we may say, distilled out of it. This peculiarity and the slight affinity of tungsten for hydrogen have led to the important position which tungsten now holds in the metallic filament lamp industry. Molybdenum,

which is closely related to tungsten, cannot by itself be made to yield threads, but it has a favorable influence if it is added in small proportions to tungsten. Titanium, which has often been recommended for such

purposes, is sure to become of importance in the industry, but the same cannot be said of silicon, which, of late, American inventors have recommended.—The Engineer.

CANNING AND PRESERVING FRUIT.—IV.*

HINTS FOR THE HOUSEWIFE.

BY MARIA PARLOA.

Concluded from Supplement No. 1755, page 123.

CANNED FRUIT COOKED IN A WATER BATH.

PREPARE the fruit and syrup as for cooking in the oven.

Fill the sterilized jars and put the covers on loosely. Have a wooden rack in the bottom of a wash boiler. Put in enough warm water to come to about 4 inches above the rack. Place the filled jars in the boiler, but do not let them touch one another. Pack clean white cotton rags, or perhaps better, cotton rope, between and around the jars to prevent them from striking one another when the water begins to boil. Cover the boiler and let the fruit cook ten minutes from the time the water surrounding it begins to boil.

Draw the boiler back and take off the cover. When the steam passes off take out one jar at a time and place in a pan of boiling water beside the boiler, fill up with boiling syrup, and seal. Put the jars on a board and do not let cold air blow upon them. If screw covers are used tighten them when the glass has cooled and contracted.

PRESERVING FRUIT.

In the case of most fruits, canning with a little sugar is to be preferred to preserving with a large quantity of sugar. There are, however, some fruits that are only good when preserved with a good deal of sugar. Of course such preparations of fruit are only desirable for occasional use. The fruits best adapted for preserving are strawberries, sour cherries, sour plums, and quinces. Such rich preparations should be put up in small jars or tumblers.

Strawberries.

Use equal weights of sugar and strawberries. Put the strawberries in the preserving kettle in layers, sprinkling sugar over each layer. The fruit and sugar should not be more than 4 inches deep. Place the kettle on the stove and heat the fruit and sugar slowly to the boiling point. When it begins to boil skim carefully. Boil ten minutes, counting from the time the fruit begins to bubble. Pour the cooked fruit into platters, having it about 2 or 3 inches deep. Place the platters in a sunny window, in an unused room, for three or four days. In that time the fruit will grow plump and firm, and the syrup will thicken almost to a jelly. Put this preserve, cold, into jars or tumblers.

White Currants.

Select large, firm fruit, remove the stems, and proceed as for strawberries.

Cherries.

The sour cherries, such as Early Richmond and Montmorency, are best for this preserve. Remove the stems and stones from the cherries and proceed as for strawberry preserve.

Cherries Preserved with Currant Juice.

12 quarts of cherries.
3 quarts of currants.
2 quarts of sugar.

Put the currants in the preserving kettle and on the fire. When they boil up crush them and strain through cheese cloth, pressing out all the juice.

Stem and stone the cherries, being careful to save all the juice. Put the cherries, fruit juice, and sugar in the preserving kettle. Heat to the boiling point and skim carefully. Boil for twenty minutes. Put in sterilized jars or tumblers. This gives an acid preserve. The sugar may be doubled if richer preserves are desired.

Plum Preserve.

4 quarts of green gages.
2 quarts of sugar.
1 pint of water.

Prick the fruit and put it in a preserving kettle. Cover generously with cold water. Heat to the boiling point and boil gently for five minutes. Drain well.

Put the sugar and water in a preserving kettle and stir over the fire until the sugar is dissolved. Boil five minutes, skimming well. Put the drained green gages in this syrup and cook gently for twenty minutes. Put in sterilized jars.

Other plums may be preserved in the same manner. The skins should be removed from white plums. Quinces.

4 quarts of pared, quartered, and cored quinces.
2 quarts of sugar.
1 quart of water.

Boil the fruit in clear water until it is tender, then skim out and drain.

Put the 2 quarts of sugar and 1 quart of water in the preserving kettle; stir until the sugar is dissolved. Let it heat slowly to the boiling point. Skim well and boil for twenty minutes. Pour one-half of the syrup into a second kettle. Put one-half of the cooked and drained fruit into each kettle. Simmer gently for half an hour, then put in sterilized jars. The water in which the fruit was boiled can be used with the parings, cores, and gnarly fruit to make jelly.

Fruit Purées.

