# Raspberries and Gooseberries Served Twice a Day

By VIRGINIA CARTER LEE

WITH the coming of midsummer the seasonable berries, especially raspberries and gooseberries, should play an important part in the menu. Red raspberries and cream is one of the most delicious hot weather desserts, and with graham bread and butter or hot biscuit, an iced beverage and a crisp salad makes an ideal meal on a sultry day, and there is no "heat production," either in the kitchen or in the system.

Unfortunately, neither of the berries can be classed as inexpensive summer foods. With raspberries selling at 15 cents a pint and gooseberries for 18 or 20 cents a quart, the careful housekeeper must arrange the other courses of the menus along economical lines if as much fruit is used as pleasure and health dictate.

Gooseberries will require no especial care in handling, but raspberries, both red and black, are so perishable that they should be turned out of the basket as soon as they come from market. Spread on a platter so that they do not touch each other, cover with a few lettuce leaves and place in the icebox until ready to serve. Raspberries, provided they are in good condition when received, will keep for twenty-four hours when treated in this way.

With the exception of Saturday and Sunday's dinners, a slice of roast beef for sandwiches and relishes in the way of bacon and smoked beef for breakfast, very little meat is used during the entire week, but a glance at the marketing list will show that the items for cream, fruit and eggs have been increased, so that a well balanced ration is assured.

The head of cabbage purchased on Friday, if a good sized one, will furnish the coleslaw for that day's luncheon, and the remainder can be used for the creamed dish served for Saturday's dinner. Do not forget to boil the cabbage rapidly with the cover off, and there will be no odor from it while cooking; then drain, chop and blend with a highly seasoned cream sauce.

In preparing the sautéd onions with string beans, add to the beans after they are cooked one or two tablespoonsful of chopped white onions that have been delicately browned in hot bacon fat. Season all with the fat in which the onions have cooked and add salt and paprika to suit the individual taste.

Supplies for the week will include at the butcher's two ounces of smoked beef for 8 cents, a quarter of a pound of bacon at 55 cents a pound, one slice salt pork for 8 cents, one pound and a half of raw ham at 60 cents a pound and a pound of lean stewing veal at 38 cents a pound. The slice of roast beef used in the sandwiches is purchased cooked from the delicatessen and should cost about 25 cents.

At the fish market one can of sardines for 25 cents, two pounds of bluefish at 35 cents a pound and two pounds of porgies at 25 cents a pound.

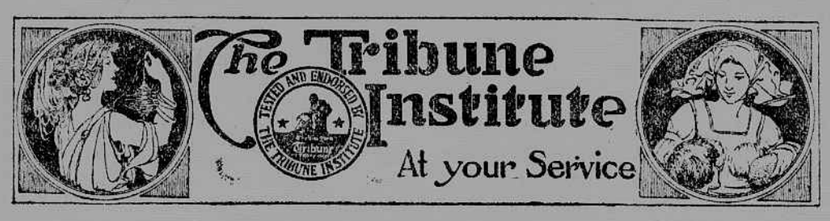
Three quarts and a pint of red raspberries, four quarts of black raspberries (this includes those used for the jam) and three quarts of gooseberries are used during the week, and the dairy products include milk and cream, $2.11; butter and oleo, $1.14, and eggs, $1.45.

Marketing prices for four in family will run at the following approximate figures:

| | |
|---|---|
| Butcher's bill | $1.93 |
| Fish bill | 1.45 |
| Dairy products | 4.70 |
| Fruit | 3.50 |
| Vegetables | 2.65 |
| Groceries | 3.77 |
| Total | $18.00 |

### *Berries Are Ripe, But Not Cheap*

**Serving the most seasonable berries twice every day ought to be an economical as well as a wholesome proceeding this time of year. Not so. The menu budget is $2 above our usual allowance, although the butcher's bill is less than that sum. The dairy products also play a big part in the extra expense, for extra cream must be had with the berries. A total of $11 for fruit, berries and dairy products, more than half of the entire budget, is not out of proportion for this time of year. A. L. P.**




