

## JELLY MAKING

Jane S. McKimmon, State Home Demonstration Agent; Cornelia C. Morris, Assistant.

Jellies and jams are perhaps the most popular sweets made from fruits and berries and the process is so simple and results so satisfactory that I am giving recipes to the housewife and an promising her success if she will follow directions to the letter.

### Selecting the Fruit

The fruits best suited for jelly-making are grapes, plums, apples, crab apples, and blackberries, as these fruits contain the necessary properties for making good jelly-pectin with an acid. The fruit should be firm and in good condition. One-half should be ripe to give color and flavor with one-half under-ripe fruit to supply acid. Strawberries, peaches, and cherries are lacking in pectin and will not make jelly unless this is supplied from some other source. Pectin is that thing in fruit or berries which makes juice jelly and its presence can be determined by the following test.

### Pectin Test

Use one teaspoonful of grain alcohol and one teaspoonful of cooked fruit juice (cooled to room temperature), mix in glass, and let stand five minutes. Pour mixture gently into another glass. If a solid mass of jelly has formed the juice will jelly with measure for measure of sugar. If the mass is slightly broken it will be safer to use three-fourths as much sugar as juice. If only a small amount of pectin is present one-half measure of sugar to the measure of juice is advisable. Crab apples usually yield a heavy pectin, and an equal volume of sugar and juice may be used. Apples and blackberries contain a smaller amount and will usually require three-fourths as much sugar as juice. Grapes require from one-half to three-fourths as much sugar as juice.

### Cooking the Fruit

Juice is extracted for jelly-making by cooking fruit with water until it is soft. This usually requires from 35 to 45 minutes. Long cooking destroys the pectin.

### Straining

After cooking, the fruit is placed in a square cheese cloth and the juice allowed to drip without pressing. It is then filtered by pouring through a flannel jelly bag.

A square of white flannel with the two adjacent sides French-seamed, makes the best bag, and this may be hung on nails to drain if loops are placed at the top.

As soon as the sugar begins to boil add sugar and cook rapidly until the jelly stage is reached. By adding the sugar at the beginning there is less danger of crystallization, as sugar is inverted when cooked with an acid. Too little sugar makes a tough jelly. Too much sugar causes the jelly to be soft and syrupy. Overcooking and the use of too much sugar cause many failures. The old saying a pint of juice to a pint of sugar will hold good only with such juices as quince, crabapple, and currant. Three-quarters of a pint of sugar would be safest with other juices.

### Testing Jelly

The skillful use of the thermometer will save many failures in jelly-making. Different juices jelly at slightly different temperatures.

A good thermometer costs very little money and will soon pay for itself in materials saved. To test the jelly without a thermometer take a little of the boiling juice in a spoon and cool. When the jelling point is reached the juice will form a sheet and break from the side of the spoon when poured out. The use of the thermometer will, however, give more accurate results.

As soon as the jelly stage is reached skim. There is less waste when this is done at the last.

The jelly glasses should be washed and sterilized, removed from the water and drained while hot. When the jelly is finished pour it immediately into the hot sterilized glasses. Fill the glasses full as the jelly will shrink when it is cold and firm.

When jelly is cold, cover with a thin layer of melted paraffin to exclude the air, and use lacquered tin tops for the glasses.

If hermetic caps are used, paraffin will be unnecessary as the jelly is sealed and processed while hot.

Good jelly should be firm enough to hold its shape, and should be tender, clear and brilliant.

Equipment for Making Jelly, Preserves, and Jam.

Only a few utensils are necessary for preserving and jelly-making. Have on hand several sharp knives for paring and cutting; a large kettle for cooking; a colander, cheese cloth and a flannel jelly bag for straining and filtering, use a wooden paddle or spoon for stirring. A thermometer is a necessity if perfect products are desired. Other tests are fairly accurate, but they take time, patience, and experience, and even then good material is often spoiled by over or under-cooking. Accurate scales and

measuring cups are also necessary. A wash boiler with wooden rack in the bottom makes an excellent sterilizer for glasses, bottles and jars, and can also be used for processing.

