

6.—RASPBERRY JAM.

Ingredients.—9 lbs. raspberries. 9 lbs. sugar.

Method.—Place raspberries into well buttered preserving pan, bring slowly to the boil and stir till they are mushy and no lumps. Add heated sugar and bring quickly to boil; boil hard for five minutes, stirring all the time. Remove from stove and stir occasionally, till partly set, then bottle, cover.

7.—BOTTLED RASPBERRIES.—Ready for Dessert.

Select raspberries which are fresh and dry; wash and leave to drain. **Method.**—Fill hot jars with raspberries, shaking the jars in order to obtain a full pack. Make a syrup of 3 breakfastcups of sugar to 2 breakfastcups of water. Pour the boiling syrup over the berries till jars are full. Adjust rubber and lid lightly, and place in oven 270 deg. F. for 20-30 minutes. Then seal.

8.—PEACHES AND NECTARINES.

Wash and dry peaches carefully, then place over steamer for 7 minutes for blanching; remove skins and pack firmly in bottles; cover with boiling syrup, adjust rubber and lids lightly, and place in oven 180 deg. F. for one hour, then seal tightly.

9.—PEARS.

Peel the fruit with a sharp knife, cut in halves or if very large, cut into quarters. It is advisable also to take out a little of the hard core. Drop the peeled pears into slightly salted water until ready to fill the jars. This saves discoloration. Pack the fruit as closely as possible into bottles and cover with syrup (1 cup sugar to 3 cups water). Adjust rubber and lid lightly. Place in steriliser and bring slowly up to 200 degrees, then allow temperature to fall to 180 degrees, and maintain as near as possible for 2½ hours.

If desired, can be done in oven 260 deg. F. for 1-1½ hours.

10.—APPLES.

Peel the apples, core and slice them, and pack as closely as possible in the bottles. Fill the bottles with syrup and adjust rubber ring, and screw lid lightly. Put in steriliser

and bring to 160 degrees, and maintain as near as possible for 2½ hours.

11.—TOMATO PUREE.

Wash and dry tomatoes thoroughly; place on oven slides and cook till very soft and skins shrivel. Remove from oven. Press through a wire sieve until only skins and seeds remain. Bring pulp to boil and bottle immediately in previously heated bottles. Fill to overflowing and screw tightly.

12.—BOTTLED TOMATO JUICE.

For the best product, select tomatoes which are ripe and of good colour. Wash thoroughly. Cut up coarsely and simmer gently until very tender. Strain. Add salt to taste, bring to boiling point and turn into sterilised jars, to fill within a half-inch of the top. Adjust new rubber jar rings, dipped in boiling water; add sterilised covers and tighten the seal. If using screw-top jars, loosen seal a half-turn—release the second spring, if using jars which seal with a spring. Place on rack in a deep pan of water which is at the same temperature as the jars; be sure that water comes up to one inch from top of jar, and not touching each other. Bring to boil and boil for 5 to 8 minutes. When processing is complete, remove from pan and tighten seal. If preferred, processing may be done in a very slow oven, 260 deg.—Regulo No. 1 for Champion Cooker, and No. ½ for New World—allow 40 minutes of oven-processing.

13.—PRESERVING OF WHOLE TOMATOES.

Select firm and not too ripe. Prick tomatoes, using a sharp fork. Place tomatoes on a flat tray. Cook in a moderate oven until tomatoes are just soft. Lift carefully into well heated jars. Pour slightly salted boiling water into jars to fill jars to overflowing. Seal each jar immediately. Test seal when tomatoes are cold.

Another Simple Method for Tomatoes.—Grade and select firm tomatoes, prick with fork. Place into jars, pour boiling salted water to within half an inch of top of jar. Adjust rings and caps. Sterilise in oven with Regulo at No. 1 Champion Cooker; No. ½ for New World Cooker. Time 40 minutes to 1 hour, till skin just cracks. Seal each jar immediately.

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