



## Chiclets Are — Good Company

**W**HEN you're by yourself, away off in the fields, you'll find Chiclets good company. Their delicious peppermint flavor keeps you cheerful—relieves the monotony.

Chiclets are as beneficial as they are "Really Delightful." Even the tempting candy-coating of peppermint has its place in aiding the digestion. And the chewing of a Chiclet makes for smooth tempers in the "dog days." It eases strain and allays thirst.

Chiclets are sold everywhere—in the five-cent packet of ten and the large dollar carton of twenty packets.



—an Adams product,  
particularly  
prepared

MADE IN CANADA

# ADAMS Chiclets

CANDY COATED GUM

Canadian Chewing Gum Co., Limited, Toronto, Winnipeg, Vancouver.

## The Ingle Nook

Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in a stamped envelope ready to be sent on. (4) Allow one month in this Department for answers to questions to appear.]

### Making Jelly.

**T**HE selection of the fruit for making jelly is very important. It should be just a little under-ripe, as then it contains more pectin, or jelly-making property, than when it is ripe. The sour fruits, such as currants, grapes and apples, contain most pectin and are easiest to make into jelly; but the juice of strawberries, cherries and raspberries may be bottled when those fruits are in season. and added, later, to plain apple jelly when it is being made, to give variety. Also raspberries and currants are often combined.

Have the fruit, whatever it is, very clean, without spot or stem. Juicy fruits should not have any water added, but should be washed, then crushed in a granite kettle. Apples, etc., need a little water, the rule is about half as much water as fruit. Leave skin and core in, as these will greatly help the quality of the jelly.

Cook the fruit slowly, stirring once in a while, and when it looks thoroughly cooked strain through a jelly bag of closely woven material. Do not squeeze, just let drip if you want the jelly to be clear. A second-grade jelly may be made from the juice that can be squeezed out afterwards, while the pulp left in the bag may be made into delicious marmalade or fruit-butter.

The old rule is equal parts of juice and sugar, or "a pound of sugar to a pint of juice," but often less sugar can be used. Remember it is not the sugar that makes the jelly "jell," but the pectin with the sugar. Let the juice boil down first, skimming when necessary, then add the heated sugar and boil about 5 minutes longer, or until the consistency seems right when tested on a cold plate. Remove from the fire at once. Pour into glasses set on a cloth wrung out of hot water, and when cold pour melted paraffin over the top. (Paraffin may be used over and over if carefully washed when taken off and stored in a covered jar.) Put on lids of glasses and store in a cold dark place.

### Remarkable Remarks.

"I once believed whiskey could not be prohibited. I have discovered that it can be, or nearly so, and am now a prohibitionist."—E. W. Howe.

"Ill-gotten gains are often troublesome."—

"True," said Mr. Dustin Stax. "Many a chap who thinks he is feathering his nest inadvertently picks up a bunch of porcupine quills."—Washington Star.

### When Small Fruits are in.

**Berry Preserves.**—Clean the fruit, and for every pound add a pound of sugar. Use an enamelled kettle. Allow the sugar to melt with the fruit over a slow fire, then boil quickly for half an hour. If there is too much liquid drain it off and boil it separately for a few minutes. Pack the fruit in sterilized jars, pour the syrup over to fill the jars. This makes a rich jam-like preserve.

**Raspberries, Canned Without Breaking.**—The oven method is excellent to give raspberries good form and color. Fill the perfectly clean jars with berries and place in a shallow pan on a thin cloth. Pour cold water into the pan about 2 inches in depth. When the berries sink about one-third down, take the pan out and fill the jars to overflowing with boiling syrup, then seal at once. Plums may be done the same way but the syrup should be richer.

**Syrups for Canning.**—Soft fruits such as strawberries, some cherries and raspberries need a syrup made of sugar, 2 parts, water one part. Currants, peaches, firm cherries, quinces, call for a syrup made up of sugar one part, water one part.

**Dried Berries.**—Raspberries dried in the sun are very nice for winter pies and puddings. The drying frames can be made of lath and cheesecloth, with some mosquito netting fixed above to keep

off flies. Put the uncooked berries on the screen, and take under shelter at night and during showers. Be sure to turn the fruit two or three times during the first day's exposure. It should be absolutely dry before it is stored away in jars or bags, else it is sure to mildew. Before storing wrap it in oiled paper. Keep in a cool place. If preferred the berries may be stewed then dried on granite pie plates.

