

More Jam and Jelly recipes for you!

If you're looking for more jam and jelly recipes, look no further. *Sunshine In A Jar* is a brand new recipe booklet you'll want to add to your recipe library, whether you're a beginner or an expert in the kitchen. Developed by Home Economists in the General Foods Kitchens, the booklet uses CERTO fruit pectins in a variety of delicious new recipes. Easy no-cook jams and jellies as well as traditional recipes which include preserves, marmalades, preserves and relishes are included in the 28 page booklet. A total of 48 new recipes are inside. To order, send your name and address plus a cheque for \$4.00 to Sunshine In A Jar Recipe Offer, P.O. Box 339, Port Credit, Ontario, L5G 4L9. Make cheques payable to General Foods. Please allow 4-6 weeks for delivery.

Questions commonly asked about jam making from the General Foods Home Economists

How long does it take for no-cook jams to set?

Under ideal conditions no-cook jams may set within 8 hours, but it is quite common for the setting process to take a full 24 hours. Be patient, the time varies with the type of fruit.

As soon as the jam has set, it should be refrigerated or frozen. Refrigerator storage is fine for 3 weeks but the best quality is retained with freezer storage for up to one year. Flavors will start to diminish after 9 months.

Can I freeze fruit to make jam later?

Yes, you can freeze extra fruit, unsweetened, to make jam later. Leave berries whole and cut other fruit into pieces, flash freeze in a layer on a cookie sheet, then package. To use for jam allow fruit to thaw in refrigerator (do not drain the juices) then crush and measure as for fresh fruit.

Only the best quality fruit at its peak should be frozen.

Can I double my jam recipe?

Double batches may mean double trouble if your jam doesn't set. Any small mistake in measuring is magnified by the increased quantity of multiple batches. When making cooked jam it's also harder to reach a full boil if the kettle isn't quite large enough.

Can glass jars be frozen when making a no-cook or freezer jam?

Yes, you can use any jar as long as it is not larger than 2 cups in size. You can also put your freezer or no-cook jam in plastic, air-tight containers.

Help Wanted

(Continued from page 10)

ing that many small businesses could fill a lot of vacancies by paying better wages and benefits. Although this highly simplistic analysis may have held true several decades ago, it doesn't anymore. It is factually incorrect that Canadian small businesses are producing under-paid, burger-slugging jobs in "sweat shop" conditions. Small business owners, after all, are responsible for creating the vast majority of all new jobs—and good jobs—in this country. According to this survey, the biggest need for qualified labor exists in sales, clerical, managerial product assembly and repair and construction jobs. One reason for such high levels of skilled labor shortages can be blamed on the sudden deficiency of baby boomers.

Can sugar be reduced in recipes?

No, not in regular recipes. This may result in jam failing to set. The sugar and fruit balance is critical for proper setting. Also, sugar is a preservative, not just a sweetener. High sugar concentrations inhibit mold growth and retain brighter colour. The best advice is to follow the recipe exactly, do not reduce the sugar or add more fruit.

Can I use older fruit for jam making?

No. Always use fully ripe, but not overripe fruit for jam making. Make sure the fruit is free of bruises or blemishes. The fruit quality is very important to produce a good quality jam.

How do I sterilize my jars?

1. Wash jars carefully in hot, soapy water; rinse with warm water.
2. Put jars and lids in a big pot and cover with water; bring water to a boil; boil 15 minutes. Leave jars and lids in hot water until nearly ready to use. Use tongs to remove jars from hot water. Allow to air dry a few minutes on the counter. Do not dry jars with a tea towel.

Is wax required with Mason jar or jars with 2-piece lids?

NEW Mason jars or jars with 2-piece lids do not require wax to form a proper seal provided the round metal inserts are new. If you do not want to use wax, only new metal inserts will give you a proper seal. Do not reuse metal inserts.

Can I use old peanut butter jars etc. for my jams?

Yes, but these types of jars must be sterilized and jars must be sealed with paraffin wax. The wax will protect the jar surface from mold spores, drying and oxidation or darkening.

This unavoidable factor left a considerably smaller labor pool—particularly for the retail and service sector—to draw from.

