

The Cook Book

By JANE EDDINGTON.

Fruit Juices for Sweetening.
At the agricultural experiment station of the University of California a great deal of work has been done on home preparation of fruit juices and the making of preserves by W. V. Cruess and Frederic T. Bioletti.

In a leaflet by Prof. Cruess on "Home Preparation of Fruit Syrups and Preserves," it says: "Syrups made from grapes, apples and other fruits can be used in cooking or on the table to replace sugar to a great extent." In another leaflet on fruit juices he says: "The directions given in this publication for the preparation of fruit juices are designed for use in the household or in small scale production of juices on the farm. The methods described are based on the results of investigation that has been well tested. The recipes are given as precisely as possible."

The list of recipes is for apple juice, red grape juice, loganberry, blackberry and raspberry juices, lemon juice, orange-lemon juice, grape juice, pomegranate juice and clarification of fruit juices.

Preserved Lemon Juice.

From the experiences of the last 10 years I know that about this season lemons and other citrus fruits may be much lower in price than in summer, though inclined to be lowest in April, and so many women are in search of recipes for preserved lemon juice to use for summer drinks or lime or orange syrups. It requires less sugar to make lemonade with syrups than with fresh juice and sugar, and the drink is smoother and more agreeable. A little fresh juice may always be added to tone it up, or other fruits may be crushed and added for this purpose, especially the strawberry. A single tea-

spoonful of sugar at the last in such mixtures will go far, enhanced flavors compensating for less sweetness.

Here is the Cruess recipe for the making of lemon juice:

"Lemon juice does not retain well its flavor after pasteurizing. Cull lemons and juice lemons may often be obtained cheaply in lemon orchards or packing house (in California, of course, yet sometimes in our markets). Cut the lemons in half. Remove the pulp and juice with a lemon squeezer or on a glass lemon cone. Strain out coarse pulp. Bottle and pasteurize as directed for apple juice. Lemon juice always develops a 'limey' or stale flavor in time, but is still good for lemonade."

Basis for All Fruit Juices.

Here is the complete recipe for making apple juice, all the others really being based in part upon it:

"Apples for production of juice should be of good flavor and rather tart. Winesap, Northern Spy, Gravenstein, Newton and Pippin are all good for this purpose. They should be clean, sound fruit and not wormy culls. A thermometer that may be immersed in the liquid is necessary. A dairy thermometer reading 185 degrees Fahrenheit, or higher, will answer the purpose. "Crush or grind the fruit and press out the juice. If the fruit is heated to 150 or 160 degrees Fahrenheit (not above 160), for a few minutes, it will press more easily. Heat the juice to 150 degrees Fahrenheit in a kettle. Strain or filter the juice through a jelly bag or other filtering device. It is usually desirable to strain the juice twice.

"Pour the juice into bottles, allowing a space of about one and a half inches in the necks for expansion of the juice during sterilization.

Crown finish bottles are best if any large amount of juice is to be put up. Cork the bottles with corks previously sterilized for 10 minutes in boiling water. Tie the corks down with string to hold them in the bottles during sterilization. Crown caps and bottles require a crown bottle capping machine. Small hand power cappers can be purchased for \$10 or less.

"Pasteurization—Lay the bottles in a horizontal position on the false wooden bottom of a wash boiler sterilizer or large pot. Fill the boiler with water. Heat the water slowly until a thermometer held in the water registers 175 degrees Fahrenheit. Maintain this temperature for twenty minutes. For larger scale pasteurization a large wooden vat with false bottom and heated with steam coils may be used. The wash boiler or pot pasteurizer may be filled full of bottles so long as the water completely covers them.

"As soon as the corks are dry after removing the bottles dip the ends of necks and corks in melted paraffin. Dip again when the bottles are cold. This prevents molding."

Heating Fruit Juices.

