

FRUIT RECIPES

BY M. FLETCHER-BERRY



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FRUIT RECIPES



**BLOSSOMS AND IMMATURE FRUIT OF THE CERIMAN
OR "FALSE BREAD FRUIT" (*Monstera deliciosa*)**

Fruit Recipes

*A Manual of the Food Values
of Fruits and Nine Hundred
Different Ways of Using Them*

By
RILEY M. FLETCHER BERRY

ILLUSTRATED FROM
PHOTOGRAPHS



HOTEL ADMINIS

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DEDICATED

TO

ALL MEN AND ALL WOMEN

INTERESTED IN FRUITS: AS SCIENTISTS—WHETHER IN THE LABORATORY, THE KITCHEN, OR THE GARDEN; AS ARTISTS BY PROFESSION OR THOSE WHO UNPROFESSIONALLY HAVE ARTISTIC APPRECIATION OF THIS TYPE OF EARTH'S BEAUTY; AND TO THOSE WHO CLAIM SPECIAL TRAINING IN NEITHER SCIENCE NOR ART BUT SIMPLY AND THOROUGHLY ENJOY GOOD, WHOLESOME COOKERY.

RILEY M. FLETCHER BERRY,

The Orchard of Palms,
Orlando, Florida.

PREFACE

DANIEL had good reason for his famous and witty after-dinner speech when he remarked to the lions, "After you, gentlemen, after you!" On the same principle prefaces are often postponed. But I hope that you will read this one *before* dining, that you may understand why such an anomaly as both a discussion of the food values of fruits and formulas for the practical preparation of fruit dishes should be offered *men* as well as women.

Whatever mental attitude one may hold in relation to foods, whether one makes meat the chief article of diet or excludes it, or follows a middle course, one uses fruit as one does water: possibly as a luxury, possibly only because other people use it, but always to some degree (unless one be an Esquimau beyond even the reach of courageous Arctic berries), and always, just as surely, in lesser degree and with less appreciation of its real value than one *should* use it.

Difference of age, of climate, of occupation, or constitution make variation of kind and quantity of foods a necessity, but, generally speaking—leaving out discussion of the three types of necessary food elements: protein, or nitrogen, the carbohydrates (including sugar and starches), and fat—all this aside, it is agreed that human beings as a class need more of the potash salts than they ordinarily realise or take into their systems. The lack of proper proportion of these salts lays the foundation for many troubles, in simple and complicated form, which, however, may be avoided by the substitution or inclusion of more fruit

foods, for vegetables and fruits contain these necessary salts in abundance. (See Note.)

Fruit juices furnish the most delightful form of pure water, which is too apt to be considered, in the words of the Southern colonel, "good fuh pupposes of navigation, but a mighty po' drink." The fruit form of acids is refreshing; it speedily furnishes energy to the muscular system—the sugar being readily assimilated—and in general or directly (as with the tropical papaw and pineapple) assists digestion. Each fruit has a special and some of the general values; some of them meant only as accessories to other foods, as a rule stimulants and purifiers, containing chiefly the carbohydrates, and must be balanced by fats, nitrogen, or protein, and foods containing more cellulose. Some fruits require very little "balancing," being substantial and nearly perfect in themselves, as figs, prunes, and the cocoanut, which last, when fresh, should be ranked rather with fruits than nuts. The banana is a substantial food, very rich in carbohydrates and "body"; so also the persimmon. Grapes are nearly perfect from a general point of view and the apple is unique in rank.

Acid fruits are not always to be recommended in combination with starchy foods, and too much acid may be used, but all people are not constituted alike: uncooked fruits may or may not agree with one (though in general fruits are best and more direct in effect uncooked and, whether fresh or cooked, should be eaten with less sugar than is the usual habit) and special fruits or combinations may be found undesirable. Some human beings need food oftener than others or in greater quantity. Some need to be reduced in flesh or the reverse. No hard and fast rules can be laid down; each one should realise the value of fruits as a whole and of fruits individually and should as thoroughly know his own needs.

Facts concerning the values of fruits have been widely scattered, hidden behind masses of figures or buried in scientific works. Figures and scientific terms are necessary in their places, but those included here are only matters of reference. To be vitally interested is the first requisite for learning "more and more." Everyone has not the gift for remembering figures and names, and to be so burdened is often to stop one at the outset or detract seriously from interest.

Many foundation recipes are included and explanations, because this collection is meant quite as much for men who are "batching it" (perhaps having their first experiences in cooking where strange fruits have to be dealt with) as for women who rightly believe variety to be the spice of life; and I have given as far as possible just what I myself would many times have valued could someone have saved my having to hunt through a great many volumes for all I wished to know concerning the preparation of some particular fruit, or for some general formula which each book usually takes for granted one already knows in exact proportion.

I have included also a few old-time recipes because of their great interest, from their age, to this generation, or the superior results to be obtained from their use. The housekeeping of earlier centuries seems elaborate and heavy by contrast with the lighter, modern methods, but life as a whole was simpler then than now and in attempting to improve upon the old-fashioned ways we have dropped a little too much, for there were certain quaint touches of housewifely care which exercised untold charm in many directions. Were the old-time still-rooms in vogue to-day, with their fragrant atmosphere of aromatic herbs, fruit-cordials, brandies, and wines, patent medicines would find few victims; the murderously adulterated liquors of

foreign and domestic markets so generally used as mild tonics as well as stimulants, would not be countenanced or would be rated at their real standing and money value from strict analysis. Fruits have medicinal or tonic value which in cordials "go to exactly the right spot"; the old fruit brandies were used for flavouring, and were far superior to the average, adulterated or cheap, weak stuffs we have to buy to-day and which as a matter of course include alcohol.

As authorities I have consulted Haig's "Diet and Foods"; Burnett's "Foods and Dietaries"; Holbrooks's "Food and Work"; Williams's "Chemistry of Cookery"; Fownes's "Manual of Chemistry"; Remington's "Practice of Pharmacy"; the Dispensatory of the U. S. (Wood and Bache), the encyclopedias, American, Britannica, and Chambers's; Gray's Botany; Helen Harcourt's "Florida Fruits and How to Raise Them"; *Country Life in America*, *Table Talk*, *What to Eat*, *Harper's Bazar*, *The Delineator*, the New England and all other of the leading periodicals pertaining to the table and to health, and dozens of "cook books." Most of my recipes, however, are original or long since adopted and adapted by family habit or traditions of cooking of friends—Scotch, English, German, and American (to whom I am much indebted), but endless consultation and comparison for years has resulted in agreeing with Solomon that, with national or individual exceptions, change of name, or proportion of ingredient, "there is no new thing under the sun."

I wish also to express my thanks to Dr. Wiley, chief chemist of the Agricultural Department, and to William A. Taylor, H. E. Van Deman, G. B. Brackett, H. Harold Hume, P. H. Rolfs, H. J. Webber, W. T. Swingle, R. B. Handy, W. H. Evans, M. E. Jaffa, W. O. Atwater, Fred V. Colville, and Deborah G. Passmore of this greatest of the

government departments as well as to the Department in general. Such work, scientific, practical, and artistic, cannot be overestimated, whether one is little or much dependent upon it; for the results of these investigations reach people who might never be reached in any other way and yet influence those who have every other opportunity and scientific authority at hand, helping to simplify everyday affairs; and we must—men and women—live with eyes open to the practical power of the products of the earth if we expect to live the sweetest, the simplest, and so, the fullest lives.

R. M. FLETCHER BERRY.

NOTE: Bicarbonate of potash in proportion of "about an eggspoonful to a pound of ripe fruit, rather more in the case of unripe fruits"—(Burnett) is now given patients of gouty and other types of cases with fruit—even with lemons and tartest gooseberries—that they may have fruit-diet, although until very recently it was supposed they must be denied fruit.

R. M. F. B.

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WEIGHTS AND MEASURES

2 saltspoons	equal	one coffee spoon
2 coffeespoons	“	“ teaspoon
60 drops	“	“ teaspoon
3 teaspoons (dry)	“	“ tablespoon
4 teaspoons (liquid)	“	“ tablespoon
4 tablespoons (liquid)	“	“ wineglass
4 tablespoons (liquid)	“	“ half cup
8 large tablespoons or 2 wine glasses	“	“ gill
2 gills	“	“ cup
1 cup*	equals	“ half pint
2 cups or 32 tablespoons	make	“ pint
2 pints or four cups	“	“ quart
1 cup granulated sugar	equals	“ half pound
1 cup butter (solid)	“	“ half pound
1 rounding tablespoon butter	“	“ ounce
1 heaping tablespoon sugar	“	“ ounce
1 tablespoon of liquid	“	“ half ounce

FRUIT RECIPES

INTRODUCTORY RECIPES

THERE are certain foundation formulas or recipes which are applicable, with variations, to every known fruit, such as *blanc mange*, custard, fruit soup, etc. These are given below so that where special formulas are not given later the general rule may be applied.

FRUIT SOUPS

Fruit Soups are usually served cold—where convenient chilled on ice—in very small china or glass bowls or bouillon cups. With this daintiness of service, however, it may be forgotten or not realised that such soups are not to the stomach mere empty, introductory flourishes, whatever the intent. Fruit soups are *foods* and as such are used in many countries by even the peasants, though they may lack delicate table appointments. It is true that a fruit may be used which is not of itself substantial (though the opposite may hold, as with prunes) but the sago, arrowroot, or tapioca used for thickening furnishes a certain amount of heat-producing material and where wine is added this is increased, so it may readily be understood why, when used in quantity, such combinations may approach, of themselves “substantial meals” or why, even in small measure, fruit soups with but slight additions of foods containing other balancing elements, may arrive at the right to be chief “dish” of a luncheon or light supper.

As a general rule stewed fruit passed through a sieve may have added to it an equal quantity of water and to each pint a heaping teaspoon or scant dessertspoon of sago, arrowroot (for which cornstarch may be substituted) or

tapioca. Some instructors give the rule of a level tablespoon of cornstarch to each pint of clear, pressed fruit-juice, which, however, may be slightly diluted. The arrowroot or cornstarch is a quicker process and should be dissolved till smooth in a little cold water, added when the fruit juice is at boiling point, then cooked till clear; meantime adding sugar, and later a tablespoon of lemon juice or wine. If sago or tapioca is used it must be cooked till thoroughly tender and translucent. A fruit soup made of raspberries may serve as example of a lighter fruit soup and the Swedish of those more substantial. See also the Prune, the Apple, etc., or apply as convenience and taste dictate.

RED RASPBERRY SOUP

Add one pound granulated sugar to two quarts of red raspberries well looked over and mashed. Let stand an hour, then put through sieve. Heat gradually, stirring carefully, and when at boiling point add a tablespoon of cornstarch which has been dissolved in just a little cold water. When clear, smooth, and thickened add a half-pint of sherry, remove at once and let cool. When ready to serve pour it over shaved ice in glasses.

SWEDISH FRUIT SOUP

Allow one-third part of apricots or prunes to two-thirds dried apples, in proportion of a cup of the apples to two quarts of water. Wash and soak over night in the water (cold). In the morning place on the stove with a cup of raisins or currants, or half and half, a sprinkling of cinnamon and tablespoon of tapioca or sago. Add another quart of cold water and simmer till fruits and tapioca or sago are tender. Add a little sugar or salt as liked.

FRUIT SALADS

In preparing fruit salads there are several points to be kept in mind: the general form of the salad, the combination of the elements composing it; the dressing and the garnishing. Remembering these, one may have infinite and most appetising charm of variety. As to the form, the salad may be served in delicate green or rosy apples, hollowed out; in pears, like fashion; in small or large melons; in tomato, pepper, or other vegetable casing; in the rinds of the citrus fruits etc. The salad itself may be a mere salad or it may have meat value by the addition of hard-boiled eggs, nuts, chopped or whole "meats," or, sometimes, even cheese. Popcorn furnishes a nourishing addition also. Celery or other dainty vegetable may be combined with fruit, and of fruit itself not only the substantial but the delicate may be combined to attract both eye and palate: bananas and melons, cubed, or peaches (of similar substance) may be added to cherries, to the candied angelica (traditionally "good for the digestion"), to currants, red or blue plums, or strawberries. Pineapple and other southern fruits, as well as the northern-known, juicy citrus family, may be added to the delicate green cucumber, to pears and apples, or to seeded grapes or olives. There is nothing which cannot be artistically blended with something else in the fruit or vegetable world, or with rose petals, candied violets, etc.

The garnishing appeals to the eye but even the gayly-graceful nasturtium has a spicily stimulating mission stomachward. Cress may be either a garnish or the body of the salad, as also may be lettuce, etc. But sprigs of currants, white or red, may be used; parsley (a stimulant in disguise); sprays of cherries or kumquats; or figs or dates softly fresh or freshened. Or there may be a bed of

vegetable or fruit gelatine; celery or tomato, lemon or melon, and so on, endlessly.

The dressing is an important matter whether it be the "simple" French or a combination of flavoured secrets. Olive oil requires virtually no digestion and furnishes an immense amount of nourishment. But even yet there are people who find it apparently impossible to cultivate a taste for it and so eschew salads or substitute butter for the oil. The oil, however, may be used with little or none of the oil flavour, or whipped cream may be substituted with pure fruit salads.

FRENCH DRESSING

Mix well one-half teaspoon each of salt and pepper with one tablespoon of lemon juice (or fruit vinegar). Pour this gradually, stirring the while, on three tablespoons of olive oil. Toss the salad in this thoroughly. Melted butter may be substituted for the oil.

SIMPLE MAYONNAISE

To the yolk of one egg allow about one cup of olive oil and three tablespoons of lemon juice or strong, pure vinegar. To the yolk of the egg add one saltspoon of salt and a dash of cayenne pepper or Tabasco, and a teaspoon of either prepared mustard or Worcestershire Sauce. (These may of course be omitted if preferred). Add a few drops of oil to the whipped yolk and beat well with silver fork, adding more oil, little by little, alternating with the acid until the dressing is quite stiff and glossy. Keep ice-cold until used. Also, this may be frozen (in glass) by burying it in ice and salt for two hours. (Real olive oil congeals at higher temperature than other oils. If the oil is merely *labelled* "olive oil" it will not freeze so quickly.)

CREAM OR WHITE MAYONNAISE

This may be made with sweet or sour cream; if the former, having the cream whipped and adding in equal quantity to mayonnaise already prepared. Sour thick cream may be substituted, or whipped white of egg. This may be coloured green with spinach juice or pink with berry-syrup or cordials or with cochineal or maraschino.

COOKED MAYONNAISE

Put on the stove one teacup of vinegar and let it come to a boil (in double vessel), adding three tablespoons sugar, one teaspoon salt, a pinch of cayenne pepper, and six mustard spoons of mixed or French mustard, with three tablespoons of olive oil or melted butter. While this mixture is heating beat well the yolks of three eggs, adding at the last a dessertspoon of flour. Whip this lightly into the heated vinegar, etc., and let cook till thick, stirring all the while and never letting boil. Remove and cool. This will keep a long time (for salad dressing) without ice.

OLIVE OIL AND CREAM FRUIT DRESSING

Use equal quantity of oil and cream. (The evaporated, unsweetened cream will answer the purpose very nicely.) The oil must be added gradually to the cream and mixed shortly before serving or it will separate. Flavour this with maraschino, or some other *liqueur*, brandy, or cordial, and the oil is quite disguised.

WHIPPED CREAM DRESSING

A simple whipped cream may be substituted for an oil dressing with fruits and may be flavoured with cordials or *liqueurs* or not, as the fruit or one's taste indicates.

WHIPPED EGG FRUIT DRESSING

To the white of one egg allow a tablespoon of olive oil. Whip first the egg, adding oil gradually as in mayonnaise. Flavour with lemon juice, salt, cayenne, etc., as for mayonnaise, or substitute pure fruit cordials or *liqueurs*; failing these use a pure fruit syrup, fresh or preserved.

SOUR CREAM DRESSINGS

When cream is soured, but not old enough to be strong (although it may be very thick), it may be used in several ways for dressing: (1.) Rub smooth the yolks of four hardboiled eggs, adding gradually five tablespoons of sour, thick cream. Thin and flavour this with lemon or wild orange juice or tarragon vinegar. (2.) Mix smooth in a cup of sour cream a tablespoon of flour. Have heating three tablespoons of lemon juice or vinegar, and two of butter, one-half teaspoon each of sugar and mustard, and pinch of cayenne or paprika. Mix cream and flour in this and cook three minutes, stirring the while. Just before removing from fire add the stiff whipped whites of two eggs. Remove and cool. (3.) Thick, fresh, sour cream may be used uncooked, with lemon juice or a thick syrup or cordial flavouring. Just before serving the whipped whites of two eggs may be added, but this cannot stand long and the egg is not necessary.

SIMPLE BISCUIT DOUGH

Sift one teaspoon of salt and two (rounding) of baking powder through one quart of flour and rub into the whole one heaping tablespoon of shortening. In the centre pour gradually one pint of sweet milk, or part milk and part water, making a soft dough with as little mixing as possible. Roll out; cut and bake quickly.

DROP BISCUIT OR SCONES

Where drop biscuit or scones are wished drop the dough by the spoonful (size desired) on to well greased pan—instead of rolling out—while the dough is yet not in the smooth, harder condition required for rolling and cutting.

SHORT-CAKE (Plain)

To each pint of flour allow one dessertspoon of shortening (or one tablespoon if a richer dough is preferred), one dessertspoon of sugar, one heaping teaspoon baking powder, and a half teaspoon of salt. Roll out and bake in two sheets (either round or square tins), and bake about twenty minutes in a rather quick oven. Separate the sheets with a fork and pour or spread over them the prepared fruit. Or the dough may be rolled thinner, buttered, and folded over so that the sheets may be opened more readily. (For further directions see Strawberry Shortcake.)

PASTRY FOR PIES AND TARTS**1. *Potato Paste (Without Shortening)***

To three-fourths pint very mealy potatoes add a half teaspoon salt and sufficient flour to make quite stiff. Soften this with cream sufficiently to roll out easily. Bake quickly.

2. *Oatmeal Paste (Without Shortening)*

Scald two cups fine oatmeal with one cup boiling water, mixing thoroughly. Roll thin and line pie-tins, then bake lightly before filling with pie mixture.

3. *Pastry Made with Cream*

One and three-fourths pints flour in which has been sifted a half teaspoon each of baking powder and salt. Mix into this quickly one cup of cream, rolling thin the

resulting dough. Spread on this one dessertspoon of butter; fold over and roll out again.

4. *Bread Dough Paste*

Roll shavings of butter in bread dough, rolling out and spreading it three times.

5. *Plain Pastry with Shortening*

With three cups flour sift one teaspoon salt and one-half teaspoon baking powder. Rub or cut into this three-fourths cup of shortening. Moisten with ice water just enough to bind together and roll out. Fine-chopped, fresh beef suet may be used: one-half cupful to each cup of flour.

Make a funnel of stiff white paper and insert in top crust with covered fruit pies and the juice will not run out at the edges. (Where the lower crust is baked before adding the tart or pie "filling" or the under crust is omitted, pies and tarts may be light, flaky, and digestible as well as delicious and few need be debarred their old-fashioned delights.)

EGGLESS CAKE

One and one-half cups sugar; one-half cup shortening, two cups sweet milk; three and a half cups flour, in which has been sifted the baking powder (three rounding teaspoons) and a pinch of salt. If other shortening than butter is used a tablespoon of brandy or other liquor will disguise any possible suggestion, but other flavouring may be added as well without conflicting.

ONE-EGG CAKE

One and a half cups sugar; one-half cup shortening; one cup sweet milk; one egg; three and one-fourth cups flour; three rounding teaspoons baking powder, and pinch of salt. Flavouring as wished.

ONE-TWO-THREE-FOUR CAKE

One cup each of butter and milk; two scant cups sugar; three cups flour; four eggs; two small teaspoons baking powder.

SIMPLE SPONGE CAKE

Three-fourths cup sugar; one cup sifted flour; one and one-half teaspoons baking powder; two eggs beaten with the sugar; a pinch of salt; two large (kitchen) tablespoons cold water; any flavouring desired. (If wine is used substitute one tablespoon of it for one of water). This makes a small cake.

FRUIT CAKES

The generally accepted unwholesomeness of fruit cakes is chiefly based on the fact that the condensed nutriment of such cakes is not realised and they are eaten "on top of" too much other food or in too great quantity at any time. The dried fruits contain concentrated nourishment and should be eaten sparingly as well as at proper time, with thorough mastication.

WHITE FRUIT CAKE (German Recipe)

Beat together one cup of butter and two of sugar; add one-half glass white wine and then the stiff-whipped whites of eight eggs. Now add gradually three cups of flour, in which two teaspoons of baking powder have been sifted, and at the last one-quarter pound fine cut citron, one-half pound chopped almonds, one teacup of light-coloured currants and one-half cup grated cocoanut. Bake slowly about two hours, until it does not stick to the slenderest straw.

BLACK FRUIT CAKE (German Recipe)

Cream well one pound each of butter and sugar and add a good glass of brandy, three cups of flour, in which have been sifted five teaspoons of baking powder, one cup of water, the juice and grated rind of one lemon, six well-beaten eggs, and one pound each of well-prepared currants, raisins, figs, dates, and prunes. Bake three hours.

PLAIN BOILED ICING (With Egg)

To a cup of granulated sugar add one-half cup water and let boil till it strings from spoon or hardens slightly in cold water. Have ready the whipped white of an egg (or two) and on this pour the boiling syrup, beating with silver fork. Add flavouring and when the icing has thickened a little spread on the cake.

ICING WITH WATER ONLY

To a half cup of boiling water add sufficient confectioner's sugar to make of convenient stiffness for spreading.

SOFT ICING (Without Egg)

Use one-third part of water to granulated sugar and let boil without stirring till it threads or "ropes" when remove and let stand till barely warm. Beat then till dough-like and knead till creamy. This will keep if placed in glass in a cool spot. When needed place in double boiler with hot water in outer vessel and stir till sufficiently soft to use, then flavour.

FRUIT BUTTER

Chop together equal parts of stoned raisins, dates, and figs and add (after weighing) nuts equal in weight to the whole. The nuts may be mixed according to convenience

or taste, as one part each of black and white walnuts, pecans, almonds, peanuts, hazel or Brazil nuts. Mix thoroughly together and pack in a mould for slicing.

GERMAN FRUIT BROD

Stew separately one pound dried apples and two pounds each of apricots, prunes, and pears, and when quite done mix together, adding two pounds raisins and a pound each of chopped citron and nuts. Also add one pound sugar, one-half teaspoon cloves, and one teaspoon each of allspice, anise, and cinnamon. Set a dough with flour and plenty of yeast but dampen only with the juice cooked out of the fruit. Let rise, and bake slowly two hours or more.

BREAD FOR FRUIT TOAST

At noon put to soak one cake of yeast in one-half pint lukewarm water and when thoroughly dissolved stir with it sufficient flour to thicken well into rather a stiff batter. Let rise till just before "bed time." Then add one quart and a half-pint lukewarm milk (or one five-cent can evaporated cream diluted to equal above quantity); one heaping tablespoon shortening; one dessertspoon salt; three-fourths cup sugar and flour to make a moderately stiff bread dough (as if for last working). Work just a little, then set to rise (covered) in place free from draughts. This will be ready to make up by about six o'clock next morning (depending somewhat of course upon the temperature). Work out into individual loaves and set to rise again. Bake three-quarters of an hour. Have oven at moderate temperature at first, then increase the heat as the loaves come up. This will make four "brick loaves."

To each loaf may be added one and a half cups of chop-

ped nuts (preferably peanuts), but the nut bread must not be allowed to become stale or rancid. Served with fruit and the fruit juice this combination gives an excellent proportion of the food values required by the body for nourishment and in sufficient quantity is of itself a good luncheon or breakfast.

BATTER PUDDING

This is an old-fashioned foundation batter pudding which may be used plain with a fresh or stewed fruit sauce or the fruit cooked with the pudding. The pudding may be baked in a buttered dish for thirty-five minutes or boiled in a close-covered mould in rapidly boiling water for two hours.

To a pint of cold milk allow two eggs, a little salt, and four tablespoons of flour. Sufficient for four people.

BATTER FOR FRUIT FRITTERS

To one cup of flour add a good pinch of salt and a half teaspoon of baking powder, then sift. Into the middle of this stir two beaten eggs and a half cup each of milk and sugar, then beat well. One egg only may be used, in which case add a half teaspoon of baking powder.

PLAIN BOILED CUSTARD AND FLOAT

To each quart of milk allow four or five eggs and three tablespoons of sugar, beating the sugar with the yolks of the eggs before adding the milk. The whites may be whipped separately with a tablespoon of sugar and used as a meringue or whipped lightly into the body of the custard as preferred. The custard may have added to it a teaspoon or more of dissolved cornstarch. This may also be baked, placing the custard in cups or one dish, baking carefully in moderate oven in an outer vessel of water.

Float is a thinner form of custard and for this three or four eggs may be used with a little cornstarch. Neither the thicker, "boiled" custard or float should be allowed to boil but (in a double boiler) cooked just *under* boiling point and watched carefully while it thickens.

PLAIN CORNSTARCH BLANC MANGE

Allow three heaping tablespoons of cornstarch to one quart of milk, wetting and dissolving it with a little of cold milk. Heat the rest of the milk to boiling point with three tablespoons of sugar and pinch of salt. Add to it the dissolved cornstarch and cook gently about five minutes, adding at the last the flavouring desired. Eggs may be used with this if the perfectly smooth stiffness is not desired. In this case have eggs ready whipped, the whites alone (one or two or more) or both yolks and whites; pour in and beat lightly with the mixture just before removing. Place in a wetted mould to cool and chill before serving.

PLAIN TAPIOCA OR SAGO

Allow one-half cup tapioca or sago to one quart of cold milk. Let soak in part of the milk till softened well. Place the rest of the milk meantime in double boiler to heat with two tablespoons sugar and half teaspoon salt. When the sago or tapioca is softened add to the heated milk and cook till thick. The sugar may be omitted and a little butter substituted. Also, for a richer pudding, two eggs may be added, whipped (with flavouring) and beaten in just before removing from the fire.

For the plainest form add no milk or egg, substituting fruit juice or wine and pouring over the fruit desired. However the white of an egg whipped stiff gives lightness in texture and taste.

PLAIN GELATINE

Soak one box gelatine in three-fourths pint of cold water till dissolved, when add one quart boiling water, the juice of three lemons (or other fruit juice) and sugar to taste (about two cups will make this moderately sweet). Let cool, then set on ice to harden. In hot weather reduce somewhat the quantity of water used. Or use three pints fruit juice (no water) to one box of gelatine, soaking it in part of the juice. Proceed as above.

"SPONGE"

A "sponge" may be made by the addition of whipped white of egg to plain gelatine (as above).

