



Conducted by MRS. JIAN JOY, graduate of Toronto School of Cookery, and pupil of Technological Institute, Massachusetts. Answers to correspondents will be found on page 23.

PREPARED FRUITS.

PROPERLY prepare 1 canned or preserved fruits and vegetables are a most desirable addition to our food resources, as they are sterilised in the process, and offer some of the safest and best foods we have especially in the winter—for which time they are mainly prepared.

Have you ever made red currant jelly that would not 'jell' properly? I have, and find that if the jellies are not satisfactorily firm after standing for six or eight hours, it is a good plan to set the jars in the sun, with bits of window glass over them, to keep out insects and dust (which means bacteria). Every evening remove the glasses and wipe off the moisture which will be found on the under side, and replace. It will take several days to evaporate the excessive moisture in the jelly thus; but this method is preferable to boiling the jelly over, as that both injures the flavour and darkens the colour of the jelly.

PEACH JELLY.—Pare, stone and slice the peaches; crack about one-third of the stones and put them with the fruit into a jar. Heat in a pot of boiling water, stirring well from time to time until the fruit is well broken. Strain through a flannel bag, and to every pint of peach juice add the juice of one medium sized lemon. Measure again and allow one pound of loaf sugar to a pint of liquid. Heat the sugar in the oven, and when the juice has boiled twenty minutes add the hot sugar to it. Let all come to the boil and remove instantly from the fire.

Crab-apples also make a very excellent jelly.

CAN. ED PLUMS.—Pierce with a needle to prevent them bursting, and make a syrup, allowing a gill of water and quarter of a pound of sugar to every three quarts of fruit. When the syrup is quite warm, but not boiling, put in the fruit; bring slowly to a boil and let them boil for five minutes slowly, or they will break. Fill up the jars with plums and pour in the scalding syrup until it runs down the sides of the jars, and seal.

Too much care cannot be taken in having everything scalding hot and scrupulously clean; for if the jars are well screwed down, the danger of spoiling does not come from the outside, as was in old times considered the case. Many old-fashioned recipe books direct that preserves, etc., should be kept in a cool dark place, as the light will cause them to ferment. Owing to the investigations of modern science, we now know that the light itself will not cause them to ferment, if we have not shut up any yeast plants or fermentative bacteria inside the jar. And as we also know that the bloom of the fruit itself is composed of yeast plants; that the air is laden with fermentative bacteria, and that a temperature of 212° (or, in other words, the boiling point) is antiseptic to both yeast and bacteria,—we will see the reason for having everything, even to the covers and rings, as hot as possible when putting down fruit, if we would not have it spoil.

SUMMER DRINKS.

RASPBERRY VINEGAR.—Put two quarts of raspberries into a stone jar and pour over them one quart of good vinegar. Cover and let stand for two days; then drain off the liquid without mashing the berries. Pour it over a quart of fresh fruit, and stand as before. Do this once more, the last time straining through a muslin bag. Then add one pound of sugar to every pint of this liquid. Boil slowly for five minutes, skim, let stand fifteen minutes, bottle and seal.

Strawberry, grape and blackberry vinegars are made in exactly the same way.

BLACKBERRY CORDIAL.—Take fresh, ripe berries and mash them with a wooden spoon or mallet. Strain the juice, and to every four quarts add one quart of boiling water. Let it stand in a cool place for twenty-four hours, stirring occasionally. Strain again, and to every gallon of liquid add two pounds and a half of the best white sugar. Stir well, bottle, and cork well. This is an excellent drink for invalids.

EGG LEMONADE.—Take one egg, beat it; add sugar to taste, some bits of ice and the juice of one lemon; shake thoroughly; add water or soda water from a siphon to fill the glass.

Egg phosphate may be made in the same manner, using acid phosphate instead of the lemon.

Some of these beverages may be classed as real foods—the egg drinks especially—and are most valuable in hot weather, when it is often such an effort to eat solid food.