### Jelly Stock

During the summer months when fruit is plentiful it is advisable to can fruit juice, and make it into jelly as it is needed. This jelly stock will sometimes ferment in very hot weather and lose its delicate fruity flavor. The method of preparing the stock is simple. After the fruit is cooked and juice extracted and strained, it is poured into jars, sealed, and processed for 20 minutes. It can then be stored and used just as is the freshly made juice.

### Apple Jelly

Wash apples and cut into small pieces; cover with water and boil from 35 to 45 minutes. Strain and measure juice. Test with alcohol to determine amount of sugar to be added. Apples usually require three-fourths as much sugar as juice. Cook to 222 degrees F., or 105 1-2 degrees C. Skim and pour into hot glasses.

### Crab Apple Jelly

Cut apples in small pieces, cover with water, and when the boiling point is reached cook for 35 minutes. Strain through cheese-cloth. Filter by pouring juice through a heavy flannel bag and for each cup of juice use a cup of sugar. Crab apples contain a great deal of pectin and are also very acid. The jelly stage will be reached at from 220 degrees F. to 221 degrees F. This jelly is very firm and is excellent in flavor.

### Blackberry Jelly Stock

6 quarts blackberries and 1 pint water. Wash berries, place over heat and after boiling point is reached cook for 15 minutes. Strain through double cheese cloth and process in pint jars for 20 minutes. This will yield 3 pints of jelly stock. Store in cool place.

### Blackberry Jelly

2 pints jelly stock or freshly made juice, 1 1-2 pounds sugar.

As soon as the boiling point is reached, add sugar gradually and cook to 222 degrees F. Skim and pour immediately into hot sterilized glasses.

### Grape Stock

With both bunch and muscadine grapes it is best to extract the juice and can it for future use; cream of tartar crystals are almost sure to form in jelly made from freshly extracted juice and by allowing the stock to stand from three to six months the crystals will deposit and the juice can be racked off and made into clean jelly.

### Scuppernon Jelly

Grapes should not be fully ripe. Wash, crush, and place in vessel both pulp and hulls. Cook until soft (from 20 to 30 minutes). Strain through cheese cloth and filter through flannel jelly bag. Can this stock and after crystals have deposited make jelly according to the following recipe.

Bring 1 pint of stock to boiling point. Add 3-4 pint of sugar. Cook rapidly until jelling point is reached (228 degrees F. or 106C). Skim and pour immediately into sterilized glasses.

Send for bulletins "Jelly, Jams and Preserves" and Canning Fruit and Vegetables. Address Dept. of Agriculture, Raleigh, N. C.

The United States consumes two-thirds of the world's rubber production.

## GLASS OF SALTS CLEANS KIDNEYS

If your Back is aching or Bladder bothers, drink lots of water and eat less meat.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salts which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation, thus ending bladder weakness. Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

## A Real Scoundrel

By CLARA DELAPFIELD

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Mute, with hands stretched forth in helpless appeal, the friend of his boyhood stood before the millionaire, who, smoking a cigar, looked back at him.

His boyhood friend! What recollections came over him at the thought! He and Bill Jones had played and fought together, raced their dogs, plundered apple orchards, swam in the creek, loved the same girl. And now Bill Jones was penniless, and he had millions.

He glanced about his lofty halls, and his eyes fell on a far-away figure, standing by the door. He beckoned, and the figure approached. It was the butler.

He nodded, and the butler, raising the visitor by the arm, kicked him out of the room.

"Miserable man, can nothing touch your heart?" whispered Remorse.

"Nope," answered the millionaire.

He went out. It was Christmas day and snowy flakes were softly falling from the skies. Far off was the sound of church bells ringing. He strode on till he came to a small frame building in a poor part of the town. Without knocking, he went in. Beside a wretched fire of coal stoves from the railroad tracks sat a thin, shivering, aged woman with chilblains. She was a widow. She turned her haggard face on him.

