

derive from the vegetable milk of the luscious, but inoffensive 'grape,' a rational means to re-establish the physiological conditions of clear thoughts and correct expressions.

MODES OF PRESERVING GRAPES IN THEIR ORIGINAL STATE.—1. Takesound, ripe grapes, in baskets or boxes from three to six inches deep, set in a cool place to sweat, for one or two days, then line the baskets with paper and place in layer of grapes (removing all unsound ones), then a layer of paper, and so on until basket is filled, then cover closely with paper and keep in a dry place with temperature as near thirty-five or forty degrees Fah. as possible. Grapes thus put up will keep sound and fresh from two to six months. Even temperature is desirable.

2. Take grapes, set by to sweat as in No. 1, then take sand and wash until water runs off clear, dry thoroughly in sun or oven, line box or basket with paper, then put one-half inch of sand, then a layer of grapes (each bunch wrapped in manilla paper), then layer sand, and so proceed until filled. Broken or unsound fruit never to be used. This process has kept the grape fresh to the following June.

UNFERMENTED WINE.—1. Take sound, ripe grapes from the stems, cover with water, heat slowly until thoroughly cooked, drain through flannel, do not squeeze or crush the grapes. Use one pound of white sugar to gallon of juice, heat again until hot, but not boiling. Seal up same as fruit, keep in a dark place. When wanted for use, add two-thirds water, and sweeten to suit the taste.

2. Take six pounds grapes, mash well, add half gallon water, let stand in an earthen jar for three days, then run off the liquid which is at the bottom, being careful not to disturb the skins and seeds that have risen to the surface,—or, strain through fine sieve

or cheese cloth. Add one pound sugar to each quart of juice, bring to the boil, and while at that temperature, can in self-sealing jars. Age improves flavor without fermentation.

GRAPE JELLY.—Take under ripe grapes, mash, boil three minutes, strain through flannel bag. To every pound of juice add one pound sugar, let come to boil, skim, boil one minute, and run into moulds.

GRAPE RELISH: *to be used with fowl.*
— Take ten pounds under ripe grapes (if well ripened add one box gelatine), boil five minutes, strain, add one pound sugar to one pound fruit juice, also one teaspoon each cinnamon, cloves, and allspice, boil five minutes, strain into moulds.

GRAPE CATSUP OR SAUCE.—Take one quart grape juice, one teacup sugar, one small teaspoon salt, one large heaping tablespoon ground cinnamon, one tablespoon even full ground allspice, one large teaspoonful ground cloves; boil slowly for twenty minutes, and seal, if for future use. Will keep for a long time open. Can be thinned with vinegar to suit taste when used.—Very much liked.

CANNED GRAPES.—Take ripe grapes, separate seeds from pulp, boil pulp three minutes, strain through leno or cheese cloth to take out seeds, add skins after boiling them twenty minutes, add one-quarter to one-half pound sugar (to suit taste) to one pound fruit, let dissolve, then boil one minute—not longer, as boiling too long destroys the aroma.

Caution.—In preserving the juice, or canning grapes, avoid boiling beyond the specified time, as further boiling carries off the flavor and aroma of the juice; also changes and destroys the chemical and food properties of the sugar used.

[The above paper was prepared by E. D. Smith, and published by the