



Sound, Underripe Fruit Makes the Best Jelly

U. S. DEPARTMENT OF AGRICULTURE

A good jelly should be bright, clear and of an attractive color. When removed from the glass it should retain the shape of the mould. Jelly of the right consistency can be cut with a distinct cleavage, retaining the angles and be tender enough to quiver without breaking.

To make jelly, fruit juice which contains sufficient pectin and acid must be used, say United States Department of Agriculture specialists.

Fruit for Jelly Making.

Certain fruits, such as the currant, grape, apple, crabapple, orange, kumquat and grapefruit, possess juices which are better suited for making good natural fruit jelly than those of many other fruits. A combination of pectin, acid and sugar in the proper proportions is essential in order to make a good jelly. The best jelly is made from fruits which contain both acid and pectin. Fruits which

cloudy jelly is apt to result. After cooling the juice to room temperature, test it to determine the amount of sugar necessary for the pectin present.

Most housekeepers have their own tests by which they determine how much sugar to use in proportion to the juices and just how long the juice and sugar should be boiled. For those who wish a more accurate test the following is suggested:

Take a convenient quantity of fruit juice, heat nearly or quite to boiling, add epsom salts and stir to dissolve. As the solution becomes nearly saturated pectin separates, rising to the top of the liquid as a compact layer, over a perfectly clear liquid. By using a straight-sided tumbler or other deep glass vessel, the thickness of the layer of pectin can be measured, if desired, with a rule. At any rate the comparative amount of pectin can be accurately judged by observation.

Quantity of Juice for Jelly.

Do not attempt to cook a large quantity of the juice at one time over a slow flame. A shallow depth of juice cooked rapidly gives a jelly with better color and consistency.

When the proportion of sugar to juice has been determined, measure the fruit juice and place over the fire to cook. When the juice begins to boil add the sugar immediately and stir until the sugar is dissolved. When the sugar is added at this time there is less danger of crystals forming. After the sugar is dissolved, cook the juice as rapidly as possible. Long cooking tends to darken the product and to destroy the pectin, which will cause the jelly to be less firm.

No definite temperature can be given for the finished jelly. The best means of determining when it is finished is to test it with a spoon or paddle. Dip the spoon in the boiling mass, remove, cool by moving it back and forth for a few seconds and then allow the jelly to drip from it. As long as there is sirup present it will

run from the spoon. When the jelly point is reached it will break from the spoon in flakes or sheets. Remove from the fire immediately and skim. Skimming at this time saves waste. After skimming pour at once into hot sterilized glasses and set aside to cool. Cool as rapidly as possible.

Place glasses away from flies and where dust, which may give contamination with mold, will not reach it. When the jelly is cold cover with melted paraffin. By running a pointed stick around the edge of the glass while the paraffin is still hot a better seal can be obtained. Store jelly in a cool, dark and dry place. Jelly deteriorates in texture, color and flavor if stored for a long period of time.

ENGLAND SEEKING REFORM.

(By United Press.)

London. (By Mail).—The substitution of more or less informal "at homes" for the "starchy" and expensive courts and levees is being seriously considered by King George and Queen Mary. During the war presentations at court were few and far between, and as a result there is an enormous list of titled and society women awaiting "presentation," either as debutantes or on their marriage, or for one of the numerous reasons laid down by court etiquette. The list of men awaiting the boredom and expense of the old morning "levees" is also considerable.

The tailor's bill for a levee suit runs to over \$500, while the toilette of a debutante at court runs to practically unlimited figures. A revival of the pre-war garden parties at Buckingham Palace and Windsor, at which there is far less formality and for which an ordinary morning suit or costume suffices, is certain. The recent "Housing Durbar," or "At Home" paved the way for the innovation, and it is understood that such informal gatherings are to be more frequent.



Hoarding food from the Garden is a wise and legitimate practice in peace as in war.

Don'ts For Jelly Making.

Don't try to make jelly from fruits low in pectin unless pectin is added. Pectin is the substance in fruits that causes the juice to "jell."

Don't use overripe fruit for jelly. Underripe fruit gives better results.

Don't use too much sugar. A sirupy jelly is apt to be the result. Don't use too little sugar or boil too long after the jellifying point has been reached, or the jelly will be tough.

Don't cook the fruit too long before straining the juice. A cloudy jelly may be the outcome.

Don't boil too much of the strained juice with the sugar at one time in one vessel. The juice with the sugar should be about three inches deep.—United States Department of Agriculture.

Pectin is a substance in some fruit which is soluble in hot water at which, when cooked with sugar at acid, gives the right consistency of jelly.

are underripe contain more pectin and are therefore more satisfactory for jelly making. Strawberries and cherries are among the fruits which contain acid but are deficient in pectin. Pears and quinces contain pectin but are deficient in acid. If the missing constituent be added to these fruits, jelly with a color and flavor of the fruit selected can be made. Pectin to add to the juices which lack this property can be extracted from the white part of orange or grapefruit peel, or commercial pectin may be purchased.

Steps in Jelly Making.

Wash the fruits, remove stems and cut large fruits into pieces. With berries, grapes and currants, add one cup of water for each pound of fruit. For apples, quinces and other hard fruits, add three cups of water to each pound of sliced fruit. Cook until tender. Fruit juices flow more freely when heated.

As soon as the fruit is tender the liquid should be squeezed into a cheesecloth and allowed to drip without pressure through a flannel jelly bag. If the fruit is overcooked, a

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