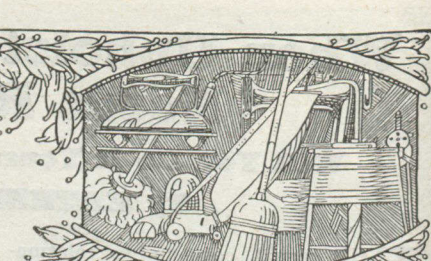


EVERYWOMAN'S HOUSEHOLD DEPARTMENT

Food and Housekeeping Efficiency
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When Jack o' Lanterns Ripen

*Peter, Peter, pumpkin eater,
Had a pumpkin, couldn't keep her,
Canned and dried her very well,
And so kept all he didn't sell.*

OF course, pumpkins just belong to Halloween and Thanksgiving times, but there comes many a day in the rest of the year that might be vastly improved by a good pumpkin pie.

It's of those coming days we're thinking when we plan ways of keeping the luscious pumpkin in as nearly as possible its natural state, for it will stand by us nobly, not only as a pie-filling, but as a pudding, vegetable, or soup-maker of splendid parts. It is valuable especially for its mineral salts, and contains over six per cent. carbohydrates.

Pumpkins are easily stored, if one has a dry cellar or an attic. Simply place them on shelves or on a table, if they are sent to the cellar, or if they are to be kept in the attic, the floor will do admirably. They should be gathered before there is a frost, and dried for a week or ten days in the sun before storing.

If one is an apartment-dweller, without room for storing such cumbersome things as pumpkins, canning and drying present themselves.

To Preserve Pumpkin

TO each pound of pumpkin, allow 1 lb. sugar, 2 tablespoons lemon juice, finely grated rind of 1 lemon, ½ teaspoon ground ginger.

Cut the pumpkin and remove seeds. Cut in slices, pare them, and lay on a large dish, covering each

layer thickly with sugar and the lemon juice, and allow it to stand three days. Put into a preserving kettle, add the ginger and lemon rind, and one pint cold water for each 6 lbs. of fruit. Bring slowly to boil, and cook until slices are tender, but not broken. Turn carefully into an earthen crock, and keep covered for a week, then transfer the slices carefully to large-necked jars and strain the syrup into a pot. Boil the syrup until it threads thickly, fill the jars with it, seal, and store in a cool, dry place.

Fried Pumpkin

AS a most delicious vegetable, try cooking pumpkin this way: Cut in slices, pare, remove seeds, and boil in salted water until tender, but quite firm. Drain, dip each piece in bread crumbs (that have been seasoned with salt and pepper), dip in egg, coat again with the crumbs, and fry in deep fat until golden brown.

For Pumpkin Fritters, proceed the same way, only dip the cooked pumpkin into frying-batter instead of egg and bread crumbs.

Pumpkin Soup

CUT 1 lb. fresh pumpkin into pieces, add a very little water and a little salt. Boil 6 or 8 minutes; then rub through a fine sieve. Melt 4 tablespoons butter in a saucepan, then stir in the pumpkin and cook gently for about ten minutes. Add 1 pint boiling milk, ½ teaspoon sugar, salt and pepper to taste, and serve with croutons of toast.

From Laden Vineyards

AT the date of writing, the outlook for this year's grape-crop is excellent. Last year and the year before, the yield was very low, but this Fall we hope to be able to indulge to the full our taste for the delicious jams, jellies and fruit-juices that are so plentifully ours in a good season.

Grape jelly is, like that made from red currants, very good with meats, if it is not made too sweet.

Grape Butter

SELECT good Concord grapes, pick from the stem, measure them, then wash and "shoot" them—press each one from its skin. Put skins and pulp into different pans. Cook the pulp with just a little water for 15 minutes, then turn it into the kettle with the skins, and boil together for half an hour, or until the skins are tender.

Add 2 cups of fine granulated sugar for each quart of the grapes measured before cooking, and boil for half an hour longer, stirring frequently. The butter should be thick and ready to put in the jars.

Grape Jelly

TO four pounds of grapes, stemmed, washed and pulped, add quarter their weight of water. Boil together for 20 minutes, then press through a jelly bag. Have ready a flannel jelly bag, which may be fastened up in some convenient place, if you have not got a jelly bag on a stand, and allow the juice to drip through it entirely without pressure. Never try to hasten it or to squeeze out juice, which obviously remains in the bag.

Bring the cleared juice to the boil, add ¾ cup sugar to each cup

of juice, stirring constantly until sugar is dissolved, and boil until the jelling point is reached. Test by dipping a spoon or wooden paddle into the boiling mass, then cooling it by moving back and forth a few times. Drop the jelly from it onto a saucer. When the jelling point is reached, it will break from the spoon in slakes or sheets. Remove from the fire immediately, skim it, and pour at once into hot, sterilized glasses. Set aside where it will cool as rapidly as possible, securing it from dust or contamination. When cool, cover with melted paraffin, and store in a cool, dark, dry place.

Home-made Grape Juice

SELECT sound, ripe Concord grapes, stem, wash and crush, heat slowly to about 180 degrees F., the simmering point (the flavour will be better if the sterilizing is done below the boiling point). Strain through double thickness of cheese cloth and stand aside for a few hours to settle. Pour off very carefully, to free from the dregs, which will remain in the bottom of each vessel. About 1 cup of sugar to 1 gallon of fruit juice will improve the flavour, without making it too sweet.

