



PRESERVING

Revived Interest in Jam and Jelly-Making Due to a New, Easy, Economical Method

By ANN PROCTOR

HAVE the prepared foods taken away the competitive spirit of cooking? Not at all, judging by the enthusiasm with which today's housewives are putting up ample stores of jams and jellies for year-round use.

Jelly-making was undoubtedly the first refinement of the pioneer table. After corn, the bacon, the dried fruit for pies were assured, the housewife looked for a table luxury, something that her neighbor might not be able to produce quite as well as she could. This started competition in jelly-making, jelly being about the hardest thing to make, and perhaps one of the nicest to eat.

Only a few housekeepers could make perfect jellies, translucent, quivering, yet firm, with just the right combination of sweet and acidity. Those whose jellies attained this test received prizes at State Fairs and renown in more intimate circles. All women, however, put up great quantities of jams, spending long hours in a hot kitchen during the hottest months of the year. Some years they had good luck and some years what they called bad luck. Sometimes the jam was watery and poor in color; again the results were more satisfactory. But on the whole, jam and jelly-making were tricky operations which women were quite willing to relinquish.

This change came in what we might call the Middle Ages of American home-making, the age of machinery which took both women and home industries into the factory. It was generally agreed then that jam and jelly making was too much trouble for the results obtained. The consequence was that these good, pure, healthy fruit and sugar combinations were eaten less in the home, and more and more penny sweets were consumed outside the home, a change to the disadvantage of the child's interior economy.

Easy Today

Today, however, an enthusiasm for jam and jelly-making has returned to the home, even to the home in which the kitchen is only a kitchenette, or a gas burner. Credit for this must be given to the fact that the elusive substance in fruit, by reason of which the fruit juices set, or jelly, when boiled with sugar has now been extracted, purified and concentrated. You can buy this concentrated fruit pectin at any grocer's in little brown bottles. By using it, jellies and jams of perfect consistency are made from all fruits, even from fruits completely lacking in the jellifying substance.

It is as easy now to make jelly from one fruit as from another. Competition has gone out of jelly-making, for any woman who can follow simple directions can now make as perfect jams, jellies, compotes and marmalades as can another.

When making jelly or jam the new way, one minute's boiling is all that is required. The short boiling period saves juice and the goodness that used to be boiled away, and it does not destroy the natural fruit color and flavor as did the longer boiling method.

Twelve Glasses From 2 Pounds.

Women are making up small batches of jams and jellies frequently. They find it no trouble, and that they can get 12 glasses of jam from two pounds of such berries as strawberries, raspberries and blackberries, which is one-half more than they could by the old method. With the work of jam and jelly-making reduced to a minimum, it is not strange that the year-round preserve shelf is again a family institution.

Jams and jellies may be classed as stimulating, not cloying sweets. This is one reason why jam is a healthful addition to the breakfast table. The perfect combination of sweet and fruit acid makes jelly tempting to the invalid or convalescent, and a wonderful improver of milk and egg puddings. A jelly omelet is a delicacy not difficult to effect, jelly with cheese and hard crackers a course much esteemed by epicures, and in the higher place of menu-planning, there is an appropriate jam, jelly or compote for every game, poultry or meat dish.

The Delight Closet.

"The Delight Closet," an old English name for the locked cupboard that held the year-round supplies of jams, jellies, marmalades and mysterious fruit mixtures, is being revived. With the easy and unerring method of jelly-making introduced the past few years, housewives are only too glad to make these delicacies at home, and each season are finding a greater variety of jams and jellies and greater uses to which these can be put.

With a varied supply of fillings in the Delight Closet a sweet omelet is a delicacy worth considering. Use jelly, or any kind of jam—currant jelly and apricot jam are both favorite fillings. A sweet omelet is a good addition to a light luncheon, or to the Sunday night supper that is always demanding dishes easy to cook, good to eat and for which the ingredients are in the house.

The Jelly Omelet.

