INTERESTING PAGE FOR WOMAN AND THE HOME

Edited by Julia Chandler Manz

The Table and the Kitchen

By LIDA AMES WILLIS.

The fruit confection which is known in the American household as jam is called fruit cheese by our English cousins. These jams or cheeses must not be confounded with fruit marmalade. For a fact the term marmalade comes from the Spanish name for quince, which is marmela, hence the name marmalade. As regards the proper consistency, the best fruits for making excellent cheese are plums and apricots, and particularly damsons, for in the latter, small plums, the pectin bodies that produce the proper density of the gelatinized principle are developed sufficiently. Such fruits as currants, raspberries, and underripe blackberries are rich enough in these pectic bodies to make jellies of fine consistency, but on account of their juiciness cannot be made of the proper density for successful cheese, which, as the name implies, must be of a firmness and smoothness of texture to suit like cheese. The true marmalade of quince or Spanish marmela, the English damson cheese, and the apricot fromage de chantilly of France, are quite unlike all other fruit confections of similar compound.

The Spanish marmelada was made of quinces and honey and was as great a favorite at first Colonial teas as the present popular confection made of gooseberries and honey—Bar-le-Duc—a conserve that derives its name from Bar-le-Duc, France, and is but one of the many delicious creations or fruit combinations produced by the provincial dames of Bar-le-Duc.

Creole Method of Making Jams.

The Creole cook, inheriting both the knowledge and love of the work, is noted for fine and dainty marmalades. The first point they make in giving instructions for making is that not only does the beauty and taste of the finished preparation depend on the fruits that are used, but success also depends on the quantity of sugar and care bestowed in the making. Careful regard to these matters is the reason why we must pay a good price for such preserved fruits put up by our best manufacturers. And the housewife who puts up her own fruit because she is particular to have the best, knows that the higher-priced jams and marmalades are cheaper for her than the lower in cost. Therefore, if she cannot afford to pay for the quality, and the care and time some one else gives, she must put up her own supply.

Always choose ripe, luscious, and perfect fruit, beautiful in color. Cut into small pieces and place it in a preserving kettle with alternate layers of sugar. First a layer of fruit, then the sugar. Do not add water unless the fruit is not very juicy; then add just enough cold water to extract the juice from the fruit, and let it to boiling. Set over the fire, not too hot—and as it boils shake the kettle frequently, first lifting it from the fire and turning briskly to prevent sticking and burning. Do not stir with a spoon, says our Creole instructor, as it will then be sure to burn. When the entire mass begins to look very clear and will thicken when a little is placed on a cool plate, remove it from the fire and fill your jars or jam pots at once. Thus you have a preserved fruit that is delightful and very different from jellies and other preserved fruits.

Pineapple Marmalade.

Pare fine ripe pineapples of the richest yellow pulp you can get. Remove the eyes carefully. Then grate. If you can, use a silver corn-scraper to remove the pulp. Preserve all the juice. Allow three-quarters of a pound of sugar to every pound of grated fruit and proceed as directed in making marmalades.

Delicious Marmalade.

Before the pieplant stocks get too well grown, cut them up rather fine. To each cupful allow the pulp and juice of one orange, one teaspoonful grated rind, one teaspoonful lemon juice, and one and a half cups of sugar. Let stand until the sugar dissolves. Then boil rapidly until transparent. Then add a cupful of blanched almonds cut in shreds. Let it boil up and put into jars or glasses.

Peach Marmalade.

Peaches make the best marmalade, according to the judgment of most tasters. Take ripe fruit of rich flavor—yellow peaches preferred, and cling-stones are first-class for the purpose. Pare and cut them in pieces and put in the preserving kettle with alternate layers of best cane sugar; allowing to every pound of fruit three-quarters of a pound of sugar. Place over the fire and cook as directed, watching carefully that it does not burn. When it becomes transparent and forms a jelly, remove from the fire and at once fill your glasses or jars. Make apricot and plum marmalade in the same manner. Do not allow the peaches and sugar to stand over night before cooking. Some do this, setting them in a cool place, of course, but peaches will turn dark almost immediately after paring, some much sooner than others, and this spoils both appearance and taste of your confection.

Bar-le-Duc.