## TESTED RECIPES

### Gooseberry Foam

Cut the tops and tails off a quart of ripe gooseberries and put them in the upper part of the double boiler with three tablespoonsful of water. Cook the fruit until soft enough to mash and sweeten to taste when they have cooked for ten minutes. Press through a purée sieve and to each pint of the cooled pulp add the stiffly whipped white of one egg, one small cupful of thick boiled custard and half a cupful of stiffly whipped cream. Serve in slender glasses, lined with halved lady fingers.

### Frozen Raspberries

These are particularly refreshing on a hot summer day. Take one quart of either red or black raspberries. Mash them, add one pint of powdered sugar and the juice of two lemons. Let the fruit stand on the ice for two hours and add one quart of chilled water. Stir until the sugar is dissolved and freeze slowly as for fruit water ice.

### Gooseberry Well

Roll out a sheet of very rich bread dough and press it into a greased shallow pan (the sides of the pan should be about three inches high). Fill the centre with lightly mashed gooseberries and add shaved maple sugar to sweeten, with a little grated nutmeg. Bake until the dough is browned and the fruit tender and thick. Serve with cream or a hard sauce. Biscuit dough may be used.

### Raspberry Charlotte

Either buttered bread (crusts removed) or slices of stale cake can be used in this recipe, which requires no cooking save the heating of the fruit. Stew one pint of raspberries with a quarter of a cupful of water and the juice of one lemon. When soft sweeten to taste. In a deep dish put a layer of buttered bread or cake, pour over half the boiling mixture and then add another layer of bread or cake and fruit. Let stand until cold; then chill on the ice and serve very cold with cream.

### Gooseberry Sponge

Soak one tablespoonful of granulated gelatine in half a cupful of cold water. Stem and wash one pint of gooseberries, put into a saucepan with one-quarter of a cupful of strained currant juice, cover and cook until the fruit is very soft; then rub through a sieve. Measure and add more boiling water, if needed, to make one pint of thin pulp. Return to the fire and when almost boiling add sufficient granulated sugar to sweeten. Two cupsful may be needed if the berries are very sour. Stir for a moment or two, add the softened gelatine, and when this is dissolved remove from the fire. Set aside and when cold and beginning to thicken whip with an egg-beater and fold in the stiffly whipped whites of four eggs. Continue to whip until very light and spongy. Turn into a mould rinsed with cold water and chill.