Purées of fruit are in the nature of marmalades, but they are not cooked so long, and so retain more of the natural flavor of the fruit. This is a particularly nice way to preserve the small, seedy fruits, which are to be used in puddings, cake, and frozen desserts.

Free the fruit from leaves, stems, and decayed portions. Peaches and plums should have the skins and stones removed. Rub the fruit through a purée sieve. To each quart of the strained fruit add a pint of sugar. Pack in sterilized jars. Put the covers loosely on the jars. Place the jars on the rack in the boiler. Pour in enough cold water to come half way up the sides of the jars. Heat gradually to the boiling point and boil thirty minutes, counting from the time when the water begins to bubble.

Have some boiling syrup ready. As each jar is taken from the boiler put it in a pan of hot water and fill up with hot syrup. Seal at once.

Marmalades.

Marmalades require great care while cooking because no moisture is added to the fruit and sugar. If the marmalade is made from berries the fruit should be rubbed through a sieve to remove the seeds. If large fruit is used have it washed, pared, cored, and quartered.

Measure the fruit and sugar, allowing one pint of sugar to each quart of fruit.

Rinse the preserving kettle with cold water that there may be a slight coat of moisture on the sides and bottom. Put alternate layers of fruit and sugar in the kettle, having the first layer fruit. Heat slowly, stirring frequently. While stirring, break up the fruit as much as possible. Cook about two hours, then put in small sterilized jars.

Fruit Preserved in Grape Juice.

Any kind of fruit can be preserved by this method, but it is particularly good for apples, pears, and sweet plums. No sugar need be used in this process.

Boil 6 quarts of grape juice in an open preserving kettle, until it is reduced to 4 quarts. Have the fruit washed and pared, and, if apples or pears, quartered and cored. Put the prepared fruit in a preserving kettle and cover generously with the boiled grape juice. Boil gently until the fruit is clear and tender, then put in sterilized jars.

Boiled Cider.

When the apple crop is abundant and a large quantity of cider is made, the housekeeper will find it to her advantage to put up a generous supply of boiled cider. Such cider greatly improves mince meat, and can be used at any time of the year to make cider apple sauce. It is also a good selling article.

The cider for boiling must be perfectly fresh and sweet. Put it in a large, open preserving kettle and boil until it is reduced one-half. Skim frequently while boiling. Do not have the kettle more than two-thirds full.

Put in bottles or stone jugs.

Cider Apple Sauce.

5 quarts of boiled cider.
8 quarts of pared, quartered, and cored sweet apples.

Put the fruit in a large preserving kettle and cover with the boiled cider. Cook slowly until the apples

are clear and tender. To prevent burning, place the kettle on an iron tripod or ring. It will require from two to three hours to cook the apples. If you find it necessary to stir the sauce be careful to break the apples as little as possible. When the sauce is cooked, put in sterilized jars.

In the late spring, when cooking apples have lost much of their flavor and acidity, an appetizing sauce may be made by stewing them with diluted boiled cider, using 1 cupful of cider to 3 of water.

Cider Pear Sauce.

Cooking pears may be preserved in boiled cider the same as sweet apples. If one prefers the sauce less sour, 1 pint of sugar may be added to each quart of boiled cider.

Methods of Making Jelly.

In no department of preserving does the housekeeper feel less sure of the result than in jelly making. The rule that works perfectly one time fails another time. Why this is so the average housekeeper does not know; so there is nearly always an element of uncertainty as to the result of the work. These two questions are being constantly asked: "Why does not my jelly harden?" "What causes my jelly to candy?"

It is an easy matter to say that there is something in the condition of the fruit, or that the fruit juice and sugar were cooked too short or too long a time. These explanations are often true; but they do not help the inquirer, since at other times just that proportion of sugar and time of cooking have given perfect jelly. Herewith an attempt is made to give a clear explanation of the principles underlying the process of jelly making. It is believed that the women who study this carefully will find the key to unvarying success in this branch of preserving.

Pectin, Pectose, Pectase.

In all fruits, when ripe or nearly so, there is found pectin, a carbohydrate somewhat similar in its properties to starch. It is because of this substance in the fruit juice that we are able to make jelly. When equal quantities of sugar and fruit juice are combined and the mixture is heated to the boiling point for a short time, the pectin in the fruit gelatinizes the mass.

It is important that the jelly maker should understand when this gelatinizing agent is at its best. Pectose and pectase always exist in the unripe fruit. As the fruit ripens the pectase acts upon the pectose, which is insoluble in water, converting it into pectin, which is soluble. Pectin is at its best when the fruit is just ripe or a little before. If the juice ferments, or the cooking of the jelly is continued too long, the pectin undergoes a change and loses its power of gelatinizing. It is therefore of the greatest importance that the fruit should be fresh, just ripe or a little underripe, and that the boiling of the sugar and juice should not be continued too long.

