

rack in a water bath canner. Fill the canner and jars with hot water so that the water comes over the tops of the jars. Heat to boiling and boil 10 minutes. Leave jars in the water until you are ready to fill them.

Seal Jars with Lids

For best results, **seal jars with two-piece lids**. Prepare lids according to the manufacturer's instructions. Ladle boiling-hot jam or jelly into hot, sterilized jars to **1/8 inch from top**. (If more than 1/8-inch headspace is allowed, lids may not seal.) Wipe jar rims clean, put on lids, and tighten screw bands. Work quickly when filling and closing jars. Lids will seal as jars cool.

If desired, immediately after filling jars and adjusting lids, process the jam or jelly for 5 minutes in a boiling water bath. Although processing is not essential for jams and jellies, it does ensure a good seal on the jar.

Only jellies have a smooth enough surface to permit sealing with paraffin. Melt paraffin in a double boiler. Pour boiling-hot jelly into hot, sterilized jars to 1/2 inch from top. Cover with a 1/8-inch layer of hot paraffin. A single thin layer that can expand or contract readily as temperatures fluctuate gives a better seal than one thick layer or two thin layers. Prick any air bubbles that appear, as they may form holes in the paraffin as it hardens.

Let jam or jelly stand undisturbed

References for Further Information

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overnight to avoid breaking gel. Cover paraffin-sealed products with metal or paper lids. Store sealed jars in a cool, dry, dark place. Opened or unsealed containers should be refrigerated to keep mold from growing.

Mold rarely grows on jams or jellies sealed with canning lids. However, it often grows on paraffin-sealed products where the paraffin has pulled

away from the glass. It is now known that a few of the molds that grow on foods produce toxins that can seep into the underlying food. For safety's sake, don't just scrape a small patch of mold off jam or jelly; spoon off the top half inch or more and use the remaining product. If there is more than a small spot of mold, discard the entire product.