

pieces, and more or less cooked with a quantity of sugar of equal or almost equal weight.

The best preserves are those which, being cooked enough for keeping, retain all the flavour and aroma of the fruit. The way to have them perfect, is to prepare them with the right proportion of sugar. The same as in sirups, if too much sugar is used, they candy, but if too little, not only do they ferment and spoil in the jars, but there are other evil results which deserve attention.

The first is that they must be very much boiled so as to reduce them by evaporation to a proper consistency for keeping; but this prolonged boiling blackens them and gives them a bitter or even more unpleasant taste and causes them to lose the odour of the fruit.

In the second place the expense is really greater when an insufficient quantity of sugar is used. For example: from 5 lbs. of fruit you will obtain about 4 lbs. of juice, add to this, 4 lbs. of good sugar and your preserves so prepared will be without waste and there will be about 7 lbs. of it.

If you only use 2 lbs. of sugar for the same quantity of fruit, you will be at larger expense for fuel to evaporate your fruit and besides there will be considerable waste since instead of 7 lbs. of preserves you have little more than 4. You will therefore have suffered a real loss where you hoped to effect a saving.

These calculations will be appreciated as they deserve by people who practice real economy, and also by those who desire to obtain a clear fine flavoured preserve. As a rule there is everything to gain in not trying to save in sugar and in using only the very best.

Common sugar is not only less agreeable to the palate, but it comes higher in price than good sugar, on account of the loss sustained in clarifying and in the skimming during the cooking of the preserves, if the flavour of molasses and a