

The Farm Home

Fruit Syrups.

By Katherine C. Johnson.

No home-made beverage is at once so beautiful and delicious as those made with fruit syrups and shrubs, and every housewife should provide a few jars of each in the season of small fruits. Properly made and stored, they keep as well as canned fruits, and are fine for flavoring ices, creams, custards, and various kinds of puddings and other dessert. They require more sugar than jellies, and unlike that conserve, should be made of perfectly ripe fruit. Use granulated sugar, earthen or granite-ware vessels and wooden or silver spoons in all the various operations. When done, they can be bottled, but are more convenient when kept in pint-size fruit jars.

CURRANT SYRUP.—Wash, drain on a cloth, and stem red currants; place in an earthen or granite-ware vessel; mash thoroughly with a wooden masher and set in a warm place for twenty-four hours, or until fermentation begins. (This destroys the pectin contained in the fruit and prevents the syrup from jellying.) Drain the juice through a cheesecloth bag that has been wrung out of hot water, by suspending the latter over a deep bowl and occasionally pressing against the sides with two wooden ladles or spoons. Wringing or squeezing is sure to make the syrup cloudy. Measure, allow two pounds of sugar for each pint of juice, set over a slow fire, and stir constantly until every particle of sugar is dissolved. As soon as it is boiling hot take from the fire, skim as often as any scum rises, and when cold pour into jars and seal. Wrap in heavy brown paper, and store in a cool, dry place. Make cherry, raspberry, or a combination of raspberry and currant syrup, in the same way.

STRAWBERRY SYRUP.—Put four pounds of sugar over the fire in five cupfuls of cold water, and stir constantly until the former is thoroughly dissolved; take from the fire, measure, return to the stove and boil steadily until a little dropped in cold water can be rolled between the thumb and finger. Have strawberries mashed and strained as above directed; add one pint of juice for every quart of syrup; stir well, let come to a boil, skim, and seal hot, filling the jars to overflowing. Make pineapple and gooseberry syrup in the same way. Use one-fourth of a cupful of syrup to three-fourths of a cupful of ice-cold water.

SPICED BLACKBERRY SYRUP.—Blackberry cordial, an old and effective remedy for summer bowel complaint, is objectionable to many mothers because it contains brandy. Used plentifully to flavor drinking water, the

syrup here given is an excellent preventive and remedy for such illness, and contains no spirits whatever. Mash the fruit, bring slowly to a boil and strain; measure, and allow one heaping cupful of sugar for every pint of juice, one teaspoonful each of cinnamon and nutmeg and half as much cloves and ginger. Tie the spices in a piece of muslin; put all over a slow fire; stir until the sugar is thoroughly dissolved; let boil two minutes, skim, take out the spices and seal at once.

SPICED ELDERBERRY SYRUP.—Has the same properties as the above. Make in the same manner, using ginger and nutmeg, with mace and cloves.

LEMON SYRUP.—This syrup makes delicious lemonade. Grate the yellow rind from six fresh lemons and stir it with three tablespoonfuls of powdered sugar. Squeeze the juice from one dozen lemons and strain out the seeds; remove the pulp from the skins, boil five minutes in two cupfuls of water, adding the sugared rind; strain, add the juice, measure, allow one and one-fourth cupfuls of sugar for every cupful of the liquid, put over the fire, stir until dissolved, boil five minutes, skim and seal hot.

STRAWBERRY SHRUB, OR VINEGAR.—Wash, drain and hull ripe medium-sized strawberries, put in an earthenware vessel, shake down occasionally, nearly cover with cider vinegar and set in a warm place until fermentation begins (one or two days). Bring to the scalding point and strain as directed for syrup; measure, allow one cupful of sugar for every cupful of juice, put over the fire, stir until the sugar is dissolved, then simmer for 15 minutes, skim often and seal hot. Currants, raspberries or cherries make delicious shrubs.

Cooking as an Art.

Many have a wrong conception of what art really is. They apply it to the work of the painter or sculptor, and relegate everything else in which skill is required to that class of duties and vocations closely associated with work and ardent toil. Thus it is that many people look upon cooking and the work of managing a household as being anything else but art. And yet in what line of work is more skill utilized and good common sense required than in the art of cooking? The great majority of our women folk consider themselves adepts in preparing meals and cooking food. In one sense this is true, but in another it is far from being true. As we begin to understand this subject more we must come to the conclusion that very, very few of those who have charge of the cooking of the food we eat really understand the real art and science of the

subject, and how to prepare meals in the most economical and best style.

There is nothing so closely associated with the health and wealth of a nation as the food which the people consume. The quality and kind of food a man takes into his body has a great deal to do with the quality and kind of work he will perform. It is then of the utmost importance that our people should be fed right. We have a climate that is conducive to good health and good morals, and if this is backed up by good living, that is, eating good, wholesome, nourishing food, properly prepared and cooked.

This is one of the reasons why the teaching of domestic science has come into such prominence of late years, and why it is desirable that the growing girlhood of the country should thoroughly understand the art of managing a household, and of cooking the food which its members eat. There is an impression that in the country, where there is such an abundance of fresh air and sunshine, much attention need not be paid to the subject of cooking. But as far as our experience goes, and it has been a fairly wide one, there is as much, if not more, dyspepsia or stomach trouble due to consuming badly cooked food in the country as is to be found in the city. We have lived in country sections where in almost every household in the neighborhood there was some member of it taking medicine for "their stomach's sake."

At the last meeting of the Ontario Experimental Union, Mrs. S. T. Rorer, Principal of the Philadelphia Cooking School, gave a couple of addresses on the art of cooking that should be read by every farmer's wife in the country. We intend publishing a number of selections from these addresses in these columns. The one in next issue will be on the subject of "Body Building," and should appeal to every father and mother.

Something for the Young Folks

The following are the answers to the conundrums published in last week's issue:

1. Because it's the scenter (centre).
2. A glove.
3. Dates.
4. Because we must all give it up.
5. For divers reasons.
6. For sundry reasons.
7. Invisible green.
8. His foot.
9. Outside.
10. Carpet.
11. A nail in a shoe.
12. D. K.
13. Because he puts down three and carries one.
14. A step-father.