

THE WILD FRUITS OF THE PRAIRIES

(Continued from page 710).

pulp. Let cook then for about twenty minutes.

Ripe wild gooseberries make delicious jelly of fine color when made after the same recipe as ordinary red currant jelly, as do also the high bush cranberries.

Saskatoons.—This fruit ripens toward the end of August. It can be made into jelly by following the choke-cherry jelly recipe.

Saskatoon Preserves.—Wash the fruit carefully and cook gently till tender in a syrup made of a cup of sugar and half a cup of water to each quart of fruit. Some people think the flavor is improved by adding the juice of a lemon to each quart of fruit.

Pickled Saskatoons.—Make a syrup of 1 quart vinegar, 4 pounds white sugar, 1/2 oz. each of cinnamon and cloves. Let boil, then put in ten pounds of fruit. Simmer 15 minutes and seal while hot.

Wild Plum Sauce.—Take one gallon plums and boil gently till tender in very little water. Rub through a sieve and add 4 cups sugar, 2 tablespoons salt, 3 tablespoons pickling spice, 2 cups vinegar. Boil for an hour, bottle and seal.

Wild Plum Preserves.—Prick the plums with a silver fork. Put into boiling water to which a teaspoon of baking soda has been added and let stand for five minutes. Then drain them and put into a syrup which has been prepared with enough water to make the amount of juice you require and add 1/2 pound white sugar to each pound of fruit. Cook gently till tender and seal carefully while hot.

THE PURCHASE, CARE AND PREPARATION OF FOOD

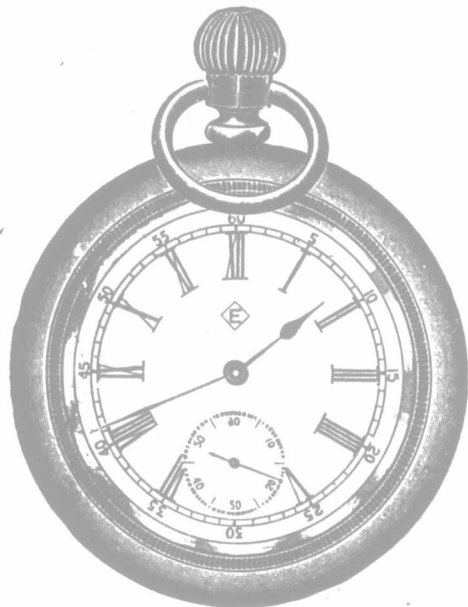
The foods used to give variety to the diet in the home vary with time, place and circumstances, but the staple foods the country over are cereal grains and their products, meat, dairy products, eggs and the more usual vegetables and fruits. According to the results of a large number of carefully conducted studies in American homes, it appears that meat and poultry supply 16 per cent. of the total food material, 30 per cent. of the protein and 59 per cent. of the fat in the average American dietary; dairy products 18 per cent. of the total food, 10 per cent. of the total protein, 36 per cent. of the total fat, and 4 per cent. of the total carbohydrates; cereals and their products, 31 per cent. of the total food material, 43 per cent. of the total protein, 9 per cent. of the total fat, 62 per cent. of the total carbohydrates; and vegetables and fruits, 25 per cent. of the total food, 9 per cent. of the total protein, 2 per cent. of the total fat, and 16 per cent. of the total carbohydrates. These figures indicate clearly the relation which the principal agricultural products must of necessity bear to home problems. It is evident that utilization of these staple foods to the best advantage is of great importance to every housekeeper.

Bread, meat and vegetables form a large part of the food of the nation, and their purchase, care and preparation for the table are the themes of Farmers' Bulletin 256 (Preparation of Vegetables for the Table), 375 (Care of Food in the Home), 389 (Bread and Bread Making) and 391 (Economical Use of Meat in the Home).

These bulletins are not "cookery books," although a large number of recipes for cooking vegetables and meats, and mixing and baking bread are found between their covers, and as each of these recipes has been carefully tested, a cook should follow them accurately the first time, at least, she attempts to use them.

The bulletin on "Bread and Bread Making" has just been issued. The pamphlet on "Use of Meat" was issued March 21, last, while "Care of Food in the Home" was published in November, 1909, and the "Cooking of Vegetables" appeared in 1906. But the four form a set which would be useful to every housekeeper.

The instruction contained in these pamphlets could be supplemented by the information in the other sixteen pamphlets treating on the relative value of fish, milk, sugar, eggs, poultry, beans, peas, fruit, potatoes and other



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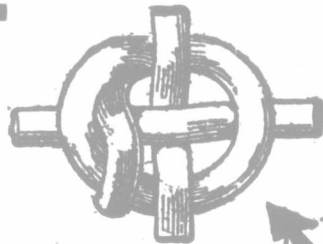
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root crops, corn and corn products, and meat as food, and the preserving and canning of fruits and vegetables. Copies of all of these publications can be secured by application to senators, representatives and delegates in congress, the secretary of agriculture or to the superintendent of documents, government printing office, Washington, D. C., who has them for sale at five cents a copy.

GOSSIP

L. K. Parr, of Stavely, Alta., an importer of Spanish and Mammoth American Jacks and Percheron and Belgian horses, has an advertisement in this issue offering some exceptionally fine animals for sale. Mr. Parr is an enthusiastic horseman and a lover of good stock, and the animals found in his stables recently imported are worthy of the attention of all intending purchasers of pure-bred horses. The Jacks are a fine lot, a number of them recently imported from Spain. He has also some young Percheron and Belgian stallions he will sell right. Stavely is situated south of Calgary, on the Macleod branch of the C. P. R.

SUFFOLK HORSE RANCH SALES

Jaques Bros., of Lamerton, write that their recent importation of Suffolk horses has arrived safely. Among the sales they have recently made are: A three-year-old stallion to Mr. Eickel, of Watson, Sask.; a two-year-old to Mr. Metcalf, of Lumsden, Sask.; two two-year-olds to Messrs. Westerman & Porter, Gillingham, Alta.; May King to Mr. Powell, Vermilion; a three-year-old to Geo. Johnston, of Erskine, and the first-prize two-year-old Suffolk stallion to Geo. Hoadley, of Okotoks, Alta. Some imported stallions are still left for sale.