

## JAM

### Small fruit

Small fruit jam : strawberries, raspberries, gooseberries. Proportions : for 1lb. of fruit,  $\frac{3}{4}$  lb. of honey,  $\frac{1}{3}$  cup of water.

### Process

Boil the honey and water until they form a fairly thick syrup. Be careful to scum ; then cool before putting into sterilized jars, thus preventing the fruit from rising to the surface. When thoroughly cool, close hermetically and keep in a dry place.

### Pumpkin, melon and pear jam

To 4 lbs. of fruit, 3 lbs. of honey and a few tablespoonfuls of water.

Cook on a slow fire about 2 hours. Flavour with two lemon peels. 1 or two cinnamon sticks may be added to taste. Stir often. When cooked, put into hermetically closed jars.

### Apple, plum and pineable jam

To 1 lb. of fruit,  $\frac{1}{2}$  lb. of honey,  $\frac{1}{2}$  cup of water.

Boil the honey and water till they form threads. Then add the fruit. Cook 30 minutes.

## USE OF MAPLE SUGAR

### Sugar Industry

Another no less valuable resource, within everybody's reach, in our country, is the delicious sugar extracted from our maple-trees.

The sugar industry which had declined, contrary to the best interests of our Province, is again beginning to thrive. The intelligent work done in many places, is the result of serious study, promoted by our experienced specialists in this line.

Why is there a movement on foot to improve the maple sugar production? Should not public-spirited Canadians use and spread the natural products of their country? Is not this a perfect sugar, replacing adulterated white and brown sugar to advantage? Although the nutritive value of maple sugar is not superior to that of ordinary white sugar, still it has a very great and noteworthy merit : *it is pure* and its *taste is delicious*, when it is well made.

These few recipes suffice to show that maple sugar works wonders in the hands of a good cook and pleasantly varies the flavour of deserts.