ITALIAN OR SPANISH AND BAVARIAN CREAMS

The so-called Italian and Spanish creams are founded upon a gelatine mixture with the addition of eggs, while the Bavarian Cream in general substitutes whipped cream for eggs. Very simple forms of these are here given:

1. Spanish or Italian Cream

Dissolve one-half box gelatine by barely covering it with cold water, letting stand an hour or more. Meantime make a custard with one pint milk, three-fourths cup of sugar, a pinch of salt, and, when at boiling point, the yolks of three eggs (beaten with part of the sugar), whipped in with the dissolved gelatine. Beat and stir a few minutes then remove, add flavouring and the whites of the eggs whipped very stiff. Let cool and set on ice to chill.

2. Bavarian Cream

Dissolve one-half box gelatine in one-half cup water. Heat to boiling point a cup of milk with a half cup of sugar and pinch of salt. Add the softened gelatine, then strain

and add flavouring. Beat till it begins to cool and thicken when add lightly a pint of cream well whipped and place on ice to harden.

ICE CREAM AND ICES

For a plain foundation ice cream use equal quantity of new milk and cream. Heat to boiling point (not beyond) adding one cup of sugar with a pinch of salt. Let cool before adding fruit juice or pulp, or both, with perhaps a little lemon juice to bring out the flavour. It is often advisable, where the fruit juice is uncooked or very tart, to partially freeze the cooled cream and milk before adding the juice.

About one heaping teaspoon of gelatine (dissolved before adding) for each pint of the milk and cream gives the smoothness of a *mousse*, which is also attained by the addition of whipped cream.

Evaporated cream or condensed milk may be used with excellent results.

Whipped cream and the whipped whites of eggs in equal portion may be frozen and merely flavoured with fruit juice or have added an equal part of sweetened fruit pulp.

FROZEN CUSTARD

To one quart of heated milk add three well-beaten eggs, one cup of sugar, and a pinch of salt. Cool, add the fruit or juice desired, and freeze. With custard, also, it is sometimes best to partially freeze before adding to it the fruit juice.

FRUIT ICES AND SHERBETS

Make a syrup in general proportion of one quart of water to a pound of sugar with a pinch of salt and boil five minutes. The sweetness or tartness of the fruit used

necessitates varying the amount of sugar. When cold add to the syrup a pint of fruit juice, also pulp if wished.

Sherbets or "*sorbets*" are made by adding to the ice made as above, when partially frozen, the whipped white of an egg (or two if liked) for the above quantity, or with a little sugar added.

Granites are coarse-grained ices packed in the can and set away without stirring till the expiration of an hour when the sides are scraped fresh and the mixture re-packed. This is twice repeated. It is not until the ice is scraped and stirred that the fruit is added, lightly mixed in.

FRUIT JUNKET

Make with junket tablets according to given directions on all such packages. Fill large dish or individual serving cups or sherbert glasses with fruit, fresh or stewed, sweetened, about one-half full. On this pour the tablet when dissolved according to instructions. Let this "set" till quite firm before placing on ice to chill.

SOUFFLÉS

The connection is immediate between the word *soufflé*, or the *soufflé* concoction, and the French verb *souffler*: to inflate; to swell; to blow out, etc., the foundation of *soufflés* being the whipped egg which rises and falls again. Two simple forms of *soufflé* are here given which may be adapted to any fruit or its juice.

1. *Simple Soufflé*

Separate six eggs; add a pinch of salt to the whites and whip till "dry." Whip separately three of the yolks then fold in lightly with the whites, adding a tablespoon of any fruit juice and sprinkling sugar over the top. Bake quickly in hot oven ten minutes.

2. *Soufflé—With Cooked Foundation*

Take two tablespoons each of butter and flour; rub smooth and add to a pint of scalding milk (in double boiler). Cook till thick. Add yolks of three eggs and three tablespoons sugar, stirring two minutes, then removing and cooling. Add fruit juice or pulp as wished then fold in the stiff-whipped whites of the eggs and bake ten or fifteen minutes in individual *soufflé* dishes. If made into one large *soufflé* the baking will require about thirty-five minutes.

SIMPLE OMELET

There is a difference of opinion among cooks as to the beating of the eggs for omelets, many holding that the yolks and whites should be whipped separately, and others that it makes no difference, but that twelve strokes given to yolks and whites together is all sufficient. Use three eggs; if double the quantity is required make in separate omelet pans. Four tablespoons of milk may be added for three eggs. Many people also prefer the addition of a teaspoon of flour. Sprinkle salt and pepper on the eggs before beating them and have the pan heating, placing in it a tablespoon of butter. When the latter is "sizzling" pour in the omelet and let set. When browned turn one side over on the other then toss onto the serving platter.

TO CAN FRUIT

As a general proportion allow two cups of water to one of sugar for the lighter canning syrup. Prepare the fruit and pack closely in the jars to be used, which should be sterilised by placing cans, rubbers, funnel, spoons, and tops in cold water, bringing to boiling point and boiling for five minutes. Meantime have ready the syrup, skimming when it has boiled. (Very little water should be used with the

juicy fruits and the amount of sugar may be lessened or omitted entirely if the fruit is to be used for cooking purposes.) Place the fruit in the hot jars, (tops loose) filling up with the syrup; then put jars in a boiler on a false bottom of slats, perforated wood, or some soft material (as hay or cloth) having the surface even, and so packing in the jars with the hay, etc., that they do not touch or move about with the motion of the (later) boiling water. Fill the boiler to the necks of the jars with lukewarm water; place the boiler-cover on over the fire and let water heat gradually. After it reaches boiling point let it boil twenty minutes for small fruits and longer for the heavier kinds, then remove the cover; pull the boiler back for convenience when the steam has disappeared. Remove the jars singly, placing them in a shallow pan of boiling water; fill up with boiling syrup and seal. Be sure that all air bubbles are gone. Place again on perforated board to cool where there are no draughts. The covers may have to be tightened before setting away.

Another method is to fill the jars with the fruit, adding a half cup of granulated sugar for each pint of fruit, sifting it into the jars (with no water). Proceed then as above till jars are to be removed when fill each one up with boiling water or boiling syrup (either syrup prepared or from one of the other jars of fruit).

Set jars in a dark place, or wrap each one in paper. The old rule for the richer preserves is pound for pound of sugar and fruit.

For jelly the general rule is pint for pound of fruit juice and sugar, but this must vary with the kind or condition of fruit. With very sweet fruit the quantity of sugar should be less than the measure of syrup. Avoid making jelly (or icing or candies) on rainy or damp days. Choose a dry and if possible a sunny day. Never squeeze the fruit in jelly-bag but first wring out the bag in hot water

to avoid any waste of juice. In using spices place them in cheesecloth bags and remove them before the jars are sealed for the more delicate pickles or spiced fruits as the spice will darken the fruit and tend to make it look old (see Citron Melon in Jelly, under Melons).

PRESERVED FRUIT SYRUPS

With some fruits the juice may be preserved without sugar, as with some grapes and with currants. For syrups to be used for sauces, drinks, frozen desserts, etc., measure juice and add half the amount of sugar. Half this amount of sugar will suffice for an ordinary preserved fruit juice. Bring to boiling point then strain; re-heat; boil five minutes and bottle.

TO MULL WINE

To one pint of wine add one fourth pint of water which has been steeped with one teaspoon each of mace, cinnamon, and cloves. Sweeten to taste.

FRUIT LOZENGES

Cherries, currants, or other tart fruits may be made into the old-fashioned lozenges by adding one-third pint (or less) of sugar to each pint of thick, strained fruit juice, simmering together forty minutes and adding when at boiling point two tablespoons gelatine dissolved in a very little cold water. Stir well, remove, and continue stirring till it begins to cool and thicken when pour into buttered earthen pans. Let dry slowly, sprinkle with sugar during the process, and cut into shapes liked.

COOKED SOFT CREAM CANDY FOR STUFFING FRUITS

Where confectioner's sugar is not used with white of egg (uncooked), making stiff enough to roll, the following

will be found satisfactory: Take two pounds of white sugar and one teacup of water or milk, boiling till just before it threads from spoon if water is used, if milk, till it thickens and can be softly rolled when dropped in water ("the soft ball stage"). Flavour with vanilla or fruit juice. Remove and stir till creamy.

CLEAR FRUIT CANDY

Instead of using water, as above, use some tart fruit juice and let cook without stirring till it strings from the spoon.

FROSTED FRUITS

Frost as for Grapes (see Grape Snow).

CHAPTER I

THE APPLE (*Malus malus: Malaceæ*)

THE apple is of all fruits the most entirely taken for granted. It has become as much a matter of course as the universe itself and just as naturally stands at the head of the fruits as does the sun among the heavenly bodies (of familiar, "speaking" acquaintance). And, as its first letter gives it front rank in the alphabet and primers so has the name of apple appealed first—foremost—to the imaginations of men and the fruit to their palates from the time of the earliest relation (not to say actual occurrence!) of the story of Adam and Eve. Otherwise, why the apple instead of some one of the numerous delicious and more delicate southern fruits? It is substantial, firm, yet gracious and sunny; eminently practical; thus one may say, fitted in every way to stand the wear and tear of the ages. In poetry, folk-lore, and even history, no fruit has been more often referred to; its beauty and wholesomeness more constantly eulogised; standing out as the type of pomological excellence. Men it is who chiefly have written poetry and history, however divided their responsibility in the creation of beauty and facts, and men, like the apple, are eminently practical. Yet are men's hearts and minds not always won through the gastronomic channel or the appeal of the practical. The wild crab, supposed to be the earliest type of apple, lacked as a fruit some of the excellence of evolution, but there is yet, in these later ages, no flower, wild or cultivated, which can rival the wild crab-apple blossom in rare fragrance and

delicacy of beauty; none which even approaches its magical perfume and charm save the sweet olive (*Olea fragrans*). It is sufficient in its marvellous witchery to captivate and inspire rhapsody in the most practical—in even unimaginative, primeval man. And so, to its possession of unusual virtues and beauty has been added (happily, save in the instance of Adam) the appreciation of men; therefore the preëminence of the apple.

This first of fruits is known in Arabia and other southern countries but is essentially a product of the colder, more bracing climes; one fitted by its combination of refreshing acids, substantial bulk and stimulating juice, its possibilities in natural or (whether cooked or dried) preserved state, as food or drink, to give in such latitudes just that degree of comfort to man's physical organism, material for the playful exercise of the intellect and innocent revel of the æsthetic senses which are required for complete human enjoyment. It is concentrated power which may be applied toward the establishment and preservation of health; a dynamo possessing and giving out in its flavour, texture, and its action upon the body that vigorous poise necessary to offset any possible ill effects from long continued seasons of cold, when the earth rests and humanity is prone to become careless and let the blood and liver grow sluggish.

The juice of the apple combines extremes; the sparkle of sunshine and the sparkle of frost-time, the sun's glow laughing out in the working warmth of winter cider, the frost-touch cooling the blood in the seasons of the sun. Joel Benton claimed that "the apple bears a very pertinent relation to the brain, stimulating life and activity, which it does by its immense endowment of phosphorus, in which element it is said to be richer than anything in the vegetable kingdom." Even though the value or proportion

of phosphorus, whether in apples or fish, is now considered no greater than that of other food elements; this is an interesting statement as proving the earlier, generally accepted wholesomeness of apples and as a reminder that in former days men of marked mental achievement prized and placed first in their fruit affections and habits of eating, the apple, publicly proclaiming and protesting their admiration for it. And one who nowadays has even occasionally felt the stimulation and refreshment of this fruit can well believe that a comparatively steady diet of it might prove conducive to brain activity and general well being. To-day, through improved methods of cultivation and better shipping facilities, we have more kinds of foods fresh, canned, or concocted, so that the world indulges less freely in such simple pleasures of diet as cider and apples and has, by this gain, in a sense undoubtedly lost. Other fruits are also of value but to be less bound by the modern slavery of the "necessity" of luxuries, whether imported and expensive (because less easily obtainable) fruits, or rich foods of other kinds, in winter or summer, would tend to simpler and more powerful directness of thought and strength of brain.

Pomologically speaking, the apple is the *Malus malus*, broadly considered, of the great Rose Family, and twin relative of the pear, yet somewhat more positive in character. Its bulk makes it of as much proportionate value as a food as do its juices—preventing necessity of medicine. Malic acid, that great germ destroyer, is the most prominent of its acids, but its salts—its phosphates, are of equal balance in keeping liver, stomach, and intestines in healthful activity. An uncooked apple eaten at night before retiring (a glass of water to follow it) is one of the oldest of beauty and health prescriptions, preventing or relieving constipation, and giving clearness of complexion. The uncooked apple

was of old considered Nature's complement for nuts, the eating of them together offsetting too great richness (by over-indulgence) of nut-fat and preventing indigestion. Salt was eaten with them at night to assist in digesting acid and fat: the three forming a notable trio. Cooked, the apple is also laxative, tonic and nourishing.

Fresh, sweet cider, bubbling with beauty, scintillating with sun-shafts, needs neither poetry nor spiking to recommend it, so evident is its simple wholesomeness to even the wayfaring man unless he be a fool. The crab-apple's juice ("ver-juice") is not pleasing until well fermented but in age (at even but three years) attains similarity to champagne. Medicinally ver-juice is valued. It should be mentioned here that the common crab-apple and the Siberian crabs are of different species, the latter being *Pyrus baccata* and *Pyrus prunifolia*.

Cider (with the possibility of gingerbread) and apples, salt, and nuts at the old time gatherings "by early candle-lighting" were more apt to be followed by sleep and health than the complicated "refreshments" at later hours of modern evening parties. When it is realised that in any reasonable form, a diet of apples rivals the famous grape-cures and is a diet conducive to beauty, this old-fashioned first of fruits must certainly come back into favour and be given its former prestige.

The following is the analysis of a pint of the cider given regularly to day-labourers in the agricultural districts of England (according to Voelker; Enc. Brit.):

Water	Alcohol	Grape Sug.	Gum and Extractive Matter	Malic Acid	Ash	Albuminous Compounds
829.241 grs.	367.69 grs.	31.67 grs.	45.05 grs.	44.86 grs.	18.38 grs.	1.94 grs.

RECIPES

OLD-FASHIONED APPLE SAUCE

Pare, core, and quarter tart apples and at supper time place in a small crock on the back of the (warm) stove, pouring over the apples a pint of sugar dissolved in a cup of hot water. Cover the crock close and let stand till morning when the apples will be tender and may be served as a breakfast dish or set aside to be chilled for luncheon or supper.

CIDER APPLE SAUCE

Pare, core, and wash apples (two-thirds sweet, one-third sour), and place in preserving kettle with one quart of cider for each pailful of apples. Simmer slowly till of a deep colour. Quinces may be added to the sauce to give flavour; a dozen or less as taste indicates. Put away in stone jars.

STEWED APPLES AND DATES

Where unripe, insipid apples are the only ones available they may be improved in flavour and nutritive value by adding a half cup or more of stoned, sliced dates to each quart of partially stewed apples. Simmer the fruit together about six minutes and set aside to cool. The grated rind of a lemon (which, if preferred, may be tied in a bit of linen) or the juice of a lemon, placed with the apples when first put on, pleasantly varies the flavour.

APPLES AND PRUNES OR RAISINS

These also are combinations affording much nourishment and variety and may be made with either dried or fresh apples. If dried wash, core, and soak over night and wash the raisins or prunes, working the latter well with the hands. Let them stand in the last water over

night and simmer in it in the morning. (The water in which the fruit was soaked should be sufficient to cook it all in the morning.) Simmer the raisins or prunes very slowly for an hour then add the soaked apples and simmer together till done. No sugar should be needed, which is an additional reason for the healthfulness of the dish.

BAKED APPLES (With nuts or honey)

Peel the apples and core well, then place in deep pan, allowing a heaping tablespoon of sugar and half a cup of water to each apple. In the centre of each apple place a teaspoon of chopped nuts and strip of lemon or orange peel and over the whole sprinkle cinnamon and nutmeg. Bake very slowly and the juice will become jelly-like. Serve hot or cold.

Or, fill centres with honey and a little butter, preparing otherwise the same.

APPLE SOUP No. 1

For three pints of soup take a pint of apple stewed soft, rubbed through colander and sweetened, and to it add one and one-half tablespoons sago or tapioca cooked till soft and clear in a pint of boiling water. Simmer together twenty minutes, flavouring with salt and cinnamon; strain and serve hot or chilled.

APPLE SOUP No. 2

To two quarts of water allow seven tart apples cored but unpeeled, sliced thin. Cook them with one-half cup rice till soft then rub through sieve, add spice, a little sugar, and chopped or candied fruit. (See also Fruit Soups in Introductory Recipes.)

APPLE OMELET No. 1

Make Plain Omelet as in Introductory Recipes. When cooked sufficiently to fold over, place on one-half of it a cup of apple sauce or fine-chopped apple; fold over and serve.

APPLE OMELET No. 2

Stew, then mash, eight large apples and put through colander. Add one cup sugar and one tablespoon butter. Let cool; whip in four eggs beaten separately; place in baking- or soufflé-dish in rather quick oven and bake till brown.

APPLE SALADS

Green or red uncooked apples may be scooped out and filled with popcorn nuts, celery, and some fruit other than the apple, mixed with its cubed pulp, bound together with mayonnaise. Garnish with nasturtium or grape or other graceful leaves. Chopped apple makes an agreeable addition to almost any of the vegetable and many of the fruit salads.

APPLE SANDWICHES

Spread thin bread with Apple Cheese (see recipe) or chopped uncooked apple mixed with nuts.

APPLE CROQUETTES

Core, pare, and slice tart apples sufficient for one pint. Stew these with a dessertspoon each of butter and water—carefully, not to burn—then mash as for apple sauce. Place in double boiler and cook till reduced and the apple seems dry. Have ready one-third cup of cornstarch mixed smooth with a little cold water and stir into the apple with a pinch of salt added. Let cook fifteen minutes, just before removing adding one beaten egg, whipping as it

cooks, then place all in a flat, wet mould or deep dish and set aside to cool. When needed drop a teaspoon of the mixture into fine, dry, bread or cracker crumbs, then into an egg beaten, and again into crumbs. Place in the basket of deep frying kettle in boiling fat until brown. Drain and serve with fowl. These croquettes may be spiced or flavoured with lemon.

BAKED APPLES TO SERVE WITH MEAT

Wash and core cooking apples and fill with equal parts of crumbs and mushrooms or potatoes. Season with catsup, Chili sauce, or herbs. Place apples in baking dish with a bit of butter in each and a little water. Bake till tender.

FRIED APPLES

Tart apples, pared, quartered and baked, are better than apples fried but to cook the latter with delicate effect place a lump of butter in a saucepan and when heated spread on it a layer of quartered and again divided or finer-sliced apples. Sprinkle with sugar and a little flour letting brown, turning, and browning upon second side.

Tart apples and onions (two-thirds apples) may be fried or baked together as indicated for apples alone.

APPLE FRITTERS

Sliced apples may be dipped in fritter batter (see Introductory Recipes) or chopped apples added to a stiffer batter, and fried in deep kettle. Drain and sprinkle with sugar.

APPLE PIE

Peel and slice tart apples and place in stewpan with barely enough water to keep from burning. Stew till but half tender (and unbroken); fill a pastry-lined dish or pan,

which has sugar and butter sprinkled and dotted over the bottom, with layers of the apple, alternating with the sugar and butter till dish is full. On top sprinkle flour and nutmeg or cinnamon or grated lemon peel and pour over the whole three-fourths cup of the apple-syrup or water and sugar. Place a pastry cover over the top and slash well. The pastry lining should be baked till a light brown before the apples are added. For the paste see Introductory Recipes.

APPLE CUSTARD PIE

For one large pie use one pint of apple sauce and a tablespoon of butter, the yolks of three eggs beaten well with a pinch of salt and half a cup of sugar. Beat this into a pint of hot milk and bake in shallow tin or dish lined with crust. (Pastry must be baked before pouring in the custard). Flavour with lemon or spice. When done spread over the top a meringue made with the whites of the eggs and a half cup of sugar.

APPLE TART

Fill a baking dish with apple sauce mixed with two tablespoons of apricot or lemon marmalade. Finish as for apple custard pie, dotting the top with chopped citron or candied cherries or angelica. Or a simple meringue may be substituted.

ENGLISH APPLE TART

Core and pare tart apples; stew whole with as little water as possible till tender, though unbroken. Line the edges of a baking dish with thin pie paste; fill centre of the dish with the apples, in the middle of each dropping a little orange or other marmalade. Cover the top with a lattice of pastry strips and bake quickly till brown. Serve hot.

FRUIT RECIPES

SCOTCH APPLE TART

Pare and core apples and place in a crock in a slow oven with neither water nor sugar. When tender mix in Sultana raisins in proportion of one-fourth pound to each pound of apples. Place in baking-dish; sprinkle with grated lemon and sugar, cover with a sheet of pastry well pricked and bake quickly. Serve cold with milk.

APPLE TURNOVERS

Make simple pastry and roll out rather thin, cutting in squares. In the centre of each place apple sauce, then fold over by opposite corners, forming a triangle; pinch together; slash, or prick and bake quickly.

APPLE PANCAKES

Make a simple batter as for Batter Pudding (see Introductory Recipes), adding two heaping teaspoons of baking powder for each quart of flour used. Add two cups very fine-chopped apple for each quart of flour used and cook as for ordinary griddle cakes.

APPLE PUFFS, OR FLIP FLAPS

Make as for Strawberry Batter Cups, using tart apples, pared, cored, and sliced or chopped. Use two layers of apple: in the centre and on top, Sprinkle with sugar and spice before baking. Use gem pans for the distinctive form of "Flip Flaps."

APPLE ROLY POLY

Make a sweet biscuit dough; roll out thin and spread with a layer of chopped apples or apple sauce or other apple mixture. Sprinkle with sugar, butter, and spice and roll the dough over as for jelly roll. Bake in moderate oven one hour, or steam two.

APPLE DUMPLINGS, BAKED, No. 1

Peel and core cooking apples, filling centres with sugar. Roll out biscuit dough rather thin and cut in squares large enough to cover apples. Place an apple in the centre of each square; bring up the corners of the dough and fasten by pinching and twisting dough together. Place in baking pan close together and when pan is full pour over them a syrup made with one pint of water and one pound of sugar, letting this come half way to the top of the dumplings. Place in rather brisk oven and bake about forty minutes. Cinnamon may be sprinkled over the tops of each. This is the best form of apple dumplings though there are other good methods.

APPLE DUMPLINGS, BAKED, No. 2

The apples may be cored and quartered; placed in earthen baking-dish with a square of dough tucked down around each (not under them) a little sugar and water added, and baked. Individual baking-dishes may be used, instead.

APPLE DUMPLINGS, BOILED

The apples may be prepared as for baked dumplings (No. 1) then each one tied in a cloth, plunged into boiling water, and boiled hard an hour and a half. One large dumpling may be made, filled with sliced apples and sugar. In the latter case it will require two hours to cook thoroughly, and the water must boil constantly, being replenished as needed.

APPLE DUMPLINGS IN CUPS

Line baking cups with thin pastry; fill up with slices of apple and sugar; place on each a cover of the pastry and put them in a large baking-pan, pouring boiling water around the cups half way up, and bake in hot oven.

APPLE DUMPLING SLICES

Make a biscuit dough and roll out thin, covering with a layer of fine sliced apples, and roll over as for roly poly. Then slice, set the pieces on end (as with domino rows), in a buttered pan, and pour over them a syrup of a cup of sugar and half a cup of water. Add a bit of butter for each dumpling and bake half an hour, or till brown.

APPLE BATTER PUDDING

Peel, core, and slice thin six tart apples and place in baking-dish. Cream together one-fourth cup butter and one cup sugar; add two eggs, one cup of milk, and two cups of flour in which must be sifted two teaspoons baking powder. Pour the mixture over the apples and steam one hour. Serve with cream or sauce.

APPLE SLUMP No. 1

Pare, core, and quarter one dozen tart, juicy apples and place in a saucepan which has a close cover. Pour over them a pint of hot water and set on the back of the stove for eight minutes, when add two cups of molasses. Make a soft biscuit dough with milk and roll out half an inch thick, making of it a cover for the apples. Place this paste-cover on the apples and put on tight the lid of the saucepan, bucket, or other vessel used. Cook on top of stove for thirty minutes without lifting cover. This may be set in oven to brown a few minutes or served as it is—with a sweet sauce.

APPLE SLUMP No. 2

Mix with a milk biscuit dough (using a pint and a half of flour) one or two eggs and through it two quarts of fine-cut apples. Place half an inch thick in buttered baking-pan. Bake in quick oven and eat with cream.

APPLE JONATHAN

Work butter into bread dough till it is quite short then with it line the sides of a baking-dish. Heap the centre with pared, cored, sliced apples and place a thick sheet of the paste on top. Bake well, then lift off the crust and turn it upside down on a second dish. Into the apples stir sugar and butter, with spice if desired, and spread upon the crust. Eat hot with cream.

BROWN BETTY

Chop fine two cups of tart apples. Butter a baking-dish and place on it a layer of apple, sprinkling with cinnamon, sugar and butter. Place on this a layer of the crumbs, alternating with the apple till dish is three-fourths full, leaving bread-crumbs on top. Add no water but cover tight and steam three-quarters of an hour in moderate oven when remove cover and quickly brown. Serve with milk or sweet sauce.

APPLE SNOW BALLS

Prepare squares of cloth as for individual boiled dumplings and line with a layer of hot boiled rice. Place in the centre chopped, sliced or cored apple, if the last, filling centres with nuts. Tie the cloth well and bake or steam forty minutes.

APPLE PONE

See Indian Apple Pudding.

APPLE CAKE

Make as for Huckleberry Cake for luncheon or supper dish.

INDIAN APPLE PUDDING

Pare and core a dozen apples. Have ready a quart of milk heated and add a quart of Indian meal, mixing and

cooking carefully a few minutes. Add salt to taste, a cup each of molasses and suet (chopped). Pour over the apples; place in baking-dish and bake two hours or boil (in pudding cloth) for three.

APPLE AMBER

Core, peel, and chop three-fourths pound of apples. Mix together four ounces of suet, two each of sugar and flour, and six of breadcrumbs. When chopped and mixed add a little nutmeg and grated lemon peel and two beaten eggs. Stir thoroughly and place in a well buttered mould with cloth tied tight over the top. Boil three hours.

GERMAN APPLE CAKE (Simple) No. 1 or Apfel Kuchen

Add to one pint of the sponge for the usual light bread one-half cup each of sugar and shortening, one-half teaspoon salt, one cup of milk and enough flour to make a soft dough. Spread this half an inch thick in the baking-pan and on it place in rows thin, lengthwise slices of apples. Let this rise half an hour in a warm spot; sprinkle with one half cup of sugar and cinnamon mixed—also a few bits of butter—then bake.

