

STATESMAN'S SATURDAY MORNING MARKET PAGE FOR OUR BUSY HOUSEHOLDS



the tang of
pine and
Coffee

God's Cathedral of Trees—
Nature's matchless perfume—
and then to complete the
setting, a steaming cup of

**GOLDEN WEST
COFFEE**



Preserve in Summer
— Serve in Winter

Putting up fruit is rather an odd expression when one comes to think of it. What would an intelligent foreigner make of it? Would they think that we were talking of arranging fruit on high shelves, or putting up fruit where it could not be easily reached by greedy hands? Even to us familiar with our own idioms, it is not a very definite statement. Putting up fruit, as a matter of fact, may mean canning, preserving, or the making of jams and jellies. Canning is properly preserving the fruit as whole as possible and using as little sugar in the process as will suffice to keep the fruit from spoiling. Preserving fruit means cooking the fruit with much more sugar and making a much richer delicacy of it. Jams are often made of fruit which is not perfect enough for either canning or preserving, but these jams may be often the most useful and desirable addition to the pantry shelves.

As to methods of canning fruit there has come up, of late years, a diversity of opinion. Some housewives use a method by which the fruit is packed raw in glass jars and cooked without further handling. This method is naturally satisfactory to the cook who is willing to take infinite pains that all the operations shall be carried on at specified rates of temperature and exact lengths of time. It may be called a laboratory method. But probably the majority of women still adhere to the old established procedure which calls for direct cooking before placing in the jars. Preserving can only be done in this method, and jams the same, only more so.

Be Prepared With Right Utensils
It is well to be prepared for the summer campaign of putting up fruit so that when a bargain appears in the market it can be utilized at once. Three sizes of enameled ware preserving kettles will be found not only useful, but more economical. A large size for the large fruit, a medium size for berries, and a smaller size for the spiced conserves, or for making fruit juices. An enameled ware ladle, skimmer and two long spoons are indispensable adjuncts. An enameled ware colander will also be found to be most useful. Enameled ware has, of course, very obvious advantages in preserving work. Its porcelain-like surface makes dainty cooking easy and its metal foundation makes it possible to keep the fruit cooking as long as possible at an even temperature.

Among the earlier fruits which should receive attention are cherries. These make a very pretty as well as delicious preserve. Two varieties of cherries are most frequently used. Perhaps the most

cherries. Let all cook up again, coming to a quick boil, and put at once into jars. If the dark cherries are used instead of the Morello, use the same method, but half the amount of sugar will be sufficient. For cherry jam, stone the cherries and cook very slowly in an enameled ware preserving kettle until all is a smooth paste. Add sugar in proportion of half a cup of sugar to one cup of the fruit. One good thing about jam is that different flavors may be combined. Raspberries and cherries come at the same time, and a jam half raspberries and half cherries will be found very nice and quite a change.

Raspberry jam by itself is an old standby. Put the raspberries, well sprinkled with granulated sugar, in a preserving kettle overnight. Cook slowly the next day until the jam is thick. Add sugar in the proportion of half a cup to a cup of berries. If currants are added to raspberry jam, increase the quantity of sugar used.

Spiced currants make a very acceptable relish with meat. Stem and wash the currants and cook quickly. Let all boil up and skim with an enameled ware skimmer. Replace on the stove, add sugar

blackberries and blueberries are sugar to a cup of the cooked fruit. This jam is particularly good as cooked into a thick jam, add sugar in the proportion of half a cup of

(Continued from page 2)

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