



CONDUCTED BY LAURA WILLIS LATHROP.

SEPTEMBER STORES.

THE housekeeper who has endeavored to keep pace with the fruits of summer, in their rapid succession, adding from each to the store of delicacies which shall lend the variety to her table so desirable during the long dreary winter, has doubtless learned that unless she constantly anticipates forthcoming varieties, the ones which she most desires often go by before she is aware of it; and now that autumn has come, double demands are made upon her time and skill, for hand in hand with preserving, the pickling season sets in. The early frosts of some localities render timely attention to the latter branch of housewifely art a necessity, and, despite all that has been said about the unwholesomeness of pickles, the housekeeper recognizes the fact that they will prove a spicy relish to serve with meats in almost any form and an appetizing addition to the luncheon basket; forming also a choice reserve store from which to draw when she wishes, for some special occasion, dainties defying criticism. In case of emergencies, she can call them into requisition without the uncertainty, as to quality, attending the use of the ready prepared supplies offered for sale at the stores, suggesting the presence of sulphuric acid frequently, by the remarkable clearness of the vinegar, and confirming our suspicions by the sharp twinge which conveys to the palate a certainty of its presence. The work, in all its branches, requires both time and care, and one must bring the requisite amount of both to its performance to secure the best results. A good rule is to use all fruits when they are at their very best — firm and ripe, but not allowed to reach that stage of over-ripeness which is but a step removed from decay. The last is a fruitful source of failure in the manufacture of jellies. If one has home-grown fruits, strict attention and a determination to make all other duties yield ground to that which cannot be deferred without loss, will yield us most delicious

products. In the markets, fruit may be had the cheapest when just in its prime, being more abundant then, so that it is a matter of economy, as well as of quality, to let nothing within our control interfere with the work.

Two preserving kettles are always necessary, one for keeping a reserve supply of syrup, or for hastening the preparation of large quantities, as the case may be. These should be of granite ware or lined with porcelain. Scales are a necessity, also some means of correct measurement. We have found it economy to use self-sealing jars for both preserves and choice pickles, as the quantity of sugar used may then be lessened to suit individual tastes, without the danger of fermentation consequent upon the slightest exposure to air.

GENERAL RULE FOR CLARIFYING SYRUP. — To every four pounds of sugar add one quart of water. For this quantity beat the whites of two eggs until light but not stiff, and stir them into it. Pour into the preserving kettle and place where the contents will heat slowly, stirring often until they begin to boil. Now, cover the kettle and keep it on the back of the stove where it will just boil, but not rapidly, for half an hour. On removing the cover, at the end of this time, lift and remove the thick cake of scum on its surface, and you will find a syrup ready for use and clear as crystal. If the syrup, during this process, is allowed to boil rapidly, the scum is broken and can only be removed by straining, and is never, even then, perfectly clear. Unless the greatest care is given to this work, it is better to use the syrup without clarifying.

PEARS PRESERVED WITH GINGER. — Choose firm ripe fruit, rejecting those which have become mellow. Pare them, divide into halves, core, and remove the blossom and the stem, and drop into cold water until all are ready. Allow three-quarters of a pound of sugar to every pound of fruit, which will insure sufficient syrup to cover them. Put the

parings into a preserving kettle with a quart of cold water, boil for twenty minutes, strain, and to this juice add enough water so that there will be a quart for every four pounds of sugar required: To every quart of juice, add one ounce of green ginger root, sliced, and a table spoonful of lemon juice. Clarify this syrup according to general directions given above. On removing the scum, rinse the ginger root which will be found in it, in cold water and return it to the syrup. Simmer the pears in this syrup until they are tender, putting in only enough to form a layer at a time. When all are cooked, take up carefully, one by one, and place in glass jars, and pour the syrup, boiling hot, over them. Screw on the covers immediately, tightening them, from time to time, as the jars cool.

PRESERVED PEACHES.—Select the firmest of perfectly ripe peaches, rejecting any that are bruised. Pare with a very sharp knife, halve them, removing the stones. Drop the peaches as fast as pared into cold water to prevent discoloration. Put the stones, as fast as removed, into the preserving kettle containing one quart of cold water. When all is done, boil the stones in this water for fifteen minutes. Strain, and to this juice add enough water so that there will be a quart for every four pounds of sugar, allowing three-quarters of a pound of sugar to every pound of fruit. This will furnish juice sufficient to cover the fruit. Clarify the syrup and proceed precisely as in directions given for pears. Peaches should be simmered very gently. Either of these preserves are very fine for winter desserts, served with some nice form of white cake and cream.

PEACH MARMALADE.—Small peaches and bruised fruit from which the spots have been removed, answer for this purpose. Plunge the peaches for two or three minutes into boiling water, and then transfer immediately to cold water, when the skins may be easily removed with a coarse towel. Slice the fruit quite thin, and after weighing it, put it into the preserving kettle, allowing a pint of water to four pounds of fruit. Cover, and cook for an hour, taking care that it does not burn. Now add one-half pound of sugar for each pound of fruit as weighed when first put into the kettle. Boil steadily for three-quarters of an hour, stirring constantly.

It should be thick and smooth by that time. Put in small jars, bowls or tumblers. When cold, cover with round pieces of stiff white paper, cut just large enough to fit inside, having first brushed the upper side of paper with white of egg, and allowed it to dry. Now, unless you have used glasses with metal or glass covers, cut larger pieces of *soft* heavy paper, dip both sides into white of egg and paste down carefully around the edges, pressing downward and out any air spaces. Write the name of the contents upon the paper when dry. This forms a delicious ingredient for the queen of puddings, so aptly named.