Fruits vary as to the quantities of sugar, acid, pectin, and gums in their composition. Some of the sour fruits contain more sugar than do some of the milder-flavored fruits. Currants, for example, often contain four or five times as much sugar as the peach. The peach does not contain so much free acid, and it does contain a great deal of pectin bodies, which mask the acid; hence the comparative sweetness of the ripe fruit.

Selection and Handling of Fruit for Jelly Making.

An acid fruit is the most suitable for jelly making, though in some of the acid fruits, the strawberry, for example, the quantity of the jelly-making pectin is so small that it is difficult to make jelly with this fruit. If, however, some currant juice be added to the strawberry juice, a pleasant jelly will be the result; yet, of course, the flavor of the strawberry will be modified. Here is a list of the most desirable fruits for jelly making. The very best are given first: Currant, crab apple, apple, quince, grape, blackberry, raspberry, peach.

Apples make a very mild jelly, and it may be fla-

* Reprint of Farmers' Bulletin 203, issued by the Department of Agriculture.

vored with fruits, flowers, or spices. If the apples are acid it is not advisable to use any flavor.

Juicy fruits, such as currants, raspberries, etc., should not be gathered after a rain, for they will have absorbed so much water as to make it difficult, without excessive boiling, to get the juice to jelly.

If berries are sandy or dusty it will be necessary to wash them, but the work should be done very quickly so that the fruit may not absorb much water.

Large fruits, such as apples, peaches, and pears, must be boiled in water until soft. The strained liquid will contain the flavoring matter and pectin.

It requires more work and skill to make jellies from the fruits to which water must be added than from the juicy fruits. If the juicy fruits are gathered at the proper time one may be nearly sure that they contain the right proportion of water. If gathered after a rain the fruit must be boiled a little longer so that the superfluous water may pass off in steam.

In the case of the large fruits a fair estimate is 3 quarts of strained juice from 8 quarts of fruit and about 4 quarts of water. If the quantity of juice is greater than this it should be boiled down to 3 quarts.

Apples will always require 4 quarts of water to 8 quarts of fruit, but juicy peaches and plums will require only 3 or $3\frac{1}{2}$ quarts.

The jelly will be clearer and finer if the fruit is simmered gently and not stirred during the cooking.

It is always best to strain the juice first through cheese cloth and without pressure. If the cloth is double the juice will be quite clear. When a very clear jelly is desired the strained juice should pass through a flannel or felt bag. The juice may be pressed from the fruit left in the strainer and used in marmalade or, for a second-quality jelly.

To make jelly that will not crystallize (candy) the right proportion of sugar must be added to the fruit juice. If the fruit contains a high percentage of sugar, the quantity of added sugar should be a little less than the quantity of fruit juice. That is to say, in a season when there has been a great deal of heat and sunshine there will be more sugar in the fruit than in a cold, wet season; consequently, 1 pint of currant juice will require but three-quarters of a pint of sugar. But in a cold, wet season the pint of sugar for the pint of juice must be measured generously.

Another cause of the jelly crystallizing is hard boiling. When the syrup boils so rapidly that particles of it are thrown on the upper part of the sides of the preserving kettle they often form crystals. If these crystals are stirred into the syrup they are apt to cause the mass to crystallize in time.

The use of the syrup gage and care not to boil the syrup too violently would do away with all uncertainty in jelly making. The syrup gage should register 25 deg., no matter what kind of fruit is used.

Jellies should be covered closely and kept in a cool, dry, dark place.

Currant Jelly.

The simplest method of making currant jelly is perhaps the following: Free the currants from leaves and large stems. Put them in the preserving kettle; crush a few with a wooden vegetable masher or spoon; heat slowly, stirring frequently.

When the currants are hot, crush them with the vegetable masher. Put a hair sieve or strainer over a large bowl; over this spread a double square of cheese cloth. Turn the crushed fruit and juice into the cheese cloth, and let it drain as long as it drips, but do not use pressure. To hasten the process take the corners of the straining cloth firmly in the hands and lift from the sieve; move the contents by raising one side of the cloth and then the other. After this put the cloth over another bowl. Twist the ends together and press out as much juice as possible. This juice may be used to make a second quality of jelly.

The clear juice may be made into jelly at once, or it may be strained through a flannel bag. In any case, the method of making the jelly is the same.