GERMAN APPLE CAKE No. 2

This form of "*kuchen*" may be made with baking powder. Use a pint of flour in which have been sifted a half teaspoon of salt and one and a half of baking powder with a tablespoon of sugar. Rub through this two tablespoons of butter, and mix well with one beaten egg and enough milk to make a thick batter (three-fourths cup or more). Place in baking pan one inch thick and over the top place apples cut into eighths, in rows, sharp edges pressed into the dough. Sprinkle as above with cinnamon and sugar and bake in brisk oven.

GERMAN APPLE CAKE No. 3

Into a pound and a quarter of sifted flour rub three-fourths pound of butter and roll out an inch thick. Have ready pared, cored, and sliced thin, (as in foregoing recipe) juicy apples mixed with one or two quinces and half a pound of raisins seeded. Sweeten well with brown sugar and add a little nutmeg with a wineglassful of rosewater or the juice and rind of two lemons. Place this mixed fruit on the pastry and fold over, then put in a baking pan which has been sprinkled with a little butter, cinnamon, and sugar. Also on top sprinkle this and while baking add more. Bake two hours in moderate oven.

DRIED APPLE FRUIT CAKE

Soak two cups of dried apples over night. In the morning chop and simmer them, until dark, (red or brown), in two cups of Orleans molasses. Let cool and add one cup each of butter and milk, one half cup sugar, three cups of flour, two level teaspoons each of cinnamon, allspice, and cloves, three of baking powder, three eggs, and one-half pound of raisins. (Also, if liked, a cup of currants and a tablespoon of chopped citron.) Bake for two or two and a half hours in slow oven.

APPLE SOLID

Simmer one and one half pounds lump sugar with three pounds sliced apples and juice and grated rind of three lemons, until thick, when pour into a wetted mould till cold. Turn out and serve with cream.

APPLE SNOW

Apple Snow may be made in two ways, using either the cooked or uncooked apples. For the uncooked grate a

medium-sized tart apple (peeled, grated, and set aside). Whip stiff the white of one egg with a pinch of salt, then add, gradually, three tablespoons of sugar, beating well into the egg, alternating with the grated apple, a tablespoon at a time, till all the apple and sugar are used, then continue to whip until the "snow" has risen to at least a pint and a half in quantity, for it will swell surprisingly. If the cooked apple is used, observe the same proportion, the white of one egg to the pulp of each apple. Chopped dates or nuts may be added or fresh, grated cocoanut. The "snow" may be served as it is, or quickly and lightly browned.

APPLE CHEESE (Cake or Tart Filling)

To a pound of sugar add one-fourth pint of water and one-half pound of apples—peeled, cored, and quartered—and the grated rind of one lemon. Cook for three hours then add the juice of the lemon, boil for ten minutes, stirring continually, then removing. Use this as a filling for tarts or cake or with nuts as sandwich filling.

APPLE FILLING FOR CAKE

Make as for Apple Snow, using one egg, one apple, and one cup of sugar. Also, for variety, the yolk of the egg may be added, the whole heated carefully till it thickens.

APPLE FLOAT

Make first a plain custard and when cold stir in it a pint either of apple sauce or a pint of grated apple (uncooked). Whip in the stiff whites the last thing.

JELLIED OR GELATINE APPLES

To two quarts of tart apples, peeled, cored, and quartered, allow one half box of gelatine and put it to soak in one half

cup of water. Make a syrup of a pint each of water and sugar, adding lemon juice, peel or flavoring, and a dusting of ginger. Let sugar dissolve then boil five minutes. Drop in the syrup the apples, three or four at a time, and let cook till tender but not broken. Dip out with skimmer and place on a platter. When all are cooked and removed put the softened gelatine in the syrup until quite dissolved then remove and stir till it begins to set. Wet a mould and place in it half the jelly, then the apples in a layer and the rest of the jelly over them, setting away to chill and harden. Serve with cream.

CIDER JELLY

To two pints of cider allow two full tablespoons of gelatine, softening the gelatine in a little of the cold cider, heating the remainder to boiling point, adding a pound of sugar and then the softened gelatine. Strain and turn into a mould; cool and set on ice. Serve with rich milk.

APPLE CHARLOTTE

Soften a half box of gelatine in a half cup of cold water then heat it over steam for a half hour. Grate two large, tart apples and one lemon or orange and beat lightly into a pint of whipped cream, then add the gelatine and when thoroughly mixed turn into a mould and set aside to cool before placing on ice. Serve with rich milk or wine sauce.

MERINGUED APPLES

Prepare as for baking. When cold fill centres with marmalade, or marshmallows, then cover with meringue made in proportion of four eggs to one pound of sugar. Flavour with rose water or lemon extract and place in quick oven to lightly brown.

FRUIT RECIPES

CODDLED APPLES

For this use the earlier apples, wipe and lay in a kettle, to each half peck adding three-fourths pint of brown sugar and a half pint of water. Cover and simmer till tender and sugared through.

SPICED APPLES

To improve immature, insipid apples peel them thin and core, and to four pounds allow two pounds of sugar, one-quarter ounce each of nutmeg and cloves and one-half ounce stick cinnamon. Place the sugar and spices in a pint of vinegar and let come to a boil, when drop in the whole apples and cook carefully till tender enough to be pierced with a broom straw. Remove and pour the syrup over them. These may be served as a sauce or kept a long time in jars. (See also Sweet Apple Pickle.)

APPLE CHUTNEY

Chutney is as much used in India as we of other countries use other sauces and has as many variations as catsup, for instance. Apples are used as the foundation for several kinds of chutney. One of the simpler preparations requires five pounds of tart apples. These must be peeled, cored, and cooked smooth with two pounds of brown sugar and two quarts of cider vinegar. When thick as catsup before diluting, place in a crock and add two pounds of chopped raisins, a small minced onion, one ounce each of white and black mustard seed (ground) and two of ground ginger, one tablespoon of salt, and two or three pods of red peppers minced. Mix and let stand over night (about ten hours), then stir again without cooking and place in small jars, sealing well. This will keep for years.

APPLE CATSUP

Apple catsup is similar to apple butter, using as a foundation plain instead of cider apple sauce. Cook till thick, for each quart using a teaspoon each of ginger, cinnamon, cloves, pepper, mustard, onion extract, two of salt and a pint of vinegar. Simmer slowly till thick, (which may take an hour and a quarter), then bottle and seal while hot.

APPLE BUTTER

Use only very tart apples, washing and placing in kettle with a quart of cider to each pailful of fruit. Simmer down till of a very thick, smooth consistency and add just a little spice, to taste.

SWEET APPLE PICKLE

Add a teaspoon each of cinnamon, cloves and allspice (in thin cloth bag) to a syrup made with a quart of vinegar and three pounds of sugar. Have ready four pounds of apples pared, cored, and halved. Place carefully in the syrup, simmer till tender, and place in heated jars. Cook down the syrup till thick, when pour over fruit, filling up well, and seal.

APPLE JELLY No. 1

Take sour fruit, Do not core or pare, merely wash, wipe, and cut out blemishes. Cut up, pour over sufficient water to cover, and simmer till very soft, when drain through flannel bag, letting drip over night. To each quart of syrup the juice of a lemon or other tart fruit may be allowed as further flavouring if liked. Cook down the juice, skimming well before adding sugar (heated), a pound for each pint of juice. Simmer till sugar has dissolved; then boil, and the jelly will form in about twenty minutes. Rose geranium, mint, or other leaves may be used as flavouring, or orange blossoms preserved.

FRUIT RECIPES

APPLE JELLY No. 2 (With Quince)

See Quince Jelly No. 3 .

APPLE AND CURRANT JELLY

See Currants.

CRAB APPLE JELLY No. 1

Make as for Apple Jelly, using a little more water. Do not pare or core the crab apples.

CRAB APPLE JELLY No. 2

Wash and wipe the apples; cut in half and place in crock on the back of the stove or the oven, setting in another vessel of hot water if there is danger of too great heat. When the apples are soft place in jelly bag to drain over night. Measure this juice and allow one pint of sugar to one of juice. Boil and skim the juice ten minutes before adding the heated sugar. Stir till dissolved, then boil eight or ten minutes. This makes a very tart jelly, stronger than many people like. Mint may be used to flavour this to serve with mutton or lamb.

CRAB APPLE JELLY No. 3

Use half and half of crab apples and Maiden's Blush apples, and make as for apple jelly. Or substitute for the Maiden's Blush black- or huckle- or raspberries, cherries, or pineapple juice.

CRAB APPLE JELLY No. 4

See Plum Jelly No. 2. Or for the wild plum substitute wild grape.

CRAB APPLE JELLY No. 5

Use equal parts of crab apples and Maiden's Blush, and allow for each quart or pound of the cut fruit the juice and thin-peeled rind of one lemon. Proceed as above.

Cassia buds and cinnamon is an old-fashioned variation of flavouring, or ginger root, which by some is considered excellent with crab apple. Use one or two sticks and one or two buds or one ounce ginger to each quart of juice; simmer twenty minutes, skimming, before adding sugar.

APPLE PRESERVES

Pare and core eight pounds tart apples. Make a syrup of eight pounds of sugar to one quart of soft water and dissolve one teaspoon citric acid crystals in this. Heat carefully and when clear and thick place in the syrup the apples, turning often that the syrup may cover them, letting remain till fruit is translucent. Place them on a hotter part of the fire till at boiling point, when remove the fruit (whole) and place carefully in heated jars. Fill up with the syrup, place a round of cotton soaked in brandy on top of each, seal covers, and put in cool place.

For simple canning much less sugar may be used and pineapples may be added in one third or equal proportion, or barberries.

APPLES PRESERVED WITH QUINCES

See Quinces preserved with Apples.

APPLES PRESERVED IN GRAPE JUICE

For apples or crab apples see Grape Juice for preserving.

APPLES AND CRAB APPLES PRESERVED IN CIDER

To each quart of boiled cider add three-fourths pint of sugar (or less as taste indicates). Use this as the preserving syrup, proceeding as with preserved apples.

CRAB APPLE PRESERVE

Parboil the crab apples, preparing them by coring the unpeeled larger ones and leaving the smaller ones as they

are, stems, cores, and skin. Place the parboiled' fruit in syrup prepared for apple preserves. Cook carefully a few minutes that the fruit may not fall to pieces. Proceed as with apple preserves. A little lemon or ginger flavouring will be an improvement or one-third part of orange, pineapple, barberry, or almost any berry or citrus preserve.

CRAB APPLE MARMALADE

Cook crab apples and sweet or wild plums separately till soft, when rub through colander and measure. To each three quarts of crab apple allow one quart of the plum. Mix and weigh and allow one pound sugar to each of fruit. Cook slowly and very carefully, that this may not burn, till smooth and thick. Place in marmalade pots and when cold seal as for jelly.

Crab apple and apple, or crabs and quinces may be used together for marmalade or any of the berries, citrus, or other distinctively flavoured fruits. They may be put up at different seasons and combined later.

APPLE AND QUINCE MARMALADE

See Quince Marmalade No. 2.

APPLE AND BLACK CURRANT MARMALADE

Use equal parts of currants and apples, cooking separately, when soft putting through colander and mixing pulp. Cook the pulp and juice (strained off) till thick, when add equal weight of sugar and cook till of desired consistency.

LEMON AND APPLE MARMALADE

See Lemon Marmalade. Cook the lemon and apple separately and allow equal parts of lemon and apple.

APPLE JAM

Pare, core, and weigh tart apples, allowing for four pounds of apples four pounds of brown sugar. Chop apples, meantime making a syrup of the sugar with as little water as can be used; add apples, the grated peel of four lemons, and a little ginger root. Simmer till the fruit pulp is translucent and golden in colour, when place in small jars.

Loaf sugar may be used, the lemon and ginger omitted, and the pulp cooked longer.

TO MAKE CIDER

It is generally reckoned that the richest cider is made from the sweetest apples. As it comes from the press pour it into a tub prepared by boring a hole in the bottom (the plug put in very loosely), and filled with alternate layers of charcoal and gravel. As fast as it filters through put it in a clean "white oak" cask in a cool cellar and let remain open till fermentation has ceased, then bung tight.

TO KEEP CIDER SWEET

No. 1. A handful of hops boiled with a little treacle or honey and added to the acetified cider will assist in keeping it sweet.

No. 2. For each barrel allow eight kitchen table spoonfuls of white mustard seed. Pour in with the cider.

No. 3. If made after freezing time cider may be kept sweet (if it is free from water) by being kept in a temperature just above freezing point. It may be boiled down one-fourth after making, which will be an additional safeguard against any change in it.

BOILED CIDER

Boil down till thick as molasses, then bottle. To serve it dilute with charged (carbonated) water ice cold, or hot water, spiced.

CIDER VINEGAR

Pour half as much water on the pulp remaining after squeezing out the cider as there was of the juice. Let it ferment then press out the pulp and barrel the liquid.

Or, as apples are used in the kitchen, boil the skins and cores in as little water as possible, sweeten with a little molasses, and let ferment.

Apples which are not keeping well may be boiled and the liquor strained off, a little molasses added, and let ferment. With crab-apples reduce the pressed juice one-third, then treat as above.

TO DRY APPLES, ALSO TO PACK

Extremely acid fruit is best for retaining flavour when dried. Cut in slices, string or merely place on shallow trays, drying in fruit-dryer, in cool oven or sun. If dried in the sun, heat over steam before putting away to destroy any possible insect eggs, and while drying cover with mosquito netting to protect from insects. In packing apples away for winter keeping or shipping, if elder blossoms are placed between layers a delicate flavour is given.

CIDER EGG NOG

To one egg whipped, then slightly sweetened with sugar, allow one glass of cider. Sprinkle with grated nutmeg and serve with shaved ice. Or serve hot.

APPLE WATER—"A Cooling Drink in Fevers"

Pare and core three large juicy pippins and slice them into a pitcher or crock with the grated rind of a lemon. On this pour one pint of boiling water, then cover close and let stand four hours. Strain and sweeten with loaf sugar.

APPLE TEA

Roast very tart apples and pour over them boiling water, letting stand till the water is cold. This may be sweetened a little if sugar is permitted.

APPLE BRANDY, OR POMONA WINE

To six gallons of new cider add one gallon of brandy and let stand from eight months to a year before racking off. To make Apple Jack or Cider Brandy distill the cider alone.

CRAB-APPLE CHAMPAGNE

Crush fruit as for apple cider and proceed as for cider making, but let the verjuice (or crab-apple juice) stand without the mustard seed or other means for keeping it from getting "hard." At the end of two or three years the verjuice has become very similar to champagne.

APPLE WATER ICES

These may be made by more than one method. Simmer till tender a quart of apples, pared and cored; when cold put through a sieve. Have ready a syrup made according to Introductory Recipes, using one and a half pints; mixing with the strained apple and juice of two lemons. Freeze. Or the apple may be added to plain cider instead of to a syrup or the cider itself frozen, flavouring as liked.

Preserved or stewed apples may be frozen by packing in salt and ice five or six hours, or apple sauce, thick and flavoured with lemon or sherry, may be frozen. The sauce may be thinned as first directed and a softened tablespoon of gelatine added just as the apples are removed from the fire, stirring it till dissolved. This gives the *mousse* effect.

BAKED APPLE ICE CREAM

Pare, core, and quarter ten tart apples, baking with sugar and lemon or spice (see Baked Apples). When cold add one quart rich milk and cream, scalded and cooled, and freeze.

FROZEN APPLE CUSTARD

Make the custard as for Apple Custard Pie, using either one pint of apple sauce or one pint of grated apple, and whipping in the stiff whites of the eggs after the custard is partially frozen.

FROZEN APPLE SNOW

Make as for Apple Snow, adding for each pint of snow one pint of mixed milk and cream and a trifle more sugar.

CHAPTER II

THE PEAR (*Pyrus communis*: Malaceæ)

THE *Pyrus communis*, or common pear, ranks close to the apple in point of family, of abundance, latitudinal range and general utility. The wild pear grows throughout Europe and Asia, its branches thorny; its small, hard fruit not considered edible. But from very early times the bristling little wild tree or bushy shrub has taken kindly to cultivation. The Greeks and Romans seem to have availed themselves of this susceptibility and the legions of the latter introduced the pear into Britain. Whether grafted on quince, the mountain ash (the rowan), or wild pear stock, it flourished and now the vast majority of pears do not deserve the epithet "insipid" even yet not infrequently applied by the thoughtless who judge all by the few exceptions or by those pears intended by nature for cooking only.

There are stores of riches in the grape sugar contained in this fruit, in its proportion of iron, in its moderate per cent. of malic, tannic, and tartaric acids, its albumen, lime, pectin, mucilage, and its relatively large proportion of potash and phosphoric acid and toothsome juiciness, the quantity and pure quality of which last "distilled water," should tempt one to make up for the water one *should* but which one does *not* drink copiously enough in simple form. Such general mildness of tonic properties agrees with almost any type of stomach and the laxative quality has a properly stimulating effect upon the intestines.

The pear may be used in almost as many forms and in

very much the same manner as the apple (see "The Apple" for all desired recipes not found under "The Pear," or adapt to other fruit recipes).

RECIPES

PERRY

Perry bears the same relation to pears that cider does to apples, being the expressed juice of the fruit. Perry may be made from the ordinary pear, the better ones of the windfalls or unsalable "nubbins," but there are certain varieties known in general as "perry" pears, grown especially for this purpose. These varieties lack in fragrance and edible qualities, being vigorously harsh, but they are much prized in Germany, France, and England, where numerous perry orchards are set out. The fermented perry is considered superior to cider in richness and sweetness. It contains 7 per cent. of alcohol (Enc. Brit.) and will keep in casks for three years—when bottled, longer, but it does not bear shipment as well as might be desired.

TO DRY AND PACK PEARS

Where winter pears (or those which may be laid by to mellow as late as spring) are not to be had in quantity, pears may be dried in the sun or a slow oven with the same success as are apples. This is a common practice in parts of Europe where pear tarts, stewed pears, and other dishes are concocted from the dried fruit and thoroughly relished. In packing pears place between layers of elder blossoms to add flavour.

PEARS UNCOOKED

A Breakfast or Supper Dish

To vary the serving of pears *au naturel*, pare, core, and slice mellow, well-flavoured fruit, using a silver knife.

Sprinkle the slices with sugar; chill well, then serve with cream and brown bread and butter: a substantial and dainty meal.

PYRAMID OF PEARS

Pears sliced, sugared, with a little lemon or orange juice, or sherry, added, or pears which are so prepared and then crushed may be heaped in layers, alternating with whipped cream, and sprinkled with candied cherries or angelica.

STEWED PEARS

Take small, acid pears and wipe, leaving stems and skins as they are or halving if of larger size. To two quarts of pears allow one pint of maple sugar and one-fourth pint of water. Place all in a kettle at once and cook till tender. White sugar and lemon peel (in strips or grated) may be substituted.

BAKED PEARS—STUFFED OR MERINGUED

Pare and core large pears; stuff with seeded dates, raisins, or chopped nuts, with some tart marmalade of other fruit, or shredded cocoanut; place close together in a dish or pan and bake slowly till tender, without sugar and only enough moisture to prevent burning. When done place in a heated glass dish and serve, cold, or pour over them a simple custard or melted marshmallows.

For the Meringued Pears bake the fruit with a little lemon peel or candied ginger in the centres and when tender place over them a meringue made with the whites of three eggs and half cup of sugar. Brown quickly and serve with rich milk.

PEAR BREAD PUDDING

Slice and stew the pears in a syrup made with a pint each of sugar and water, adding the juice of a lemon, then

place half of this in a pudding dish. Have ready a pint of bread crumbs mixed with a tablespoon of butter, half a cup of sugar, a cup of warm water, and, lastly, the whipped whites of two eggs. Place this on the pears in the dish, pouring over the top the rest of the fruit. Grate a little nutmeg over this; sprinkle a tablespoonful of crumbs on top with a little sugar and bake, covered, an hour and a quarter. Remove cover and brown the last few minutes. Serve with a sweet or tart sauce as preferred.

COMPOTE OF PEARS

Stew pears in a syrup as above, paring and coring, but leaving them whole unless very large, when they may be halved. Put them in the dish from which they are to be served and over them spread a lemon gelatine or some delicate jelly of pure fruit in place of the gelatine. The syrup should meantime be cooked down till thick, then poured over the fruit and jelly. Chill and serve.

PEAR TRIFLE

Cook pears as for Pear Bread Pudding and fill baking dish with layers of sponge cake sprinkled with cocoanut, then the pears, etc., pouring over the whole the yolks of three eggs whipped with a half cup of sugar. Bake till brown, then add a meringue of the whites of the eggs; re-place in oven till well coloured and serve when cold.

PEAR ICES

These may be made with fresh fruit if it is very mellow and juicy, when it may easily be put through a colander or coarse sieve, or the fruit, stewed in syrup and put through a sieve can be used, letting cool and adding the juice of a lemon or a little wine. Sweet apple cider, grape juice, or perry may be used instead of the syrup with uncooked,

mashed pears. The addition of the whipped whites of eggs, when the fruit is partly frozen, will make the ordinary sherbert. Large pears may be hollowed out and the ice served from these instead of from dishes or glasses. A cream may be made with the ice cream or custard foundation given in the Introductory Recipes, adding stewed, mashed, or spiced pears.

PRESERVED PEARS

Select small pears and peel, leaving on the stems. To one pound of pears allow a pound of sugar, and to each four pounds of sugar allow one pint of water and one teaspoonful citric acid crystals (dissolved). Melt the sugar and acid over steam; let boil a minute after this, then set back and keep hot till needed. Meantime boil the pears with just enough water to cover. Acidulate the latter well with citric acid. When tender remove and place in the syrup for half an hour; place the fruit in hot jars and seal at once. Keep in a cool, dark, dry place.

PEARS PRESERVED IN PERRY

See Apples Preserved in Cider.

PEARS PRESERVED IN GRAPE JUICE

See Grapes.

BRANDIED PEARS

To four pounds each of peeled fruit and sugar take a pint of brandy. Cook the sugar with a quart of water, simmering two minutes after coming to a boil. Place fruit in this and let boil five minutes. Remove the pears, placing in heated jars; let syrup boil till it thickens, then add the brandy and remove at once from the fire. Pour syrup over fruit and seal. Drain off any syrup which may

ooze from the pears when they are first taken from the fire. If the pears are allowed to lie in brandy over night after being cooked they are more certain to keep well. (See also other brandied fruits.)

PEARS PRESERVED WITH GINGER OR LEMON

Peel and quarter pears, weigh and allow a quarter pound of green ginger (scraped) to each pound of fruit. Have a syrup prepared as for preserves and in this lay the pears and ginger, proceeding as with the preserves. Lemon peel may be used instead of ginger.

BAKED PRESERVED PEARS

Any small, hard pears may be baked for preserving with the best results. Place in layers in a crock with some lemon peel; cover with water and molasses, half and half; set on the back of the stove all night and bake all next day in a slow oven. Longer cooking will not impair but improve if done slowly enough. The fruit will become dark red in colour. Cook down the syrup; pour over the pears when done and the fruit has been placed in heated jars.

PEAR MARMALADE

To each pound of rather juicy pears, peeled and cored, allow one and a half pounds of sugar with the grated rind and juice of a lemon or orange, or one-third part of some tart berry-marmalade or fruit-juice. Cook down as for other marmalades, skimming and stirring often.

RAISINÉE

For this French preserve, sometimes called Grape and Pear "butter," see Grapes.

PEAR JELLY

Pear jelly may be successfully made by using the richer varieties of pears not fully ripe, with the usual proportion of sugar and juice: pound for pint (see other fruit jellies), and flavoured as for apple.

PEAR CHIPS

Wipe and stem hard pears. To four pounds allow three pounds of sugar, and an eighth pound scraped green ginger root grated. Slice thin in bits and let stand twelve hours, then cook with juice and rind of two lemons, letting come slowly to a boil and cooking perhaps three hours: till clear and thick.

PICKLED PEARS

To each six pounds of pears allow a pint of cider- or wine-vinegar, three pounds of sugar, and a teaspoon each of cinnamon, cloves, and ginger (in thin bags). Let the sugar, vinegar, and spices boil up and place in the resulting syrup the peeled pears, a few at a time. Cook until tender; place pears in a crock; pour over them the vinegar and let stand three days. Pour off the syrup and boil it down, then pour again over the pears (having placed them in jars); remove spice-bag, and seal. If tartness is desired the sugar, part or all, may be omitted.

PEAR SAUCE, PLAIN OR FOR SHORT CAKE

Make as for Apple Sauce, flavouring with spice, lemon, or other fruit flavouring, and serving as a side dish or with shortcake (see Strawberry Short Cake).

PEAR VINEGAR

The water in which pears have been boiled for preserves may be used for vinegar or vinegar may be made from crushed pears as from apples at cider-making time. Or pears may be cut, boiled, and crushed and the resulting liquor sweetened with molasses and allowed to ferment.

CHAPTER III

THE QUINCE (*Cydonia cydonia*: *Malaceæ*)

THE Quince, or *Cydonia*, is a near relative of the apple and pear, sometimes in form resembling one, sometimes the other, according to variety. Its history is as fragrant as the fruit itself, which among the ancient Greeks was typical of happiness and love, and bears about it a still more ancient suggestion, through the old Hebrew writers: that it was the forbidden fruit. And surely no fruit was ever more tempting in perfume; more disappointing in reality before cookery creates chemical change. (The Japanese Quince [*Cydonia Japonica*] is not a general cooking fruit.) The quince is native to Greece and is now known almost as widely as the apple and pear. Its name was bestowed upon it, it is said, in the days when flourished the ancient city of Cydonia in Crete.

As an adjunct to or basis of preserves, and as a cordial or unfermented drink, made as is cider, the quince is a food success and the mucilage which surrounds its seeds is considered of value in several ways, one of its uses being as a cure for sore throat, or applied, externally, to other irritated surfaces.

RECIPES

QUINCE CIDER

Make as for Apple Cider.

QUINCE JELLY No. 1

When quince preserves are made the parings and cores may be used for jelly, covering them with cold water and cooking slowly three hours or longer. Strain through a jelly bag over night; boil and skim juice in the morning for fifteen minutes then strain again, measuring and placing in clean cooking vessel with three-fourths its weight of heated sugar. Cook twenty minutes or till it jells. Vary the flavouring used with quince as with apple.

QUINCE JELLY No. 2

Quince jelly may be made with the whole fruit, when the juice is strained allowing the usual proportion of a pound of sugar to a pint of juice. Lemon may be used with this as variety.

QUINCE JELLY No. 3

Use equal quantity of quinces and Maiden's Blush apples, adding sugar in proportion of three-fourths pound of sugar to a pint of juice.