**Raspberry Vinegar.**—Put four quarts of raspberries into a bowl and pour over them two quarts of vinegar. Cover the mass and set in a cool place for two days. Then strain the vinegar through cheesecloth. Put four quarts of fresh raspberries in the bowl, and pour over them the vinegar strained from the first raspberries. Set the bowl in a cool place for two days, and then strain the vinegar as before. Put the strained vinegar in a preserving kettle with three quarts of sugar. Heat the mixture slowly and when it boils skim it carefully. Boil it for twenty minutes and then pour it into sterilized bottles. About two tablespoonsfuls of this vinegar to a glass of water makes a refreshing drink. Similar vinegars may be made from blackberries and strawberries.

**Raspberry Jam.**—Eight lbs. berries, 6 lbs. sugar. Let fruit and sugar stand together over night. In morning heat slowly, stirring until sugar is dissolved, then cook without stirring until of the right thickness when tested on a cold plate.

**Raspberry and Currant Jam.**—Seven lbs. berries, 1 pint red currant juice, 6 lbs. sugar. Proceed as for Raspberry Jam, but will need a little longer cooking.

**Black Currant Jam.**—To every pound of fruit, not over-ripe, allow  $\frac{3}{4}$  lb. sugar. Put currants in a saucepan, heat slowly, and mash. Add no water. Bring to a boil, stirring occasionally. Cook until the quantity is reduced somewhat, then add the heated sugar. Boil 3 to 5 minutes and seal as usual.

**Raspberry Sherbet.**—Two cups sugar, 3 cups water, 2 cups crushed berries, juice of 2 lemons. Boil sugar and water together for 20 minutes, then add the crushed fruit and lemon juice. Remove from the fire and when cold strain through a sieve. Serve very cold.

**Hot Raspberry Shortcake.**—Sift 1 pint flour twice with  $\frac{1}{2}$  teaspoonful salt and 2 teaspoons baking-powder. Chop into the prepared flour 1 tablespoonful butter, and when thoroughly mixed add enough milk to make a soft dough that can just be rolled out. Turn upon a floured pastry-board and pat out into the size of a large pie plate. Bake to a golden brown, tear open and butter thickly. Cover lower half with a thick layer of the berries that have been crushed, mixed with sugar and left so for 2 hours. Put on the upper half of the cake, then pile the top with the rest of the crushed berries. Let stand half an hour before used. Serve with rich cream.

**Currant Jelly.**—Pick currants from stems and wash clean. Put into a kettle with a very little water and cook 10 minutes, covered, boiling hard. Strain through a flannel bag. Use 1 pint juice to 1 pint sugar. Boil the juice 15 minutes, add heated sugar and boil 5 minutes more. Pour into tumblers and when cold cover with paraffin.

### Some Safe Hints for Canning.

**S**ET "perfection" as the goal when canning. Sealers should be flawless, without chips around the edge; rubbers should be pliable, rather soft, and of good quality, and should fit snugly. Fruit should be perfect. Do not use any with bruised or rotted spots. Better cut off such spots and stew the rest up for immediate using. Vegetables should be young and firm. They are of better flavor if the water used in canning is salted to taste before filling the jars. "When the time of boiling is up," says E. L. Davies in Bulletin 236, "the boiler should be removed from the heat but not opened for 5 or 10 minutes. Then the covers should be screwed down tightly, the jars taken from the water and placed on a wood surface away from draughts. It is advisable to stand the jars upside down for the cooling period, then any leaks of air can be observed. If the product only calls for one period of heat the jars must be observed closely; if leaks occur, as shown by bubbling of air into the jar, teh

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**Spinach.** Carrots, lard, of vegetable water, then pl water, c for this jars, to boiling with w covers l to come on boile boil 20 with jar Next da day re spores. spring s but do r ing. Th Young —Wash water at the skin the beet jars. Fi and wat You ma whole cl loosely a  $\frac{3}{4}$  hour One boi in this w ones kep

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Cover e with earth root and Also pinch let their st vegetables

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**Ten** If you in the san seeds now. beets.