### Raspberry Shortcake

Many persons prefer this to the immortal strawberry variety, and when prepared properly it is certainly delicious. Use a quart of berries and divide them, reserving the better ones for the top and slightly crushing the remainder. Sweeten the crushed berries and set aside. Prepare a rich biscuit dough (add a little more shortening than when strawberries are used) and bake in a sheet in a quick oven. When cooked split apart, spread generously with butter and fill with the crushed fruit. Arrange the whole berries on top of the cake and dust thickly with powdered sugar. Serve with cream.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Uncooked Cereal with Raspberry Whip | Shredded Pineapple | Black Raspberries | Cherries | Stewed Gooseberries | Moulded Cereal with Blackcaps | Stewed Plums |
| Thin Bread and Butter Rolls | Creamed Smoked Ham | Grilled Tomatoes Corn Bread | Moulded Cereal Top of Bottle | Boiled Eggs Radishes | French Toast Maple Syrup | Scrambled Eggs |
| Watercress Coffee | Buttered Toast Coffee | Coffee | Cinnamon Toast | Buttered Toast | Coffee | Cereal Gems Watercress |
| LUNCHEON | LUNCHEON | LUNCHEON | Coffee | Coffee | LUNCHEON | Coffee |
| Lettuce and Sardine Sandwiches | Baked Stuffed Tomatoes | Cream Cheese, Nut and Lettuce Salad | LUNCHEON | LUNCHEON | Browned Vegetable Hash | LUNCHEON OR SUPPER |
| Iced Fruit Tea | Rye Bread | Brown Bread Sandwiches | Roast Beef and Olive Sandwiches | Baked Cheese Custard | Hot Biscuits Buttermilk | Potato Salad Ham Sandwiches |
| Gingerbead | Blackcaps Cookies | Fruit Compôte | Grape Juice Cup | Coleslaw Rye Bread | Raspberry Jam | Ginger Ale |
| DINNER | DINNER | DINNER | Raspberry Charlotte | Raspberries | DINNER | Maple Layer Cake |
| Cream of Spinach Soup | Broiled Bluefish Potato Balls | Cucumber Canapés | DINNER | DINNER | Broiled Ham | DINNER |
| Spanish Omelet | String Beans with Sautéd Onions | Green Peppers Stuffed with Creamed Fish (leftover) | Vegetable Chowder Finger Rolls | Jellied Bouillon | Creamed Cabbage | Tomato Bouillon |
| Buttered Carrots and Peas | Vegetable Salad | Boiled Potatoes Tomato Jelly Salad | Stuffed Egg Salad | Fried Pan Fish Tartare Sauce | Hashed Browned Potatoes | Veal Croquettes Green Peas |
| Romaine Salad French Dressing | Frozen Raspberries | Gooseberry Well | Black Raspberry Pie | Creamed Potatoes Spinach | Tomato and Romaine Salad | Escalloped Potatoes |
| Gooseberry Foam | | | | Fruit Salad | Gooseberry and Currant Sponge | Raspberry Shortcake |

# On Saving the Berries of July for December

By MARGARET HAMELIN

## *Gooseberries*

### Gooseberry Conserve

WASH and stem five pounds of gooseberries and add four pounds of sugar, one and a half pounds of seeded raisins and the juice and finely chopped rind of four oranges. Crush the fruit just enough so that the juice will start and prevent scorching, then turn into a preserving kettle, let stand for twenty minutes and simmer for forty-five minutes after it begins to bubble. Store like marmalade.

### Gooseberry Jam

This may be made with the plain gooseberries and sugar or with the addition of red currant juice. For the former, stem and wash the berries, put them in a preserving kettle with just enough water to prevent burning, mash the fruit well and cook until the fruit is softened. Add as much heated sugar as you have fruit pulp and simmer for about twenty minutes. Skim well.

For the other method, melt six pounds of sugar in a quart of red currant juice, let boil for five minutes and add eight pounds of washed and steamed gooseberries. Cook for forty minutes, skim well and set aside until the next morning. Skim the berries out into jelly glasses, boil down the syrup until very thick and pour over the fruit. Cover with paraffin when cold.

### Green Gooseberry Jelly

Cook the fruit in the upper part of the double boiler until the juice runs freely; then strain as in making currant jelly. Let the strained juice boil hard for ten minutes and add an equal amount of heated sugar to that of the strained berry juice. Store in jelly glasses. A pretty pink jelly and one with a different flavor is obtained by adding one cupful of strained currant juice to every three cupsful of the gooseberry juice.

### Gooseberry Catsup

Stem, wash and mash five quarts of berries, put them into a preserving kettle with six cupsful of granulated sugar, one quart of vinegar and one ounce each of ground nutmeg, allspice, cinnamon and cloves. Boil down the mixture until quite thick and seal in small sterilized jars as for canned fruit. Very good with cold pork or poultry.

### Gooseberry Preserves (Bar-le-Duc)

Although slightly troublesome to make these are quite equal to the expensive product sold as bar-le-duc. Select large, perfect gooseberries. Make a tiny opening in the side of each one. Then with a needle remove the seeds one by one, taking pains to preserve the shape of the fruit. Weigh the prepared berries, allow an equal amount of strained honey, and when the latter is hot put in the berries and simmer for four minutes. Skim out the fruit, place in tiny jelly glasses and boil down the honey syrup until very thick. Pour this over the fruit and seal when cold with paraffin.