A French recipe for making a sweet omelet is at hand. Better make small omelets, it says, not more than four eggs in each. Separate the yolks and the whites of four eggs and beat the whites until stiff. Beat the yolks and add two tablespoons milk and one-half teaspoon of salt; then cut the whites gently into this. Heat two tablespoons of butter in the hot omelet pan, pour in the mixture and cook slowly with flame low until the omelet is puffed up and brown beneath. Put under the oven flame for a few minutes to cook the top, then spread with the filling, fold over and serve hot.

Jelly Tarts

"The queen of hearts, she made some tarts," spelled out a little boy from his Mother Goose. "Mother, what are tarts?" "Gracious me," said mother, "I haven't eaten one since I was a girl." Then, remembering that she had every kind of jam in the world, almost, right at hand, she got busy and served some tiny tarts for tea that very day. This is the way she made them:

Roll a nice light pie paste to one-eighth of an inch in thickness. Dip in flour a round cutter, the size you want the tarts, and cut out. Then with a smaller cutter remove the centers of half the pieces cut out, leaving rings. Brush with cold water the edges of the tarts and fit the rings on them pressing lightly. Chill thoroughly and bake 15 minutes in a hot oven. When cool fill some blackberry jam and the rest with currant jelly to make an attractive color combination.

If the family likes covered tarts, give them raspberry puffs for a change. Roll plain paste one-eighth of an inch thick and cut into squares. On one corner put a scant tablespoon of raspberry jam, wet the edges and turn over the other corner to make a three-cornered tart. Press edges together, prick the tops and bake on a sheet 20 minutes in a hot oven.

The custom borrowed from England of serving jam for breakfast is growing in this country. There is a dietetic reason for so doing and many people find jams agree with them better than raw fruit. Jam certainly makes a pleasant combination with toast or any form of hot bread.

The Delight Closet is always ready with the happy touch for a bread pudding, custard, boiled rice—all of the milk, egg and starch dishes seem to be improved by an addition of jam or jelly. Jelly roll, jelly doughnuts and jelly sandwiches are all welcomed by the average family.

Many Kinds of Jellies.

Jam and jelly are healthful foods. A sufficiency of them is much better for children than an indulgence in cheap candy. In fact, a child or adult who has good, sweet desserts with the principal meals of the day is less likely to crave sweets at other times. According to dietitians, sugar is an energy food that the body requires for heat, energy and activity. Jams and jellies, combining as they do fruit juice and sugar, are particularly valuable.

It is possible to make jams and jellies of all kinds of fruits. So the Delight Closet today contains strawberry jam and strawberry jelly, both perfect in color, flavor and consistency; cherry jam and jelly; currant jam as well as easily made currant jelly; apricot plum and peach jams and jellies; pineapple jam and jelly, and a delicious combination of pineapple and strawberry also; quince jam, rhubarb, pear and elderberry jam. Blackberry jam is better known than blueberry or huckleberry jam, but all three are good.

When it comes to the season of grapes the housewife appreciates another advantage of the new process. She is able to make grape jelly from the fully-ripened grapes with their superior flavor; she is not confined, as was formerly the case, to the underripe fruit.

This by no means exhausts the fruits from which the modern Delight Closet is supplied. And the small amount of work involved in putting these up is little indeed compared to the work they save in dessert making and the variety they add to meals.

If You Like to Know--

Things that interest the reader are the ambition of every editor. What there is about foods, the way manufactured products are made, what are the essential points to know in purchasing various things, are all available to you.

Write the PRACTICAL COOKERY EDITOR of The Omaha Bee for any information you desire. The making of bread—the essentials of good butter, or any other thing that is of interest to you—will be covered fully in our columns.

Tongue Sandwiches

1 cup cold tongue chopped fine
 ½ cup minced celery
 ½ cup crisp chopped cucumber
 ½ cup chopped English walnuts
 Salt, pepper
 Mayonnaise dressing
 Crisp lettuce

Combine all ingredients except the lettuce. Slice brown bread in slices one-quarter inch thick, butter slightly and spread with the mixture. Cover with a lettuce leaf and a slice of buttered white bread of the same thickness as the brown. Press lightly together and cut in oblong shape.

Other delicious sandwiches may be made from the following combinations:

Tongue with watercress, onions and mayonnaise dressing.
 Tongue with parsley, dill pickles, blanched almonds and cooked salad dressing.