QUINCE MARMALADE Nos. 1 and 2

Slice unpeeled quinces, barely covering with water, and cooking till tender. Press through sieve and replace on stove, allowing one pound and a quarter to each pound of quince pulp. Cook slowly and carefully, stirring frequently, till stiff. Pieplant may be cooked with this marmalade for a pleasant tart tone.

QUINCE MARMALADE No. 3**Apple and Quince**

Use equal parts of Maiden's Blush apple and quince, proceeding as above, allowing but one pound of sugar to each pound of pulp.

QUINCE MARMALADE Nos. 4, 5, 6, and 7

Use equal parts of quince and crabapple, proceeding as in Marmalade No. 2, or substitute for the crab freshened figs, or dates, or pineapple marmalade.

QUINCE MARMALADE No. 8**Lemon or Ginger**

Make as for Marmalade No. 1, using lemon peel and juice, one lemon to each pint of pulp. Ginger may be added or substituted for the lemon.

PRESERVED QUINCES

Quinces may be preserved whole, halved, quartered, or sliced across in rings. Cook the fruit till tender in water acidulated with citric acid, then place in a syrup made with one part of water to three of sugar. When at boiling point let remain one minute if cut; if whole, for five or six minutes, then fill jars and seal at once. This may be varied with apples, as below, or by other fruits as with Quince Marmalade.

QUINCES PRESERVED WITH APPLES

Make the preserves as above and allow one-third weight of sweet apples. When the quince has been cooked tender and removed put the apple in the syrup and simmer till translucent and red, which may take an hour. Place apple and quince in alternate layers in the jars and when the syrup has penetrated the apple it will not be distinguishable from the quince. No more sugar is necessary by the addition of the apples.

CANNED QUINCES

Weigh the fruit after paring, coring, and quartering, allowing six ounces of sugar and nearly a pint of water

to each pound of fruit. Steam fruit till tender when place in heated jars. Meantime have the syrup boiling five minutes and pour over the fruit. Let stand in the hot water bath in oven or on top the stove for thirty minutes, then fill up with syrup and seal.

CANDIED QUINCE SLICES

Core and slice thin the quinces and weigh, setting aside the same weight of sugar. Scald the slices then boil hard for eight minutes; strain and remove to a kettle containing the sugar and two tablespoons of water and set in the oven to melt slowly, letting gently cook till translucent and a deep red. Carefully remove the pieces and drain, when dry placing on plates with a layer of sugar above and below. Let stand in dry place ten hours or more; sift over them more sugar and pack away.

DRIED QUINCES

Pare and slice the fruit; string and dry or spread to dry as for apples and pears. When needed for use wash and soak them over night, putting on to stew in the last water.

QUINCE CORDIAL

To secure the juice from the quinces slice and chop in a vegetable cutter or grate. Allow a pound of sugar for each quart of juice, a handful of bruised plum or peach pits, two or three cloves, grated peel of half a lemon, and one-half pint of brandy. Let stand in a jug loosely stopped for nearly three weeks when filter, bottle, and seal.

PRESERVED QUINCE JUICE AND PRESERVED QUINCE SYRUP

See Cherry Juice and Syrup Preserved.

QUINCE HONEY No. 1 (Cake or Tart Filling)

This will make filling for layer cake, or, thinned, a delicate syrup for sauces, etc. Grate two large quinces and cook till tender. Add a pound of sugar to a pint of water, cooking till the "soft ball" stage is reached when add the quince and simmer twenty minutes longer, stirring most of the time. For tarts use this with a custard.

QUINCE HONEY No. 2 (Syrup for Pancakes or Puddings)

Prepare quinces as above, using two pints of sugar to one pint of water and simmer till the syrup is clear—four or five minutes—when add the grated quince and boil six or seven minutes more before removing from the fire.

BAKED OR STEAMED QUINCES

Quinces make an attractive dessert baked or steamed, using the same method as for apples and pears. Grate them for variation.

QUINCE SAUCE

Stew quinces and flavour with lemon and serve, pulped or quartered, as for apple sauce. Half apple may be used instead of all quince.

QUINCE TARTS

Tarts may be filled with quince marmalade, honey, custard, sauce, or preserves, or the baked or steamed fruit. Vary them as are apple, gooseberry, and other tarts, using meringue and candied fruits or whipped cream or lattice pastry strips for the large tarts; nuts may be sprinkled over the small ones or tartlets.

QUINCE ICES

Make as for pear and apple ices, custard, cream, etc., using the quince cordial sometimes to vary the flavour.

IN SALADS

The quince cordial or juice, freshly expressed, may be used to flavour the dressing, or the candied quince slices chopped and mixed with other fruits or vegetables.

GENERAL DIRECTIONS

Quince tapioca and other lighter forms of desserts, or fritters, dumplings, etc., may be made with the quince with excellent results. See Introductory and other fruit recipes.

CHAPTER IV

THE MEDLAR AND THE LOQUAT

(*Mespilus*)

THE medlar, *Mespilus Germanica*, like the apple, pear, and quince, belongs to the *Malaceæ*, but differs from them all in being not edible until well past the mature stage. In appearance and general characteristics it more nearly resembles the plum than any other fruit, and the loquat, its cousin, the *Mespilus Japonica* (*Photinia* or *Eryiobotrya Japonica*), is commonly, though erroneously, called the "Japan Plum." The latter tree is evergreen and very handsome at all seasons. The fruit pulp is delicate and tender in consistency but until fully ripe is tart in tone. The pits, which are rather large in proportion to the fruit, are of a beautiful golden brown hue and as highly polished as if coated with shellac. The seeds resemble the peach pit in flavour but are more delicate. The yellow clusters of loquats, like enlarged, elongated drops of pale gold (though sometimes rounded and gooseberry like) need to be well rubbed with a soft cloth to remove the downy "fuzz" when the fruit is to be served uncooked.

The peeled, seeded fruit, quartered, is an excellent addition to iced drinks. The juice of the uncooked fruit makes delicious loquatade, and a syrup may be made from it for bottling (see Fruit Syrups in Introductory Recipes). Almost any recipe for Northern or Southern fruits may be adapted for the preparation of the loquat, including the ices.

RECIPES

LOQUATS STEWED

Loquats may be stewed when but half ripe, or when fully mature, or half and half. Rub off the fuzz; remove stems and seeds, or merely wipe off the fuzz and stew whole, and put over a moderate fire with just a little water. When partially tender sugar to taste and finish cooking.

LOQUAT JELLY

Preferably gather the loquats when full sized but still hard and only partially turned in colour. Wash and remove blossom ends. Place on fire in cold water, barely covering with water, cooking slowly as with other fruits for jellies, till the pulp is very soft and the juice entirely free. Drain; cook down till juice is thick and cherry-coloured, when add heated sugar, pint for pint, gradually. When sugar is thoroughly dissolved cook fifteen minutes, or till it jells. The loquat makes a very beautiful, light-coloured, tart jelly, firm but exceedingly tender and delicate, resembling tart apple more than any other jelly.

LOQUAT MARMALADE

The fruit pulp left from the jelly may be put through a sieve and cooked down with equal quantity of sugar till of the right consistency.

LOQUAT JAM

Loquat jam, when made with the unripe fruit, as for jelly, closely resembles the cherry in colour and is not unlike it in flavour though with an individuality of its own—perhaps richer, as well as being in fragrance and flavour rather aromatic. Both the marmalade and jam

are prettier if made from the whole, fresh fruit instead of from the jelly pulp. For the jam wash and seed the fruit, removing the blossom end and any discolouration or imperfection. Place over the fire, barely covering with cold water and cook slowly several hours till very tender and deep red in colour. No water will be needed in addition to that first placed on the fruit as its juiciness requires reducing rather than otherwise. When cooked down add sugar in equal measure and continue to cook down till of proper consistency—two hours or more, when as much as four or five quarts are used. The ripe loquats make a yellower jam, lacking the rich colour though of excellent flavour.

CHAPTER V

THE PEACH (*Amygdalus Persica*, or *Prunus Persica*) AND APRICOT (*A.* or *P. Armeniaca*)

ANOTHER great division of fruits is the Almond or Plum family, *Amygdalaceæ*, including the almond, peach, apricot, cherry, and plum. The peach is held by some to be a distinct genus, by others is variously classed with the almond and apricot and with the plum, adding interest to the mooted question of exact origin by the fact that Darwin held the peach to be an evolutionised form of the wild almond. Alphonse de Candolle has led the theorists claiming the distinct peach origin, with China as its probable earliest home: since in that country the peach has not been found in varying forms (approaching or departing from the almond) but instead, has never been unknown as a distinctive, individual fruit or tree. (The Chinese Peen-To peach, in form flattened like a tomato, is now grown to a considerable extent in parts of the semi-tropical states of North America.) The name *Persica* was given the peach from the supposition that it originated in Persia. It has claims upon beauty of complexion, unrivalled perhaps in the fruit kingdom, and in rich, luscious fragrance few fruits can equal it, being esteemed in almost every country of the world for its flavour and daintiness of texture.

Peaches must be fully ripened and sound to be entirely wholesome uncooked but in this perfect stage have been



BLOSSOMS OF THE LOQUAT TREE

Evergreen and handsome at all seasons



LOQUAT TREE



CHINESE OR PEEN-TO PEACHES GROWN IN FLORIDA



SPANISH CHERRIES

given to even typhoid patients with success when fruits as a rule are forbidden. Also, peaches have been found beneficial in serious cases of intestinal disorders among children and adults alike. The peculiar acids of this fruit are apparently fatal to germs of the dysentery type and Holbrook quotes a physician who wrote him that in the treatment of dysentery he much preferred "ripe, sound fruit, peaches especially, to any medicine that can be suggested." Fresh or stewed the fruit is laxative and refrigerant.

The seeds and flowers of peaches are used in the manufacture of a *liqueur* called *Persico* and the bruised pits give to almost any alcoholic liquor the flavour of *Noyeau*. The flowers were formerly steeped to be used as a tea for their laxative quality and it is also thought they exert "to a moderate extent, a sedative influence over the nervous system" (U. S. Dispensary). Sometimes, according to the same authority, they have been given in infusion for "irritability of the bladder, sick stomach, and whooping-cough." As for the blossoms, it should be remembered that they have been known to cause fatal cases of poisoning among children although in the hands of physicians they are safely used (as a vermifuge), and "a syrup prepared from them is considerably used in infantile cases, on the continent of Europe." The leaves, when rubbed or steeped in hot water, give out a strong almond flavour greatly esteemed in many countries. From both the leaves and kernels, when distilled, is extracted oil, that from the kernels being frequently used as an adulterant of almond oil.

The apricot is supposed to have originated in Armenia.

The nectarine, once puzzling to botanists, is but a variation of the peach. (All recipes for peaches may be applied to nectarines and apricots.)

RECIPES

PEACHES HALVED (Uncooked)

Select large freestones; drop into boiling water for two minutes, then into iced water, and the fruit will easily slip out of the skin. Halve the peaches; remove pits and place the fruit on ice. When ready to serve fill the centres with powdered sugar, or sugar and melted marshmallows; join each two halves with short, fine, tooth-picks, and place in the serving dishes or glasses. Pass with them whipped cream.

PEACH SALADS

Peaches may be served half and half with bananas, or with almonds (one-fifth almonds), with celery and walnuts, or fine-chopped apple or pear, with French dressing, simple, or flavoured with a cordial.

PEACH SOUP No. 1 (Hot)

Remove skins and pits from twelve ripe peaches and stew the fruit with two or three of the cracked kernels, a cup of sugar, and two teaspoons of sago, till tender and the sago clear. Rub through a sieve then return to the saucepan; add half as much claret as there is juice just before serving.

PEACH AND PRUNE SOUP

See Prune Soup No. 2.

PEACH SOUP No. 2 (Cold)

Pare, stone, and chop peaches. Sprinkle over them sugar in quantity desired and let stand an hour. To a pint of juice add one-third pint of claret; place in a jug and cover with ice one hour. Serve with shaved ice in glasses.

BAKED PEACHES

Pare and place the whole fruit in baking-dish, using sugar generously if the fruit is tart. Add a few bits of butter and half a pint of hot water; sprinkle with chopped nuts and bake till tender. Serve cold.

STEWED PEACHES

See stewed apples and pears.

PEACH SHORT CAKE

Make and serve as for strawberry shortcake, slicing peaches rather fine, or pulping, and letting stand with sugar over them for an hour before using.

PEACH SUET PUDDING OR PONE

Wash, then dry a pint of dried peaches and dredge with flour. Heat a quart of milk and mix with a pint of Orleans molasses, then let cool. Add to this one-fourth pound chopped suet and four eggs beaten light, a teaspoon each of ginger and cinnamon, and a pinch of nutmeg. Add yellow Indian meal to make a thick batter and into this stir the peaches. Place in pudding cloth dipped in hot water then dredged with flour, leaving room to swell. Boil hard for five hours. (See Apple Pone.) Serve with hard sauce. This, like plum pudding, may be made the day before using.

DUTCH PEACH CAKE

Make as for German Apple Cake—No. 1, No. 2, No. 3.

DUTCH FRUIT MOONS (With Peaches)

Make a dough as for sweet shortcake, adding two eggs, or make with sponge. Roll out the dough half an inch thick and cut with large biscuit cutter. Drop on each a

spoonful of peach jam or chopped, fresh peaches, and fold over, forming half circles or "half moons." Pinch edges together and bake well. Any fruit may be substituted for peaches.

PEACH FRITTERS

Pare and halve peaches, sprinkle with sugar, and roll in powdered macaroons (or fine, stale cake crumbs) before placing in the frying kettle. When brown drain, roll in sugar, sprinkle with a few drops of maraschino, and serve hot.

PEACH TART No. 1

Line a pie pan or baking-dish (bottom and sides or sides only) with a sweet, short biscuit dough and bake well. When brown fill with uncooked, sliced peaches; place lattice strips of the paste across the top and bake in a quick oven till the strips are brown.

PEACH TART No. 2

Line dish as above, baking brown; fill with peach sauce or the uncooked pulp; finish with the lattice work and brown quickly.

PEACH TART No. 3

Make as above, either method, substituting meringue or whipped cream for the lattice strips.

PEACH TARTLETS

Line (and bake) little tart shells; fill with peach marmalade.

PEACH COBBLER

Peel ripe peaches, halve them, and fill a deep earthen baking-dish with them, leaving in a few of the pits to give flavour. Half fill the dish with ice water, sprinkle sugar over the peaches, then place over them a sheet of light but thick

pastry. Pinch this down around the edge, slash the centre crosswise, and prick well. Bake till brown, then serve hot or cold with cream.

PEACH PIE

With the old-fashioned pie the crust should be first partly baked, as for tarts, then the sliced fruit placed in it, a sprinkling of sugar, flour, and butter added, and the top cover put on, slashed, and the whole well baked. Tarts or cobbler are preferable.

PEACH PAN DOWDY, OR PEACH SPIDER PIE

Pare and slice the peaches and fill baking-dish (no under crust), sprinkling with sugar, butter, and cinnamon. Cover as for cobbler and bake slowly. When browned remove the crust whole. Place half the peaches on a platter; over them the crust upside down, then the rest of the fruit. Serve with cream.

PEACH PUDDING

Over a dish of pared, whole peaches sprinkle a cup and a half of sugar and let stand an hour. Drain off the juice and add to it a pint of sweet milk, four well beaten eggs, three-fourths cup of sugar, a tablespoon of butter, melted and rubbed smooth with half a cup of flour, and a little of the milk; add a pinch of salt. Pour over the peaches and bake till brown. This may also be made by first baking the peaches with a pint of water, draining off the juice and using as above.

PEACH CUSTARD PUDDING

Use large peaches, pare, and remove a slice across the tops; take pits out without breaking fruit; fill hollows with

any chopped fruit, as apples or citron, angelica or raisins, adding also nuts if liked. Sprinkle with sugar and a little cinnamon or nutmeg. Make a custard with three beaten eggs and a cup each of flour and sugar. Pour this over the peaches and bake; or, cook the custard; cool; pour over the peaches and serve chilled.

PEACH PUDDING STEAMED

Mix well a cup of flour and two of breadcrumbs with half a cup of chopped nuts (almonds preferably). Stir in the yolks of three eggs, three-fourths cup of sugar, a little lemon juice, two heaping cups chopped peaches, and, last, the stiff whipped whites of the eggs. Place in buttered mould and steam two hours. Serve with peaches pressed through a sieve and sweetened.

PEACH BREAD PUDDING

Make as for Apple Bread Pudding.

PEACH BETTY

Make as for Brown Betty (under Apples).

SHERRIED PEACH PUDDING

Line a dish with stale sponge cake dipped in sherry, and heap on this pared, halved peaches. Spread a meringue over the top and brown quickly by placing the pudding-dish in another which is partly filled with ice water. In this way the top will brown without heating the peaches. Serve with cream.

PEACH KISSES

Pare, halve, and remove pits of ten large peaches. Make a syrup of one pint sugar to half a pint of water and cook till it strings from the spoon. Dip the peaches (on a wire

spoon) into this then set them away to chill. Whip stiff the whites of four or five eggs with five tablespoons of powdered sugar. Have ready a saucepan of boiling water and into this drop the meringue by spoonfuls, cooking for two minutes, removing with flat skimmer carefully to a plate from which these kisses can be placed in the centres of the peach halves. Sprinkle chopped almonds over them and set on ice.

PEACH MOUSSE AND RUSSE

To each cup of peach pulp (fresh or canned) allow a heaping teaspoon of gelatine (two cups of pulp make a generous quantity). Dissolve gelatine in one-third cup of cold water, then place over steam to dissolve, and strain into the peach pulp. Sweeten well, add a tablespoon of lemon juice and a little raspberry or strawberry syrup. Coat the lining of a fancy mould with a tablespoon of melted gelatine, then pour in the mousse, pack well, cover with ice, and freeze six hours.

Make the Russe in similar manner but fold in at the last a pint of whipped cream and the grated rind of a lemon instead of the lemon juice. Use also a little almond flavouring. (These may be used as filling for a mould lined with vanilla ice cream.)

PEACH SOUFFLÉ

Peel and rub seven or eight fully ripe peaches through a sieve; stir into them a cup of powdered sugar and the beaten yolks of three eggs. Whisk together for eight minutes. Set aside until the whites of six eggs are beaten stiff, then fold carefully into the peach and egg mixture; turn the whole into a soufflé dish, sprinkle with sugar, and bake in brisk oven six minutes.

PEACH SNOW, OR PEACH FOAM

Make as for Apple Snow. Either fresh or canned fruit may be used. Flavour the sugar and egg with almond or rose flavouring and have all of the ingredients ice cold before mixing. Crush or pulp the fruit instead of grating.

CREAM OF PEACH SHERBET

Scald a quart of rich milk, dissolving in it a cup of sugar. Let simmer eight minutes, then cool, adding to it when cold a pint of peach pulp sweetened and flavoured. When half frozen add the whites of two eggs whipped, and complete the freezing.

PEACH ICE

Pare and slice peaches and let stand two hours covered with sugar, allowing a pint of sugar for each quart of peaches. Blanch and crack a handful of the pits and add to the peaches. After letting stand strain and to each half gallon of syrup allow a pint of water. Freeze.

PEACH ICE CREAM

Pare, stone, and thoroughly mash ripened peaches, and sweeten well. To each quart allow a quart of cream and new milk in equal proportion, scalded. Cool and freeze, adding, when half frozen, a cup of milk in which a few of the bruised kernels have been simmered.

FROZEN PEACHES

For one can or one dozen large ripe peaches use two coffee cups of sugar and a pint of water. Break the peaches slightly, mix with the water and sugar, and let stand half an hour, stirring once in a while to dissolve the sugar. Then add the stiff-whipped whites of three eggs, place in mould and pack in salt and ice for six hours.

PEACHES DRIED No. 1

Peel very ripe peaches, slice and string them in the sun, or dry on thin clean boards in oven or fruit dryer. Heat as for dried apples before packing away.

PEACHES DRIED No. 2

Peel and slice thin ripe fruit, spread on dishes, sprinkle over the slices granulated sugar, and set in moderate oven till the peaches are hot, when dry slowly in the sun or cool oven.

Peaches may also be dried as are cherries with syrup.

PEACH LEATHER

Peel and crush very ripe peaches, spread on platters, and dry in slow oven. It will be like leather when thoroughly dried. Roll it up and put away in bags. When needed for use soak over night with just a little water and it should then be ready for using without stewing and without sugar.

PEACH SAUCE PRESERVED

Take thoroughly ripe fruit, pare, stone, and cook slowly an hour. Add sugar in proportion of three-fourths pound to each four pounds of peaches. For immediate table use it will not require long cooking, but for putting up it must become dark in colour and free of juice. Seal while hot.

PEACH JAM, COOKED

Prepare as for Sauce, using a pound of sugar to each pound of fruit,. It should be very stiff when done. Place in jars with brandy on top and seal well.

PEACH JAM, UNCOOKED

Pare and slice perfect, freestone peaches. Cover the bottom of a jar with either brown or powdered sugar and

on this place a layer of the uncooked peaches. Alternate with the sugar till jar is full, packing down well, and leaving sugar on top. Place a layer of cotton wadding soaked in brandy on top; tie a paper over all securely and keep in a cool dry place.

PEACH MARMALADE No. 1

Pare and stone peaches, cutting pulp fine. Cook with a few of the cracked kernels over quick fire until soft, add then same weight of sugar, cook fifteen minutes longer, and place in jars.

PEACH MARMALADE No. 2

For each pound of pared, sliced fruit allow three-fourths pound of sugar. Mash well and place in crock in oven, covering and baking like beans for several hours. When cooked sufficiently to be jelly-like, remove and place in jars.

PEACH JELLY

Wash and slice but do not pare the fruit, using part unripe and part ripe fruit (the latter firm). Place in earthenware crock and set in moderate oven or on the back of the stove with neither sugar nor water, watching carefully. Or the fruit may be set inside a second vessel containing hot water and let stand far back on the stove for twenty-four hours. The juice should by this be free and thick. Strain over night in cheese-cloth bag. Measure and use pound for pint of sugar and juice, heating separately before cooking together. When this juice has cooked down a little—skimming meanwhile—add sugar gradually and let boil up. If carefully made this will result in excellent jelly.

CANNED PEACHES

See Canned Apples.

BRANDIED PEACHES

See Brandied Pears.

SPICED PEACHES

Peaches may be spiced in either sweet or sour form as for apples and pears.

PICKLED PEACHES

For sufficient for a two-gallon jar use twenty-five pounds of peaches and twelve pounds of sugar. (Rub the fuzz from the peaches with crash.) In the preserving kettle place two and one half quarts of vinegar with a handful of stick cinnamon, gradually adding the sugar until all is dissolved and boiling. Place the peaches, a few at a time, in this and when they are done skim them out and place in a stone jar. Boil down the syrup a little longer, then pour over the peaches and place a weight on them. In three days pour off the syrup and boil down till quite thick. The peaches will by this have shrunk so that they will easily go into a two gallon jar. Pour the thick syrup over them; place plate on top and tie down with heavy paper. Cloves may be used instead of cinnamon or a mixture of spices as liked.

PEACH MANGOES

Rub the fuzz off of large freestone peaches; cut in half and stone. Prepare a mixture of equal parts of white mustard, mace, nutmeg, ginger and celery seed and fill the peach cavities. Sew or tie halves together and fill with them a stone jar three-fourths full. They may be coloured by laying among them little bags containing turmeric. In early days they were also sometimes coloured with cochineal. Whole cloves may be added to the spice or pushed into the peaches themselves. Pour cold, strong

vinegar over the fruit or, if to be kept in a warm climate, boil the vinegar, scalding the peaches; in either case sealing jars at once.

PICKLED APRICOTS OR PEACHES

Place the fruit in brine for a week, then remove, wipe, and place in clean jar. Pour over them boiling vinegar (one gallon to eight pounds of fruit) in which has been boiled one-half ounce each of whole pepper, white mustard seed and cloves, and a fourth-ounce of sliced ginger. Add one teaspoon of salt. Let stand over night. Re-heat vinegar and again pour over fruit. Repeat; add fresh to the spiced vinegar to fill up jars in which fruit is packed.

PEACH BUTTER

Pare, stone and crush very ripe peaches, and simmer in boiled cider which has been reduced to the thickness of molasses. To each gallon of the cider (after boiling) should be added a pound of sugar. To three quarts of the peach pulp allow a pint of the thick cider and sugar. This may be spiced if liked.

PEACH CATSUP

Steam the peaches whole and boil till reduced one-third. To each quart of fruit allow one pound of (loaf) sugar but do not add till juice has been boiled down one-third. Place in little bags (loosely) one teaspoon each of broken mace and whole pepper, two of cinnamon, and half a teaspoon of cloves. Put these on to boil with the vinegar with which the pulp and juice (after cooking down) must be thinned, removing before the fruit and sugar are added.

PEACH CHUTNEY

This requires much less vinegar than apple chutney and may be taken as a basis for chutney for other similar,

soft-pulped, juicy fruits. To four pounds of peaches (skins and pits removed) add one and one-fourth pints vinegar, and stew together till soft. Mix and pound together a half pound each of white mustard seed, chopped onions, raisins, and sugar; one-fourth pound of scraped ginger root (green) and one-eighth pound each of garlic and red peppers (dried). When well mixed add to the peaches with three-fourths pint additional of vinegar. Cook slowly together fifteen minutes, then place in small jars.

EXTRACTS OF PEACH AND NECTARINE

To each pint of blanched peach pits add one quart of deodorised spirits. For the nectarine use one pint of nectarine pits and one half pint bruised peach pits and pour on them a quart of best deodorised spirits. Let stand indefinitely.

PEACH OR APRICOT WINE No. 1

Use nearly matured fruit and mash well. To each eight pounds of pulp allow one quart of water. Let it come to a boil then squeeze out the juice and to each gallon add two pounds loaf sugar. Ferment as for other wines, bottling when clear.

PEACH OR APRICOT WINE No. 2

Crack the pits of eight pounds of peaches and place in the bottom of a tub. Slice the peaches into two gallons of rain water, adding five pounds of loaf sugar, and boil together, skimming till no scum rises. Strain, pouring upon the kernels, stirring, then covering till cold. Place in this a slice of toast dipped in strong yeast and let all ferment, straining then into a cask and adding a bottle of sweet grape wine. Let stand six months then add an ounce each of gum arabic and powdered chalk (dissolved in a little of the wine heated slowly), being careful not to

stir up the lees. At the end of a week this may be bottled and in eight months is ready for use.

DOMESTIC PEACH BRANDY

Make with two gallons French brandy to one gallon well flavoured peaches, skinned and mashed. Add to this the pits from a peck of the fruit and let stand two months, when filter and bottle.

