

JELLY MAKING NOW SCIENCE

Amateur Can Now Easily
Fill Cupboard With
Perfect Product

Now that jelly making has been reduced to a positive science, even the amateur can easily fill her preserve cupboard with a nearly perfect product.

Perfect jelly is clear, bright colored, of tender texture and delicate flavor. Sticky, gummy, syrupy or tough jelly bespeaks lack of knowledge in the essentials of jelly making.

There are four necessary ingredients for jelly and these must be used in correct proportions. The ingredients are fruit juice, fruit acid, sugar and pectin. Although pectin is the important jelly-making material, the presence of fruit acid also is essential. Some fruits contain both these substances in goodly amounts and make excellent jelly naturally. Other fruits are lacking in one or the other and the efficiency must be supplied from some other source, such as an other fruit-juice or extracted pectin.

Some fruits which are deficient in pectin when fully ripe will jelly naturally if used when slightly under-ripe. All fruits are richest in pectin just before they are fully ripe, so if the fruit used is half under-ripe and the other half sufficiently ripe to give good color and flavor, the finest jelly can be made. The fruits that make the best jelly when used alone are our sour apples (including crabapples), currants, gooseberries, sour blackberries, unripe grapes and decidedly under-ripe raspberries. Strawberries, peaches, ripe grapes, sweet or "mellow-ripe" apples, pears, pineapples, cherries and ripe red raspberries do not make good jelly when used alone.

MANY VARIETIES IN CHEESES

There are many varieties of cheese, both domestic and imported, and for classification purposes they are conveniently divided into three groups—hard, semi-hard and soft.

The soft cream cheeses are excellent in salads or with fresh fruit. Carefully stewed dried fruits also combine well with cream cheese for a salad or dessert.

When cheese is to be cooked care must be taken that it is not over-cooked. Over-cooking of cheese leaves it tough and splits the fat, making it difficult to digest. Cheese is sufficiently cooked when it is just melted. An excellent way to use cheese is in a cream sauce but it must not be added until the sauce is thoroughly cooked. Add the cheese long enough before serving to melt it.

The Italian way of serving grated cheese with soup has much in its favor. Potato, tomato, spinach and almost any vegetable cream soup gains much nourishment and flavor if grated cheese is added when the soup is served.

All varieties of cheese should be kept in a cool place. The hard and semi-hard varieties can be kept in good condition almost indefinitely if wrapped in a cheese-cloth wrung out of vinegar. The cloth must be changed as soon as it becomes perfectly dry.

Less than an ounce of Ameri-

If You're Bored to Tears, Try These Good New Recipes

If you're bored to tears with the "three squares" a day, if the family has elevated its finicky nose at some of your pet concoctions, or if the whole meal question has given you a complex against cooking—what you need is variety! Something new and special, something with that "different" touch, something so interesting to make it will give you a chance to rival Edison with your inventive skill in your own kitchen-laboratory.

A successful painter constantly creates new pictures, a singer learns new songs, and the poet seeks new subjects—who can call cooking a lesser art? The kitchen-wizard who would keep her own talent fresh and bright as a new cake-pan will create new dishes, too, at least once a week. It needn't be difficult, not in this age of the package and the can, this era of the easy-way, not if you follow your chosen tested recipes with care. Pin on a bright gaudy apron, take out your newest utensils, fetch forth your manual of directions, and serve on your "Sunday-best" dishes, a new dish that will lower the family's nose and send your own complex flying like so much flour in the wind.

Here are some tested recipes which will help give you a head start of that rut:

Biscuit Tortoni

(French Whipped Ice Cream)
1 cup light corn syrup
3 egg yolks
Few grains salt
1/2 teaspoon vanilla
1/2 tsp. gelatine
1 cup heavy cream
1/2 cup macaroon crumbs.

Beat the egg yolks light and add to the corn syrup. Cook, stirring constantly, until the mixture thickens—about five minutes. Add the gelatine soaked five minutes in water to cover. When cool, flavor, add salt, beat the cream, whipped, and transfer to little paper cases. Dust the tops thickly with the macaroon crumbs and put in a cold place to become firm. If possible, pack in an ice cream freezer, using equal parts of ice and salt, and put pieces of cardboard between the layers to keep the cases separate, or put in freezing compartment of automatic refrigerator.

The macaroons called for in the preceding recipe are a delight in themselves! Use the fresh-keeping coconut for this recipe, and only ten minutes of your time.

Macaroons Francaise

2 egg whites
1/2 teaspoon salt
1/2 tsp. of vanilla
3-4 cup gran. sugar
1/2 lb. pkg. or can of coconut (1 1-3 cups).

Beat the egg whites stiff but not dry. Add the salt. Beat in the sugar one-fourth cup at a time. Add the vanilla and fold in the coconut. Drop rounded teaspoonfuls of the mixture one inch apart on a baking sheet or inverted pan which has been greased with unsalted fat or cooking oil. Bake in a slow oven (275 degrees F.) for 25 minutes. For Chocolate Macaroons, melt one square chocolate and add to recipe. 30 macaroons.

Instead of soup or fruit cup for that first course, go Continental!

Sherry Mushroom Canapes

6 mushroom caps

can cheese furnishes 100 calories. Three ounces or about five level tablespoonfuls of cottage cheese furnish 100 calories. In comparison with this, two ounces of broiled sirloin steak furnish 100 calories. This is a very small serving, the average serving being at least twice this amount.

2 tbsps. corn oil
2 tbsps. cornstarch
1/2 teaspoon salt
1/2 cup cream
1/2 cup mushroom stock
Pepper
1 tablespoon sherry flavoring
6 round French Toast
2 hard boiled eggs
Parsley

Saute mushroom caps in oil five minutes and remove from pan. To oil in pan, stir in cornstarch, salt and pepper. Add cream and mushroom stock made by cooking stems with water until tender. Add sherry flavoring. On each round of French Toast place a slice of hot hard boiled egg and a mushroom cap. Garnish with sauce and parsley or strips of pimiento and serve as a first course canape.

For a dessert that's real fun to make, try this modern version of "heavenly hash":

Date Ice Box Cake

2 cups (1 pkg.) dates (cut)
1/2 cup milk
1-2 teaspoon salt
1 teaspoon vanilla
1/2 pint cream (whipped)
1/2 lb. graham crackers (rolled)
1/2 cup nut meats (cut)
2 cups (1/2 lb.) marshmallows (cut)

Crush the graham crackers with a rolling pin. Cut the dates and marshmallows into small pieces with wet scissors. To the cut dates add the milk, salt and vanilla. Add nuts and marshmallows. Mix well. Add graham crackers. Add whipped cream last. Form in a cylinder. Roll the sides in graham cracker dust. Wrap in waxed paper. Let stand 24 hours. Serve cut in slices with whipped cream or ice cream on top. 12 servings.

If you have never tried Stuffed Gingerbread, you've missed something!

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midst of this resort they serve the concoctions on paper doilies—and so may you! Simply bake a recipe of cup cakes, and when cold, cut a piece from the center to resemble an angel cake pan. Then fill the center with your favorite jelly, frost the top and sides with jelly and roll in shredded fresh-keeping coconut. Top with whipped cream—and sit back for the compliments!

When you've a dessert that do-

mands a nice topping of whipped cream and your icebox is as empty as old lady Hubbard's pantry, try this simple substitute for "topping":

Fruit Fluff: 1/2 cup corn syrup, 2 egg whites, 1/4 cup orange or pineapple juice, grape or loganberry juice.

Beat the egg whites stiff and whip in the corn syrup and fruit juices. Serve at once. This is excellent instead of whipped cream.

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