



FRUITS IN SEASON

THE early fruits were late this year—if you know what I mean: and now so many different kinds seem to be ready all at once that I shall have to make my recipes this week a real medley, in order to answer as many requests as possible.

Storing Jam

A damp storage place will cause the jam to mould; a hot place is likely to start fermentation; and too much light will fade the bright coloured jams.

Gooseberry Jam (Red)

Six pounds of gooseberries; 6 pints of water; and 12 pounds of sugar. Boil the water and sugar together for ten minutes, to a syrup; add the fruit and boil all together for 1½ hours. The last ten minutes boil very quickly; then add a teaspoonful of vanilla essence, and take off the fire. Test to make sure it is done. (From Hastings.)

Gooseberry or Black Currant Jam

To each pound of fruit put 1 pint of water and 1½ lbs. of sugar. Cook the fruit first in the water, gently, until tender. Then add the warmed sugar, and boil very quickly until it will set when tested. Twenty minutes or a little longer is generally sufficient. Black currants must be properly matured, and not hard and shrivelled, or they will not make good jam.

Black Currant Jam (Old Scottish Recipe)

Four pounds of black currants, and 3 pints of water. Boil for half an hour; then add 7 lbs. of sugar, and boil for twenty minutes. Very good. From *Constant Listener, Auckland*.

Black Currant Jelly

To every pound of fruit, allow one pound of sugar; and ¼ pint of water. Boil water and sugar for ten minutes, then add the fruit, including the stalks and one or two leaves. Boil four minutes. Strain and bottle. The full flavour of the black currant is retained this way, and the jelly sets beautifully. However, it is best to test before taking up.

Cherry Plum Jam

Have ripe fruit, and put sufficient water to cover the bottom of the pan. Boil the fruit till soft; and then add pound for pound of sugar, warmed, and stir well until all the sugar is dissolved. Then boil fast till the jam will set when tested on a cold plate. Many people prefer to strain this jam through a coarse sieve, to do away with the stones and the skins.

Red Currant Jam

Equal quantities of fruit and sugar, but no water. Heat the currants very

gently until some juice appears in the pan, crushing a few, to start, with a wooden spoon. Stir almost continuously. Do not add the sugar until there is plenty of juice in the pan.

Green Gooseberry and Ripe Cherry Plum Jam

Three pounds of green gooseberries; 3 lbs. cherry plums; 4½ to 6 lbs. of sugar, as liked; 3 quarts of water; Boil

HOME MADE BATH SALTS

One pound of borax; 1 lb. bicarbonate of soda; 1 lb. of washing soda; 6 packets of Epsom salts. Mix these all well together; adding a few drops of essential oil, such as oil of lavender, or verbena. A good idea is to divide the mixture into three parts, colouring each a different colour—say pink, yellow and blue—then mixing in jars, giving a pretty rainbow effect.

the fruit and water for about half an hour; then add the sugar, and boil till it will set.

Cherry Plum and Loganberry

Three pounds of cherry plums; 3 lbs. of firm loganberries, red; 1½ pints of water; and 6 lbs. of sugar. Simmer the fruit and water for about half an hour, add the sugar, and when this is dissolved, boil rapidly till it will set when tested on a cold plate.

Another Cherry Plum and Loganberry

This makes a pretty red conserve. One pound of green cherry plums; 1 lb. of ripe cherry plums; 2 lbs. of loganberries; 3 lbs. of sugar; 1 pint of water. Boil the plums in water till soft. Put through a colander to take out the stones. Put into a clean pot, and boil for a few minutes; add the sugar and loganberries; boil quickly for about 30 minutes, or till it will set.

Loganberry and Gooseberry

Three pounds of green gooseberries; 3 lbs. of loganberries; 3 quarts of water; and 7 lbs. of sugar. Simmer the green gooseberries and water for 30 minutes; then add the loganberries; simmer another 15 minutes, add the sugar, and when this is dissolved, boil rapidly till it is done.

Raspberry Jam

Pick the fruit over, removing any dead leaves, and bits of stalk, etc. Wash and weigh the fruit very gently. Do not leave them in the water a second longer than is necessary, as the colour will run. Drain them, and put into the

preserving pan. Crush a few to draw sufficient juice to start the cooking. Bring to the boil quickly, and put in an equal weight of sugar; and when this is dissolved, boil rapidly till the jam will set when tested. This should not require more than eight or ten minutes' boiling.

For Red Currant Jam, make in the same way, but it may be strained before adding the sugar, to remove the seeds.

Raspberry and Loganberry Jam

This is a very tasty jam. Use equal quantities. Cook first without sugar, until the loganberries are quite soft. Then add pound for pound of sugar, and finish as usual.

Five Minute Berry Jam

This jam is suitable for strawberries, loganberries, raspberries, gooseberries, red or black currants, 6 lbs. of fruit; 6 lbs. of sugar, preferably Brewers' Crystals; and a pinch of salt. Put the fruit in the pan, and sprinkle over 1 lb. of the sugar, with the salt. Boil exactly five minutes. Then add the rest of the sugar and bring to the boil again. Boil fast for exactly five minutes and work by the clock. Pour into jars, and when cold, it will be a beautiful firm jelly.

Black Currant Jelly Jam

The long boiling for this conserve, makes the berries nice and soft; and the jelly consistency of the finished article is delicious.

Six lbs. of black currants; 12 lbs. of sugar; 20 breakfast cups of cold water. Boil the water and fruit gently for an hour; then add the sugar, and stir till melted. Then boil quickly about 20 minutes, or until it will set when tried. Half quantities can be made.

Christmas Plum Chutney

Peel 1 lb. of plums, removing the stones; also peel ½ lb. of onions, and

cut into slices. Put into a pan with 12 oz. of light brown sugar; ½ lb. raisins; 1¼ pints of vinegar; and 2 oz. of salt; 4 oz. chopped preserved ginger; 1½ lbs. apples; and a small teaspoonful of cayenne pepper. Boil two hours, and bottle and seal when cold.

Christmas Plum Relish

This is made from jam made with Christmas Plums. Remove the stones from the jam—and for a one pound jar allow half an onion chopped finely, and 1 oz. of almonds. Mix the jam, almonds and onion, add salt and cayenne to taste, and about half a pint of vinegar. Mix thoroughly, and you will find this is excellent with cold meat.

Christmas Plum Wine

Pour a gallon of hot water over 6 to 8 lbs. of plums, and leave to stand for twenty-four hours. Then mash, and strain. To every gallon of liquid, add 3 lbs. of sugar; skim every day. Leave it for about two months before bottling.

Cherry Plum and Raspberry Jam

Put into a preserving pan 6 lbs. of small, red juicy plums. Squash one or two to start the juice, and gradually bring to the boil. Boil till the plums are all pulped. Then mash through a colander, and to each cupful of pulp add a cupful of sugar. Bring back to the boil, then add 3 lbs. of raspberries, and six cupfuls more of sugar. Bring back to the boil, and boil 20 minutes. This is better than pure raspberry jam, as it has not so many pips. It spreads nicely in cakes, too.

Mock Strawberry Jam

Boil 3 lbs. of gooseberries with three pints of water, for 1¼ hours. Then add one pineapple cut up very small, and 6 lbs. of sugar. Boil until it jellies—about ¾ of an hour.

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