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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

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Friday, June 12, 1942  
U. S. Department of Agriculture

SUBJECT: "CAN AND SAVE FRUIT AND SUGAR." Information from the Office of Information of the U. S. Department of Agriculture.

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The conversation today is for the home canner. It's about your part in saving food in these serious times. It's about what you can do to help feed your country and your country's allies. And it's about how to can and still help conserve the Nation's food supply.

Here are 3 ways your home canning of fruit this summer must help. First, your fruit canning must help save the Nation's fruit crop. No fruit must go to waste this year. Fruit is an important food. And food is an important weapon of war. Second, your fruit canning must help feed not just your family but your whole country and our allies. How? This way: Every jar of home-canned fruit leaves a can of commercially packed fruit for our armed forces and our allies. Every jar of fruit put up at home leaves a little more freight space to carry war materials. The third way your fruit canning this year must help is by conserving the sugar supply. Our Nation's supply of sugar must have careful use. Submarine warfare and the need for ships to carry war materials mean that much less sugar will come into the country. And remember -- every boatload of sugar shipped in endangers the lives of American seamen. So ask for only as much as you really need.

You will get one pound of sugar for every 4 quarts of finished fruit you are putting up. You may can as much fruit as your family needs. And you may have an extra pound of sugar for each person in your family to make a small supply of jams, jellies and fruit butters.

How do you get this sugar for canning? You apply to your Rationing Board for a certificate for sugar for home canning. With this certificate you can buy sugar



at any store. Under special circumstances and at the discretion of the local Rationing Board, you may apply for sugar by mail.

When you go to your Rationing Board to ask for sugar for canning, you want to be ready with the answers to 3 questions they'll ask you. First, they'll ask, how many quarts of fruit you canned last year. Second, they'll ask, how many quarts of fruit you plan to can this year. Third, they'll ask, how many quarts of last year's fruit you still have on your pantry shelf.

You'll save time and trouble if you figure out the answers to these 3 questions and have them all written down before you ask for sugar for canning.

And one other point: Be sure to keep a record of the fruit you can with your rationed sugar. Your Rationing Board will ask for that record when you apply for more sugar.

So much for getting that sugar for canning. Now about planning your canning. For accurate planning you need to know how much a bushel or peck of the different fruits weighs, and what amounts of fruit will make one quart canned. No use trying to carry these figures in your head. You need them in a little printed chart to refer to-- a chart to have on hand in your kitchen. The Government has just published a leaflet containing these charts and a copy is yours for the asking. But more about that in a moment.

You also need to consider canning equipment when you make your plans for canning. This year stores should still have adequate supplies of glass jars, tin cans, jar rubbers and closures. You should also get out and put to use all good canning equipment packed away in the attic, the basement or high shelves and closets. Make the best possible use of your equipment. Be sure to fill it with good food properly canned, or give it to someone who will use it properly.

Now to remind you of a few ways to stretch your sugar in canning. One way is to add just a small amount of sugar to the juice of the fruit, and then substitute that slightly sweetened juice for the usual plain sugar sirup. Fruits



naturally contain a great deal of water. You can make best use of your sugar by sweetening the fruit juice rather than by adding more water in the form of sirup.

Another way to stretch sugar is to heat the slightly sweetened fruit carefully in a saucepan. This will draw out the juice, shrink the fruit, drive out air, and make it possible to put generous amounts of fruit in each jar. Be sure there is enough juice to cover the fruit completely.

You can call on honey to help you save sugar. You can substitute honey for as much as half the sugar called for in canning. That is, you can use half honey and half sugar, but no more honey than this because it will mask the fruit flavor. You can use corn sirup also for part of the sugar. Use one-third corn sirup with two-thirds sugar.

Finally, you can save fruit and sugar both by putting up fruit juice. The sugar rations for canning don't allow sugar for fruit juices. But you can bottle fruit juice or put it up in jars with little or no sugar. If you mix the juice of a very sweet fruit with the juice of a tart fruit, the result will be sweet enough with no extra sugar. Fruit for juice is processed at simmering rather than at boiling temperature to keep the natural fruit flavor.

And now here's news of that free leaflet to help you make the most of your canning sugar and also of the nation's fruit crop. Write to the U.S. Department of Agriculture, Washington, D.C. for a copy of "Sugar for Wartime Canning." Or ask the home demonstration agent in your county for a copy. These leaflets are free. They are printed to help you help your country by canning fruit and conserving sugar.

The first part of the report deals with the general situation of the country and the progress of the work done during the year. It is followed by a detailed account of the various projects and the results achieved. The report concludes with a summary of the work done and a list of the recommendations made.

The work done during the year has been very satisfactory and has resulted in a number of important discoveries. The most important of these are the discovery of the new element X and the discovery of the new compound Y. These discoveries are of great importance and will have a profound effect on the progress of science.

The work done during the year has also resulted in a number of important publications. These include the paper on the properties of X and the paper on the synthesis of Y. These papers are of great interest and will be read with interest by all those concerned with the progress of science.

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