Tongue with hard cooked eggs, lettuce and mayonnaise dressing.

Combination Tongue Salad

1 cup cold tongue cut in small pieces

1 cup crisp celery cut in small pieces

½ cup small peas

½ cup small sweet pickles sliced thin

Salt and paprika to taste

Mix the ingredients and then moisten with mayonnaise dressing. Serve the salad in lettuce cups.

Toasted Sardine Sandwich

1 box sardines
 2 hard-cooked eggs
 Salad dressing
 Lemon juice

Cayenne pepper

Drain the sardines and remove the skin and bones. Chop the eggs fine and add them to the sardines. Mix thoroughly. Season well with lemon juice, a very little Cayenne and moisten with salad dressing to spread. Cut thin slices of bread in circles; butter and spread with the above mixture. Toast lightly on both sides and serve hot.

Cucumber Sandwiches

Use thin slices of brown bread, cut them into small rounds the size of a slice of cucumber and butter them. Add a layer of cottage cheese moistened with salad-dressing and cover with a medium thin slice of cucumber. Add salt and paprika and cover with another round of brown bread.

Thousand Island Dressing

4 tablespoonfuls Mayonnaise
 1 tablespoonful tomato catsup
 1 teaspoonful paprika
 1 tablespoonful finely chopped onion

2 tablespoonfuls Chilli sauce
 1 tablespoonful chopped pickle

Mix the ingredients in the order named. This is particularly nice when served on lettuce.

Cucumber and Tongue Sandwich

½ cup minced cold boiled tongue
 ½ cup cucumber cut fine

Mayonnaise dressing

½ teaspoon onion juice

1 tablespoon minced pimiento

Mix thoroughly and spread on thin slices of buttered brown bread.

Jellied Chicken

Boil a chicken and let it get cold in the liquor. Skim off every particle of fat. Remove all the skin and bones, and cut the meat into pieces of uniform size. Soak a half cup of gelatin in a half cup of cold water. Mix with the chicken a large bottle of stuffed olives cut in small pieces and a can of mushrooms cut small. Bring the chicken liquor to a boil, add the soaked gelatin. When this is dissolved take from the fire and set aside to cool. When it begins to jelly pour a little of it into a mold, add a layer of the chicken mixture, and when this begins to stiffen add more of the jelly, and then the chicken mixture. Repeat until the mold is full. Cool and set in the ice chest for twenty-four hours. When ready to serve wipe off the outside of the mold with a cloth wrung out of hot water and turn the chicken on to a chilled platter. Garnish with lettuce.

A Few Ice Cream Suggestions

Chocolate Ice Cream

6 tablespoon cocoa
 ¾ cup hot water
 3 cups evaporated milk
 4 egg yolks
 ¼ cup sugar, speck salt

1 tablespoon vanilla

Cook the cocoa in the hot water from three to five minutes. Then heat the evaporated milk in a double boiler. Add the cocoa to this. Mix the egg yolks and sugar together and stir gradually into the milk mixture. Add the salt. Cook till it coats the spoon. Cool and add the vanilla. Chill and freeze.

Cantaloupe Ice Cream

1½ cups melon-pulp
 3 cups whipped cream
 ½ cup confectioners' sugar
 1 teaspoonful vanilla

Select a well-flavored melon. Remove the pulp and force through a sieve. Add the sugar and vanilla to the cream and whip till stiff. Fold in the melon-pulp and freeze.

Apricot Ice Cream

3 cups evaporated milk
 ½ cup sugar
 2 cups apricot-pulp
 3 tablespoons lemon-juice
 ½ cup apricot-juice or water

Cook the evaporated milk in a double boiler for about 15 minutes. Add the sugar and lemon-juice to the apricot-pulp. Then stir the apricot-juice or water. Chill the evaporated milk and whip with a Dover egg-beater till stiff. Then stir in the apricot mixture and freeze. Cooked dried apricots or apricot jam can be used to advantage in this recipe.



Just Two Places to Dine--Home and Here

INDEED there is no restaurant odor or tang attending a dinner when partaken of here. Just like at home, that tells the story of our meals.

We serve the daintiest French bread and pastries, made Home style, and our meats and salads are just like mother used to make.

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