The federal government, however, should have seen this coming. Instead, potential growth within the small business sector has been stunted in part by a lack of adequate federally-funded training programs to help many unemployed Canadians obtain new and employable skills. Forced by necessity, CFIB research estimates that more than 60 per cent of its members provide on-the-job training for our young people. And with approximately 66 per cent of all young Canadians obtaining first-time employment in a small firm, Ottawa has been able to neatly shift a large part of its retraining responsibilities onto small business.

CFIB has maintained the position that Canadians would be better served if Ottawa were to shift more money away from unemployment insurance and instead concentrate on re-training and improving literacy skills. Taking money out of the seemingly bottomless UI pit is something no federal government has yet had the guts to attempt. On the other hand, for a country that suffers from pockets of chronically high unemployment, it isn't easy to acknowledge that this problem exists.

One aim of the next federal government should be to begin nurturing a better marriage between out-of-job workers eager to develop skills and small business people eager to develop a more highly skilled workforce. It's something to consider as we draw closer to election day and a new government agenda.

CFIB Feature Service

Can freezer jams be refrozen?

Freezer jam should not be refrozen. The jam should be eaten within 3 weeks after thawing. However, if there are ice crystals still present in the jam it would be safer to refreeze.

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What causes floating fruit?

Floating fruit may be caused by not crushing the fruit sufficiently or not stirring the jam enough when adding the pectin.

**Corporation of the
TOWN OF NEWCASTLE**

40 Temperance Street
Bowmanville, Ontario

**1988
FINAL TAX INSTALMENT**

The 1988 FINAL TAX BILLS have now been sent to all ratepayers and are payable as follows:

REALTY AND BUSINESS TAX
1st Instalment PAYABLE JUNE 30th, 1988
2nd Instalment PAYABLE SEPTEMBER 30th, 1988
Please Pay Promptly to Avoid Penalty

If you have not received your Final Tax Bill, please telephone the Municipal Tax Office at 623-3379.

1988 Taxes are PAYABLE ONLY at the locations detailed on the back of the Tax Bill.

Failure to receive a Tax Bill does not eliminate the responsibility of the payment of taxes or penalty.

J.M. Jones
Tax Collector

Date of Publication: June 22, 1988 P.O. A1732

Clarke High School

says
"THANK YOU"

The teachers and students of the Co-operative Education Program, Clarke High school would like to express their appreciation to all the employers of this community who offered participation in the program. The learning experienced by the students is invaluable. A most sincere "THANK YOU".

If you are an employer interested in participating in the program for next year, please do not hesitate to call the school.

<p>7-Star Family Restaurant Apple Blossom Shop Art's Woodworking Bank of Montreal Beckers - Newcastle Ben's Auto Body Bowmanville Audio Vision Bowmanville High School Bowmanville Memorial Hospital Bowmanville Senior Public School Bowmanville Travel Centre Bowmanville Veterinary Clinic Brenda's Artistic Interiors Brooklin Cycle Clarke High School Cowan Pontiac-Buick Ltd. Cuyler's Hobby Shop Dufferin Aggregates Durham Regional Police - #16 Division Eastman's Service Centre Farrow's Bait & Tackle Shop First Choice Hairstyling Fitness Warehouse Fornik Auto Body Fox's Sports Goddard Collision Guys & Gals Hairstyling Hope's Record & T-Shirt Shop I.M.S. Jean Graham - Computerized Bookkeeping Kirby Public School Kut Above Lord Elgin Public School</p>	<p>Mary Brown's Fried Chicken Ministry of Natural Resources Morris Funeral Home Mr. Roast Beef Neil Allin Farm Newcastle Lumber Newcastle Multi-Care Newcastle Nursery School Newcastle Pizza and Subs Newcastle Public School Newcastle Public Works Dept. Olafsen Sheep Farm Ontario St. Public School Orono Public School Orono Weekly Times Pines Senior Public School Plainville Public School Port Darlington Marina Roger's Travel Bureau Rolph Dominion Hardware Royal Bank of Canada Royale Auto Body Soper Creek Nursery School Strathaven Nursing Home Stedman's Strut St. Francis of Assisi Separate School Suzie's Styling Salon Television Service Company The Donut Shop Transworld Travel Wilmot Creek Outdoor Education Centre Wood N' Things</p>
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Classified Ads

BIRTH ANNOUNCEMENT

BLACK, Bob & Teresa (Gimblett) are pleased to announce the early arrival of their second son Carl Robert Thomas on June 17, 1988 in Calgary, Alberta, he weighed 5 lbs. 5 oz. A little brother for Carman. Proud grandparents are Ken & Joan Gimblett, Leskard and Len & Pat Black, Sherwood Park, Alberta. A birthday present for Grandma Joan. Mother and baby are doing fine Uncle Dale is recovering.