Measure the juice, and put it in a clean preserving kettle. For every pint of juice add a pint of granulated sugar.

Stir until the sugar is dissolved, then place over the fire; watch closely, and when it boils up draw it back and skim; put over the fire again, and boil and skim once more; boil and skim a third time; then pour into hot glasses taken from the pan of water on the stove and set on a board. Place the board near a sunny window in a room where there is no dust. It is a great protection and advantage to have sheets of glass to lay on top of the tumblers. As soon as the jelly is set cover by one of the three methods given.

To make very transparent currant jelly, heat, crush, and strain the currants as directed in the simplest process. Put the strained juice in the flannel bag and let it drain through. Measure the juice and sugar, pint for pint, and finish as directed above.

To make currant jelly by the cold process follow the first rule for jelly as far as dissolving the sugar in the strained juice. Fill warm, sterilized glasses with this. Place the glasses on a board and put the board by a sunny window. Cover with sheets of glass and

keep by the window until the jelly is set. The jelly will be more transparent if the juice is strained through the flannel bag. Jelly made by the cold process is more delicate than that made by boiling, but it does not keep quite so well.

Raspberry and Currant Jelly.

Make the same as currant jelly, using half currants and half raspberries.

Raspberry Jelly.

Make the same as currant jelly.

Blackberry Jelly.

Make the same as currant jelly.

Strawberry Jelly.

To 10 quarts of strawberries add 2 quarts of currants and proceed as for currant jelly, but boil fifteen minutes.

Ripe-Grape Jelly.

An acid grape is best for this jelly. The sweet, ripe grapes contain too much sugar. Half-ripe fruit, or equal portions of nearly ripe and green grapes, will also be found satisfactory. Wild grapes make delicious jelly. Make the same as currant jelly.

Green-Grape Jelly.

Make the same as apple jelly.

Plum Jelly.

Use an under-ripe acid plum. Wash the fruit and remove the stems. Put into the preserving kettle with 1 quart of water for each peck of fruit. Cook gently until the plums are boiled to pieces. Strain the juice and proceed the same as for currant jelly.

Apple Jelly.

Wash, stem, and wipe the apples, being careful to clean the blossom end thoroughly. Cut into quarters and put into the preserving kettle. Barely cover with cold water, about 4 quarts of water to 8 of apples) and cook gently until the apples are soft and clear. Strain the juice and proceed as for currant jelly. There should be but 3 quarts of juice from 8 quarts of apples and 4 of water.

Apples vary in the percentage of sugar and acid they contain. A fine-flavored acid apple should be employed when possible. Apple jelly may be made at any time of the year, but winter apples are best and should be used when in their prime, i. e., from the fall to December or January. When it is found necessary to make apple jelly in the spring, add the juice of one lemon to every pint of apple juice.

Cider Apple Jelly.

Make the same as plain apple jelly, but covering the apples with cider instead of water. The cider must be fresh from the press.

Crab-Apple Jelly.

Make the same as plain apple jelly.

Quince Jelly.

Rub the quinces with a coarse crash towel; cut out the blossom end. Wash the fruit and pare it and cut in quarters. Cut out the cores, putting them in a dish by themselves. Have a large bowl half full of water; drop the perfect pieces of fruit into this bowl. Put the parings and imperfect parts, cut very fine, into the preserving kettle. Add a quart of water to every 2 quarts of fruit and parings. Put on the fire and cook gently for two hours. Strain and finish the same as apple jelly. The perfect fruit may be preserved or canned.

To make quince jelly of a second quality, when the parings and fruit are put on to cook put the cores into another kettle and cover them generously with water and cook two hours. After all the juice has been drained from the parings and fruit, put what remains into the preserving kettle with the cores. Mix well and turn into the straining cloth. Press all the juice possible from this mixture. Put the juice in the preserving kettle with a pint of sugar to a pint of juice; boil ten minutes.

Wild Fruits for Jellies.

Wild raspberries, blackberries, barberries, grapes, and beach plums all make delicious jellies. The frequent failures in making barberry jelly come from the fruit not being fresh or from being overripe.

Preparation of the Glasses for Jelly.

Sterilize the glasses; take from the boiling water and set them in a shallow baking pan in which there is about 2 inches of boiling water.

Covering Jellies.