COMMERCIAL PEACH BRANDY

Mash eighteen pounds of peaches, not removing pits, and cover with four and three-fourths gallons of 95 % alcohol and four gallons filtered water, letting stand twenty-four hours. After mashing, straining and filtering add two and one-half quarts of sugar syrup and colour with burnt sugar.

CRÈME DE NOYEAU

Pound together in a mortar one-fourth pound peach apricot, or bitter almond pits and pour over them one pint water and one-half gallon spirits of wine. Cork and stir and shake each day for eight days when add a syrup made of a pint of water to a pound of sugar. Strain off the kernels and let stand another week when bottle.

PEACH VINEGAR

Use peaches which are over-ripe. Mash and mix with water in such quantity that the latter is strongly flavoured. To each gallon of this add four ounces brown sugar and a dessertspoon of yeast. Set the cask in the sun to ferment

CHAPTER VI

THE CHERRY (*Prunus cerasus: P. avium*)

THE common garden cherry, (*Amygdalaceæ*) the type of daintily gay, merrily modest beauty, of an inspiring, sweet tartness in flavour and of graceful decision of form, is of the brave blitheness of hue generally first noticed by children, which fact, and this alone, is evidently answerable for the nursery song of "Cherries are ripe! Cherries are ripe! Give the baby some"—since, though so attractive, cherries are very nearly the most unfit of all fruits for babies to eat! They have appealed to humanity from time immemorial, from the subtly fragrant blossoms of far Japan which have influenced art itself, to the gayly dangling red clusters of fruit which have always tempted the appetite of small boys of the Occident. The cherry pie has long since been commemorated in the rhyme of the "charming Billy Boy," whose sweetheart could "make a cherry pie quick as you can wink your eye," while a recent coating of immortality has been applied by the present generation in "Cheer up: cherries are ripe!"

And cherries have the actual material or physical element and power of cheering up certain kinds of depression, for, aside from their unvarying cheerfulness of front which might well have a mental effect, this little fruit is considered almost a cure for some forms of bladder and kidney troubles and its "red badge of courage" is also the symbol of the remarkable tonic properties of the tree whose bark has become famous on the continent of North America as "bitters" and phosphates, etc. These bracing decoc-

tions, as well as the alcoholic, deluding "Cherry Bounce" are, in general, manufactured from the North American wild black cherry, *Prunus serotina*, and the American wild Choke Cherry, *Prunus Virginiana*, which has the power of "calming irritation and diminishing excitability—adapted theoretically to diseases in which debility of the stomach or of the system is united with general or local irritation" (U. S. Dispensatory).

The wild cherry of Europe and England, called in the latter country the "gean," is a source of valued food supplies to German and French country folk. Brandies, jellies, and other drinks or dishes are made from this cherry, and from all varieties beverages, chiefly alcoholic, are distilled. Of the latter *Maraschino* and *Kirschwasser* are the best known though a kind of *Ratafia* is also made from the cherry and in Turkey *Crème de Noyeau* is flavoured with the Oriental *Mahaleb* cherry pits instead of almond, peach, or apricot kernels. *Maraschino* is made at and about Zara, the capital of Dalmatia, where the pulp of the Marasca cherries, or *Marazques*, is mixed with honey and sugar or honey is added when distilling the *liqueur*, and the greatest care in every way is taken with the distillation. *Kirschwasser* is the German fermented drink from cherries, and "Cherry Bounce" the American.

The cherry, like the muskmelon and nutmeg, seems to have been introduced from Asia into Italy by Lucullus—about 70 B. C., and later was taken by the Romans to England. Whether red, black, yellow, or white, the cherry has always been a favourite but it *must* be fully matured and sweetened before it can be properly eaten since its type of acidity, while medicine to kidneys and bladder, is not welcomed by stomachs which are weak, and will quickly disorder both stomach and bowels if under-ripe and is also uncooked.

Cherry wood has a virtue of its own in addition to its beauty for casks made of it are said to give the finest flavour to liquors kept therein. As for the tree itself, of dimly ancient line, it has been made a particular pet by the youngest of nations from neither beauty of blossom, fruit, wood, nor medicinal value, but because Americans are equally patriots and humourists from the cradle and the cherry, linked indissolubly with that first of American nursery tales, of George Washington and his hatchet, has become a literal "family tree."

RECIPES

CHERRY SOUP

For one quart of soup pit and crush a pint of cherries; add to them the juice of one lemon, sugar to taste, and a dessertspoon of tapioca or sago. Simmer thirty minutes with a pint of water; rub smooth through a sieve and re-heat, adding one tablespoon of claret and a pinch of salt. Let cool, then place on ice before serving. Reserve a few stemmed cherries to put in the iced soup at the last.

CHERRY SALAD

Stone ripe, sweet cherries and place in the heart of each a nut—preferably hazel. Serve on lettuce with mayonnaise or with a cream or other dressing flavoured well with Maraschino. (See Introductory Recipes.)

CHERRY SANDWICHES

Mix equal parts of candied or Maraschino cherries, and chestnuts which have been boiled, blanched, and simmered in a little syrup (letting stand in this till cold). Spread long narrow saltines or thin bread and butter with the

mixture; placing two together and, if bread is used, cutting diagonally to form triangular sandwiches. A sprinkling of cress will add piquancy to the flavour.

CHERRY PUDDING

Make as for Currant Pudding. See (Garden) Currants.

UNCOOKED CHERRY BREAD PUDDING

Slice a loaf of dry bread; spread with butter; place in layers in a pudding-dish with stewed or spiced cherries poured over. Let stand a half hour and serve with a custard or German Sauce.

GERMAN CHERRY SAUCE

Crush a pound of cherries with the seeds until the "meat of the pits" is tender, then put through coarse sieve, add one pint of wine with as much sugar as desired, and boil till thick as cream. This may be spiced if liked.

CHERRY PIE

Make as for gooseberry pie or tarts, using tart red cherries.

CHERRY BAVARIAN CREAM

Use the foundation recipe given in Introductory Recipes, adding two tablespoons Kirschwasser or Maraschino and three-fourths cup of chopped, candied cherries.

CHERRY FLOAT

Thicken the juice from a quart of stewed and sweetened cherries with a teacup of cornstarch dissolved in cherry juice (cold) or cold water. Add juice of a lemon or orange and when cooled pour over the cherries which should be ready in the serving dish.

FROSTED CHERRIES

Frost as for grapes, leaving on the stems. See Grapes.

CHERRY CAKE ICING

Allow four tablespoons of cherry juice to one cup granulated sugar, cooking together until the syrup threads. Beat this into the stiff-whipped white of an egg.

CHERRY ICE

Stone and mash two quarts of cherries and place over them one quart of sugar and a wineglass of claret. Let stand five or six hours, adding to them the crushed kernels of ten cherries. Strain and freeze.

.Or, use the syrup from stewed or spiced cherries. For sherbet add the usual whipped whites of eggs. (See Introductory Recipes.)

CHERRY ICE CREAM

Make the foundation ice cream or custard (given in Introductory Recipes), flavouring with cherry syrup, cordial, spiced cherries, Maraschino, or other form of preserved cherries. Use a few of the crushed kernels to flavour additionally.

FROZEN CHERRIES

Use the ripest cherries of the darkest varieties. Stone and place over them a quart of sugar to two quarts of cherries. Let stand an hour or more; add a wineglass of Maraschino or cordial; place in freezer; pack and let stand in salt and ice six hours.

CHERRIES WITH ICE CREAM

Serve vanilla ice cream with brandied, spiced, or stewed cherries as a hot or cold sauce. (Unless fresh-picked,

uncooked cherries are very ripe indeed and very sweet the combination is not always a safe one.)

CHERRY JELLY No. 1

Let cherries not fully mature stand in a crock on the back of the stove, or in slow oven till all juice is extracted, then strain, cook down one-third, and measure, allowing one pound of sugar for each pint of juice. Heat separately, then cook together twenty minutes or until it jells.

CHERRY JELLY No. 2 (With Currant)

Use equal parts of cherries and currants, proceeding as for No. 1.

CHERRY JELLY No. 3 (With Raspberry)

Use equal parts of raspberry and cherry as above (No 2).

FOUR FRUIT JELLY (Old Recipe)

Use equal parts cherry, strawberry, raspberry. and currant, stoning cherries and saving juice which exudes. Mix and crush, then squeeze hard; strain through linen bag and measure. Allow a pound and two ounces of loaf sugar for each pint of juice; put together in preserving kettle, boiling and skimming. It should jell after twenty minutes boiling; may take a little longer.

CHERRY JAM No. 1

Stone cherries and weigh, allowing equal parts of fruit and sugar. Place in preserving kettle and let stand over night, then boil till the jam jellies from the spoon. Place in jam pots.

CHERRY JAM No. 2 (With Currant Juice)

To six pounds of cherries (after stoning) allow two pounds of currants. Mash and place currants with half the pits of

the cherries, cracked, in a double boiler and cook thirty minutes, after this straining through linen bag. Add this liquor to the cherries (mashed) and cook to half the original quantity. Have ready a thick syrup and add six pounds of it to the fruit, stirring, skimming, and cooking till the syrup beads. Stir in either two wineglasses of Kirschwasser or Maraschino; remove, and fill jars.

CHERRY JAM No. 3

Cook together three pints each of cherries and currant or raspberry juice till reduced one-half when add three pounds of sugar. Cook as for Cherry Jam No. 2.

PRESERVED CHERRIES No. 1

Preserve cherries with the usual pound for pound of sugar and fruit, making a syrup with either a little cold water or light wine. Grape Juice may also be used. (See Grapes.)

PRESERVED CHERRIES—WITH LEMON No. 2

To each six pounds of tart fruit allow the rind of three lemons, simmering the latter thirty minutes, then straining off the water. Meantime cut fine the lemon pulp, freeing it from seeds and heavy "rag." Make a syrup of three pounds of sugar to one pint of water (using that in which the lemon peel simmered). Skim, boil and add cherries, letting boil five minutes. Add the lemon pulp and boil three minutes longer, then put fruit in jars, pouring over it the hot syrup.

PRESERVED CHERRIES—WITH CURRANTS No. 3

To eight pounds of cherries, stoned, add two pounds of stemmed currants and sugar equal in weight to the fruit. After the sugar has dissolved cook together slowly thirty minutes.

CANNED CHERRIES

In canning cherries use tart fruit. Allow three-fourths pound of sugar to each pound of fruit. Figs, pears, or pineapples may be canned with the cherries or added later; thus also with jam or preserves.

BRANDIED CHERRIES

Use, preferably, white cherries. Leave a bit of stem on each one. Place in layers in jars and fill up with brandy, letting stand two days. Have ready a thick syrup, drain the liquor from the cherries and add equal quantity of boiling syrup to the brandy. Strain and pour over the fruit, letting stand this time twelve hours—the fruit bottled and corked. Next day fill up any space with syrup till just below corks, then seal.

PICKLED CHERRIES (Uncooked)

Clip, leaving an inch of the stems. Place in jars in layers, alternating with thick layers of powdered sugar. Fill three-fourths full. Fill up with cold, spiced vinegar and seal; or thin bags of spices may be placed among the cherries and plain vinegar poured over fruit and sugar.

PICKLED CHERRIES (Cooked)

To two pounds of cherries allow one pound of sugar and one-half pint vinegar. Pour this boiling hot over the cherries. If the yellow cherries are used place them in the kettle and boil a few minutes with the syrup. Add spice or not and omit part of the sugar if desired more tart.

CHERRY CATSUP

To each pound of cherries allow a pound of sugar, boiling together, then straining. To every quart of the liquor allow

a teaspoon each of mace, pepper, ginger, cinnamon, and a half teaspoon of cloves. Boil these with the syrup; strain and add to the crushed fruit passed through a sieve. Boil till thick and reduce with strong vinegar. Bottle while hot.

CHERRY BRANDY

To each quart of juice resulting from crushed cherries (uncooked) allow a gallon of spirits or brandy, add the pits, crushed, let stand three weeks and strain.

DOMESTIC KIRSCHWASSER

Pour a gallon of brandy over a pound of garden or wild ripe cherries or plums, crushing well both fruit and kernels. Add two pounds of sugar and let stand five weeks, when strain and bottle.

The imported Kirschwasser is made by letting the wild, ripe, black cherry ferment in its own juice, after bruising the pulp of the fruit, and stirring several times daily after fermentation has begun. At this stage the bruised kernels are added and the mixture let stand for some weeks before straining.

CHERRY CORDIAL

To a gallon of strained juice add two pounds sugar and boil thirty minutes. Add one half pint spirits (preferably brandy), let cool and bottle.

CHERRY PUNCH

Pit and mash one pound of cherries and place in bowl with the juice of three lemons, two oranges, and a slice or two of pineapple, covering with one pint of sugar. Let stand an hour when press and strain. Heat this and add a quart each of carbonated water and claret, a sliced banana and one fourth pound of very ripe cherries or the candied or (whole) preserved fruit.

CHERRY JUICE AND PRESERVED SYRUP

Prepare and cook as for jelly, for the simple juice adding a half-pint of sugar to each quart of juice and for the syrup making an addition of one pint of sugar to each pint of fruit juice.

CHERRY SHRUB

Cherry shrub is a modified form of the syrup. To each quart of cherries add one cup of water and stew till soft. Press and strain the fruit; allow a cup of sugar for each pint of juice; boil to a syrup; strain, and bottle while hot.

CHERRY BOUNCE OR WILD CHERRY RUM

On four pounds of wild cherries, mashed with the pits broken and bruised, pour five quarts of rum. Let stand in stone jar or crock two weeks, stirring daily. Then press the fruit well, add five and one-fourth quarts of water in which have been dissolved two and one-half pounds of sugar. Filter and bottle.

CHERRY VINEGAR (For Flavouring Salads, Etc.)

Stem and crush Morella cherries, allowing for each quart of cherries two quarts of vinegar. Let stand four weeks, when strain and bottle.

CHERRY VINEGAR

Cover several bushels of mashed cherries with water and let stand forty-eight hours in a tub. Drain and press through a bag. To the resulting liquor add half as much water and to each half-gallon of the mixture two ounces of sugar. Let ferment.

DRIED CHERRIES No. 1

Stone and spread in thin layers on earthenware; sprinkle sugar over and dry in slow oven, the hot sun, or fruit-dryer.

DRIED CHERRIES No. 2

Stew cherries with a little sugar (no water) then spread on earthenware and dry in slow oven. Cook down the syrup and when the fruit is dry pour it over the cherries, a little each day till all is used, drying again in the oven and repeating till all the syrup is used.

CANDIED CHERRIES

There are several methods of candying cherries or any fruit. One method is to use pound for pound of sugar and fruit, placing sugar in a kettle, allowing for each pound a scant half-cup of water and simmering till dissolved. Skim, and when the syrup is boiling add the cherries. Let the fruit cook very slowly until translucent, when pour off the syrup, spread fruit in dishes, and dry in a slow oven or the sun for ten hours or until dry. Sprinkle with sugar and put away in layers.

The second method, which is better for heavier fruits, but may also be applied to cherries, is to make a lighter syrup, using a half-pint of water to each pint of sugar and letting come to a boil, cooking then for two minutes. Pour then over the fruit and let all stand a day and night. Drain, add to the syrup half the quantity of sugar used the day previous and boil until this is dissolved. Pour over the fruit and let all stand for forty-eight hours. Repeat the process, letting fruit stand in the syrup four different times, when drain and wash in cold water.

If to be glazed the fruit should be dipped in syrup (as for crystallising), then dried as quickly as possible in the open air or by electrical fans. If to be crystallised dip in a syrup which will string (like candy) from the spoon and dry in oven or sun very slowly.

In some places the fruit for candying is first (after washing, wiping, and cutting as required) soaked in brine, then

placed in boiling water, the time depending upon the kind of fruit and its stage of maturity.

MARASCHINO RECIPES

In Zara, Dalmatia, there are various special dishes made with the *Marasquin* or Maraschino, as "Maraschino Jelly" and "*Crème de Maraschino*." For the former beat well the yellows of ten eggs with a little sugar and about one-fourth as much cream. Heat slowly and carefully till it thickens well, then let cool, add Maraschino to taste, and place in a mould to harden. For the *Crème de Maraschino* whip cream till stiff, add a little sugar, a few drops of vanilla, one tablespoon Maraschino, and one-half as much of powdered macaroons as of whipped cream. Mix well and serve in tall glasses. Delightful drinks may be made by using iced orange- or pineapple- or other fruit-ade (mixed with carbonated water, as a basis, adding sugar and Maraschino to taste). Or iced tea may be the foundation.

CHAPTER VII

THE PLUM (Common Garden Plum: *Prunus domestica*: *Amygdalaceæ*)

THE *Prunus* or plum, considered as an individual fruit, has again under its division various kinds of plums, all of which are supposed to have originated from the Sloe or Blackthorn, or *Prunus spinosa*, from which the Bullace (*Prunus insititia*) is considered the next step, a second or middle stage. Concerning this, as with the peach, there is still a little ambiguity, since the three are in many ways as different as in other points the resemblance is marked. The red, cherry-plum, or *Myrobalan*, is thought to be next of kin, onward, from the Bullace. The plum has been found wild nearly all over Asia and from Asia its introduction into Russia and other parts of Europe was evidently very early. The damson plums are said to take their name from Damascus where they were first known.

The Beach Plum (*Prunus maritima*), and the wild red and yellow plum (*Prunus Americana*), with the Chickasaw (*P. Chicasa*)—all of them wild American species—furnish variety of form and colour rivalled only by the domestic, cultivated species all over the world. Their rich smoothness often tempts the palate before the fruit is properly ripened, which sometimes leads to the belief that it is the plum which is at fault. The traditional "sugar plum" and the fetching rhyme of Jack Horner point to an ancient delight in the fruit which gradually attached itself as a

general term to sweetmeats or stood as the symbol of all sugared and particularly mysterious goodies.

The leaves of the sloe are sometimes steeped to be used as tea, and the fruit, which is so astringent as to stop the flow of blood, is, when unripe, not infrequently pickled, resulting in an excellent resemblance to olives.

Prunes, the dried form of certain varieties of plums, are as food the most valuable of all of them. Over a century ago Richard Brook declared them "both food and physick" and such they are to-day. A German chemist, Bonneberg, has extracted crystallisable sugar from prunes equal to cane sugar. With their large amount of nitrogenous elements and great percentage of sugar the nourishing qualities of prunes are indisputable and virtually unsurpassed among fruits and, in the sense of being fine for the nerves, may be termed "brain food." They are laxative, giving this property to water in which they may be stewed and which, therefore, is sometimes used as a vehicle for or addition to purgative medicines. Like other dried fruits, prunes should be pretty well softened—soaked or stewed—that they may be thoroughly masticated and digested, for they are a concentrated food and their skins of a texture requiring deliberate processes whether of softening or chewing. Like other plums, or plums in less mature stages, prunes are apt to cause unpleasant sensations of griping when eaten in any great quantity at one time.

In Hungary a brandy is distilled from prunes called *Zwetschenbrannwein*, which contains about 40 per cent. of alcohol. In parts of France a strong alcoholic beverage is distilled from plums by mixing honey and flour with them; Kirschwasser is sometimes manufactured from wild plums; a pleasant wine is made from various kinds—wild or cultivated—and where apples are added in process of fermentation a strong liquor results,

RECIPES

PLUM SOUP

Make with large sweet plums, as for cherry soup, or use part plums and part cherries. (See Fruit Soups, Introductory Recipes.)

PLUM SALADS

Greengages make one of the prettiest of fruit salads. They may be used with bananas—halved or cubed—with good effect. Sprinkle powdered sugar over and let stand an hour or under before serving, or marinate in olive oil, flavoured with a cordial or *liqueur*, or use the cordial alone, serving with whipped cream. (See Introductory Recipes for Fruit Salads.)

WILD PLUM MARMALADE

Cover well with water and cook wild red plums until soft; let stand till cool, then drain and put through a coarse sieve. Use pound for pound of fruit and sugar, cooking down till thick. The water in which the plums were simmered may be added to the fruit and sugar or not, as preferred, as it may be set aside for other uses.

SWEET PLUM MARMALADE

If plums are very large, soft, sweet, and thoroughly mature, peel and remove seeds and skins. They will require no water. Place in crock and proceed as with peach jelly to extract juice. Strain this off, through sieve, and add two-thirds as much sugar as pulp. Simmer slowly, stirring carefully, and cook twenty minutes or until thick. The fruit juice may be added or not.

PLUM AND CRAB APPLE MARMALADE

See Crab Apple Marmalade.

DAMSON PLUM JAM

Wash, halve, and pit the damsons, barely cover with water and cook till skins break, when add pound for pound of sugar to the fruit and juice and cook down till thick. For marmalade cook with the stones, putting through a sieve or colander to remove pits when fruit is soft, then cooking fifteen minutes with the sugar.

APRICOT AND PLUM JAM

Use half and half of apricot and plum and make by usual method for jams. The apricots may be used dried and soaked or steamed.

PLUM AND LEMON JAM

Use with greengages, the grated rind and juice of a lemon for each quart of fruit.

PLUM JELLY No. 1

If the plums are very tart or bitter a little soda may be added, about one dessertspoonful for each peck of fruit, letting all come to a boil. Drain and add fresh water, barely enough to cover, cooking down till plums are tender. Strain through a flannel bag (over night if possible; a cheese cloth bag will facilitate matters but it must not be squeezed). Let cook down one-fourth; skim and add sugar in equal proportion to weight of fruit. When sugar has dissolved the juice will jell in twenty minutes or under.

PLUM JELLY No. 2

Use wild plums, the fruit or juice—one-third or one-fourth part plums—with juice of crab apples. This combination makes a beautiful colour and delicious flavour.

PLUMS SPICED

When making marmalade with plums that do not require soda (for bitterness or extreme acidity) save the water poured off after simmering to tenderness and cook down one-fourth or till rather thick. To a quart of this juice add a pint each of sugar and vinegar, a teaspoon of allspice and one-half teaspoon each of mace, cloves, and cinnamon. Pour, after boiling thirty minutes, over fresh, ripe plums which have (each) been pricked in several places. Place in heated jars; cover and let stand twelve hours; drain; re-cook syrup and pour over plums. Repeat, letting syrup thicken to one-half the last cooking. Seal while hot. A syrup of the sugar and vinegar may be used without adding fruit juice.

PLUM BUTTER

In jelly-making the plums left may be put through a sieve, then placed on stove with equal quantity of sugar, cooking an hour or longer, till thick as desired. This may be spiced if liked. (See Peach Butter.)

PLUM CATSUP

To four quarts plums (preferably damsons) add one quart water, cooking very slowly till fruit is tender, when press through coarse sieve and return to kettle. Add one pound sugar, one-half teaspoon each of cloves, allspice, and pepper, and one of cinnamon. Cook till thick as wished and bottle while hot.

WILD PLUM CATSUP

To each five pounds of plums take two and one-half pounds sugar cooking, crushing, and putting through sieve. To each quart of juice add a generous half-pint of vinegar and spice to taste. Cook twenty minutes and bottle.

PLUM PASTE

For this use tart but juicy plums and cook in their own juice until soft. Remove stones and press pulp through sieve; weigh, and replace on stove. Allow and set aside half this weight in sugar. Cook pulp slowly an hour before adding sugar; let latter dissolve and boil one minute. Pour the mass into earthen dishes in quarter-inch thickness, and dry slowly in cool oven. Remove and pack away for use in ornamenting puddings or cakes or to dilute and serve as sauce.

PLUMS DRIED WITH SUGAR

Cut open plums of some sweet variety, but do not remove stones. Place on plates and sprinkle sugar over fruit, setting in a slow oven. The sugar will be absorbed by the plums, when add more sugar and repeat as long as there is juice sufficient to take it up. Pack in layers in jars.

TO DRY PLUMS WHOLE ("American Prunes")

Take ripe purple plums and spread on earthen dishes. Dry in the sun, putting them out each day to dry eight or ten hours, or use a cool oven, turning the fruit over frequently.

PLUM LEATHER

Remove the pits of thoroughly ripe greengages and mash the fruit, then proceed as with peach leather. Add sugar to the plums.

PRESERVED PLUMS

With the common wild or blue plums they may be steamed or dropped for a minute or two in boiling water to loosen the skin, which may then easily be removed. After this proceed as with other preserves.

With other plums prick the skins in several places with a large needle to keep them from bursting, then place in

layers in preserving kettle, allowing same amount of sugar. Let all come to a boil slowly; take out plums with skimmer; drain, and spread on plates in the sun. Cook down the syrup slowly for half an hour, skimming often; place plums in this for ten minutes (boiling them). Drain and dry as before and when quite cold place in jars, heated pouring the boiling syrup over the fruit and sealing a once.

PICKLED PLUMS No. 1

Pour over hard, unripe plums which have been washed, dried, and pricked in a number of places, boiling, spiced vinegar, repeating three times.

PICKLED PLUMS No. 2

Plums of any kind may also be pickled like cherries (cold), placed in jars in layers, alternating with layers of sugar; cold vinegar poured over, and sealed.

BRANDIED PLUMS No. 1

Select greengages which are full-sized but still hard, and place in layers in jars. To each pint of white brandy allow two and one-half ounces granulated sugar; pour over and seal tight.

BRANDIED PLUMS No. 2

Make a syrup as for preserves. When thick add two-thirds part of brandy and pour over the fruit.

PLUM WINE

To four gallons of damsons add five and a half gallons of soft water. Simmer till tender, when strain; add fifteen pounds of sugar and six ounces red tartar. Strain and let ferment as with other wines. Or a syrup may be made of the sugar and water and cooked with the plums two

hours. One-fourth pint of yeast may be added to this and let ferment ten days covered. With either formula the bruised kernels of half the plums should be added to the mixture and let stand till after fermentation.

PLUM BRANDY

Simmer two gallons of greengages (in barely enough water to cover) till soft. Add two pounds sugar and a gallon of brandy and let stand corked three months, when filter.

Or cover two gallons uncooked mashed plums with one gallon of brandy, adding the cracked stones and kernels, letting stand as above.

PLUM VINEGAR

For two quarts of plums allow a gallon of water and let stand twenty-four hours. Add one-half pint sugar for each gallon of liquid; place in barrel in warm place (where it should be shaken each day while fermenting.)

PLUM TRIFLE

Cook plums slowly till soft when rub through sieve and let cool. To each cup of pulp add the whites of three eggs beaten stiff and a little sugar. Drop a spoonful of this on cups two-thirds full of a simple custard, letting the fruit meringue heap up well. Serve cold.

PLUM DUFF

Mix with a sweet soft biscuit dough chopped plums (fresh or dried), using one quart of plums to each pint of flour, and tie up in a well-dredged pudding cloth, boiling hard three hours. A simple stiff batter pudding (see Introductory Recipes) may be used with the fruit instead.