22,ap

BIRTH ANNOUNCEMENT

NELSON, Rob and Marie are pleased to announce the safe arrival of their son, James William. Jim was born on Monday, June 13 at 4:57 p.m. He tipped the scales at 7 pounds 13 ounces and was stretched out to a total of 20 inches. Proud Grandparents are Wayne and Doris Nelson and John and Beth Carr, all of Orono.

22,ac

CARD OF THANKS

I wish to thank my relatives, friends and neighbours for fruit baskets, cards and visits in Toronto General, Oshawa General and Bowmanville Hospitals. Special thanks to all doctors and nurses who took care of me following my recent accident. Special thanks to Rev. Milnes for his many visits.

John Cowan & Family
22,ap

IN MEMORIAM

CARSCADDEN, Jack A.
June 7, 1987
We often sit and think of him when we are all alone, For memory is the only thing That grief can call its own. Loving memory from his wife Mary and children, Bruce, Jean (Courtice) and Eddie Carscadden.

22, ap

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RESTAURANT, Hotel deli, bakery, butcher, grocery, sub-marine & pizza equipment for sale or lease. Arctic Refrigeration Store Fixtures. Established 1945, Hamilton (416) 528-8528; Toronto (416) 283-2600; Welland (416) 788-3433.

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SPORTS/RECREATION
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FOR SALE

FARMERS' & Businesses: Warmth Insulation Spray Urethane & Monoglass Spray-On Insulation (613) 267-6711, 133 Gore St. E., Perth, Ont. K7H 1J6

Spring Sale on sunset buildings 32x48 \$4,988; 40x58 \$6,388; 46x68 \$8,888; 52x78 \$11,488. Don't be fooled by imitations, call MIRACLE SPAN 1-800-668-5111.

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EVINRUDE OUTBOARD - Factory clearance, 1987 - 9.9 H.P. - \$1,399. Similar savings on other models. Call King's Marina, Fenelon Falls, 1-705 887-3321.

TRAVEL/VACATIONS

FREE '88 Brochure on scenic Rideau & Trent Severn Canal Cruises aboard comfortable cruise ship Kawartha Voyageur. Write Ontario Waterway Cruises, RR#3, Peterborough K9J 6X4. (705)748-3666.

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METAL BUILDINGS - Save Thousands while supply lasts - Summer Clearance - We have limited steel left over from our largest Spring Sale ever - Paragon Structures 1-800-263-8499.

CAREER TRAINING

FREE: 1988 guide to study-at-home correspondence Diploma courses for prestigious careers: Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton (5A) 263 Adelaide W., Toronto. 1-800-268-1121.

WANTED TO BUY OLD WRISTWATCHES Wanted. Mens only Eaton's Quarter Century Club, Mens rectangular wristwatches (25 years service) will pay \$1500 and up for this watch. Also wanted old Rolex, Patek Phillip and Cartier wristwatches. Phone/Write (416)365-7240 or write B. Walsh, 173 Queen St. East, Toronto, Ont. M5A 1S2.

WANTED \$150 CASH paid for 1940's Addison 2-Colour Plastic Radio. Call (519)756-9515 or write Don Ellis, RR#2, Lynden, Ont. L0R 1T0.

SALES HELP WANTED

HOUSEWIVES, Mothers & interested persons needed immediately to sell toys and gifts for National Home Party Plan. No investment, deliveries or money collection. Call (519)258-7905.

COMING EVENTS

FIDDLE & STEP DANCE CONTEST July 8 & 9, Community Centre, Fergus, Ontario. Camping on grounds. For information call Ken Hawkins (519)843-3334.

ST. LAWRENCE River Cruises. It's now time to book your very special 1988 vacation. Romantic sites, the world-famous 1000 Islands, the remarkable International Seaway and locks, Upper Canada Village, spectacular shorelines and more. Spend 4 or 6 days, Spring, Summer or Fall aboard the elegant Canadian Empress. Dial-a-brochure toll-free 1-800-267-0960.

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