

RECIPE FOR PRESERVING PLUMS.

The following recipe for preserving plums has been found to be the best for American plums.

The recipe was supplied by Mrs. Dora M. Robson, Ottawa, Ont.

"The plums were not quite ripe, being partly red and partly yellow. No ripe or all red plums were used, and to this is attributed part of the success of this formula. The fruit was weighed and put into a preserving kettle at the back of the range, a few of the plums being crushed. The fruit was left here until the slow heat drew the juices out, then the preserving kettle was drawn forward and the plums cooked slowly until they were thoroughly done. One pound of heated sugar was then added to one pound of fruit, including stones and skin. The fruit was then left on the range just long enough to be sure all the sugar had melted and boiled up once, probably about three minutes. No water was put with the plums."

When a gas range is used the plums might be left in a very slow oven, covered, until all the juices are drawn out instead of leaving them on the back of the stove.

JELLY MAKING.

Fruit juice, in order to make good jelly, must contain both pectin and acid. Pectin is a substance soluble in hot water, which when cooked in the presence of sugar and acid and cooled, gives the right consistency to jelly.

Fruit for jelly making should be just ripe or slightly under-ripe.

Wash and cut the larger fruit into pieces. Put in a saucepan, adding a small quantity of water according to the amount of juice in the fruit. To the very juicy fruits, such as grapes and currants, add only enough water to prevent burning. Boil slowly until well cooked.

Drain through a jelly bag made of double thickness of cheesecloth, unbleached cotton, or flannel.

Measure and find out how much sugar it is necessary to use for the particular fruit juice.

To determine amount of sugar needed, mix 1 tablespoon of juice with 1 tablespoon of grain alcohol. If a firm jelly forms, use equal measures of sugar and juice; if a loose jelly, $\frac{1}{2}$ sugar, 1 of juice; and if a very loose jelly, $\frac{1}{4}$ sugar and 1 of juice.

The juice is allowed to come to a boil before the heated sugar is added.

The jelling point is reached when the juice drops as one mass from the side of a spoon, or when two drops run together and fall from the spoon as one. Pour immediately into jelly glasses. When the jelly is cold, pour over it a thin layer of hot paraffin wax.

Ideal fruits for jelly making include the following: currants, sour apples, crab-apples, and grapes. Raspberries, blackberries, and blueberries may be used in combination with apples.

PRESERVATION OF VEGETABLES BY FERMENTATION AND SALTING.

One advantage of this method of preserving vegetables is that containers, such as old kegs, butter tubs or stone crocks may be used.

THREE PRINCIPAL METHODS:

1. Salting without fermentation.
2. Fermentation with dry salting.
3. Fermentation in brine.