### Gooseberry Marmalade

Wash and stem three quarts of ripe gooseberries. Cook with as little water as possible until they burst, and add two quarts of sugar, one scant quart of ground pineapple and one pound of chopped, seeded raisins. Boil the mixture very slowly until quite thick and add two cupsful of chopped English walnuts. Store as for jelly.

## *Raspberries*

RASPBERRIES are such a perishable fruit that they should be preserved as soon as possible after their arrival from market; to wash them, place a few in a colander and lift in and out of a pan of water twice; then lay on a wire sieve to drain.

The following tested recipes cover the best typical methods for "putting up" this delicious early summer fruit:

### Red Raspberry Jam with Currant Juice

Wash and crush the fruit and to each quart of the berries allow half a cupful of strained currant juice. Let stand for ten or fifteen minutes, turn into a preserving kettle, bring to the boil and let simmer for twenty minutes. Have ready heated sugar, allowing three-quarters the quantity of the uncooked fruit, and cook down until a little of the syrup jells when tried on a plate. Store in jelly tumblers, covering with paraffin when cold.

### Red Raspberry and Black Currant Jam

Allow two-thirds raspberries to one-third of stemmed currants, crush the fruit, bring to a boil and cook for twenty minutes. Add three-quarters the amount of sugar that you had of the combined fresh fruits and let boil to the desired consistency. Skim once or twice after the sugar is added and store as in the previous recipe.

### Raspberry Jelly

In making this delicious jelly two-thirds raspberry juice and one-third currant juice (strained) should be combined. Heat the juices, cook for twenty minutes and add an equal measure of heated sugar to that of the strained juices. Cook until it "jells" and store in small tumblers. By using the red raspberries and the red currants a bright, vivid jelly is produced, while the black berries and currants give dark, rich jelly that looks as delicious as it tastes.

### Raspberry Vinegar

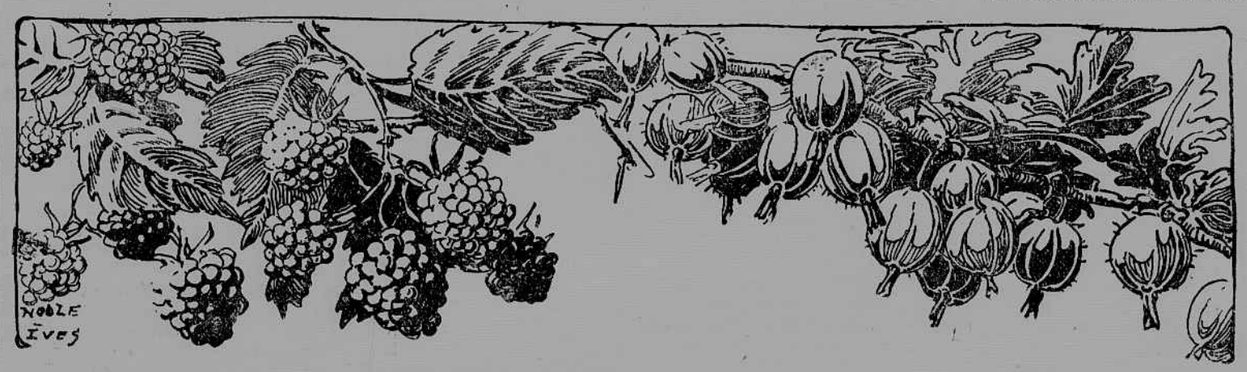
In making this delectable beverage the berries may be used for this formula and then in the spiced raspberries, which are excellent to serve with cold meat. For the vinegar, put four quarts of raspberries into an earthenware bowl, pour over it four cupsful of vinegar and leave covered in the icebox until the next day. Strain off every particle of liquid and vinegar from the berries and pour it over four additional quarts of berries that have been placed in a clean bowl. (Save the berries for the spiced preparation.) Again let the berries and vinegar stand over night and in the morning strain off the liquid and heat to the boiling point. Add twelve cupsful of granulated sugar and boil for twenty minutes. Seal hot in air-tight bottles. Two or three tablespoonsful of this vinegar with cracked ice and chilled carbonated water makes a most delightful and refreshing drink on a hot day.