Two items may be mentioned here as of importance, it seems to me, in heating fruit juices. To heat them evenly use an aluminum kettle, since the heat applied at any point will instantly spread to all points. In other kettles the bottom part of the fruit may be hot enough to destroy its flavor, while the top part is still cold unless it has been constantly stirred. A thermometer in such a kettle does not always tell the exact truth.

"Instead of cork stoppers, cotton plugs may be used in sterilizing fruit juices, if afterward they are twice paraffined, as in the case of the corks, but unless a hard plug is made paraffin poured on it hot may go through. Mold sends down long roots, and cotton is not so good as

Pineapple Cream Cake



Separate the yolks and whites of six eggs, add one cup of sugar to the yolks and beat together until creamy. Sieve one cup of flour and one teaspoonful of baking powder together and beat the white of the eggs stiffly. Add the ingredients lightly into the yolks and sugar. Turn the mixture into buttered layer cake pans and bake in a moderate oven. When done, put on a sieve to cool and spread the pineapple

cream between the layers of cake; put them together and cover with boiled icing. Pineapple Cream—Put two table-spoonfuls of butter in a saucepan, add half a cup of sugar, mix one egg; put these with the butter and sugar and one-half cup of grated pineapple and juice. Stir over a slow fire until the mixture thickens and becomes the consistency of thick cream, and then use.

the cork, unless great care in sealing the top surface is used.

The Cruess orange-lemon juice recipe reads:

"Mix one pint of lemon juice with each pint of orange juice. Add two pounds of sugar to each gallon. Bottle and pasteurize as directed for apple juice. To serve this juice, dilute each cup of juice with one or two cups of water. This juice retains its flavor much better than ordinary fruit juice."

"Grapefruit juice: Cut fruit in half and remove pulp and juice on a glass cone. Strain through cheese cloth. Heat to 175 degrees and pour into scalded bottles, filling them full. Cork and tie down the corks. Place the bottles in water previously heated to 175 degrees and keep at this temperature for 20 minutes. Remove the bottles and seal with paraffin. This method removes the air from the bottles and prevents darkening of the juices which would otherwise take place. Grapefruit juice is the most satisfactory of all citrus fruit juices."

Syrups to Replace Sugar.

The Cruess method of clarifying fruit juices is too long to quote here. Spanish, clay, which is a medium grade of potter's clay; casein for grape juice only, a combination of these two for grape juice and egg white for grape juice, but not satisfactory with other juices, are the clarifiers used.

In the leaflet for making sugar replacing syrups for table use chalk is used for clarifying. The whole recipe reads:

"Clarify the fruit juice. To do this, heat to boiling and filter through a jelly bag till clear. Divide into two lots, representing one-fourth and three-fourths of the juice, respectively. To three-fourths of the juice add two ounces (three level table-spoons) of prepared chalk per gallon. Heat to boiling and allow to stand over night. Filter through a

Canning Strawberries

THE following method of canning strawberries so they will retain their delicious flavor and make strawberry shortcake and other strawberry desserts possible when the season for this fruit is long past has been tried and found entirely satisfactory.

After the berries have been hulled and washed crush one-fourth of them, strain out the juice and put it into a preserving kettle. To each pint of juice add a pint of granulated sugar and half a pint of water. Let it simmer 20 minutes, then take it from the fire and remove the scum.

Fill glass jars with the remaining berries and set them on racks in a boiler containing sufficient water to cover the racks. Pour the prepared syrup, boiling hot over the berries until the jars are completely filled and screw on the tops of the jars loosely.

Add hot water until it comes halfway to the top of the jars, then put on the lid, and let the water boil half an hour. At the end of that time take the jars out, screw their caps on tightly, cover with a towel and set them away to cool. When they are perfectly cool tighten the caps as much as possible and put the jars in a cool, dark closet.

In many fruits the flavor and color are so intimately combined that the loss of one means a corresponding loss of the other. This is especially true of the strawberry, and in preserving it the fruit is apt to lose both color and flavor. To avoid this, select only the highly-colored berries for canning purposes.