SPICED PEARS OR PEACHES.—To every seven pounds of fruit, allow four pounds of sugar and one quart of good cider vinegar or white wine vinegar. Chemists' vinegar softens and spoils the fruit as well as the flavor. To every quart of vinegar add one table-spoonful each of ground cinnamon and whole cloves, and if you wish, two or three sticks of mace. Tie these loosely in a piece of cheese-cloth, and boil together with the vinegar for half an hour in a preserving kettle, adding boiling water as it boils away, to keep same amount of syrup. Put in your fruit, and keep just at the boiling point for half an hour. Lift out the fruit carefully, pack in jars and cover with the syrup. In two days pour off the syrup, heat to the boiling point, and pour over the fruit. When it is cold, cover the jars with manilla paper, and over this a layer of oil-cloth, both securely tied down. If these pickles are placed in self-sealing jars, and sealed boiling hot, they will keep perfectly for years. This will answer for cherries, plums, grapes, etc.

WATERMELON RINDS.—These form a very fine pickle, if trimmed free from the outside rind and colored inner portion, then cut up into cubes or strips, soaked in a weak brine (teacupful of salt to a gallon of cold water) for twenty-four hours, then drained, covered with boiling water for ten minutes, drained again, and weighed. Allow half a pound of sugar to every pound of rind, and vinegar enough to cover. For every four pounds of rinds allow one ounce of stick cinnamon, half a grated nutmeg, and a teaspoonful of whole cloves. Tie the spices in a cloth and simmer in the syrup, adding water as it boils away, as directed for pears. Simmer the

rinds in this syrup until they look clear, and can be easily pierced by a broom splint. Put in a stone jar, when cool, tie down securely, and keep in dry, cool place. A most excellent pickle.

GREEN TOMATO PICKLE.—Slice thin without peeling, soak in weak brine, drain and scald as directed for melon rinds. Put them in the preserving kettle and just cover with vinegar, measuring it, as you pour it in. To every pint of vinegar allow two pints of sugar, a tablespoonful each of ground cinnamon, whole cloves, half an ounce of whole mace, half an ounce of sliced green ginger root. The latter is put loose into the kettle, while the spices are tied up in a cloth. Simmer the whole gently until tender, which is usually in about twenty minutes. This is almost equal to an imported preserve, and forms a delicious accompaniment to cold meats. Ripe cucumbers are fine prepared this way, soaking them twenty-four hours in weak vinegar instead of brine, and then draining them, and using fresh vinegar. Omit the ginger. Excellent with roast mutton or beef.

DELICATE PEPPER MANGOES.—Let those who do not relish pepper mangoes as ordinarily prepared, try the following, which we devised a few years since, to suit our own individual taste. Take large green bell or mango peppers; cut out the stem carefully with a sharp pen-knife, and clean out the seeds. Lay them, with the stem section, in weak brine for a week, changing the brine for fresh every twenty-four hours. This frees the peppers from the intolerable pungency, and renders them mild and delicious. Chop some nice white cabbage quite fine, salt it in the proportion of one-half teacupful of salt to a gallon of cabbage. Put it in a cheese-cloth bag and drain under a weight all night. To each quart of the cabbage, add two tablespoonfuls of white mustard seed and a teaspoonful of grated horse-radish. Mix thoroughly, pack firmly into the mangoes, place stems in position, put in a stone jar, closely packed and stems upward, cover with a plate to hold them down, and cover all with good cider vinegar. They will keep all winter, are fine with roast meats, especially roast pork or veal. Reserve some of the peppers, unstuffed, place them in a separate jar, and covered with cold vinegar, to

serve as deviled peppers during winter as required.

DEVILED PEPPERS.—Chop fine either cold boiled tongue or chicken, and moisten with the following dressing: To one-half cup of vinegar, add one beaten egg, one teaspoonful of salt, one-fourth teaspoonful of ground pepper, a tablespoonful of butter and a level teaspoonful of made mustard. Place over the fire, and stir constantly until it becomes of the consistency of thick, sweet cream. Do not allow it to boil, as it will curdle. This will be sufficient for a quart of the meat; add a little more salt and pepper if your taste demands it. Fill the pepper shells with this mixture, rounding it up nicely, and omit using the stems. Serve with the mounded meat upward.

MOCK OLIVES.—Gather plums just before ripening—when of a yellowish green. Let soak over night in weak brine. Drain, and pour over them boiling hot, a pickle prepared as follows: To every quart of vinegar add two tablespoonfuls of white mustard seed, and a half teaspoonful of whole cloves. Tie in a cloth loosely, and simmer for fifteen minutes in a little vinegar, then add to the rest. Let plums remain in this for twenty-four hours, pour off, reheat, and return to plums. Keep cool. Fine for picnics.

Our Letter Box.

“Mrs. H. T.” wishes a bill of fare for Fall picnics or nutting parties.

A goodly variety is indispensable, also an arrangement as to what each shall furnish, in order to secure that variety. The following list will afford sufficient latitude from which to select:

- Thin Slices of Buttered Bread.
- Finger Rolls with Filling of Minced Meats.
- Pressed Chicken. Cold Roast or Broiled Chicken.
- Potted Meats. Sardines. Crackers. Cheese.
- Olives. Pickles.
- Hard Boiled Eggs. Stuffed Eggs.
- Orange Marmalade. Cake. Salads.
- Cold Coffee. Cold Tea. Lemonade.
- Fruit Syrups. Ice.

The minced meat for filling finger rolls may be prepared as directed for deviled mangoes. The rolls are split, the crumb part scraped out, the shells filled with the mince, and the two parts tied together with the very