Coldly he presented her with a paper headed, "Mortgage—\$247.50."

She shuddered, and raised her arms appealingly above her head. Coldly he pointed toward the door, and, with averted face she crept out into the snow in her thin slippers.

"Wretch, have you no pity?" whispered the hooded figure at his side.

"Nope, not a bit," he answered.

Upon a grave in the little old-fashioned cemetery a figure reclined, naked, in the falling snow. It turned a mournful face on him. It was a dog. It lay upon its master's grave. The grave was not his own, but in the exuberance of his scoundrelism he kicked the faithful beast in the hind quarters.

A mournful yelp resounded through the deserted churchyard.

"Still hard? Still pitiless?" whispered Remorse. "See what is prepared for you, iniquitous man, at home!"

A woman stood before his door, facing Jenkins, the butler, who held up a flat, imperturbable hand. She was a slight, girlish figure, with thin, golden hair that fell about her girlish face. Her figure was girlish too. In her arms she carried a little girl, who stirred piteously as she slumbered. Both were wet through with the falling snow, which melted very quickly.

The girlish figure held out her arms in supplication. His wife! Turned from his doors because she had burned the bacon.

"Forgive me! Take me back! I will put more fat in the pan next time!"

The scoundrel read this in her mute appeal. He raised his foot and spurned her. With a despairing gesture she threw up her arms, caught her baby on the bounce, and tottered out into the snow.

"Monster! Is your heart adamant?" hissed the sepulchral companion of his adventures.

"I guess," answered the millionaire.

He went into his palatial hall and sat down before his fire. How pleasant it was in that well-lighted room! Expensive books covered the walls, rugs of incalculable value were tossed carelessly about everywhere. Each piece of furniture was either mahogany or satinwood.

A figure drew near. It was the butler. Speechless with emotion, Jenkins drew forth a piece of paper on which he had written his thoughts.

"I have served your grandfather, your great-grandfather, and your great-great-grandfather faithfully for seventy-nine years," the scoundrel read. "Likewise your father and yourself. But unless you forgive that poor, erring woman, I must leave your service on the 17th prox."

With a contemptuous gesture the scoundrel picked up a piece of coal and flung it at the faithful old servant, who fell, stunned, into the fireplace.

"Can nothing touch you?" whispered the hooded figure at his side.

"No, Mary, my dear," answered the scoundrel, rising. "Not while we're working on this million-dollar production. Chop off five hundred feet of that last scene, Tompkinson, and we'll have the widow bit over again."

Now or Never!

"Ethel," he whispered, "will you marry me?"

"I don't know, Charlie," she replied coyly.

"Well, when you find out," he said, rising, "send me word, will you? I shall be at Mabel Blink's until 10 o'clock. If I don't hear from you by then I am going to ask her."

She hurried up.

Why She Worries.

"Jim's wife is never at peace, when he is out of her sight."

"Is it because she loves him so?"

"No; it is because she knows him so."

Explaining It.

"We are offering these sets only to cultured people at \$200 per set."

"Well, I hope you won't classify me as uncultivated when I tell you I can't spare \$200."

# MISS E. WILLIS,

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Will Give You a Free Massage in Your Home By Appointment

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To Neglect your Skin Is to Forfeit Its Beauty

We have engaged Miss Willis, the well-known Toilet Goods Specialist, for the week of August 7th, to call on a number of ladies in Ahoskie each day, to give free massage and individual help and advice on the care of the skin.

This is an Exceptional Opportunity For One Week Only

Step into the store, write or phone us. We'll do the rest. Understand Miss Willis' massage and advice are free.

Miss Willis Will Also Be Glad to Talk to Any Woman's Club in Ahoskie, Free of Charge

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"The Rexall Store"

## RICHARD THEATRE

August 4th and 5th, 8:15 P. M., Admission 25 and 50c.



Wednesday and Thursday, August 2nd and 3rd,  
8:15 P. M., Admission 20 and 35c.

"Why Girls Leave Home"

Don't miss either of these two pictures, they are worth seeing.