

Cook for 20 minutes after boiling begins. This last boiling is to make sure that the sterilization of the fruit is complete, and thus insure its keeping qualities. Remove the cover from the boiler, tighten the covers again, invert, and let cool.

JELLY MAKING

Because of the concentration of a large amount of cane sugar in jelly, it is rendered less wholesome, and should be used sparingly, if at all. Most women, however, desire to put up a few glasses of jelly to have on hand for special purposes, and a few recipes will be given for the kinds more commonly used. The fruit juice may be put up in glass jars, the same as canned fruit, if desired, and the jelly can be made as needed.

Large fruits, such as apples, should yield about 3 quarts of strained juice from 8 quarts of apples and 4 quarts of water. Juicy plums will require only 3 or 3½ quarts of water to 8 quarts of fruit. Add the water to the fruit, and simmer slowly until done. Then hang up in a bag to drip. The time of boiling the juice after adding the sugar will depend on the concentration of the fruit juice, the proportion of sugar, and the pectin, and, in all probability, the degree of acidity. The two principal causes of failure in jelly making are: first, the common practice of adding too much sugar; second, the differing composition of fruit juices.

In a dry time, the juice in fruit is not very abundant, and the percentage of sugar is high. On the other hand, if fruit is picked after a rain, the amount of water in the juice increases. As a result, the fruit from the very same tree yields juice with less sugar after a rain. These facts will explain why the amount of sugar that must be added to make the juice "jell" varies at different times.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)