



FRUIT Juices

★ Fruit juices add variety to the winter diet and are a rich source of vitamins. Fruit juices should form an important part of our canning because of their many uses for desserts and drinks.

APPLE CIDER

USE fresh cider that is made from sound sweet apples. Pour the cider into a kettle and heat steaming hot (do not boil), skim. Pour into clean KERR

Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

APRICOT NECTAR

SELECT sound, ripe fruit. Wash fruit well. Crush, and for each pound (3 cups, sliced) of apricots add 2 cups of water. Heat slowly to simmering point. Press through colander, then through fine sieve. Bring the juice to simmering point and add 2 cups sugar for each pound fresh apricots used. Stir until sugar is well dissolved. Pour into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

BLACKBERRY CORDIAL

SELECT large ripe blackberries. Mash and strain through coarse cheesecloth without heating them. To every quart of juice add 2 cups of sugar. Tie in thick muslin bag $4\frac{1}{2}$ teaspoons of grated nutmeg, 1 tablespoon whole cinnamon, 1 tablespoon whole cloves and 1 small piece of mace. Boil juice and spices slowly for 25 minutes. Remove spice bag and stir in 4 tablespoons vanilla extract. Pour into sterilized KERR Jars to within $\frac{1}{2}$ inch of top of jar, and seal.

CRANBERRY JUICE

BOIL 4 cups cranberries in 4 cups water for about 15 minutes. Strain juice through cheesecloth bag. Do not squeeze bag. Put juice in kettle, add $\frac{3}{4}$ cup sugar, stir well and bring to boiling point. Pour into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

FRUIT JUICES (LEFT FROM CANNING)

ALL kinds of fruit juices may be preserved by pouring the boiling hot surplus juice left over from your regular canning into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8. (These juices form excellent beverages combined with lemon or orange juice.)

FRUIT JUICES

THE juices of such fruits as blackberries, cherries, currants, elderberries, raspberries and strawberries may be canned. The flavor of these juices is better if the fruits are cooked and the juice pressed out. Select sound, ripe fruit. Crush, add small amount of water, and heat slowly to simmering point. Strain through a double thickness of cheesecloth. The addition of sugar will give a better flavor. If desired, add 1 cup of sugar to one gallon of juice. Bring juice to simmering point and pour into clean KERR Jars, to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8.

FRUIT SYRUPS

SAME as fruit juices except that there must be at least as much sugar as fruit juice.



GRAPE JUICE

WASH sound ripe grapes. Cover them with water and heat slowly to simmering. Do not boil. Cook slowly until the fruit is very soft, then strain through a bag and add $\frac{1}{2}$ cup of sugar to each quart of the juice. Pour into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8. If only enough water is added to start the grapes to cooking and the sugar omitted from this recipe, the juice may be used to make grape jelly when jars are opened.

QUICK GRAPE JUICE

WASH one cup grapes, put into clean KERR quart jar, add $\frac{1}{2}$ cup sugar, fill to within $\frac{1}{2}$ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

GRAPEFRUIT JUICE

TO OBTAIN good quality in the canned juice, use only freshly picked, tree-ripened fruit. Ream the juice from the fruit by using a cone shaped juice extractor. This will help to keep rag, cell tissue and oil out of the juice. These will affect the color and flavor of the canned juice. After extraction, the juice must not be allowed to stand exposed to the air. The entire procedure from extraction of the juice to processing must be carried on without delay.

Wash the grapefruit, cut in half and extract the juice. Strain out seed and coarse pulp. Work rapidly to avoid exposure to air. Pour into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process in water bath for 20 minutes at simmering temperature.

PEACH NECTAR

SELECT sound, ripe fruit. Peel and crush. Combine 4 cups of fruit with 4 cups of water and heat slowly to simmering. Press through colander, then through fine sieve. To each cup of the fruit pulp and juice, add $\frac{1}{2}$ cup of sugar. Bring to simmering temperature. Stir until sugar is well dissolved. Pour into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

PEAR NECTAR

SELECT sound, ripe fruit. Peel and core. Crush pears and combine 4 cups of fruit with 3 cups water. Heat slowly to simmering and press through colander, then through fine sieve. To each 2 cups of fruit pulp add $\frac{3}{4}$ cup of sugar and juice of $\frac{1}{2}$ lemon, bring to simmering temperature. Pour into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

PINEAPPLE JUICE

REMOVE peel from 1 large pineapple, grind, put into kettle with water to barely cover and boil rapidly 10 minutes. Strain juice through cheesecloth bag. Pour juice into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing the band tight. Process according to time table for fruit juices, page 8.

TOMATO JUICE

SELECT firm, ripe tomatoes. Wash, scald, peel and drain. Cut in sections. Simmer until softened. Stir occasionally to prevent burning. Put through sieve fine enough to remove seeds. Bring juice to boiling and pour immediately into clean KERR Jars, filling to within $\frac{1}{4}$ inch of top of jar. Put on cap, screwing the band tight. Process in water bath, 10 minutes.