Jellies are so rich in sugar that they are protected from bacteria and yeasts, but they must be covered carefully to protect them from mold spores and evaporation. The following methods of covering jellies are all good:

Have disks of thick white paper the size of the top of the glass. When the jelly is set, brush the top over with brandy or alcohol. Dip a disk of paper in the spirits and put it on the jelly. If the glasses have covers, put them on. If there are no covers, cut disks of paper about half an inch in diameter larger than the top of the glass. Beat together the white of one egg and a tablespoonful of cold water. Wet the paper covers with this mixture and put over the glass, pressing down the sides well to make them stick to the glass; or the covers may be dipped in olive oil and be tied on the glasses, but they must be

cut a little larger than when the white of egg is used.

A thick coating of paraffin makes a good cover, but not quite so safe as the paper dipped in brandy or alcohol, because the spirits destroy any mold spores that may happen to rest on the jelly. If such spores are covered with the paraffin they may develop under it. However, the paper wet with spirits could be put on first and the paraffin poured over it.

If paraffin is used, break it into pieces and put in a cup. Set the cup in a pan of warm water on the back of the stove. In a few moments it will be melted enough to cover the jelly. Have the coating about a fourth of an inch thick. In cooling the paraffin contracts, and if the layer is very thin it will crack and leave a portion of the jelly exposed.

CANNED OR BOTTLED FRUIT JUICES.

Fruit juice is most desirable for drinking or for culinary purposes. Grape juice is particularly good as a drink. It may be canned with or without sugar but, except where the grapes have a large percentage of sugar, as is the case in California, some sugar should be added to the juice in canning.

Currant juice may be sterilized and canned without sugar. This juice may be made into jelly at any season of the year.

Fruit juices that are designed for use in frozen creams and water ices should be canned with a generous amount of sugar.

For grape juice good bottles are to be preferred to fruit cans. If you can get the self-sealing bottles, such as pop or beer comes in, the work of putting up grape juice will be light. If bottles are employed, be very careful to sterilize both bottles and corks.

Grape Juice.

Wash the grapes and pick from the stems. Put the fruit in the preserving kettle and crush slightly. Heat slowly and boil gently for half an hour. Crush the fruit with a wooden spoon.

Put a sieve or colander over a large bowl and spread a square of cheese cloth over the sieve. Turn the fruit and juice into the cheese cloth; drain well, then draw the edges of the cheese cloth together and twist hard to press out all the juice possible.

Put the strained juice in a clean preserving kettle and on the fire. When it boils up, draw back and skim. Let it boil up again and skim; then add the sugar and stir until dissolved. Boil five minutes, skimming carefully. Fill hot sterilized jars or bottles. Put the jars or bottles in a moderate oven for ten minutes, in pans of boiling water. Have some boiling juice and pour a little of it into the jars as they are taken from the oven; then seal. Place on boards and set aside out of a cold draft.

A good proportion of sugar and juice is 1 gill of sugar to a quart of juice. The preparation and use of grape juice has been discussed at length in an earlier bulletin of this series.*

Raspberry, Blackberry, Strawberry, and Currant Juices.

With all these fruits except currants, proceed the same as for grape juice, but adding half a pint of sugar to each quart of juice. Currants will require 1 pint of sugar to a quart of juice.

Cherry, Plum, and Peach Juices.

To preserve the juice of cherries, plums, peaches, and similar fruits, proceed as for jelly, but adding to each quart of juice half a pint of sugar instead of a quart as for jelly. If it is not desired to have the fruit juice transparent, the pulp of the fruit may be pressed to extract all the liquid.

Fruit Syrups.

The only difference between syrups and juice is that in the syrup there must be at least half as much sugar as fruit juice.

These syrups are used for flavoring ice creams and water ices. They also make a delicious drink, when two or three spoonfuls are added to a glass of ice water.

Raspberry Vinegar.

Put 4 quarts of raspberries in a bowl and pour over them 2 quarts of vinegar. Cover and set in a cool place for two days. On the second day strain the vinegar through cheese cloth. Put 4 quarts of fresh raspberries in the bowl and pour over them the vinegar strained from the first raspberries. Put in a cool place for two days, then strain. Put the strained juice in a preserving kettle with 3 quarts of sugar. Heat slowly, and when the vinegar boils skim carefully. Boil twenty minutes, then put in sterilized bottles.

About 2 tablespoonfuls of vinegar to a glass of water makes a refreshing drink.

Similar vinegars may be made from blackberries and strawberries.

The Mersey Docks and Harbor Board's new dredger, the "Leviathan," is lifting from the approaches to the Mersey 300,000 tons of sand a week, and already two feet have been added to the depth of water at the bar.

* U. S. Dept. Agr. Farmers' Bulletin No. 175.