

# Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



You cannot reduce the amount of sugar called for in a tested recipe without jeopardizing your results. Sugar helps in gel formation, serves as a preserving agent, and contributes to the flavor. It also has a firming effect on the fruit.

I want to share two jam recipes with you which I recently discovered. One recipe uses 1/2 cup sugar and the other uses a sugar substitute. I personally do not think either one produces the same quality jam that you get when you use sugar. However, if you are counting calories or are a diabetic and cannot face breakfast without jam for your toast, I'm sure you will be happy to have these recipes in your collection.

**Sugarless Jam Recipe**  
 2 tablespoons lemon juice  
 2 tablespoons water  
 1 envelope unflavored gelatin  
 1 1/2 teaspoon Arrowroot  
 Heat the four above ingredients to dissolve. Add

two cups crushed berries. Bring mixture to boiling point and boil for three minutes. Add the equivalent of one cup sugar of artificial sweetener. Chill or freeze.

**Strawberry Jam**  
 4 cups sliced strawberries (about 2 pints)  
 2 tablespoons lemon juice  
 1/2 cup cold water  
 1/2 cup sugar  
 1 envelope unflavored gelatin

In medium saucepan, combine strawberries, sugar, and lemon juice. Heat five minutes, crushing berries slightly. Bring to a boil, boil rapidly, stirring constantly for three minutes. In small bowl sprinkle unflavored gelatin over cold water, let stand one minute. Add to strawberry mixture and heat, stirring until gelatin is completely dissolved. About three minutes. Let jam stand five minutes, skimming off foam with a spoon. Ladle into jars. Cover and cool slightly before refrigerating.

**BERRY JAMS WITH LESS SUGAR** recently asking how to cut back on the amount of sugar called for in jam recipes. I have received many calls

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## Del. food contest July 13

NEWARK, Del. - The final cook-off for the State Reddy's Food Contest will be held at the Delaware State Fairgrounds in Harrington, beginning at 9 a.m. on July 13. Delaware 4-H'ers who won contests on the county level will compete for the state titles.

The contest is sponsored by the Delaware Cooperative Extension Service, the Delmarva

Power and Light Company, and the Delaware Electric Cooperative.

Five food areas will be represented in the contest: main dishes, snack trays, desserts, breads, and dishes made by using a small appliance. Each area will be divided into three age-groups: senior (for members 14 to 19), junior (for ages 11 to 13), and petite (for 8 to 10-year-olds). Contestants will have two hours to prepare table settings and cook their entries and three hours for baking breads. They can have no outside help.

The purpose of the Reddy's Food contest is to help 4-H club members to improve cooking skills and nutrition standards and to develop useful attitudes and character traits through competition.

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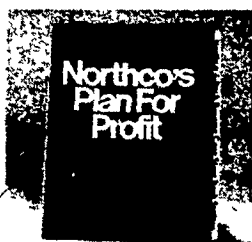
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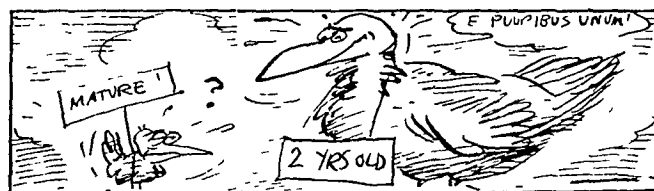


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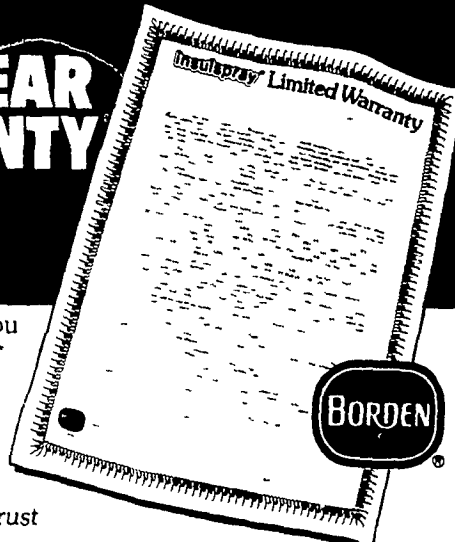
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