### Spiced Raspberries

Place the eight quarts of berries (used in the vinegar) in a preserving kettle and add eight cupsful of sugar, one cupful of boiling water, three broken sticks of cinnamon, two dozen whole cloves and two blades of mace (tied in a bit of cheesecloth). Simmer slowly for forty-five minutes. After they begin to boil, take out the spices and store like marmalade.

### Preserved Raspberries (without cooking)

These raspberries have the exact flavor of the fresh fruit and are delicious to use as a sauce with ice cream or in shortcake. Allow pound for pound of the fruit and sugar. Crush the fruit carefully, seeing that every berry is well broken, then add the sugar and mix thoroughly. Have ready hot, sterilized jars, fill to overflowing with the berries and sugar, adjust new rubbers and hot, sterilized covers and seal. Store in a cool, dark place.




## *Currants*

CURRANTS should be handled very carefully and preserved as soon as possible after picking. They contain so much acid that little heat is necessary to preserve them. Currants also contain a great deal of the substance called pectin, which causes the boiled, sweetened juice to "jelly," so that they are used a great deal in jelly-making, either alone or in combination with other fruit juices.

Many housekeepers always can a quart or two of currant juice for use in making mincemeat, and it is also excellent to add to a punch, fruit cup or plain iced tea. Recipes given will apply to both the red and the so-called black currants. The "cherry currants," on account of their large size and delicious flavor, are recommended in preference to the smaller varieties, the price being only a few cents more a quart box.

### Currant Conserve

Mix together three quarts of stemmed currants, three quarts of sugar, one pound of seeded raisins, finely chopped, the rind and pulp of two oranges and the rind and pulp of one lemon. Let the ingredients stand covered for two hours, and then cook over a very moderate heat until as thick as marmalade. Be careful that it does not burn. Store like jelly.

### Currant Catsup

Boil together for two hours one and a half quarts of brown sugar, three quarts of currants, two tablespoonsful of ground cinnamon, one tablespoonful of ground cloves, half a tablespoonful of ground mace and one pint of good cider vinegar. Seal boiling hot in air-tight bottles.

### Black Currant Preserves

To each pound of stemmed, washed currants add one cupful of red currant juice and one pound of granulated sugar. Heat all together to the boiling point and skim well. Do not stir the fruit, but shake the pan frequently. Simmer for about fifteen minutes and seal air-tight in hot, sterilized jars. Red raspberry juice may be used in this place of the currant juice; gives a sweeter preserve.

### Currant Jelly

The old saying, "Make your currant jelly before the Fourth of July," need not be strictly followed, and originated, doubtless, in the fact that after that date the majority of currants are overripe and will not make a good, firm jelly. Never gather or buy currants for jelly-making just after a heavy rain, as they will take far longer to cook to the jellying point and the color will not be so good.

Put the desired amount of currants into a saucepan, crush well, let stand for half an hour and heat very slowly. Drain in a jelly bag, measure the juice and allow for each cupful a cup of sugar. Return the juice to a clean saucepan, let boil for twenty minutes, then add the sugar heated in the oven, skim well and cook for about three or four minutes.

What are known as first and second extraction jellies can be made after the juice has drained through without pressure. Let the jelly bag drip for half an hour, transfer the currant pulp to a saucepan and barely cover with cold water. Stir well, cover, let boil for three or four minutes and drain as before. This time drain for only ten minutes, repeat, and you will have material for the third extraction jelly. The second extraction jelly is almost as good as the first. Pour into jelly glasses and cover when cold with paraffin.