PLUM PUDDING

See Raisins.

PLUM CAKE

See Raisins.

PLUM ICES

Crack half the kernels and bruise the pits, boiling them in the syrup or hot milk to extract the flavour, then strain. With damsons use no pits. Then proceed as for general directions in Introductory Recipes.

GENERAL DIRECTIONS

For tarts, puddings, and all other forms of fruit dishes see Introductory Recipes or these for other fruits.

PRUNE RECIPES**PRUNE SOUP No. 1**

Soak one pound of prunes in one quart of cold water, first washing well. In the morning place on the back of the stove with an additional generous pint of water, letting come slowly to the simmering point. Add a little cinnamon and lemon peel and two tablespoons sago or tapioca, letting barely simmer until prunes are tender and the sago or tapioca clear, when stir in one-half cup of claret; let boil up, then remove immediately and serve.

PRUNE SOUP No. 2

Use one-third prunes and two-thirds peaches, fresh or dried, if the latter, soak, simmer; and mash to a pulp through a sieve. Dilute with boiling water; two pints to each pint of fruit and thicken with a dessertspoon of cornstarch.

FRUIT RECIPES

STEWED PRUNES

Wash well, then soak over night and stew (whole) in same water with juice of an orange or a little sherry, and English walnuts.

PRUNES SPICED

Prunes may be very simply spiced by stewing, as above, with the addition of a little lemon peel and a half-teaspoon each of allspice and cinnamon, or spicing as for plums, pears, etc., allowing a cup of vinegar to each pint of the dried prunes. (See plums, etc.)

STUFFED PRUNES

Soak large prunes over night then make an incision at one end large enough to remove stones, and fill space with chopped nuts and sugar; roll the prunes after this in sugar, then dry. May be kept ten days before using.

PRUNE CROQUETTES

Stiffen prune pulp (prepared as for soup) with fine cracker or breadcrumbs, adding also, if liked, chopped nuts; roll in egg, then in crumbs, and fry in deep kettle of boiling fat.

PRUNE BETTY AND BREAD PUDDING

Make first as for apple "Brown Betty." For bread pudding see Introductory Recipes, and Pear Bread Pudding.

PRUNE DUMPLINGS AND SUET PUDDING

Make as directed in Apple and Peach recipes.

PRUNE PONE OR BREAD

Scald one-half pint cornmeal; stir into it two cups of flour (preferably one of graham and one of white); one-half cup molasses; one cup each sour milk and washed,

chopped, dried prunes. Use with milk one scant teaspoon soda. Steam in a mould three hours or bake two (moderate oven). Serve with sweet sauce or rich milk.

PRUNE CAKE

Have ready a cup of chopped nuts and two of chopped, dried, steamed prunes. Alternate these in layers with cake batter made with three eggs, one and one-half cups sugar, three-fourths cup sweet milk, one-half cup butter, and one teaspoon baking-powder sifted through three cups of flour. Bake in moderate oven till done through. Or this may be all stirred together.

PRUNE ROLL

Make as for Apple Roly Poly, baking or steaming.

PRUNE SHORTCAKE

Flavour stewed prunes with orange, cherry, or other tart fruit juice, mash to a pulp and serve as for strawberry shortcake. (See Strawberries.)

PRUNE TART

Line sides of baking-dish with pastry and fill middle of dish with fresh or soaked, pitted prunes. Sprinkle over them sugar with a tablespoon of flour and bake. When fruit is tender and juicy pour over it the yolks of three eggs, beaten with a spoonful of cream, one-half cup each of sugar and cake crumbs. Bake till done when place on top a meringue made with the whites of the eggs and half a cup of sugar flavoured with vanilla. Let brown.

SHERRIED PRUNES

Wash, then soak prunes over night, simmering next day, in very little water, till tender enough to pit. Have soaking

FRUIT RECIPES

a half-box of gelatine (this quantity to each original quart of prunes put to soak) and place prunes with the gelatine in stewpan till gelatine is thoroughly melted. Add a heaping teaspoon of sugar, the grated juice and rind of two oranges and one-half cup of sherry; remove from fire; let cool, then place on ice to chill. This will not make a solid form but should be of the consistency of thick custard.

PRUNE SPONGE

This may be made with the prune pulp instead of the whole fruit. (See Introductory Recipes.)

PRUNE GELATINE

Allow one-half box of gelatine to each pound of prunes which should be soaked over night (after thorough washing), simmered fifteen minutes, and pitted. Have the gelatine soaking in cold water—one-half pint of water to each half box of gelatine—and when soft pour on it one pint of boiling water with juice of two lemons and one and one-half cups of sugar. Let cool, stirring till it thickens slightly when place half of this in a wet mould. When firm lay on it the prunes and pour over them the rest of the jelly.

The gelatine may be made into plain lemon or wine jelly. instead of being merely flavoured with lemon. Serve with whipped cream.

PRUNE SOUFFLÉ

Take one-half pound stewed prune pulp (prepared as for soup); add juice of one lemon, three-fourths cup of sugar, and the stiff-whipped whites of four eggs. Turn into the soufflé dish, sprinkling sugar over the top and baking in brisk oven ten minutes, or till brown.

INDIVIDUAL PRUNE PUDDINGS

Make as above but bake in cups or ramekins, serving cold with whipped cream.

"PRUIN SAUCE" (Squire Hardcastle)

"Certainly there is no better relish for game, mutton, lamb, fowls of every sort, even roast pork, provided it be tender and crisp enough. Wash a pound of small prunes and put them on in plenty of cold water with the juice of two lemons and their thin yellow peel, four blades of mace, two dozen whole cloves, and a bunch of whole allspice, reinforced with a single peppercorn. Cook for two hours, simmering gently and filling up as the water wastes. Then put in two cups of sugar and simmer another hour until the syrup is thick and rich. Then add a half cup of cider vinegar, let boil five minutes, and your sauce is done. It is in truth a very rich, sweet pickle, which will keep indefinitely.

Martha McCulloch Williams."

PRUNE SNOW

This is made as for Prune Soufflé but served at once, *uncooked*.

PRUNE ICES

For a simple ice simmer one pound of prunes till tender, remove pits, and put through coarse sieve. This may be used with the foundation syrup for water ices, adding juice of one lemon for each pint of the mixture. It may also be added to the foundation ice cream or custard (see Introductory Recipes), or the stewed prunes, pitted, may be packed and frozen (whole) with the addition of any tart fruit juice.

GENERAL DIRECTIONS

For custards, tapioca, etc., see Introductory Recipes.

CHAPTER VIII

THE NORTHERN PAPAWE (*Asimina triloba*)

THE common wild Northern, American papaw, *Asimina triloba*, belongs to the *Anonaceæ*, or Custard Apple Family, which has very interesting tropical members—in fact, according to Gray, they are “all tropical except the single genus, *Asimina*, Papaw of the United States.” Yet the tropical papaw of the West Indies, the *Carica Papaya*, is an entirely different fruit—not related, as so often supposed to be.

The wild Northern papaw inspires extremes of admiration or dislike as a fruit food, but those who decry it are very often those who once were too fond and over-indulged in its richness. Northerners are not accustomed to using it in any way except “out of hand,” but it may be baked or used in delicate desserts such as gelatine, cornstarch, or egg combinations, even using it as filling for tarts. For tarts it may be spiced and used as is pumpkin-pulp (cooked) for pies.

The papaw has fine tonic qualities but it is so rich and nourishing a food that it is anything but “light” and should not be used in great quantity in connection with other concentrated, or with lighter foods, if the latter “spread the board” in great abundance.

CHAPTER IX

THE WILD NORTHERN PERSIMMON

Diospyros Virginiana

THE wild Northern persimmon ("*Diospyraceæ*," generally considered of the Ebony Family) is a very nourishing, attractive and delicious fruit after being touched by frost when in its sweetness and form it proves the applicability of its nickname, "Date Plum." It has enormous riches of sugar and is fattening as well as toothsome—all of which the 'possums and other wild creatures discovered centuries ago. These veritable sugar-plums, the familiar, oddly wrinkled lumps of sun-transmuted astringency which hang temptingly among quaint, tinted leaves, may be used in a number of ways for the table.

It must be remembered always, however, that the persimmon is a "hearty" food, containing concentrated riches—chiefly of sugar—and so may not be eaten in quantity indiscriminately. Properly treated it will keep a long time and its possibilities as a food will surprise those who care to experiment affectionately with it.

To dry it for future use hang in a cool, dry place, then use it uncooked, or in cookery as is the Kaki, or Japanese persimmon, or the date. It may be fermented by the usual processes for wine, beer, and vinegar. The seeds, browned in the oven and ground, are in some parts of the South used as a substitute for coffee.

CHAPTER X

THE GRAPE (*Vitis*)

THE grape (Nat. Ord. *Vitaceæ*) is by common consent ranked next to the apple in point of concentrated health value; by many it is put first and no fruit has been so widely used as a systematic "cure," one recognised by the medical profession as filling perfectly the promise or meaning of this term. The foreign, scientific and practical method of taking this treatment, under the care of physicians, is no more unusual than the taking of mineral waters at resorts established in the vicinity of medicinal springs. Its health-giving qualities were known ages ago and its habitual use in the form of the simple fruit, the unfermented juice, or wine, are mentioned familiarly in the earliest Biblical and secular historical records. The old Greeks and Persians valued it and preserved the fresh fruit as far out of season as possible, making also a syrup which contained its fresh flavour and aroma.

In the grape-cures different kinds of grapes—those varying in sweetness, etc., are used, as individual cases seem to require. Some grapes contain as high as 30% of sugar or as low as 10% and this element is one of the most important contained in the fruit. There are also in it albuminous matter, gum, dextrine, tartrates of soda, potash, phosphoric acid, lime, magnesia, and iron, and a large per cent. of water. In addition, as Holbrook states, "No grape is entirely devoid of the vinous acid, similar to the malic acid of the apple," and "some grapes contain considerable tannin and fatty oils." The colouring matter

exists in but slight quantity. Genuine cream of tartar is the "natural salt of the grape" and tartaric acid, which occurs in grapes in an acid potassium salt, is prepared for commercial use from "tartar or *argol*, an impure acid potassium tartrate, deposited from wine, or rather from grape juice in the act of fermentation" (purified by chemical process). *Fownes' Manual of Chemistry*.

Lemons and grapes contain most abundantly the potash salts of which all fruits have important quantities, and of these two fruits grapes are better fitted for use as food proper and are perhaps adapted to a larger percentage of the human beings whose digestive organs are in need of repair. For this reason the grape has been chosen as the most attractive and direct method or vehicle for the conveyance of potash salts into the system and by means of it wonderful results—yet *not* surprising—have been accomplished. Both the water and sugar of the grape require virtually no digestion but are taken "almost at once into the blood." The kidneys, liver, intestines, and other organs are cleared and strengthened by the mineral elements of this fruit; in fact, if the grape were a patent medicine more could hardly be claimed for it as, in addition, it is recommended and given to cure almost every form of respiratory ailment, for the nerves, the blood, the spleen, and for skin affections. The grape-cure proper limits the quantity of grapes given as well as the variety of grape and restricts patients in regard to other foods although taken in conjunction with a prescribed diet of wholesome dishes. Without doubt, where any serious affection seems to obtain, the grape-cure or grapes in any unusual quantity should be taken under the direction of those familiar with the physiological effects and benefit, or otherwise, in relation to special conditions, although in "health or general ill-health" where a tonic is needed, the grape is almost invariably helpful.

(As food for stock-grape seeds are considered as good as oats in some portions of Europe, and, dried and ground, are used by peasants as a substitute for coffee).

Raisins are the dried form of grape as prunes are of certain plums, and, like prunes, dates, and dried figs, etc., contain concentrated food value. They have more protein, fat, carbohydrates, and ash than prunes and more fat and ash than dates, figs, or dried apricots, ranking in fuel value close to them. (See W. O. Atwater's and M. E. Jaffa's tables of food values appended.) Raisins are an excellent diet combined with other foods, furnishing sufficient sugar of themselves to sweeten most dishes, but they should be either cooked till the skins are thoroughly tender or, if eaten uncooked, the skins should be eschewed as well as the seeds, as neither one can be recommended as readily digestible.

The commercial name of the *Passulæ minores*—the smaller, dried, reddish or bluish, sweet, thin-skinned "berries" of the grape—is Corinthian raisins or Zante Currants, the first name being directly derived from Corinth, near which place they were first raised, and from their resemblance to garden currants (see Currants or Berries); though some authorities claim the naming of currants from these grapes, reversely. The "currants" of commerce are dried in the sun and packed when their food value is positive and concentrated, similar to that of raisins. If eaten with regularity it is claimed they are blood purifiers as well as nourishment. Those who suffer from uric acid troubles are sometimes advised to eat certain quantities (up to eight ounces) daily. They may be served alone, scalded, or as adjuncts to other dishes, but, while the skin is thinner than that of raisins they should be thoroughly masticated and in the case of use for children, previously softened or chopped.

GRAPE RECIPES

TO PRESERVE GRAPES UNCOOKED

There are several methods of doing this and the attempt is worth making as grapes uncooked are at their best in flavour and health-giving elements. Unfermented grape juice the next best method of keeping the full grape value.

GRAPES IN SAWDUST, SAND, ASHES, AND COTTON

An old-fashioned method of keeping grapes (which, at the start, must be without blemish) was similar to methods now used with white grapes or those shipped any distance: packing in bran or sawdust thoroughly dried in the sun or moderate oven, then allowed to cool perfectly, spreading a layer of sawdust on the bottom of a box, then a layer of the fruit, with bran or sawdust between so that bunches cannot touch. The last layer of bran should be rather thick and the top of the box screwed on so that the grapes may both be air tight and not jarred more than necessary. Fine, well-sifted wood ashes and sand were also formerly used in this manner and not infrequently cotton wadding was employed in the same way.

GRAPES SEALED WITH WAX

Have ready hot sealing wax and in it dip the cut ends of each bunch-stem. Remove all imperfect grapes and place bunch in a bag of thin paper or a sheet of some soft paper, gathering it up at the corners and tying around the stem snugly, fastening to the latter a string by which it may be hung till needed. Keep fruit if possible in a cool, dry, dark place.

BOTTLED GRAPES (*Country Life in America*)

French vine growers, according to *Country Life in America*, preserve grapes by leaving five or six inches of stem

when cutting the bunches. These stems are inserted in large-mouthed bottles of water, the grapes themselves hanging outside, and the bottles are placed in racks in cellars where there is a uniform low temperature.

UNFERMENTED GRAPE JUICE No. 1

Heat the thoroughly ripe grapes slowly—in a double-boiler or crock—on the back of the stove or in a slow oven. When the skins are tender strain through cheese cloth bag without squeezing. When juice has been replaced on stove and is at boiling point, add half as much sugar as juice. Let dissolve perfectly then seal while hot.

UNFERMENTED GRAPE JUICE No. 2

Wash, crush, and heat the fruit, simmering for thirty minutes. Crush again, strain, and squeeze hard through a bag. Replace juice on stove, let boil and skim, then add one-fourth pint of sugar to each pint of juice, letting dissolve and boiling about six minutes. Fill heated bottles and seal at once.

UNFERMENTED GRAPE JUICE No. 3 (Without Sugar)

Mash, boil, and press grapes. Have bottles ready on a false wooden bottom in a large boiler. Fill bottles with the cooled juice, pour cold water in the boiler up to the necks of the bottles, let the whole heat, and boil for ten minutes. As the juice may evaporate the bottles should be filled up from one special bottle. Cork and seal while hot.

UNFERMENTED GRAPE JUICE No. 4 (Without Sugar)

A second method of preserving the juice without sugar is to mash the fresh grapes before heating them. Strain off the juice, then heat to boiling point as above.

FRUITS PRESERVED IN GRAPE JUICE (Miss Parloa)

No sugar is needed when fruits are put up in grape juice. Heat grape juice till reduced one-third (six quarts reduced to four quarts), then place in it the prepared fruit (as for other preserves). Have it well covered with juice and slowly boil till the fruit is translucent and tender, when place at once in heated jars and seal.

CANNED GRAPES

Canned grapes give excellent flavour, the juice resulting after standing some weeks being, if properly made, like a sweet wine. Wash and cut grapes from the bunch leaving a bit of stem on each. Make a syrup with a quart of water to each pound of sugar. Place the fruit in heated jars in an outer vessel of cold water and let heat gradually. Fill nearly full with the syrup and let cook ten minutes; add more syrup and seal immediately. (White grapes or seedless grapes are very delicate prepared this way or in grape juice.)

HOME-MADE TOKAY

To each quart of grape juice add one pound Sultana raisins, chopped. Let stand in a tub or jar two weeks, stirring each day several times. Strain and place in cask with loose bung for four days then stop tight for eight months and it will be ready to bottle. If not then clear settle it as for peach wine.

GRAPE WINE

To a gallon of grapes—wild or cultivated, and stemmed—allow a gallon of boiled rain water. Mash the grapes and let stand in the water a week, not straining all this time. Then strain and allow for each gallon of liquor three pounds of loaf sugar. Place in cask in warm spot. When fermentation ceases close bung.

FRUIT RECIPES

CATAWBA WINE

Allow a quart of soft water to each gallon of crushed fruit. Let it stand one week; strain, and to each gallon allow a pound of loaf sugar. This should be fit to bottle in a year.

RAISIN WINE

To each thirty pounds of chopped raisins, stemmed, dried, and well looked over, allow three gallons hot water, steeping in this a day and night. Strain and press without bruising seeds; add an ounce of crude tartar; place in barrel and set in a warm spot. Add two gallons additional of hot water in which has been dissolved three pounds of white sugar. Let ferment; cover with a blanket; place bung in tight and let stand three months, when rack off into a clean barrel and close tight. Fit to bottle in a year.

SHERRY OF RAISINS

To each quart of soft, boiled water, when cool, add a pound of raisins chopped, letting stand four weeks, stirring often. Strain liquor from the raisins and place it in a sealed jug. In a month rack it off, being careful not to disturb the sediment. To each five gallons allow the juice of six oranges and the rind (which should have stood twenty-four hours in a quart of brandy). Stir in also three pounds of loaf sugar for this quantity and mix all well, placing in a cask and bottling in four months.

GRAPE VINEGAR

For this use wild grapes, pressing out juice, boiling down till one-half the original quantity. To three-fourths barrel add three gallons of molasses; put in a warm place to ferment, after which close the bung.

GRAPE CORDIAL

To every quart of unfermented juice allow a tablespoon each of cloves, cinnamon, allspice, and one-half pint brandy, Let boil up before adding brandy. Seal.

HOT GRAPE PUNCH

Use three sliced oranges for each quart of grape wine and several broken sticks of cinnamon. Heat the spice and grated rind of the oranges with the wine; strain, and add the sliced oranges.

GRAPE CATSUP

To each five pints of grapes allow one pound of sugar, a half pint of vinegar, and one-half ounce each of cinnamon, cloves, and mace. Boil sugar and vinegar together fifteen minutes. Heat the pulp and skins meantime; let cool and rub through a colander; add this to the vinegar and sugar, cooking twenty minutes. If too thick reduce.

GRAPE CHUTNEY

Use one quart of seeded grapes (not yet ripened, though full-sized) and one and a half pounds of tart apples. Place in preserving kettle with an ounce each of garlic, grated horseradish, ginger, mustard, four of salt, one salt-spoon of cayenne pepper, a pint of vinegar, and one cup of stoned raisins. Simmer slowly till thick when rub smooth, add one-half pint brown sugar, and let stand a week (in earthenware), stirring each day. Then place in small jars and cork, putting away in a dry, dark, cool place.

GRAPE BUTTER

Simmer the pulp of grapes (either green or ripe) till tender; put through a colander, then add skins and cook

till tender, when the sugar must be stirred in, allowing one-half pound to each pound of fruit. Cook till thick and seal.

SWEET GRAPE PICKLE

To seven pounds of grapes allow four pounds of sugar and one quart of vinegar. Tie spices in a thin bag and cook with the syrup. Pour the latter, when thick and boiling, on the grapes. Remove, re-heat, and pour again over the fruit for two successive days, then seal.

GREEN GRAPES PICKLED

Have the grapes (not yet coloured but full-size) stemmed, washed, and drained and let stand in brine twelve hours, when drain and rinse. Spice vinegar as for other pickles but let it get cold before pouring over the grapes.

SPICED GRAPES

The whole grapes or the pulp alone (put through a colander) may be spiced, proceeding as for spiced apples, plums, or prunes.

WILD GRAPE JELLY No. 1 (With Crab Apple)

Wash, stem, and heat grapes, adding to them one-third part crab apples, simmering together with barely enough water to cover and keep from burning. Crush the fruit gently and cook till soft and breaking—about two hours. Strain without squeezing, letting drip over night. Measure juice and let heat, skimming carefully. Allow one pint of sugar for each pint of juice and proceed as for other jellies.

WILD GRAPE JELLY No. 2 SPICED

Cornelia Bedford gives the following as vouched for "by an old housekeeper" (*Table Talk*, Oct. '05):

“Pick from the stems and wash sufficient wild grapes, which are still slightly green, to measure one peck. Put them into a preserving kettle with one quart of vinegar, one-quarter of a cup each of finely broken stick cinnamon and whole cloves. Heat slowly to the boiling point and simmer until the grapes are soft. Turn into a bag made of two thicknesses of fine cheesecloth and let drain without pressing. When no more will drip through put the clear juice over the fire in a clean kettle and boil for twenty minutes. Have six pounds of granulated sugar spread on shallow pans and warm it without melting in the open oven. When the juice has boiled as directed pour in the sugar, stir until dissolved, boil for five minutes, and pour into glasses.”

RIPE AND GREEN GRAPE JELLIES

For the darker, sweeter jelly take ripe, dark grapes; for lighter, tart, jelly grapes still green should be used. The tartness and colour may be varied by using part of each. Allow one and one-eighth pounds of sugar for each pint of juice of ripe grapes and pound for pint of the tart.

GRAPE AND ELDERBERRY JELLY

Use half and half of green grapes and elderberries and proceed as for the usual form of jelly-making.

GRAPE JAM

Heat grapes over boiling water till soft, then simmer gently thirty minutes. Let cool a little and press through colander. Weigh pulp, allowing one and one-eighth pounds sugar for each pound of pulp. Cook together, simmering and stirring carefully till it thickens into jam consistency, when place in small jars. Either ripe or green grapes or half and half may be used for this (The wild grapes will not harden as well). Lemon rind may be added.

RAISINE

This is the famous French marmalade or "butter," using equal weight of grapes and pears. Simmer the grapes alone first, till soft, in just a little water, having washed, seeded, and stemmed them. Press through colander and add the pears, uncooked but pared, cored, and sliced. Simmer and stir till thick when sweeten and strain and place in jars.

BRANDIED GRAPES (White or Purple)

Remove all imperfect grapes from the bunches and prick each one left on the bunches in two or three places. Place a layer of powdered sugar on the bottom of the jars to be used, then put in a bunch of grapes, alternating sugar and grapes till jars are nearly full. Fill up remaining space with brandy; cover jars and set away.

GRAPE FARINA

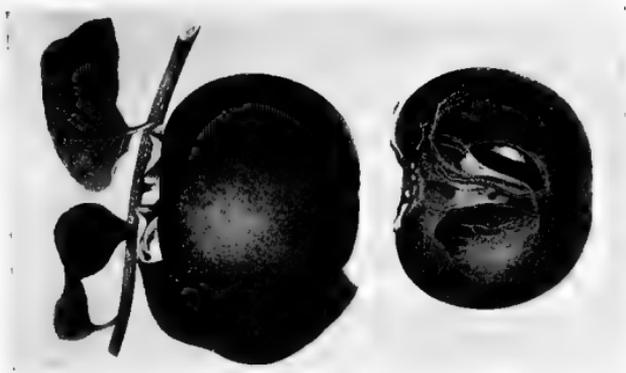
Stew clean, stemmed grapes till soft enough to put through a sieve. Allow for each cup of this two table-spoons of farina and proceed as for blackberry farina.

GRAPE SOUP

Allow a half pint of sugar to a pint of water and simmer clear before adding a quart of grape juice (Press ripe grapes through a sieve) and juice of a lemon. Have softened a tablespoon of tapioca and simmer till clear with the juice. Remove and serve hot or cold; for the latter cooling and adding shaved ice.

GRAPE SANDWICHES

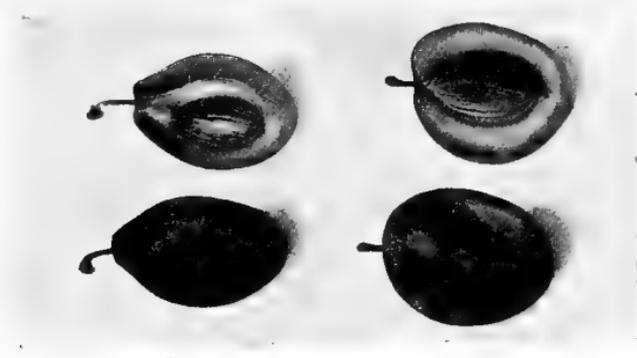
Seed and slice thin, skinned, white grapes; mix with chopped nuts and apples, binding together with French dressing and spread on buttered rounds of thin-sliced white bread.



JAPAN PERSIMMON



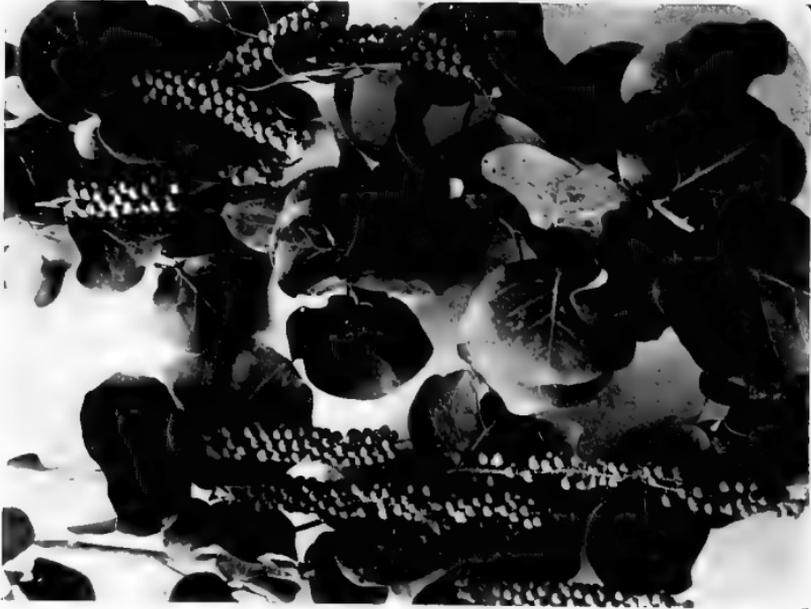
LOQUAT OR JAPAN
"PLUM"
Mespilus Japonica



PRUNE



SEA OR SHORE GRAPE TREE



SEA OR SHORE GRAPES

SNOW GRAPES

Wash and dry carefully bunches of grapes, large or cut into smaller clusters. Fasten a looped string to each stem. Whisk the white of an egg partially and in this dip the clusters then sift over them powdered sugar till they are thickly covered. Hang by the strings over plates or lay on platters and set on ice for several hours.

