

and water in pan, press and cook till soft. Then add sugar and boil till it will set. Strain through strainer to get out skins and seeds, and add  $\frac{1}{2}$  teaspoon citric acid. Flavouring essence may be added if liked.

#### Grape Ketchup

This is delicious, especially with poultry, rabbit or veal. Five pounds grapes, 1 dessertspoon spice, 2 cups brown sugar, 3 cups white sugar,  $1\frac{1}{2}$  tablespoons cloves, 1 teaspoon salt,  $\frac{1}{2}$  pint vinegar, pinch cayenne,  $1\frac{1}{2}$  tablespoons cinnamon. Stem and wash the grapes and put in pan with just enough water to prevent sticking. Simmer till tender, stirring often. Then pass through sieve to remove skins and stones, return to pan and add vinegar, sugar, salt and spices, and boil till thick. When cold, bottle and cork and seal.

#### FROM THE MAILBAG

##### Preserving Trouble

Dear Aunt Daisy,

About the woman who had trouble with the lids lifting off her preserves, I had the same trouble with beans. I screwed the bands on the jars while the liquid was boiling, but still after doing them twice, a few days after, the lids lifted. So I tried the water-bath method and they are perfect. This is my method: Pack the beans in the jars after blanching, add little salt and vinegar, fill up to within  $\frac{1}{2}$  inch from the top, seal and screw down not too firmly. Put in cold water-bath (I use my copper), see that the water covers the jars by a good inch. Heat slowly for at least an hour and a half until bubbles come to surface. Take out the fire and leave jars until cool. Lift out jars, unscrew bands and leave upside down a few hours before storing. I always do my fruit this way, too, and instead of making a syrup first, I just pour the sugar dry over the fruit in the jars and add cold water, etc., as with the beans. Half a cup of sugar for peaches, nectarines, a little less for pears, and a little more for plums and apricots, etc. Hoping the above will be of use.

"Pamela," Kaikoura

Very good, Pamela. The heating slowly and holding for a long time is a safe method; in fact, a well-commended way is to take an hour or  $1\frac{1}{2}$  hours to bring the water-bath to the boil, and then to hold it there for half an hour for pears and tomatoes—a little less for other fruits. Peas should be held at boiling point for 2 hours.

##### Excellent Sample

Dear Aunt Daisy,

I am sending you a sample of the "Una Carter" Christmas cake, baked cold oven method. I have had the recipe since the Wellington Exhibition, 1939-40, when I watched a demonstration there, but had never tried it before. My method of mixing is a bit unorthodox—I put the fruit in after the eggs, before the flour, and as you can see the result is a well-mixed cake! The Link whose cake goes down in the centre seems to me to have not enough flour—10 oz. to 4 eggs, although she does not mention the amount of fruit. "C.R." St. Kilda.

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