### Preserved Currants Without Cooking

Measure the washed currants and allow one pound and a quarter of sugar for each pound of currants. Crush the fruit and the sugar, being careful that the skin of every currant is broken. Have ready jars sterilized in boiling water, empty the jars and fill to overflowing with the currants and sugar. Seal air-tight, as for any preserved fruit. These are particularly good for pies, as they have the exact flavor of the fresh fruit.

# Creole Cooking—By Jane Gates

NO ONE could visit New Orleans, even for a few days, and not set about trying to obtain some of the recipes for the wonderful dishes that one gets nowhere else in this country, at least. In cooking fish of all kinds, and chicken, in concocting delicious sauces and in making coffee the Creole cooks excel.

A famous hotel chef makes his gumbo after the following recipe: Fry a chicken cut up into pieces until brown, then add four crabs cut up, two dozen oysters and a pound of fresh shrimps. Cut into this four dozen small okra pods, a large onion, and add salt and cayenne to taste. Simmer over a slow fire for twenty minutes, then pour into it enough warm water to cover to the depth of two inches. Boil two hours, and serve with a spoonful of steamed rice in each plate.

### Chicken à la Creole

This same hotel serves its guests chicken cooked in marvellous fashion. To make it, cut into pieces, for serving, two chickens, and brown them in two tablespoonsful of butter. Season well with salt and pepper and add three large onions, sliced, and let them brown a delicate golden brown. On no account allow them to burn. Then add two tablespoonsful of flour, and when this too has browned put in a half dozen sliced tomatoes. Cook very slowly. Add for seasoning chopped parsley, thyme, bay leaf, and two finely chopped cloves of garlic. Keep stirring, and add half a dozen sliced green peppers. Cook for twenty minutes, covered, stirring occasionally, and then add a cup of broth. Let cook for another hour and serve very hot.

Probably the best known of all the New Orleans dishes is the Bouillabaisse. This is the dish that Thackeray had in mind when he said you could eat in New Orleans "the like of which was never eaten in Marseilles or Paris." And the dish originated in Marseilles, too. The story of how there came to be such a dish is interesting. The Creoles say that there were two old French fishermen of Marseilles who got into a dispute one day, on board their boat, as to the best way to cook sturgeon and perch together. They both tried it, and one succeeded in making a wonderful concoction. He offered to show his pal how to do it, and when it was done, he said to him "Et quand ça commence à bouiller, baisse," meaning, the very minute it begins to boil, take it off. Hence the name. Naturally the French settlers, on reaching New Orleans, and missing one of their favorite dishes, looked about for fish in the Gulf with which to make it, and in choosing the red snapper and the redfish they found their bouillabaisse better even than that of the true Parisian.

We in the North cannot secure the snapper or the redfish, but one recipe used by many of our Northern cooks makes a very good substitute. It says to cook two minced onions in half a cup of olive oil and to add to it a pound and a half of haddock and a pound and a half of halibut cut in slices, a couple of slices of lemon, a bay leaf, and two tomatoes, sliced. Let simmer for ten or fifteen minutes and then pour in four cups of boiling water and boil ten minutes. Skim and add to it a dozen oysters or clams or the meat of a lobster, a teaspoonful of caramel, and season to taste. Serve on toast with the sauce poured over it.

### Pralines

Some years ago old negro mammies in their stiffly starched aprons and brightly colored bandannas sat on the curb and sold these delectable confections from trays that they held on their laps. You seldom see them to-day, but the pralines are sold in many of the confectionery stores, and few visitors to New Orleans leave without sending a package of the round nutty sweets home to their friends, besides eating their fill while in the city. To make them you boil two cups of powdered sugar with a cup of maple syrup and half a cup of cream until it forms a soft ball, in cold water. Then you remove from the fire, stir till creamy and add two cups of pecans cut in coarse pieces. Drop onto waxed paper in large spoonsful. The negroes use that delicious real Louisiana cane syrup that we so seldom see in the North any more.

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