The strawberry retains its flavor much better when crushed and made into jam. The following method of making jam has given me good results: From two quarts of hulled strawberries pick out a pint of the smallest berries. Crush these, press out the juice and strain it. Then crush the other three pints of berries, and put them with the strained juice and one pound of granulated sugar in a preserving kettle and place on the stove. Let the fruit simmer 20 minutes, then add another pound of sugar; and as soon as it is dissolved, and the fruit begins to boil again, remove the kettle from the fire. Put the jam into glass jars or tumblers, set in a cool, dry place.

For strawberry jelly, put three pints of strawberry juice into a saucepan, add a pound of granulated sugar and let simmer 20 minutes over the fire. Add another pound of sugar (granulated), and simmer five minutes more; remove from the fire. Put the jelly in glasses, cover securely and keep in a cool, dry place.

When strawberry jelly is to be served for dessert, it may be made from gelatin in this manner: To one-third of a box of gelatin add one cup of cold water and let it soak an hour; then add a cup of hot water, a cup of strawberry juice, the juice of one lemon and a cup and a half of sugar. Stir until the sugar is dissolved. Strain into a dish and set in a cold place, until jellied.

Keeping Fasteners.

Loose snap fasteners in the bottom of a box are hard to find. When discarding an article, pierce a strip of strong paper or thin cardboard with a darning needle, insert the snaps, roll up the strip and place it in a machine drawer for future use.

Experimenting in Grape Juice.

We may well keep our eyes open to what is going on in California in grape juice experimenting as the season advances. One freezing and vacuum evaporating process was used last year, producing a sirup excellent for table use and for a beverage when diluted with carbonated water. The daily papers have had not a few items of news on the grape problems and the new inventions. Some despairing grape growers on the eve of prohibition rooted out the vines. Others dried their wine grapes and sent them to European wine vats, realizing far more on their crops than in any previous year, it is reported. The latest thing seems to be the manufacture of some patent grape jelly with great prospective beverage qualities such as will gratify the lovers of things alcoholic.

They are developing new methods of drying fruits in California, where so many thousands of tons are dried yearly—methods that seem better than the old sulphuring and sun drying. One method is to cook fruit a short time in a 40 per cent solution of glucose before drying it. In this case the color is satisfactorily retained.

The Vogue.

It is a long time since shawls were in vogue—so long, in fact, that those of this generation are only familiar with them in collections or decorating the walls of some studio enthusiast. Queen Victoria would be delighted were she living to know that Paisleys and cashmere shawls are making a strong bid for favor as wraps. As not every woman can possess these rarities, the weavers are busy turning out shawls done in colors, self-embroidered, for wear over thin summer gowns. "We will see!" said the owl.

Hand made organdy flowers decorate all the new organdy frocks. For a white gown all the shades of violet are used, ranging from pale pinkish mauve to deep purple. Several short lengths of these, ranging from two to five inches wide, are nicotized, then combined to form the blossom by winding round and round from the center, just as we used to make roses. Nothing could be lovelier for trimming one of these little frocks. For the hat worn with it they are also adorable.

Three-piece costumes in gingham are to be all the rage. One

seen in checked orchid had the faintest line of lemon, which was accentuated in pipings of the same, even on the string sash, the blazer jacket was about 31 inches long and had the inevitable string girdle piped with lemon gingham.

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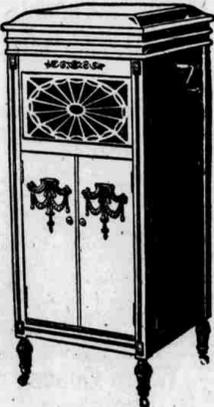
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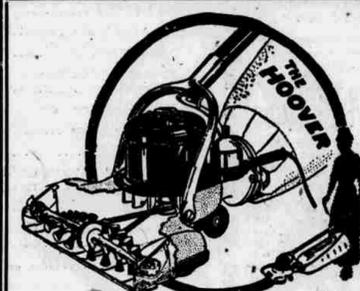


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