

palatable. Sugar does not, of course, counteract acidity; it only disguises it, and its use in large quantities is calculated to retard digestion. The house-wife may, therefore, be grateful for the reminder that a pinch, a very small pinch, of carbonate of soda, sprinkled over the fruit previously to cooking, will save sugar and will render the dish at once more palatable and more wholesome.—*Exchange*.

#### Apple Butter.

For forty gallons of good sweet cider, made from sound, ripe apples, use three bushels of select apples. The cider should be boiled down to one-third or a little less before putting in the apples, which should be pared clean, all specks, bruises seeds and seed cavities removed. They may be quartered, or cut into eighths, if very large. Stirring should commence as soon as fruit gets soft, and be kept up carefully until done. At all times prevent the flames of fire striking the kettle above the line of contents. When boiled down to ten gallons it will be done, and will be an article fit for a king. Put in earthen vessels, and when cold, dip clean white paper into good whisky or brandy, and lay it over the tops. In four months from making, if kept in a garret (the best place), the jars can be inverted on a floor or shelf without running out. Will keep for years, and if made with the right kind of apples, such as Rambo, Smokehouse or Bellflower, will become as smooth as cheese.—*S. Miller, in Vick's Magazine*.

#### Quince Marmalade.

BOIL the Quinces until they are soft; then peel and rub them through a sieve or on a grater. To each pint of pulp allow one pint of sugar, and boil for two hours, stirring frequently. It is well to place the preserving kettle where there is no danger of

burning, but where the boiling is continuous. The long boiling causes the color to become a rich red.

#### Quince Jelly from Parings.

PUT the parings and cores in a kettle and neatly cover with cold water; boil until very tender, pour into a straining cloth tied over the top of a stone jar, let them drain untouched. To every pint of juice allow three-quarters of a pound of sugar, put juice in a kettle and let it boil, then stir in the sugar a handful at a time, boil twenty minutes and pour into glasses.

#### Cooking Fruits.

FRESH fruits should be cooked with boiling water. As sugar is rendered no more soluble, palatable, digestible, or nutritious by cooking and is, in the presence of some acids, changed to glucose by heat, and consequently is much less sweet, it should be added only long enough to dissolve nicely, before removing the fruit from the fire. Dried fruit should be washed and then soaked in cold water until no longer wrinkled in appearance, but until it has imbibed sufficient water to give the original rounded form, then cooked slowly in the water in which it was soaked. If cooked rapidly in boiling water without first being soaked, the cells are hardened by the heat and lose the power of imbibing water and the fruit comes to the table unsightly, unpalatable and indigestible.—*Clara S. Hays, before the Min. State Hort. Society*.

#### Fine Flavor in Fruit.

As the period for the ripening of large fruits is approaching, it may be well to remind inexperienced cultivators of the importance of high culture for the development of the finest quality. Some years ago two St. Ghislain pear trees bore fruit so unlike that they would not be re-