The fruit must be of right quality and closely follow directions given. Care must be taken to preserve the shape of the fruit, which is done as follows: Selecting gooseberries or large currants—the white or red—take each one separately, and, using your smallest embroidery scissors, make a slit at one side, just large enough to remove the seeds by inserting a sharp pointed needle. When all are seeded weigh and take the weight of the fruit in clear strained honey. Heat honey and when hot add the prepared fruit. Simmer from three to four minutes and then lift the fruit out with a skimmer or wire spoon. Let the honey syrup continue to simmer gently until reduced to desired consistency and pour it over the fruit in the jars. Seal up as jelly. This is sometimes served with game instead of currant jelly, but more generally at the end of a formal luncheon, it being passed around in the tiny glasses it is imported in. Lemon cheese cakes are the most favored accompaniment. It is also delicious with cottage cheese, Neufchatel, or a fancy cream cheese. In this case it constitutes the cheese course and makes an appropriate ending to the luncheon, if a following course of sweets is not desired.

To make this with cane sugar in place of honey, take ripe quinces—the orange quince being the finest—cut them in small pieces and steam them in sufficient water to cover them. Let them cook until soft enough to mash with a spoon. Allow three-quarters of a pound of sugar to every pound of fruit. Arrange fruit and sugar in layers as directed. Add water and cook gently until a bright red color. Test on a saucer and when the proper consistency pour into glasses. The cooked quinces may be mashed in the water and then same measure of honey as sugar added to them, or the honey added to the hot juice and the whole pieces of fruit added and cooked down to a stiff marmalade.

Apple Mint Jelly.

Apple juice forms the basis of a great number of our conserves and jellies, and here is an idea that will be new and pleasing to those who dearly love their mutton served with mint and apple jelly, as it should be.

Cut apples up without paring, simply cutting out bruised and imperfect spots. Barely cover with cold water, put a cover over the kettle and let them simmer until soft throughout; then, turn into cheesecloth to drain. Measure a quart of this juice and three cups of sugar. Set the sugar in the stove oven, spread on a shallow dish. Place the juice on to boil with the fresh tender leaves from a bunch of mint. Cook twenty minutes at a boil; strain out the leaves; add the hot sugar and boil until the syrup will jell when tested on a cold saucer. If you wish the pretty green color of the mint jelly served you at the tearoom table use a little vegetable color paste—a very little, as it must be a dainty tint. Pour into glasses same as other jelly. A pretty fancy is to use tiny tumblers or glasses such as the imported Bar-le-Duc comes in. One of these can be served to each guest or member of the family.

English Apple and Quince Cheese or Jam.

When preserving your quinces take a pint of the left-over juice, add a pound of sliced apples, and three-quarters of a pound of sugar; let boil three hours, shaking or stirring well. When well blended and thick enough to cut when cold, turn into jam pots or glasses while hot. Seal up cold.

Candied Grape Fruit Peel.

Yes, you can make use of the grape fruit skins in the following manner if the fruit is fresh and perfect. Remove it in four sections or quarters and cut into strips about an inch wide. Weigh the peel; then weigh an equal quantity of sugar. Cover the peel with fresh cold water and let stand over night. In the morning simmer slowly in this same water until it is very tender, easily pierced with a broom straw. Best to use a wide rather than shallow pan or preserving kettle, so as not to crowd the peel, and allow it to cook uniformly and without breaking. When tender take from the fire and let stand until morning. Drain off the liquid, add more water if not sufficient to cover well. The weight of water should be half that of sugar. Cook the sugar and water to a syrup but not too thick. Add the peel and simmer slowly until it is nearly absorbed and peel comparatively clear. Let it get nearly cold, then pick out the peel, roll in granulated sugar and place on waxed paper to dry. Keep in wide-mouthed glass jars. If your peel gets too hard you can freshen it by cooking whatever quantity you require for use in a little sirup until it softens, and again roll in sugar, or use at once. The sirup can also be used to sweeten and flavor.

A SIMPLE MODEL.

A wonderfully simple yet equally stylish dress of striped silk for summer wear. It is most serviceable, however, in silk crepe de china, which comes in a number of handsome striped and floral printed effects. The skirt is draped at one side and has a tunic, and the blouse has a shoulder yoke of its own material and cuffs and collar of hemstitched linen.

Cost to make: Five and three-eighths yards of forty-four-inch crepe, at $1.50 a yard, $8.06; one yard of linen, $1; total, $9.06.

NUMEROUS WAYS TO DESTROY ROACHES

While Fumigation Is the Surest Plan, It is Extremely Dangerous.

In spite of the large number of "roach medicines" on the market, some of our housewives are still bothered by these insects. Some of these commercial mixtures are very good, but persistent vigilance is necessary to destroy these disagreeable household pests.

There are three kinds of roaches that often become very annoying in houses. They are the large American roach, the Oriental roach, and the German roach or croton bug. The habits of all of these are alike. They are varacious feeders and devour everything that contains nourishment.