GRAPE SHERBET OR WATER ICE

Make a syrup of three-fourths pound sugar to a pint of water. When cool add one pint of grape juice and freeze. A tablespoon of orange or lemon juice brings out the flavour. For the sherbet add the usual whipped eggs when half frozen.

GRAPE ICE CREAM

This may be made with the fresh or preserved grape juice. Prepare a simple custard or ice cream foundation (See Introductory Recipes). Sweeten well when put on the stove; let scald, and cool, then partly freeze before adding the grape juice (in proportion of one pint grape juice to one quart of ice cream or custard mixture).

RAISINS STEWED WITH APPLES

See Apples.

RAISIN-CURRENT JAM

See Currants.

SAUCE OF RAISINS AND CURRANTS

Stem and mash a quart of ripe currants and place with them three-fourths pound of brown sugar. When these have come to boiling point, and have been skimmed mix in three-fourths pound of seeded raisins or the smaller

seeded raisins. Let all cook together till raisins are thoroughly soft, skimming well and stirring after skimming. Let cool and serve as sauce or dessert.

RAISIN WINE AND SHERRY

See Grape recipes above.

RAISINS AND RICE

To three-fourths cup of rice allow one cup of raisins. Have washed and dried the rice and place it in rapidly boiling water (two quarts, salted) for fifteen minutes, when it should be quite tender and flaky. Remove and drain in colander and steam over boiling water. Have the raisins washed and simmered till tender in just a little water. When the rice is done mix raisins and juice with it and serve.

RAISIN RICE PUDDING

Allow one tablespoon of rice to a quart of milk, salted. Boil together half an hour, then place in baking-dish with one cup of washed raisins and bake an hour, stirring frequently (a little sugar may be added if liked). The last half hour the crust should be allowed to form before stirring in; the last time let brown lightly and remove from oven.

ENGLISH PLUM CAKE

One pound of flour; four ounces each of drippings or butter, Sultana raisins and currants; six ounces sugar; two ounces candied peel of orange or lemon; two eggs; two teaspoons baking-powder; grated rind one lemon and a scant half pint of milk. Take an extra ounce of sugar (use for this the lump or cube sugar) and burn it brown in a saucepan, then pour in on it the milk; stir till it is coloured well; strain and cool it. Rub the drippings into the flour,

add sugar and the eggs well beaten, the Sultanas and candied peel, and milk. Bake nearly two hours.

ENGLISH PLUM PUDDING

One pound each of bread-crumbs, flour, suet, currants, and raisins; one-half pound each of almonds, candied citron, and sugar; one short pint West Indian molasses (New Orleans); one orange grated; eight eggs; one nutmeg grated; one teaspoon each of salt, cloves, ginger, and allspice. Prepare raisins and currants, then dredge with flour and mix with the chopped citron and blanched almonds. Mix the suet with the flour, crumbs, sugar, salt, spices, and orange peel, adding next the eggs, milk, and fruit. Scald and dredge a large, strong pudding-cloth and lay on it the pudding; tie well and daub the string-hole with dough. The pudding must be placed in boiling water and boil eight hours, but it may be boiled six or seven hours some days before needed and finished the day it is served.

CURRENT LOAF

To a quart of flour add a quarter pound of butter, and a half cup of sugar, rubbing in well. Scald a pint of milk and cool, adding a half pint of cold water. Dissolve in this a small yeast cake or tablet and add to the flour (making a very soft, thin dough), letting rise until light, which will be under three hours. Add two or three beaten eggs and a cup and a half to two cups of currants, floured, stirring and setting to rise again in a greased cake-pan. In two hours bake in temperate oven for about an hour.

CHAPTER XI

THE OLIVE (*Olea Europæa*)

TO STATE that the olive has from an unremembered limit of time been the symbol of wisdom, peace, chastity, and victory, is to concentrate volumes of panegyrics. And there are truly ages of experience eloquently suggested in the very repression of intensity of colouring possessed by the silent, dignified, mystic-looking gray-green trees which live on indefinitely through centuries. Typifying the fat of those lands "flowing with milk and honey" which across the seas stretch back into impenetrable dimness, and its fruit literally giving it forth, its leaves resemble rather the muscular tissues of ancient Greek youths whose graceful bodies were not permitted to accumulate unnecessary or soft flesh, for these slim, somewhat willow-like leaves are apparently almost devoid of sap, firm to the point of stiffness in texture.

The olive of European and Asiatic countries, now also thoroughly a product of American-Californian soil, growing, too, even on south walls in parts of southern England, is known to the world through its oil, its pickled and dried fruits. The first is often adulterated with those excellent oils of the cottonseed and peanut (which should be allowed to appear under their own names, however) and poppy and other oils, but the adulteration is the more easily detected that olive oil congeals at a higher temperature than the other oils. It is the fleshy part of the fruit instead of the seed which gives the oil and of this there are several grades, the virgin oil, or best grade, being carefully pressed from



LARGEST GRAPEVINE IN THE WORLD
One of the famous "Mission Grapes"



PICKING OLIVES



CALIFORNIA OLIVES

olives plucked before perfectly mature. Other grades are manufactured from whole olives at other stages or conditions, or from the already pressed pulp thrown into boiling water, from which the fat is skimmed, and some of the lower grades (for Castile and other soaps, etc.) are procured by certain processes of fermentation.

It is a matter of medical history that olive oil is nourishing, fattening, laxative, and easily digested; that it is soothing to the stomach and intestinal tract and lessens the harmful effect of acrid poisons or other harsh fluids. It is one of the greatest beautifiers known, a cupful each day building up the whole system, toning the nerves, and making the flesh firm—the skin soft. It is a soothing and relaxing food for the skin; in some countries is thought (so applied) to be a preventive of the plague and in the earlier stages of the disease to sometimes even cure it.

For culinary purposes it is in salad dressings that olive oil gives the artistic and gastronomic effects that tend toward health (when combined with sufficient simplicity) and enriches the blood. (For proportion and combination for salads see *Introductory Recipes.*)

The plum-like fruit of the olive when unripe and unpickled is not pleasing in flavour, resembling a combination of pepper, salt, and vinegar, with a peculiar acrid touch. But pickled the olive becomes with most people a much desired article of diet, acting as a spur to the palate as well as being a source of nourishment and by some claimed to assist in the digestion of other foods. (For *Imitation Olives* see *Index to Plums.*)

Olive wood is susceptible of an unusual polish which brings out strange, beautiful spots and streaks of cloudy black merging into green and yellow hues. The leaves and bark were once supposed to possess qualities similar to those of cinchona bark and the gum also was

thought to have health-giving elements. To-day only certain chemical extracts (prepared chiefly in France) call forth healing power from the leaves and in such preparations are sometimes given in fevers, but the gum is used almost entirely for perfumery where used at all, as among the Italians.

There is a species of American olive, The Devil-wood, (*Olea Americana*), which grows wild in some of the more southern states, which has a flower attractive for its sweet scent, and its fruit is considered fit subject for pickling.

Save the wild crab apple blossom the sweet or Fragrant Olive (*Olea fragrans* or *Osmanthus fragrans*) of Japan and China, has no rival in the botanical world in delicate yet distinctly penetrating and rarely exquisite fragrance.

CHAPTER XII

MELONS

THE national fondness for watermelons, for spicy nutmegs, and their kind is so intense; so inseparable seem our hot summer sun and gorgeously vivid melons, our negro population and gastronomic bliss from national prosperity, from each bit of soil and atmosphere American, that we have long since forgotten that both melon and negro were but adopted and adapted; that they were not as much our own originally as the Indians, as maize, cotton, tobacco, and potatoes. But, with our combined talents for foreign affiliation, amalgamation, and assimilation and our intense patriotism this could not fail to be. The tinge of the tropics which appeals to us in the multi-coloured, formed, and flavoured succulent dainties is entirely typical of our sunny Southern States and they also so richly riot over our broad North-land that it is difficult indeed to remember, even with some unusually concentrated whiff of musky spiciness from the smaller types of melon, that the whole group had an Oriental origin; that India, "the plains of Ispahan," "the floating islands of Cashmere"—all Asia—have presumably first claim. Lucullus is supposed to have introduced the muskmelon and nutmeg into Rome from Armenia, but the British Isles made their earliest acquaintance with this group (the smaller melons) in the sixteenth century, when taken there from Jamaica. It is difficult to state the exact date of the melon's advent into America but it is now so much one with the soil that we may be content to waive claim to its

origin and merge exact dates because of present riches.

Broadly speaking, there are three classes of melons, to the first belonging the larger, watermelons; to the second the muskmelon, canteloupe, and nutmeg group, and to the third the citron melons. All of them are members of the *Cucurbitaceæ*, or Gourd Family, to which, also, the pumpkin, squash, and cucumber belong. The watermelon, *Citrullus citrullus*, is, in a sense, "a thing apart," being considered a distinct genus. It is in this, with its many varieties, that we particularly revel in America. The Kaukoor (*Citrullus utillissimus*), is a favourite variety of melon in India. It is rather a small, oval, and yellow-meated melon of which both the flesh and seeds are prized: the former pickled or used in curries, or uncooked. The oily seeds, when round, form a farinaceous meal; the oil, extracted, is used for lamp oil; the seeds are also used medicinally. In Egypt and Arabia the favourite melon is the Chate (*Citrullus chate*) which much resembles the American watermelon.

Our grandmothers made good use of all three of the types known to the United States. The citron melon was especially esteemed for rich conserves. On the other hand it made the simplest of sauces. The canteloupe group was highly regarded as a basis for pickles and marmalades, and the watermelon as conserves or medicine. This last melon is particularly refreshing, arriving as it does with the greatest heat of the year. Unripe, like the muskmelon, (*Cucumis melo*) it is apt to produce unpleasant, colicky symptoms, but thoroughly ripe furnishes safety to the system with the carrying away of any feverish tendency. Among many foreign peoples, as formerly in our own country, the fresh simple juice is considered excellent for the liver, kidneys, and bladder, and the seeds, like those of the pumpkin and cucumber, "bruised and rubbed up with

water to form an emulsion," are given for catarrhal disorders. The Dispensatory of the United States (Wood and Bache) to-day recognises in its list of "unofficial" remedies, the refreshing and purifying qualities of watermelon seeds and states that an "infusion of two ounces, bruised, to a pint of water, may be taken *ad libitum*." The freshly expressed, simple juice and a preparation called "watermelon honey," or "*Arbooznyimiod*," are in high repute among the peasants of Russia and used in dropsy, chronic congestion of the liver, and intestinal catarrh.

The watermelon, though more bulky, and having one-tenth per cent. of fat where it is reckoned the muskmelon has none, has less of the richness of the fruit sugars, less ash, protein, and heat producing or energy value and in its very lack of actual food elements is one of the simplest, most wholesome of nature's purifiers.

(See tables appended for figures regarding food value of melons.)

RECIPES

TO SERVE CANTELOUPES SIMPLY

Cantaloupes should be placed on ice and thoroughly chilled, then cut in half and the seeds removed, being careful not to scrape out the delicate pulp nearest the seeds as this is the most spicy portion of the fruit. Place the halves on plates of cracked ice, reversing the usual order of serving ice in the hollow of the melon, as by this latter method the flavour is drawn out instead of preserved within the pulp.

TO SERVE WATERMELON SIMPLY (Three Ways)

1. Have the melon thoroughly iced, then slice across about an inch thick, remove the rind and cut the solid red

pulp into cubes, diamonds, hearts, or other shapes as desired. Place in salad bowl or individual dishes, dust with fine sugar, and serve at once.

2. Cut in inch slices across; remove rind and serve the heart (each large slice) of the red pulp in round or oval form; sprinkle with sugar. If cut into small rounds or ovals (inch length) sprinkle with maraschino and serve as cherries or plums.

3. If the melon is preferably to be placed upon the table whole it should be held lengthwise toward one; the knife inserted near the top and cut diagonally downward (instead of straight downward) toward the other end, leaving four or five inches as a base. Three inches to the left of the point where the knife was first inserted cut again, this time diagonally toward the far end of the first line of cut, thus making a pointed tongue. Continue to cut up and down in this manner until the melon is completely cut around, when two equal sets of points will result, and these jagged halves of the melon can easily be pulled apart. (The melon may be plugged or halved twelve hours before serving, filled with wine and let "ripen".)

NUTMEG BASKETS

Tie a string around the melons that the halves may be plainly marked to the eye, then from one end cut a strip (both ways) an inch wide and reaching to the string. Remove the side sections and from the baskets thus formed take seeds and "threads." Also cut the sweet pulp carefully so that it will be in dainty bits. Set the baskets and pulp, separately, on ice, and when ready to serve them fill the hollows with the pulp, and sprinkle with sugar, salt, or lemon juice as desired. Or, first treat with wine, as above, or use the Turkish flavouring on the cut cubes: two

tablespoons of brandy, one of ginger, and pinch of salt and pepper.

MELON ROLL

Whip stiff one pint double cream. See that it is quite dry before adding a half pint of melon pulp (mashed) and one-half cup of sugar. Freeze, and when stiff line a long, rounding mould with it. Fill in the centre with chopped melon flavoured with a little spice, wine, lemon, or other fruit flavouring. Place cover on securely, sealing with wax or butter, and pack it in salt and ice for several hours. When ready to serve it remove the frozen roll with a hot knife; slice across in inch slices and serve the circlets thus made.

MELON ICE RINGS

The small round melons (previously placed on ice) must be cut across in circles, the seeds carefully removed and the hollows filled with whipped cream or fruit ice just before serving.

MELON SURPRISE

Cut a slice across the top of the smaller melons to serve individually, or the larger ones as liked, so that this slice will form a lid. Scoop out the inside of the melons and fill with nutmeg or canteloupe ice, with wine, or any ice cream or whipped-cream mixture. If the shells are iced some time before and when filled set at once on ice, they may stand thus for some hours (lid replaced). A ribbon may be tied around the whole or knotted at the top.

WATERMELON HALF FROZEN

Break the ripe pulp of the melon into fine bits with a silver fork and place it in freezer without dasher. Let stand two hours packed in salt and ice and serve in sherbet glasses or the half shell of the melon chilled and garnished at base with vines.

WATERMELON SHERBET

Scrape all the red pulp of the melon, carefully saving the juice and having sufficient melon to give strength of flavour. Allow to one gallon of liquid a pound of sugar and freeze. (This may be varied by adding lemon flavouring and juice, or sherry.) When half frozen add the whipped whites of eggs (one for each quart of the mixture) and finish the freezing.

CANTELOUPE ICE

To one quart of melon pulp allow a pound of sugar and a pint of water. Make a syrup of the sugar and water, simmering five minutes. When cold add to the melon pulp and freeze.

NUTMEG COMPOTE

Make a syrup as above and while it is still hot lay in it cubes or strips of melon, simmering five or six minutes, then placing in serving-dish. Cook the syrup down till thick, add any flavouring desired and pour over the melon. Heap whipped cream on this and serve.

NUTMEG TART

Nutmeg or canteloupe prepared as above may be made into a tempting tart by lining a baking-dish with a delicate paste, baking, and then filling it with above mixture. Make a meringue with the whipped whites of two eggs and cup of sugar; place over melon, brown quickly in oven, and serve hot or cold.

MELON MOUSSE

Place the pulp of nutmeg, canteloupe, or muskmelon in preserving kettle with half the quantity of sugar. Stew down till rather thick; rub through sieve and replace on

stove. Have dissolved a half box of gelatine (for each pint of pulp) first softened in a little cold water, then more thoroughly dissolved by pouring on it a half-pint of boiling water and placing over steam. Add this to the cooked melon, stirring until it begins to cool and thicken, when place in wetted moulds; set on ice till firm and serve with cream. (Less gelatine may be used if preferred.)

MELON MARMALADE (Old-fashioned Recipe)

Take large citron melons, quarter, and remove seeds. Weigh, and to every pound of melon allow a pound of loaf sugar (double refined). To every three pounds of melons allow two lemons and a teaspoonful of ground white ginger. Grate the melon on coarse grater, not too close to rind. Grate off also the yellow rind of the lemons and add with the ginger to the sugar. Mix all the ingredients in a preserving kettle. Set it over a moderate fire, boil, skim, and stir until it is a very thick, smooth jam. Put it warm into glasses; lay a double round of tissue paper on the surface and seal the jars.

SMALL MELON PICKLES (Old Recipe)

Select muskmelons the size of black walnuts; prick well and place for three days in brine, when freshen and pour over them hot spiced vinegar.

RIPE MUSKMELON PICKLES (Mrs. Haskell)

With all melon pickles use about one teaspoon alum to harden four pounds of melon. Take hard muskmelons after they are sufficiently ripe to develop flavour, and slice lengthwise; scrape out seeds and lay melon in salt over night. Wash and wipe dry, then put in alum water one hour; wash and wipe dry again, cut in slices, and pack in glass jars. Pour over them a syrup of vinegar with

spices, and set in a boiler of cold water. Heat gradually to boiling; remove the bottles and cork as soon as cold. The melons may be peeled or cut in rings if preferred.

SPICED MELONS

Quarter, peel, and cut into preferred size the pieces of melon. When weighed place in earthen jar; pour over them cold vinegar and let stand over night. Then drain and for every seven pounds of melons make a syrup of three pounds of sugar, a teaspoon each of allspice and cloves, a little grated nutmeg, and a few bits of stick cinnamon. Boil several minutes after commencing to simmer. Pour this over the melons; cover them and let stand over night. Repeat this twice, the last time simmering until melon is tender and translucent, though firm. Place in heated jars and pour the spiced syrup over them, then seal.

MELON MANGOES

Take small green muskmelons; place in earthen or wooden receptacles and pour over them hot brine in which a little alum has been dissolved. Repeat twice and let stand in brine six days after scalding last time, when place in kettle; scald and let stand over night. Repeat this at intervals of several hours three times, letting stand last time twenty-four hours. Remove one section of the melon and scoop out the inside. Wash and soak twelve hours in acidulated water. Make a stuffing of onions, cucumbers, tomatoes, beans, horseradish, etc. Drain the melons. Place first in them a few cloves, cinnamon, ginger, white mustard seed and horseradish, then the filling. Replace and sew on the removed section; place melons in large receptacle, cut side up, and pour over them spiced vinegar (Place weights on them), letting stand six days. Drain and cover with unspiced vinegar for indefinite keeping.

PRESERVED CITRON MELON

To five pounds citron melon take three pounds sugar, nine lemons, two ounces green ginger root, and one tea-spoon powdered alum. Peel melon and cut into rather thin slices, boiling until clear and tender in water containing the alum. Drain and wash in cold water. Have ready a syrup prepared by cooking together the sugar and juice of eight of the lemons, adding grated rinds of three and the ginger root, and cooking until clear and rather thick. Place in it the citron melon with one sliced lemon; place the melon in heated jars; pour into them the boiling syrup and seal while hot.

CANDIED CITRON MELON

Follow the recipe given just above but slicing thicker, and when the melon has been removed from the syrup drain and place the cubes or strips in a heater or fruit-dryer or in the sun. When dry, after twenty-four hours dip again in the re-heated syrup and dry. This process must be repeated until the melon is sufficiently candied to keep by packing away in layers of oiled paper. On the care and length of process depends the success of the results.

WATERMELON PICKLES

Pare off the green part of the rind; cut the white part into strips of desired size and cover with boiling water in which alum has been dissolved. Let stand over night in this, then soak several hours in fresh cold rain water. Place in preserving kettle and cook in fresh hot water till tender. Have ready a syrup made of equal parts of vinegar and sugar. Cook in this a stick of cinnamon, several sliced lemons, (without seeds) and a little ginger-root. When thick and well flavoured place the drained melon in this and cook

till it is clear. Take out the melon; place in jars; boil down the syrup till thick; pour over the rinds and seal.

WATERMELON HONEY

Use the red portion only. Crush and strain it or cook down (with seeds) till very soft and then strain, cooking again till thick. (Three quarts of red pulp will make but about one-fifth pint of "honey.") This requires time and patience. Cool the honey, then proceed as with grape juice in bottling. It is best without sugar but a little sugar and lemon juice may be added, the "honey" alone not keeping so well.

WATERMELON CATSUP

Use the red and a little of the white portions, cooking down pulp and seeds till soft, when press through a colander and add spice, etc., as for grape catsup.

CITRON OR PIE-MELON SAUCE

Cut and pare the melon; place in double boiler with no water or barely sufficient to wet the bottom layer of pieces, and cook till soft. Add sugar and lemon juice or other flavouring. This approaches apple sauce in flavour and consistency. To vary the flavour add, instead of lemon, or with it, barberry, cranberry, currant, or raspberry syrup, when the melon begins to soften.

PIE-MELON TART

Make as for apple tarts, using the sauce made as above.

MELONS AS VEGETABLES

The half ripe melons of the canteloupe group may be used as are cucumbers and egg-plant for frying in egg and crumbs or in batter, or for scalloping, stuffing, and baking.

MELONS CURRIED

Use for curries, also, the half ripe melons. Peel and cut in small cubes or slices nearly an inch thick and fry carefully in a little butter. Prepare the curry in another saucepan, frying an onion (sliced) in a tablespoon of butter until a golden brown. Add to this the fried melon; sprinkle over it a teaspoonful of curry powder (or quantity preferred) and let cook up, covered. A little water or milk may be added if necessary.

MELONS FOR SALADS

The fully ripe fruit is delicious for salads, cut in cubes and served alone or with other fruits, as tomatoes or peaches or bananas. Serve with mayonnaise plain or flavoured with some *liqueur* or French dressing to which has been added a suspicion of Maraschino, or serve with whipped cream. (See Salads in Introductory Recipes.)

CITRON MELON IN JELLY

There is an unusual quantity of pectin in the citron melon which makes it of practical value in jelly making. Where fruit does not readily jell the addition of citron melon (proportion varying with fruit used, half and half; one-third, etc.), will make this end far more quickly attainable.

GENERAL DIRECTIONS

The melons of the nutmeg group stand half way between the vegetable marrow so valued by Europeans, (near which must be placed the squash and pumpkin), and the luscious sweetened melons which are classed with fruits, so that they may be used far more generally than usually supposed in sweetened croquettes, as for apples, and with cheese or nuts or eggs, as with vegetables, all of these, of course, giving meat value.

CHAPTER XIII

A CLUSTER OF BERRIES

THE little fruits classed scientifically or popularly as "berries" form a most exquisite group, beautiful in variety of form and colouring, delightful in rich fragrance or *bouquet* and in delicacy of flavour, appealing to and stimulating the appetite through every æsthetic sense; cooling, in refreshing the whole system; subtly satisfying the intellectual and physical natures alike. The chief members of the group, whether wild or cultivated, are the strawberry, blackberry, and raspberry (with subdivisions); the huckle- or blue- or whortleberry; the mulberry, cranberry, gooseberry, and currant; the elderberry and barberry.

THE STRAWBERRY

The strawberry, or *Fragaria* (Nat. Ord. *Rosaceæ*), while in its wild state not perhaps so lavishly generous with its riches as is the blackberry over both southern and northern latitudes, yet, speaking broadly, grows from the Arctic to the Antarctic zones; the mountains of Switzerland and even the Himalayas not too high or chill but that it may be found nestling close to Mother Earth, giving out beauty and charm in unexpected spots. It was, undoubtedly, this shy, rich sweetness—so free from tearing thorns—which stamped from the first with indelible favouritism the wild crimson berry, and its being found so amenable to cultivation, (therefore making its season long, from the width of belt from which it may be shipped,) gave it continued first rank in favour.

Its generic name of *Fragaria* was given it by the old Romans because of its inviting perfume. Its second baptismal name of "straw," by which we of to-day designate it, had also ancient origin of which, however, two explanations are given, one tradition asserting that it came from the Anglo-Saxon "*stræ*," meaning to stray (because of the vine's wandering habits), and from which we derive directly our English verb "stray." But the name is also said to have come from the old English custom of placing straw under the plants to mulch or to prevent the fruit from rotting.

It is not everyone who can eat strawberries, unfortunately, as their decided and peculiar form of acids does not agree with everyone, but these people are exceptions and should know that the addition of a little Cayenne pepper will not unpleasantly detract from the fruit and will very often prevent difficulties in the digesting of them. They contain such proportion of citric and malic acids and salts of lime that in general they are considered excellent for those of gouty or bilious temperament and even when acids are supposedly contra-indicated they prove acceptable to the system if taken with a small quantity of bicarbonate of potash (see Note 1: Preface). Holbrook states that the use of this berry cured Wilson, the ornithologist, of chronic malarial fever after the doctors had failed. Another celebrated cure, handed down among strawberry devotees, was that of the botanist Linnæus from gout, and patients of lesser note have been entirely relieved of liver troubles and maladies associated with the respiratory organs, particularly the lungs. One Swiss physician reported as restricting patients with serious pulmonary diseases to an almost exclusive diet of strawberries.

Wild strawberries are more readily digestible than almost any berry known and the red drops, like heart's

blood, seem to be congealed sunshine with all the therapeutic value of the sun concentrated in them. It seems a pity that they are comparatively rare and not usually to be bought in open market, although if they were to be had at every corner grocery most of their healing agency would have departed. Only by gathering them in their native haunts may all this value be given and received.

THE BLACKBERRY

If the strawberry, with its combined tartness, sweetness, brilliance yet shyness of beauty may be regarded as a feminine type the blackberry may as truly be said to possess masculine characteristics. The blackberry vine's vigour, its happy-go-lucky, sturdy habit of growth, its wandering prodigality, its riotous, rollicking insistence of right-to-be, and thorny defence against aggression are marked traits (modified, of course, by training) of the "eternal boy." The blackberry and strawberry might well be considered brother and sister since both belong to the Rose Family. The blackberry (*Rubus*) shows in its generic and "nick" names similar Roman and Anglo-Saxon associations, *Rubus* being connected with the Latin *ruber* (red), and "blackberry" derived from the Anglo-Saxon *blackberige* and Old English *Blackberye*. "Bramble," applied to both black and raspberries, takes its meaning from the Anglo-Saxon *brembel*, or *brember*, that which tears or lacerates.