SANDWICHES.

As picnics will be the order of the day, now that the hot weather has come, sandwiches will be much in request. The three following recipes will be found delicious:

CURRY SANDWICHES.—Pound together in a mortar the yolks of three hard-boiled eggs, a tablespoonful of butter, half a teaspoonful of anchovy essence, a tablespoonful of curry powder, half a teaspoonful of salt, and a tablespoonful stale bread crumbs which have been rubbed through a sieve; moisten with Tarragon vinegar, and spread on thin slices of buttered bread, press together; garnish with nasturtium leaves and blossoms.

SARDINE SANDWICHES.—Skin and remove the bones from eight or ten sardines; put them in a mortar and pound to a paste with the yolk of a hard-boiled egg; add a dessertspoonful of Worcestershire sauce, half a teaspoonful of essence of celery (or some celery salt), and a tablespoonful minced cucumber pickle; spread between slices of stale bread, press together, quarter and serve on a plate with a napkin. Or they may be cut

in the shape of a tennis racquet and a baby olive firmly pressed into the middle of the large end, and you have a good representation of a racquet and ball—as good to look at as to eat.

For a tennis luncheon or tea these are very effective. To produce in the racquet shape, cut a pattern in cardboard the size desired (that is, as long as the slices of bread are wide) and then, by turning it end to end, the sandwiches can be cut with very little waste.

CHEESE SANDWICHES.—Mix three ounces of Mrs. Parsons cheese; which has been rubbed through a sieve with a tablespoon of butter and a teaspoonful of very finely chopped parsley; spread the mixture between any light crackers, press together and serve each on a fresh, crisp lettuce leaf.

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Many mothers, I have no doubt, will be vexed at the numerous grass stains on little frocks and trousers, etc., which seem to baffle the skill of even the best laundresses. Alcohol is a sure, though somewhat expensive, solvent for chlorophyll, or the green colouring matter of plants. It must be applied whilst the stain is still fresh. Fruit stains, another bugbear of the careful mother, are generally removed by the well-known process of pouring on boiling water. In some cases oxalic acid will be found necessary.

Iron rust and mildew are also at this season troubles with which many laundresses have to contend.

Red iron rust is most readily soluble in muriatic acid, which is very easily washed out with clear water, and does not affect most fast colours. Black iron stains may best be removed by the use of oxalic acid, after using which it is well to wash the article with ammonia in the water to remove all trace of the acid.

It may or may not be a comfort to know that mildew is beyond the art of the chemist. If deep seated, it is impossible to remove it; but if it is only superficial, successive washings and bleachings in the sun will eventually remove it.

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I have heard a rumour lately that we here in Toronto are to be benefited by the establishment of a training school for professional domestics such they have in Boston. I hope that it will not fall through, as it would fill a long-felt want. For it requires training as well as brains to 'run' a modern kitchen, and training as well as brains and grace to satisfy an exacting nineteenth century household. In Chicago they go even deeper into the ever-exciting problem of domestic service, and propose establishing a training school for both mistress and maid; and in New York also—that is, in one of the suburbs—they are considering the best plan for a school for servants. So I hope we will not be behind the age in this respect.

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A word or two about the care of gas or coal oil stoves will not be amiss here. The main difficulty in the use of coal oil stoves is that people will not keep them clean. If the stove is cleaned as carefully as is the lamp for the dining table, and placed where there is no draught from door or window, there will be no disagreeable odour or smoky dishes. The best oil is the essential oil and is cheapest in the end. The burners must be brushed frequently and scoured with soap and water occasionally.

Many people will ask if the average servant can be trusted to use the gas stove with discretion. Perhaps not, but an intelligent girl soon finds that it adds so much to her comfort, that it pays to learn how to cook with a gas stove without wasting the gas. Even with an up-to-date stove the duties of the housekeeper and cook are most burdensome at this season of the year, when the thermometer registers up about the nineties.