

let boil from 1 to 5 minutes, taking it off just as soon as a little of it "jells" when dropped from a spoon. Too long cooking has a tendency to make the jelly dark and hard. Too much sugar makes it soft and sticky; usually $\frac{3}{4}$ cup of sugar is enough for each cup of juice.

When the jelly seems right pour it into glasses and when cold cover with melted paraffin. If, when cold, it does not seem firm enough set the glasses in the sun, covered with panes of window-glass or the glass tops from sealers and leave for a few days. The fruit left in the jelly bag may be reheated with a little water and made into a "second" jelly, or it may be put through a colander, mixed with sugar, and made into marmalade.

Apple juice is very useful since it may be worked up into so many other variations. Suggestive combinations are: Apples and cranberries; apples and plums; apples and tomatoes; apples and raspberries or strawberries; apples and cherries; apples and currants. Other combinations are secured by cooking sliced lemon or orange with the juice, or cinnamon and cloves tied in a bag. Or vanilla or almond extract may be added just before the jelly is turned into the glasses. Crab apples combine very well with plums.

A jelly wrinkle worth remembering is that the inner skin of oranges and lemons very rich in pectin, may be added to cherry, strawberry, rhubarb or other juice deficient in pectin.

A Few Jelly Recipes.

Green Gooseberry Jelly.—Cook the gooseberries in a double boiler, mashing well, then turn into a jelly bag and drip. Measure the juice and put an equal number of cups of sugar in the oven to heat. Let the juice boil vigorously for 10 minutes, skimming as needed, then add the hot sugar, and when ready turn into glasses. If water has been added to the juice longer boiling before the sugar is added will be necessary. Gooseberry jelly is improved by adding 1 cup currant juice to each 3 cups of gooseberry juice.

Raspberry and Currant Jelly.—Extract the juice separately and use the same quantity of each, or use three fourths currants to one fourth raspberries. Use a cup of sugar to each cup of juice. Raspberry juice and apple juice combine very nicely.

Currant Jelly.—Remove the leaves but not the stems. Weigh the fruit and allow half the weight in sugar. Mash part of the currants, add the rest and heat gradually to the boiling point, then let boil briskly for 20 minutes, stirring often. Drain the juice off, heat it to boiling and let boil 2 minutes, then add the hot sugar. Put immediately into glasses. A little water may be added to the currant pulp and the juice drained off again and made into jelly using $\frac{3}{4}$ cup sugar to each cup of juice.

Black Currant Jelly.—Black currants should be well ripened. Heat and drain as usual, and allow a cup of sugar to each cup of juice. Let the juice boil rapidly for 10 minutes, add the sugar and boil until it jellies.

Plum Jelly.—Take the plums before they are wholly ripe. Cover with boiling water and let boil slowly until soft, then drain. Finish as usual, using equal measures of sugar and plum juice. The plums left over in the bag may be made into marmalade.

Apple Mint Jelly. (To serve with cold meat). Prepare the juice as usual, measure, and for every quart of juice allow 3 cups sugar. Boil the juice for 20 minutes with a bunch of crushed mint, then strain. Add the heated sugar, tint with green spinach coloring and turn into glasses.

Tomato Jelly.—Quarter and cook the ripe tomatoes (not too ripe) and drain. To each quart of juice add the rind and juice of a lemon. Boil 20 minutes, then add 1 cup heated sugar to each cup juice. Cook again. If it refuses to jelly add apple juice, 1 cup apple juice to 5 or 6 of the tomato. The same result can be obtained by cooking apple parings with the tomatoes.

The Scrap Bag.

A Bleaching Cream.

People who tan easily in summer will find the following cream useful for the face: Lanoline 30 grams,

bitter almond oil, 10 grams. Mix and stir in a solution of borax, 1 gram; glycerine, 15 grams; hydrogen peroxide, 15 grams. Cucumber juice applied at night after washing the face with any good white soap and warm water is excellent for removing tan.

Foot Powders.

An excellent foot powder is made by mixing together 3 parts talcum powder and 1 part boric acid. Dust the feet well with this before putting on the stockings.

Remedy for Tan and Freckles.

Mix a little grated horse radish with sour buttermilk, and mix to a paste with cornmeal. Spread this mixture between thin muslin and keep on the affected parts as long as possible at night, using care to keep it away from the eyes.

Mouldy Preserves.

If preserves become mouldy remove every particle of mould, then reheat the fruit to the boiling point and again store in a sterilized receptacle. When cold cover with melted paraffin.

Cold Water Canning.

Rhubarb, cranberries, lemons and gooseberries, will keep very well if canned in cold water. The jars should be well sterilized and immersed in a deep pan of cold water, the tops being screwed down beneath the surface. In this way no air-space will be left. Keep in a cool, dark place.

The Fireless Cooker.

The commercial fireless cooker equipped with disks may be used for putting up canned fruit, jams and marmalades, and will save much perspiring over the stove in hot weather. In the fireless cooker there is no danger of scorching or boiling over.

How Much to Drink.

Dr. Chalmers Watson in his "Book of Diet," says: "As a general rule it may be said that at least three tumblers of water should be taken daily." He gives the following rule as practicable: to drink a full tumbler of hot or cold water first thing in the morning, an hour before the mid-day meal and the last thing at night. If this direction were carried out there would probably be very much less gout, rheumatism and other such troubles.

Vegetables and Fruits Necessary.

Van Noorden, a distinguished dietitian, said: "Vegetables and fruits are of the greatest importance for the normal development of the body and of all its functions. If we limit the most important sources of iron—the vegetables and fruits—we cause a certain sluggishness of blood formation and an entire lack of reserve iron, such as is normally found in the liver, spleen, and bone marrow of healthy, well-nourished individuals." Iron, says Janet M. Hill, in *American Cookery*, is found in dried peas and beans, green string beans, cabbage, corn, potatoes, spinach, turnips, apples, prunes and raisins; sulphur is present in peas, beans, potatoes and onions; while more or less calcium and phosphorus are contained in peas, beans, beets, carrots, parsnips, potatoes, turnips, apples, bananas, oranges, prunes, pineapples, almonds and walnuts. Most fruits and vegetables are fairly rich in calcium, and some of the green vegetables are strikingly so. All of these mineral elements are needful to the body, hence the liberal use of vegetables and fruits, at every table is advisable. Green or fruit salad, with coarse bread and plenty of butter, makes a much better "course" than a heavy pudding, pie or cake. A very good fruit salad is made of dates or cooked figs or prunes with bananas and lemon juice. Cooked spinach or young beet-tops served very hot on toast, garnished with hard-boiled egg, makes a splendid supper dish. For cold or rainy days the chief dish at supper may be a hot cream soup with a vegetable foundation served with hot croutons (buttered bread toasted in the oven) biscuits, or crackers.

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