Wherever possible to do so, the fumigation with hydrocyanic acid gas is a sure destructive remedy against roaches.

This method, however, is extremely dangerous, due to the poisonous nature of the gas.

The first step to take in combatting roaches is to close up all the places of retreat of the insects with putty, cotton or old rags. Then a number of different baits should be placed where these insects feed. One that has given a great deal of success consists of a paste made from equal parts of bitter chocolate, powdered sugar and powdered borax.

Another Bait.

Another bait that is very good consists of sweetened flour paste containing about 1 or 2 per cent of phosphorous and spread evenly on moist bread or old dishrags. This and the above bait should be placed out late in the afternoon, for the roaches feed mainly at night.

Large numbers of the pests can be trapped in deep dishpans or jars containing old moist rags. Sticks long enough to run from the floor to the top of the pans should be placed so that the roaches can crawl up to the rim of the pan, and in their attempt to reach the rag they will fall into the pans, from which they can not escape. They can then be killed with hot water.

Another good trap consists of fruit jars containing a small amount of stale beer. Stick or straw bridges should also be used in connection with these traps, as in the case of the dishpan trap.

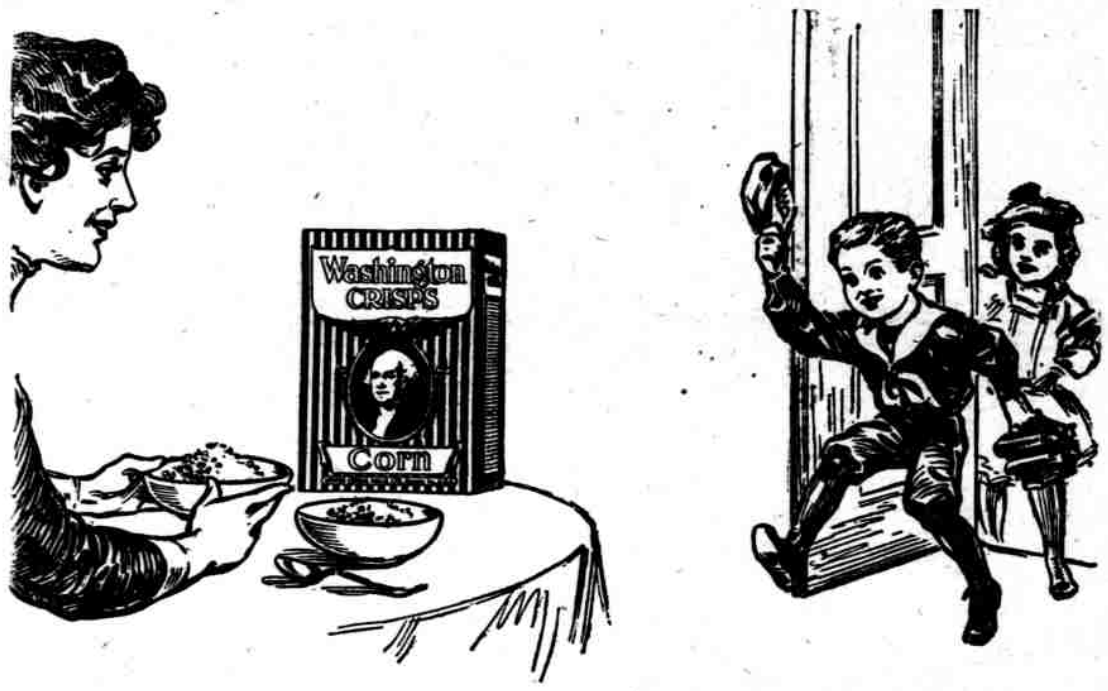
The following bait has been highly recommended by entomologists: Make a paste of plaster of Paris one part, ordinary wheat bran four parts and place the same where the roaches congregate at night. Have a few vessels containing clean water near the above traps, so that when they feed upon the plaster of Paris mixture they will find the water, which is very necessary at that time.

Dusting the runs of the insects with bohach or pyrethrum powder is also a good way to drive the roaches from the premises. It does not, as a general rule, destroy the insects.

Where there are a number of other household insects present with the roaches fumigation, either with hydrocyanic acid gas or carbon bisulphide is recommended.

A careful search should be made for the egg capsules of these insects. By destroying these either by crushing or by dropping them into kerosene oil or hot water, the numbers of roaches will be greatly decreased.

When cutting a pattern from goods that pulls, such as crepe de chine, crepe charmeuse, mousseline, and chiffon, baste the material to newspaper or tissue paper and cut out by pattern through paper and material.



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