

IN THE KITCHEN

Canning Fruit

Can each kind of fruit in its season, when it is best and cheapest. Select underripe rather than overripe fruit.

If we can kill the bacteria in fruit or any kind of food, and then seal it up so that no more can get in, it will keep indefinitely. This we do in canning.

Buy jars with tight-fitting covers, and fit them each year with new rubber rings. Old rubber becomes porous and lets in air. It is a good plan to first try each jar by putting water into it, putting on the ring and cover and inverting the jar to see if it is air-tight. Sterilize all jars and covers by placing them in a pan of cold water and letting this slowly come to the boiling point, and boil fifteen minutes. Putting them in a hot oven for the same length of time answers the same purpose.

The fruit should be carefully looked over and if necessary washed.

The jars may be filled with the fruit and steamed or may be set in a pan or boiler of cold water (be sure to have a cloth or board underneath the jars) and steam or boil until the fruit is tender. Fill the jars with a rich syrup (boiling hot) and seal immediately.

Another method for berries, cherries, etc., is to put the sugar over the fruit, using one pound of sugar to three pounds of fruit, letting it stand an hour, then giving it a good boil, and carefully bottling.

In filling the jars, let them stand on a warm plate or on a cloth wrung out of hot water. Avoid a draught on the jars. Turn the jars upside down and watch to see no syrup oozes out. Screw down tight the next day, label each jar and keep in a dark, cool place.

Light Desserts for Hot Weather

CREAMY RICE PUDDING.

- 1 qt. milk.
- 1-2 cup rice.
- 1-2 cup sugar.
- A little grated nutmeg.
- 1-4 teaspoonful salt.

Wash the rice and mix all the ingredients in a pudding dish. Bake for about three hours, stirring in the brown crust as it forms. A half a cupful of raisins may be added if desired.

PRUNE WHIP.

Pick over and wash 1-4 lb. prunes; then let soak several hours in water to cover. Cook in same water till soft. Remove stones and mash prunes fine or rub them through a strainer. Add a small half cup of sugar and cook five minutes. The mixture should be the consistency of marmalade. Beat the whites of three eggs until stiff, add prune mixture gradually, when cold, also half tablespoon of lemon juice. Pile lightly in a buttered pudding dish and bake twenty minutes in a slow oven. Serve cold with boiled custard.

BOILED CUSTARD.

Beat lightly the yolks of three eggs, add 1-4 cup sugar and a pinch of salt, stir constantly while adding two cups scalded milk. Cook in a double boiler until mixture thickens and a coating is formed on the spoon. When

cold add a small teaspoon vanilla. If eggs are scarce, two yolks and half tablespoon cornstarch may be used. This is a delicious custard to serve with gelatine, and in hot weather makes an attractive and easily prepared dish for the Sunday dinner or tea.

FRUIT CUSTARD.

Arrange slices of oranges or bananas or both in a glass dish. Pour over them a boiled custard made as here given. Have it thoroughly cold before serving.

Salad Sauce No. 1

- 1 egg.
- 2 tablespoons sugar.
- 1 teaspoon salt.
- 1-2 teaspoon mustard.
- 1-2 cup milk.
- 1-4 cup vinegar.
- 1 teaspoon butter.
- Sprinkle pepper.

Separate egg; mix mustard, salt, sugar and pepper with yolk of egg. Mix thoroughly, then add milk. Cook in double boiler. Heat vinegar and add. When slightly thickened, add the white of egg beaten to a stiff froth. Cook a few minutes longer.

Salad Dressing No. 2

- 2 tablespoons sugar.
- 1-2 teaspoon mustard.
- 1-2 teaspoon salt.
- 1-4 cup white wine vinegar.
- 2 tablespoons butter.
- 2 eggs.

1-2 cup whipped cream.
Mix sugar, mustard and salt in a small pot. Add the sugar, and put on to heat. Measure the butter and put on a pot with hot water to stand the bowl in. Beat the eggs very light in a round bowl, stir in the hot vinegar. Stand the bowl in the hot water and beat with the Diver beater until it thickens. Take the bowl out at once and stir in butter. Mix in cream before using.

The above salad dressings will keep for several days, and make an appetizing dish if poured over lettuce, cabbage, beets, celery, cold boiled beans, etc. During summer a salad should be served if possible once a day.

The Beef Ring

In many localities the farmers have organized a "Beef Ring," and what a comfort and blessing it has proved to be. A number of families unite and each in turn provides a choice animal that must be within a certain age limit and weight. The animals are killed by a butcher selected to do the work and the meat distributed. Where the farmer has ice it is possible to have fresh meat from one killing to the next. Great care must be taken not to cover the meat up tightly until the animal has left it. It is best to throw a cloth over the meat in the cellar or other cool place and let it stand for twelve hours before putting it in the ice box. The pieces for salting should be put in a crock or stone jar and lightly salted. If turned every day and kept in a cool place and watched, they will keep. Too heavy salting toughens the fibre and spoils the flavor.

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Household Hints

When cutting hot bread, first dip the knife in hot water.

When you take your cake pans from the oven, stand them for a few moments on a damp cloth; the cakes then will come out without sticking.

When you bake pies or bread, stand a pan of water in the oven and they will not burn.

When wishing to use salt fish quickly, freshen by soaking in sour milk.

When you wish to keep cookies soft, put a few crusts of bread in the jar with them.

When making lemon or any other acid jellies, do not mould in tin.

When you wish to beat the whites of eggs quickly, add a pinch of cream of tartar, or salt; salt cools and freshens them.

Fruit that is cooked in the skin, such as plums, cherries, etc., should never be plunged into boiling hot syrup, as this will toughen and crinkle the skin. Better cool the syrup before adding the fruit.

In warm weather meats may be freshened by washing in cold soda water before cooking, though washing of meat is detrimental to its quality and should only be done when necessity demands it.