not brittle, but will break.

Three things are necessary in the making of good jelly—pectin, acid, and sugar. Of these, the most essential is pectin, as jelly can be made without sugar and with little acid. However, such jelly would be very unpalatable and expensive as it would require a great deal of juice to make a small amount of jelly.

When pectin is lacking in any fruit juice, it can be supplied in either of the following ways:

1. By combining the juice with an equal quantity of apple juice.
2. By adding liquid obtained by boiling the white inner skins of lemons or oranges in water and then straining the liquid. To do this, carefully cut off all the yellow skin from the lemons or oranges, then cut or scrape off the white skin, run this through a meat cutter, cover with water, and simmer for several hours. Strain, and use when needed. With this liquid it is possible to make excellent jelly from peaches, cherries, strawberries, or any fruit usually considered unfit for jelly. Thrifty girls and women will remove this white skin from the fruit used during the winter and will dry it for use when needed.

### *Fruits to Use for Jelly.*

Apple, currant, quince, grape, gooseberries, raspberries, black berries, crab apples.

Wash, and carefully pick over. Do not peel or stem. In the case of the large fruits, cut up.

Add only enough water to the very juicy fruits to keep them from sticking before the juice can start to flowing. 1 cup of water to 4 or 5 cups of fruit will be sufficient. Put enough water on the less juicy fruits barely to cover them. Simmer

until the fruit is soft enough to crush easily. Mash with a well-soaked wooden potato masher. Pour into a jelly bag or a square of two thicknesses of cheesecloth. Hang up to drip. This juice is called the first extraction and you will use this for your finest jelly. Instead of squeezing the bag to get out the rest of the juice, open it and put the pulp into the kettle. Cover with water and simmer again, then pour into the bag and let drip. This will make excellent jelly which will be as clear as that made from the first extraction.

One of the greatest faults in jelly making is using too much sugar.  $\frac{3}{4}$  of a cup of sugar to 1 cup of juice is sufficient.

Heat the juice to the boiling point. Add the sugar, which should be heated in the oven, and boil rapidly until it drops from the spoon in jelly-like lumps. This is called sheeting off and is really a better test than that of putting a drop on a cold plate to "jell" because while the drop is cooling the rest is cooking and may over-cook.

Pour immediately into glasses that have just been taken from boiling hot water. When cool and set, pour hot parafine over the surface, taking care to have the parafine cover every portion. Then tie a piece of paper over the top of the glass or put on the tin lid that sometimes comes with the glasses, label and your jelly is ready to put away. Be careful not to put it in a damp place because it is apt to mold. It is best to store it in a dry, dark place.

#### CANNING OF MEAT AND FISH

Meat and fish are really not at all difficult to can after the principles of all canning have been mastered. Complete sterilization and sealing are absolutely necessary, but so are they in any kind of canning.

It is an economy to can meat or fish when it can be purchased in large quantities for less than it can be bought in small quantities or on the farm when a beef or hog has been butchered.

The meat can be placed in the jars raw and cooked in the jars, or it can be boiled, roasted, or fried, the bones removed, and then packed in the jars and sterilized.

After the jar is packed, proceed as with vegetables, sterilizing three hours in the wash boiler and one and a half hours at 5 pounds pressure or one hour under 10 pounds pressure.

You are not required to can meat, but if you desire to do so, you will find these recipes reliable.

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