

Woman's Interests

M
O
S
T

O
F

T
H
I
S

P
A
G
E

I
S

M
I
S
S
I
O
N
G

Jelly and Marmalade.

It is not a delight, some early in the evening, to take Father and boys down into the cellar to show the shelves stocked with jellies, marmalades, with canned fruits and canned vegetables of every kind and combination, and to hear her say in his most appreciative manner, "Well, Mother, you've already done more than your share to supply with food for the winter," and then hear one of the boys say, "I've decided that we must eat vegetables and fruits if we are to keep really well and strong; we should be the 'weldest' family in the township next winter, Mother!" and then the baby—"Gee, marmalade!"

Then maybe you shake your head and think of the delicious peaches and apples which might have contributed to the value of the shelves but for one reason, when you attempted to make jelly of them, as we all have done at one time or another, you gave only a very second-rate syrup for all your labor and expense.

There are two reasons for fruit not jelling: it may not contain enough pectin, the gelatine-like substance present in all fruit that jellifies, or it may not be sufficiently acid. As a rule the two properties go together but there are fruits such as quince, for example, that need the addition of some very tart fruit juice or a teaspoonful of citric or tartaric acid to each quart of extracted juice to return to perfect jelly. In the cooked fruit but do not use the pulp if you desire a clear, beautiful product. Cloudy jelly will result from the pressing.

After the first straining, you may return the fruit to the pulp to the effect, to each quart of fruit add a quart of water, let boil thoroughly and drain again. If the fruit is rich in pectin, as are currants and crabapples, the juice may be extracted again. You will probably wish to cook the first juice extracted for your first-quality jelly and combine the second and third extraction for making a product not quite so perfect, but still good for pectin.

Alcohol Test.—To one tablespoonful of boiling hot juice add one tablespoonful of alcohol (the denatured kind does quite as well as the pure) mix well and let it stand for five minutes. If the pectin forms a large clot or mass, it indicates that it is present in a large amount and that a comparatively large amount of sugar will be required.

Potassium Salts Test.—This is also a satisfactory one. Mix together one teaspoon cooked fruit juice, one teaspoon sugar and the same of potassium salts. Stir until all are dissolved and let stand five minutes. A "string" will indicate a good jellifying quality.

Home-Made Pectin.—When fruit will not jell it is a good plan to combine it with other fruit—red currants, raspberries, pineapple, etc.

Use the pulp left from jelly making, unless you have extracted all its good, for jelly. Remove all skins and seeds by putting through a colander. Use one-half as much sugar as fruit and boil slowly until very thick and smooth, stirring constantly. Put into sterilized glasses or jars.

Apple Jelly with Syrup.—1 quart apple juice, 1 cup sugar, 1 cup light syrup. Heat syrup and sugar together and add to the boiling juice. Then make as any jelly.

Bread and Butter for Kiddies.
Good white bread and butter. Bread with peanut butter. Graham bread and butter. Raisin bread and butter. Bran bread and butter. Or any of these healthful breads with pure jam or jelly—and a glass of rich, creamy milk!

How the children love it! How it brings rosy color to their cheeks, huskiness to their young limbs, tingling life to their bodies!

Older folks got it, of course—the "piece" between meals was a regular thing when we were youngsters, but too many kiddies of the present day have the candy or cookie habit in the place of real staff of life.

Of course, candies and cookies have their place, but small children should have regular rations of bread and milk between breakfast and lunch and dinner—especially children of school and kindergarten age. The younger ones rarely let mother forget it, but older children frequently object to missing some part of their playtime to sit down and eat—especially bread!

It's very easy to cultivate this healthful habit in children, and if the bread-and-milk time menu is varied, if all the different kinds of bread are used, and then unsweetened graham or oatmeal crackers once in a while for a change, you'll find they'll get to like their little lunches tremendously.

Also, bread and milk are very inexpensive when compared with the returns they bring and very easy to prepare.

Removing Summer Stains.
The important factor in the removal of summer stains from clothing is attending to them immediately. The various agents for removing stains should be kept close at hand, so that it is convenient to apply at once.

A small cup, a dropper, brush of the size of a nail brush, some blotting paper and a little bowl should be kept together where they can be reached quickly. It is by making these remedies convenient that we get the habit of attending to the little stains promptly, and thus save many a piece of fabric that might otherwise have to go into the discard.

**COARSE SALT
LAND SALT**
Bulk Carlots
TORONTO SALT WORKS
J. CLIFF TORONTO

The Joy Of A Perfect Skin
Know the joy and happiness that comes to one thru possessing a skin of purity and beauty. The soft, distinguished appearance it renders brings out your natural beauty to its fullest. In use over 70 years.

God's Anointing
Oriental Cream

Bob Long
Union Made
**Gloves
Overalls & Shirts**



Bob Long Says:—
"My overalls and shirts are roomy and comfortable, and made especially for farmers. I designed them with the idea that you might want to stretch your arms and legs occasionally."

BOB LONG GLOVES

will outwear any other make of glove on the market, because they are made by skilled workmen from the strongest glove leather obtainable.

Insist on getting Bob Long Brands from your dealer—they will save you money

R. G. LONG & Co., Limited
Winnipeg TORONTO Montreal

BOB LONG BRANDS
Known from Coast to Coast