Pour the juice into sterilized bottles, adjust stoppers or corks lightly, to allow for expansion; set bottles on a rack or folded cloths in a hot-water bath outfit (a deep kettle or ordinary wash-boiler, in which the bottles may be immersed) and process at the simmering point for half an hour. Put stoppers in tightly, and when cool, dip top of bottle into melted paraffin to seal it.

Storing Winter Vegetables

COUNTRY people are in the habit of storing their own winter vegetables, and have the facilities for doing so. Many city folk, on the other hand, never think of the storage of vegetables as touching themselves at all.

There is no trick about putting away a supply of vegetables for winter use, if the following simple instructions are carried out.

Storage Cellar: The average cellar, with a furnace, is too warm for most vegetables. If there is no storage cupboard, make one in a corner with a window. Some four-inch uprights nailed to the beams in the ceiling are first put in place, then building board is nailed on each side of the uprights, making a rough double wall with an air space between. A circulation of air is necessary, and is easily supplied by a piece of bent pipe (stove-pipe or drain-pipe with elbow-joint answers well), one end thrust through the window frame, the other opening near the floor. This will keep the air moving, and may be shut off in extremely cold weather. If the floor is of cement, it is a good plan to put a layer of earth or sand on it, some two or three inches deep. If this becomes too dry, sprinkle occasionally with water.

There are, generally speaking, three groups of vegetables fit for storage, and they require different treatment.

1.—Root vegetables — potatoes, carrots, turnips, beets, parsnips, etc., need a temperature just above freezing-point, around 40 degrees F., and all but parsnips and salsify must be carefully guarded against freezing. Potatoes must be especially guarded from frost and light — either will ruin them. Carrots

and turnips, not immediately spoiled, like potatoes, by a single touch of frost, will not keep; beets are destroyed by it.

The root vegetables should be placed in small bins (or they will heat in the centre of the pile and spoil), or in boxes or barrels that are raised a little from the floor to allow air to circulate beneath.

They should be gathered when fully matured, but in absolutely sound condition. Never store a bruised or blemished vegetable—it will spread decay far and wide.

All leaves should be cut off, refuse and dirt removed (but not washed off), vegetables dry and cool when stored, and in case of potatoes, stored in small quantities and in darkness.

2.—The second class of vegetables are of the heading variety—cabbages, cauliflowers, Brussels sprouts, celery.

They should be gathered when just less than ripe, looked over carefully for worms or insects, roots left on. If not matured at first frost, dig up and set in six inches of earth in cellar, watering occasionally without dampening leaves. Mature cabbages are placed heads downward, roots on, in a layer of sand or earth. Bury celery, roots on, in slightly damp earth.

3.—Other vegetables will stand a higher temperature than roots and headed varieties. From 50 to 75 degrees F. suits them.

Peas and beans are kept thoroughly dry and safe from rodents. Onions must be dry and fairly cool. For these three, the attic is often preferred to the store-room. Pumpkins and squash are gathered before frost, and dried in sunshine for a week or so, then piled on shelves or table, or on attic floor.

Concerning Eggs and Butter

THE prices of eggs and butter are never exactly buying-inducements during the winter, and the only woman who can calmly regard their fevered increases is she who has a goodly store of eggs and butter put away when prices were lower. It is delightful to enjoy good butter and fresh eggs when the thermometer is trying to see how low it can drop, and still enjoy the comfortable knowledge that we are not eating our New Year's coal supply nor the children's new shoes!

It is usually considered that good dairy butter is the best to put away. When choosing it, plunge a long-bladed knife far into the centre; when it is withdrawn, it should have a fresh, sweet smell. Aided by the sense of taste, no one need have difficulty in selecting first-class butter. Make sure that there is no surplus buttermilk in it. If there seems to be too much, knead the butter well under fresh, cold water. Large quantities of butter will keep better than small quantities (unlike eggs, which should only be stored a few dozen together), as it is the surface butter that will spoil. The idea is, of course, to have as little surface exposed to the air as possible. A large crock is therefore best. A glazed earthenware crock is preferable to a wooden tub, as it cannot give any flavour to the butter.

Scald the crock thoroughly, dry well, and pack the butter in closely, filling well to the edges. Lay a sheet of butter-paper on top, and on this put a thick layer of salt.

Pound bricks of butter may be put away after a very simple but efficient fashion. One of the invaluable earthenware crocks is again the best container. Make a

salt and water brine, strong enough to float an egg. Boil it, cool it, and pour it, when quite cold, into the crock, which has, meantime, been partly filled with pound rolls of butter, each just wrapped as usual, in oiled paper. Fill and cover the crock, and keep in a cool place. The butter will remain perfectly fresh and sweet, and will not take up the salt from the water. It may be lifted out, just one pound at a time, as required—a quite considerable convenience.

The one absolute essential in putting eggs away for the winter is that they be strictly new-laid—not from the average shop-keeper's viewpoint, but as a matter of calculation in hours from the time they were laid to the time they are sealed away. A few days, even a few hours, under certain conditions, will often suffice to begin the damage, and no amount of waterglass, grease, salt or bran can stay it. Seal the egg—you merely seal the mischief inside it, and it will go merrily ahead.

Quite the most satisfactory method of preserving eggs is to put them in water-glass. Buy it from your druggist or grocer, and make the solution according to directions on the package.

Earthenware crocks again are the best vessels to use; several smaller crocks being preferable to very large ones. Place the eggs in the crock, one by one, small end down. A crushed newspaper or folded towel will help to hold them upright while they are being arranged. When they are packed—five or six dozen together is considered best—pour in the water-glass solution, cover and keep in a cool, dry place.