The blackberry is rather unusual among fruits as being astringent instead of laxative; fruit, young leaves, and roots all partaking of this quality. It is said to contain iron and from its general tonic composition effectually tones up the system. The Greeks made from the pressed young shoots of the plant a thick syrup to be given internally for throat, mouth, and eye troubles, but more commonly the berries and roots have been used for various specifics,

particularly the roots for troubles related to dysentery. The sugar of the berries makes them more palatable and nourishing and the mild acids are cooling to the blood. Blackberry cordial is an excellent remedy for diarrhoea and blackberry wine is tonic in effect while the jams and syrups made from the berry are very pleasing forms of throat remedies. The decoction from the roots is prepared by "boiling down an ounce of the smaller roots, or of the bark of the larger, in a pint and a half of water, down to a pint; of which from one to two fluid-ounces may be given to an adult three or four times, or more frequently during the twenty-four hours." (Wood & Bache: U. S. Dispensatory.)

The Dewberry is but a variety, with sub-varieties, of blackberry, the coating of which is considered to resemble dew.

THE RASPBERRY

The Raspberry is very nearly related to the blackberry, a similar variety of the genus *Rubus*, having, again, sub-varieties in black and red raspberries and the wild cloud-berry and thimbleberry (the latter black in colour.) The fragrance and flavour of the red raspberry are rarely aromatic and delicate, but its seeds and coat are harsher than those of the blackberry. From this inherent roughness came its name: from the English "rasp." It is placed with the strawberry as to value in liver and gouty troubles. Syrup of Raspberries in various forms is considered very refreshing and purifying and, the seeds being removed in these preparations, the fruit is perhaps more wholesome than in other forms as well as being quite as attractive.

LOGANBERRY

The Loganberry is a cross between the black- and raspberry, one of the famous California hybrids. (Seed of

the Aughinbaugh blackberry and pollen of Antwerp Raspberry.) As yet it has not been found to ship well and in the East does not flourish as in California, where the fresh berries are much liked but are perhaps improved with cookery.

THE HUCKLEBERRY—CRANBERRY GROUP

The huckleberry or whortleberry, the blueberry, bilberry, or blaeberry, and cranberry are related, comprising in reality different groups of the *Ericaceæ*, or Heath family, though there is a vast difference between the mild, dark-hued, blue-coated berries and the crimson, acid variety of whortleberry and cranberry. The latest classification of these (F. V. Colville) is as follows: huckleberry: *Gaylussacia*; blueberry: *Vaccinium*; cranberry: *Oxycoccus*; farkleberry: *Batodendron*; deerberry: *Polycodium*. The whortleberries and huckle- or blueberries ("beyond New England commonly called huckleberries"—Gray) make excellent jellies and jams, may be dried and preserved otherwise, and in some parts of Europe a spirituous liquor is manufactured from them. A goodly per cent. of citric acid is contained in some varieties of whortleberries.

The cranberry, with its decided acids, has marked and valuable characteristics. It contains a large per cent. of citric acid and iron as well; is therefore strongly tonic and purifying and particularly grateful on long voyages or in the winter season when other berries are difficult or impossible to procure in fresh condition. From the Arctic's southern limits cranberries reach southward, instinctively being used in these colder regions as an anti-scorbutic. In Great Britain they form part of ship-stores for the same purpose. They are also excellent used externally, as poultices, in reducing inflammation. In Siberia and Russia wine is made from them and in Scandinavian

countries the peasants make both a business and a pleasure of gathering cranberries in the nightless days of their summer season, drying them (generally on endless strings) against the darker, colder season to come. They may also be preserved in clear water in jars or bottles, uncooked, and cooked of course variously.

THE MULBERRY (*Moraceæ*)

This berry is seldom appreciated, almost never ranked according to its true value as a fruit, possibly from its very convenience of accessibility and manipulation. Had it thorns it might be better loved. It was long ago taken from Persia to Italy and in Europe as well as Asia it has always been highly esteemed for its leaves as food for silk-worms and its wood for posts. For silk-worms the *Moris alba* (white mulberry) is chiefly known, though the black mulberry is also valued for the purpose. The black (*Moris nigra*) and the red (*Moris rubra*) mulberries are sources of food and drink not to be despised; for these purposes, indeed, the white mulberry is not to be mentioned beside them. The smaller black or red mulberry, though not so acceptable just from the tree, makes, like the large, black, luscious French mulberry (which is so delicious uncooked), most desirable jelly, preserves, and drinks. It is one of the most wholesome of berries, containing much potash—therefore recommended for throat troubles as well as for internal complaints—and is one of the richest, purest, most concentrated sugar manufactories among fruits, in quantity of grape sugar outranked only by the grape and cherry, the grape having from 10.6 to 19; the cherry 10.79; mulberry 9.19. (U. S. Dispensatory). The mulberry is laxative, its juice grateful in fevers when strained from the seeds, and its tartaric acid refreshing in health.

THE ELDERBERRY

The elderberry is one of the richest of the whole collection of berries in legendary lore, in mystical and practical charm, each part, from roots to flowers, giving out something of value as food or medicine, being possessed of indisputable medical properties, of remarkable qualities for flavouring or colouring, and as a food—in jelly, jams, etc., or wine, having unique elements of excellence.

The elder, or *Sambucus*, belongs to the Natural Order *Caprifoliaceæ*, or Honeysuckle Family, and its name, *Sambucus*, seems a fit one throughout the centuries, since it was taken from the old Greek name for one of the ancient musical instruments and it has been much used in Scotland and England for the manufacture of certain music-giving instruments, while boys all over the world know its inestimable value for whistles, and for pop-guns, or "pipes." Tradition says that it was once a tree but cursed and dwarfed by the hanging of Judas upon it. Other tradition goes further in claiming it as that of which the Cross was made, and even the mistletoe cannot lay greater claim to these storied reasons for being stunted.

The *Sambucus ebulus*, or Dwarf Elderberry, rather rare in the British Isles and almost unknown in America, possesses strong characteristics which make it desirable to avoid save under medical direction. In America the red-berried elder (*Sambucus pubens*) grows only in rocky woods of the more northern portions, but the black elderberry commonly known (*S. Canadensis*), with its striking, graceful clusters of flowers or fruit, is quite cosmopolitan (though, like the red-berried elder, masquerading under various nicknames, as "bourtrees"), the black varieties being virtually the same.

However unbelievable may be the many traditions and

charms connected with or said to be worked by the elder, one may approach understanding of the origin of these beliefs when even in these "enlightened" days it is claimed in Scotland and England that the leaves give out so strong and narcotic an odour or power that it is unsafe to sleep in their shade, and when, in America, the apparently innocent young leaf-buds are declared too much of a risk to put into the mouth. Possessed of such elements of possible danger, it might readily have once been considered its powers of evil were available for charms. The United States Dispensatory remarks (in list of Unofficial Remedies): "The juice of the berries has been used as an alterative in rheumatism, also as a laxative. The inner bark is in large doses emetic. It has been employed in dropsy, epilepsy, and various chronic diseases. The leaves are not without activity and the young leaf-buds are said to be "a violent and even unsafe purgative." The juice, also, of the root has been used in dropsy. There is so great an abundance of citric acid in the scarlet-fruited elder (*Sambucus racemosa rubra*), native of the south of Europe and Siberia, that M. Thibier Thibierge of Versailles proposed its use as a source of the commercial supply. Wine is made from both the flowers and berries (of the common black elder), the former rarely delicate, declared similar in *bouquet* and flavour to Frontignac. The juice of the berry is used to colour and adulterate other wines, and the berries supposed to improve ale, currant wine and jellies by their addition. Formerly they were made up into vinegars and sauces for meats; the flowers into ointment and elder-flower water (the latter still used in perfumes and medicinal decoctions); the tiniest blooms stripped and separated to mix in with and lighten pancakes or muffins, and in France, as packing or filling for certain delicate apples, they still flavour richly and spicily and beautify a

matter-of-fact present. The clustered, unopened buds of the flowers, and sometimes the unripe berries, were in olden days pickled to serve in the fashion of capers and a syrup or "rob" of the berries was considered excellent as a laxative, diuretic and cough medicine for children. Cooked, the young shoots seem to have none of the purgative qualities of the immature leaf-buds and the fruit uncooked is eaten in quantity with relish by Indians of western America although to whites its peculiar flavour makes it seem lacking until cooked with some form of spice or the acid of other fruit,

CURRENTS AND GOOSEBERRIES

The dried currants of commerce, so favourite an ingredient in cakes, puddings, and other dishes, are not related to the garden currant (although once in a while the latter is also dried for domestic purposes), being in reality a kind of raisin or grape (*Passilæ minores*) raised and dried in the Levant and exported from there in large quantities, as Corinthian raisins or Zante currants (see Currants under Grapes). Currants proper belong to the genus *Ribes*, of the *Grossulariaceæ*, these being the spineless, twin-relative of the spiny gooseberry. *Ribes* is supposed to be an Arabic name and, as a matter of fact, the currant grows wild in Asia, Europe, and parts of America. The name "currant" is, in Australia, applied to other (native) berries of that continent as well as to the cultivated, garden currants introduced from England.

There are red, white, black, and yellow garden currants, variously valued, the red considered best for most wines, shrubs or vinegars, and tart jellies; the white for simple dessert fruit, uncooked, and the black for medicinal decoctions, although the black currant is also much used in preserves, vinegars, etc., and in France a certain *liqueur*,

Liqueur de Cassis, is manufactured from it. All currants, like "red gooseberries," contain citric acid and there is a particular tonic quality in the black currant which is considered excellent for the kidneys and bladder, for promoting perspiration, and for inflamed throats. Currants and raspberries, combined, have become famous in several forms and the red currant is a great addition to various fruit jellies.

The gooseberry, *Ribes grossularia*, is especially famed and loved as an English garden fruit. Varieties of gooseberries wild are to be found in parts of Europe, Asia, and America, certain species growing in Japan, Siberia, India, and Canada, where they are made use of. Notwithstanding the general growth of the gooseberry over this wide expanse of territory, it seems not to have become known as a cultivated fruit until comparatively recent times; nothing definite being known regarding it until about two hundred years ago when attention began to be paid to it in Lancashire. Its name indicates an earlier French "residence" or transition period and claim upon French interest since "gooseberry" is supposed to be a corruption of the French "*groseille*," from which is derived the Scotch "grozart," or "grozet." In some places in England it is known as "feaberry." Pies and tarts made from it have become famous in rhyme and the annals of English domestic life would not be complete without frequent mention of the gooseberry, most delicious in its perfection. English it essentially now is, having attained its fullest beauty and richness in England and being comparatively little known in its most luscious form elsewhere, unless we except France. Gooseberry wine vies with champagne. In various preserves and vinegars it is excellent and it may be kept for a long time in the fresh state sealed in heated bottles.

THE BARBERRY

The beautiful Barberry (Nat. Ord. *Berberidaceæ*), with its brilliant red clusters of minute, juicy ovals of pulp, is known all over the world in temperate and colder climates except in Australia—either as the common Barberry or the Ash-leaved Berry, the latter, however, being insipid or unpleasant in flavour. The former, *Berberis vulgaris*, is not only extremely ornamental but its tartness is of decided value and so recognised, scientifically, in France, where malic acid is manufactured from the berries. A certain, smaller per cent. of citric acid is associated with the malic acid but the latter is its chief source of acidity and value.

These loose bunches of little oval berries are generally too acid and astringent to be pleasing as food in their natural condition of ripeness (admitting exceptions), but cooked, a syrup, preserves, jelly, and jam of fine flavour and colour are made from them, and in tarts they rival the cranberry. Also, some varieties are susceptible of being dried in the sun and kept indefinitely for future use. The bark and the root are used in tropical countries for tanning and dyeing yellow. Their juice is refrigerant and anti-scorbutic and they are used in fevers for their cooling effect and in diarrhoeas a preparation of them is frequently prescribed by some physicians because of the malic acid which so effectively kills germs of this type. In larger doses they are cathartic; in small ones tonic and laxative.

THE MAY APPLE

Another member of the *Berberidaceæ* is the American May Apple (*Podophyllum peltatum*), sometimes called mandrake but not related to the mandrake proper (*Mandragora officinarum*, Nat. Ord. *Solanaceæ*, or the Night-

shade Family) or the mandrake of the ancients, and the May Apple is the only species of the genus. It is also poisonous by report, so far as the plant itself is concerned, but the root is used medicinally, though too violent in nature to be safe except under medical direction. The *fruit* is *not* poisonous, however, and "may be eaten freely with impunity" (Wood and Bache). It deserves to be experimented with further, its flavour being delicious for marmalades.

THE CHECKERBERRY

The names: Checkerberry, Boxberry, Partridge Berry, or Wintergreen, are familiarly applied to two different berries, one the *Gaultheria*, of the Heath Family, the other the *Mitchella repens*, or Winter Clover, of the Madder Family. It is the former from which is distilled the oil of wintergreen and whose berries are so enticingly gay and spicy. The flowers of the *Mitchella* are pretty and scented but the berries, though edible and keeping all through the winter, become dry and tasteless. They possess medicinal virtues in being tonic and soothing and have been used in dropsy and other troubles.

THE WINTER CHERRY

The Winter Cherry, or *Physalis*, although of the Nightshade Family (*Solanaceæ*) is one of most picturesque of real food berries, a sweet, succulent morsel of yellow, green, purple, or red, hiding away in a dainty green or yellow nest, unsuspected by those unfamiliar with it. This Ground or Winter Cherry is a friendly little thing, making open overtures to cultivation, running wild by inherited habit but often entering gardens of its own accord and remaining, when encouraged, as a permanent resident. There are numerous species, among them the *Alkekengi*, or "Strawberry Tomato," or "Love Apple," and the "Peruvian Gooseberry,"

or *Physalis pubescens*, and they are known, wild or cultivated, all over the world, from the tropics of America and Asia northward, sometimes found in Scotland and other damp, cold latitudes. The Winter Cherry is excellent either in natural condition or "put up," and may be cooked by any method of which the general berry group is susceptible—with most satisfactory results to the palate. Also, this little "Winter Cherry" is "good for the health," being as cooling as its name. It acts wholesomely upon the kidneys and has been valued medicinally in other ways, as for gout and fevers.

HACKBERRY AND HAWS

The Nettle Tree, the *Celtis*, of the Nat. Ord. *Ulmaceæ*, (related to the elms) should be mentioned in the group of berries as its fruit, known in America as the Hackberry and Sugarberry, is edible and of most pleasing sweetness and aromatic flavour. It is at its best, like the persimmon, after frost.

The Hawthorn or *Cratægus* (of the *Malaceæ*)—known in varying forms over the world: as the White Thorn or English "May," the Blackthorn, the Yellow or Summer Thorn—the Scarlet Haw; with yellow, orange, purple, or red fruit—is more useful than is generally known. The fruit varies in size and flavour, but there are a number of the haws which make a pleasing breakfast or dessert-fruit, being used this way in the south of Europe and the Levant, and also in the manufacture of hawthorn liquor, an intoxicant, and as the basis of cookery concoctions, as tarts, proving their delicious possibilities. (The *Viburnum prunifolium*, of the Honeysuckle Family, related distantly to the elderberry, is sometimes called the black haw or sloe or stag-bush, though the two latter terms belong more

properly to the *Prunus spinosa*. It has not the pleasing qualities of the hawthorn "haws." The *Viburnum*, however, is considered very valuable medicinally, being a nervine and tonic.)

THE SERVICE BERRY (*Malaceæ*)

The Service or "Sarvice" Berry, is of interest in a peculiar way to Americans, in connection with the Mormons, who have for it a real affection since in their earlier days, when hardships and privations were continual, the Service Berry provided sometimes their entire food. Even when this extreme condition did not prevail the Service Berry constituted a solid food value which Utah will not forget. The New International Dictionary gives perhaps the best and most concise description of what otherwise might be a confusing matter, so connected are various forms of the Service Berry or Service Tree. "Service Berry: A name given to several trees and shrubs of the genus *Pyrus*, as *Pyrus domestica*, and *Pyrus torminalis*, the various species of mountain ash or rowan tree, and the American Shad-bush. They have clusters of small, edible, apple-like berries. In British America the name is especially applied to that of several species of the shad-bush." "Shad-Bush: (Bot.) A name given to the North American shrubs or small trees of the rosaceous genus *Amelanchier* (*A. Canadensis*, and *A. Alnifolia*). Their white racemose blossoms open in April or May when the shad appear and the edible berries (pomes) ripen in June or July, whence they are called June Berries. The Plant is also called Service tree and June Berry." Thus the connection is shown between the foreign Service Tree (of which the Sorb is a variety), the American Mountain Ash, Shad Bush, and Service Berries, and the romantic Scotch Rowan. The spotted fruit of the Sorb is improved by keeping, and in a mellowed

state is regularly shipped to the London market from English country towns. This mature stage or over-ripeness is also necessary for the best flavour of the true Service Tree fruit (known as Service or June Berries in Savoy). A drink similar to cider is made from these berries and when the latter are dried and powdered they are valued as an astringent, used in curing diarrhoea. The Mountain Ash contains a large quantity of malic acid, of which fact chemists often take advantage in the manufacture of the commercial form. The berries are available for food, as are those of the rowan, which are used in tarts, (and every other dish adapted to acid berries), in Scotland and in Europe.

The Buffalo Berry (*Sheperdia argenta*) is a fruit particularly known in the West, used commonly as food. The names indicate something of its wild associations, and originated in the custom of serving it as a sauce with buffalo meat. Like the barberry it is tart and is used in much the same manner.

RECIPES

STRAWBERRIES SERVED WHOLE, UNCOOKED

These berries may be served unhulled, to be dipped in sugar and eaten with the fingers. Place in the heart of head lettuce or other bed of green, if to be served from a large receptacle, or on lettuce or other large single leaves if from individual dishes. If served hulled, strawberries should have sugar placed on them at least an hour before serving. The addition of a cup of orange or pineapple juice will add to the flavour.

STRAWBERRY SHORTCAKE

The simpler the form of the "cake" the more delicious will be the result, although many people prefer a sponge

or cup cake with the berries. For a plain shortcake make a sweet biscuit dough (see Introductory Recipes), rolling out an inch thick, cutting in diamonds or squares or rounds, and baking like biscuits. These may be readily broken open (never cut) and the mashed berries, sweetened (together with some whole ones) mixed and heaped upon them for individual serving. Or the dough may be rolled thinner, spread with butter, folding over once and baking in either one sheet or individual form, the butter facilitating the opening of the cake. Or single, inch-thick sheets may be made and heaped in layers, using the crushed berries for filling, the whole ones for the top. Another form of shortcake is to add to the biscuit dough two well-beaten eggs. Whipped cream may be heaped over the whole berries used on the top of any form of the cake.

STRAWBERRY BATTER CUPS

Stir one pint of sugar through a quart of slightly mashed berries. Make a batter with one and a half cups of flour in which has been sifted a half-teaspoon of salt and one heaping teaspoon of baking-powder. Mix with this a tablespoon of butter, two beaten eggs, and one cup of milk. Place a layer of the batter in buttered cups or moulds, then a layer of the berries, etc., until two-thirds full. Steam or bake for forty minutes. Serve with whipped cream or strawberry sauce

STRAWBERRY SAUCE

- • Cream together one cup of sugar and a half-cup of butter; add the whipped white of an egg, then one cup of mashed or chopped berries. Place on ice several hours before serving.

STRAWBERRY DUMPLINGS

Line muffin rings with thin-rolled sweet biscuit dough and bake quickly. When browned fill the shells with ripe strawberries, sprinkle sugar on top, and serve. Or make like conventional dumplings. (See "The Apple.")

STRAWBERRY TART

Line sides of large or small pans or baking dishes with pastry and bake a light brown. Fill then with strawberry jam or fresh berries and serve (dished) with a meringue or whipped cream. Or finish with lattice strips as for English Apple Tart and brown.

STRAWBERRY FLOAT

Heat a quart of milk with one cup of sugar and a pinch of salt. When at boiling point add one tablespoon of cornstarch which has been dissolved in a little of the milk (cold). Cook for three minutes, when add the beaten yolks of three eggs; whip together two minutes and remove from stove, letting cool. Meantime have ready a pint of sweet berries mashed with one-half cup of sugar. Let stand an hour then strain. Whip the whites of the eggs, and two tablespoons powdered sugar, then the juice from the berries; place on top of the custard when the latter is ice cold and serve quickly.

STRAWBERRY PYRAMID

Have cooked one pint of flaky rice. Place a layer of it on the bottom of glass serving-dish, spreading with a tablespoon of butter. Alternate this with layers of whole strawberries (sugared) until a pyramid is formed. Serve with cream.

ESCALLOPED STRAWBERRIES

Alternate layers of strawberries and whipped cream in glass serving-dish. Chill on ice and serve.

STRAWBERRY WHIPS

Make as for Apple Snow, allowing one cupful of strawberries and one cup of sugar to each white of egg. Mash the berries well, then proceed as for Apple Snow. Serve in sherbet cups.

STRAWBERRY ICE AND SHERBET

See Introductory Recipes for Ices.

FROZEN STRAWBERRIES

Let whole strawberries stand for an hour with generous quantity of sugar, then pack in freezer and let stand in ice and salt five hours.

STRAWBERRY ICE CREAM

Allow a quart of berries, mashed and sweetened, to each quart of mixed milk and cream scalded. Freeze. (Also see Introductory Recipes.)

STRAWBERRIES PRESERVED WHOLE

Simmer for twenty minutes mashed strawberries, adding no sugar. Strain. To each pint of this juice allow a pint of sugar. Heat sugar and add to the syrup when it has been replaced on stove and is at boiling point. Skim and let boil till thick and pour over whole, hulled berries ready in heated glasses; or, pour first the syrup into the glasses, then drop the berries in the scalding syrup (not too many to each glass). When cold cover with brandied paper and set in the sun daily for a month.

STRAWBERRY PRESERVES

Use the best berries that they may need no washing. Allow a pound of sugar for each pound of fruit and place

together over a slow fire with no water. Do not mash in stirring and when skimming is required set on back of stove that scum may rise before trying to remove it. When sugar is dissolved boil fast for thirty minutes; remove fruit; place in jars; boil syrup five minutes longer, then pour over the berries and seal.

TO SEAL STRAWBERRIES WITHOUT COOKING (Old-Fashioned Recipe)

Take firm berries and weigh, allowing one-quarter pound of sugar for each pound of fruit. Place sugar and berries in layers in earthenware dishes and let stand in cool spot over night. Drain off juice without breaking berries and weigh juice. Deduct this weight from the weight of the fruit. Weigh out as much sugar as the fruit weighs without the juice (deducting the quarter-pound of sugar already used). Place berries and sugar in layers in large-necked jars or bottles which must be corked and wired very tight. Then place them in outer vessel of cold water and let latter come to a boil. When this exact point is reached remove and seal the corked bottle air-tight. These bottles should be looked at for six weeks daily, turning them to keep fruit from moulding, but carefully—not to break fruit.

SPICED STRAWBERRIES

Strawberries may be spiced after making into jams as below.

STRAWBERRY JAMS

Boil mashed berries in their own juice till well reduced, when add heated sugar, three-fourths to each pint of fruit or pound for pound, cooking down slowly till of desired thickness. Strawberry jam is usually too sweet. To offset this do not be afraid to add lemon juice, pie plant, or

other tart fruit. Also a very delicious variety may be had by using with the strawberries equal quantity of gooseberry, fig, date, pineapple, cherry, currant, red raspberry, or orange or lemon marmalade.

STRAWBERRY JELLY

Strawberry jelly may be made with gelatine, of the strawberry juice alone, if tart; or, if sweet and full ripe, with red currant juice or lemon juice added. Heat berries in double boiler till juice is free, mashing them well. For each pint of resulting, strained juice, allow the juice of a small lemon or one-half cup red currant juice, and for each pint of mixed juice, one pound of sugar.

STRAWBERRY SHRUB No. 1

Dissolve five ounces tartaric acid in two quarts of water and pour it over twelve pounds hulled berries (in earthenware), letting stand forty-eight hours, with plate to keep them down. Strain through flannel bag, then add to juice one and one-half pounds granulated sugar for each pint of juice. Stir till dissolved; bottle; cork and keep in cool place. (Do not seal corks.) Add two and one-half teaspoons of this to each glass of cold water when serving.

STRAWBERRY SHRUB No. 2

Make as above up to bottling point, when pour it over ten pounds more of berries; let stand twenty-four hours; strain and add sugar, a pound for each pint. Boil then five minutes, then simmer five more, and bottle.

STRAWBERRY WINE

Scald berries; press and strain juice; allow to each quart two pounds sugar and one quart soft water. Ferment as

for currant wine and leave cask undisturbed for six months before using.

STRAWBERRY BRANDY

To eight quarts mashed berries add four pounds loaf sugar and one gallon brandy. Pour into a four-gallon jug, tying cheesecloth over the mouth, and let stand three weeks before corking. Bottle after six months.

STRAWBERRY VINEGAR

To one gallon of strawberries take four pounds sugar. Mash together; add two gallons soft water and place in warm spot to ferment.

TO DRY STRAWBERRIES

Spread the berries on plates, sprinkling sugar over them and placing in the sun, protecting with netting as for apples.

For Strawberry Soufflé, Gelatine, Fritters, etc., see Introductory Recipes and other fruits.

BLACKBERRY JAM No. 1

Take equal weight of blackberries and currants, adding pound for pound of sugar (and fruit); no water; cooking slowly together till sugar is dissolved, when boil fast for thirty minutes.

BLACKBERRY JAM No. 2

If blackberries alone are used take but three-fourths pound of sugar to each pound of fruit and proceed as above.

BLACKBERRY JELLY

Extract juice as from strawberries; allow one pint heated sugar to each pint of juice. May take twenty minutes to jell.

BLACKBERRIES PRESERVED

Allow equal weight of sugar and fruit; place in jars in layers and let stand over night. Juice should not overflow, but if lacking fill up. (Let fruit be three inches from tops.) Cork and wire or screw on tops, letting come to boil in water bath. Let remain five minutes; seal tight and place in cooler spot till cold.

Blackberries and strawberries or pieplant may be put up together.

PICKLED BLACKBERRIES

Allow three tablespoons fruit vinegar to each quart of berries; also one cup of sugar. Boil with the sugar and vinegar a half-teaspoon each of cassia buds, mace and cloves (in bags). Add berries and cook slowly twenty minutes. Seal while hot.

BLACKBERRY CATSUP

Cover berries with boiling water; simmer ten minutes; press and strain juice, for each quart adding one-half teaspoon mace, cinnamon, white mustard and pepper. Reduce to one-fourth quantity, then add strong vinegar till of consistency liked. Bottle and seal while hot.

BLACKBERRY VINEGAR

Allow two gallons of water and a half-pound of sugar to each gallon of mashed blackberries. Mix and place in cask, with tablespoon of yeast. Set in warm place and shake every few days. May be drained off in three months to get rid of pulp or new holes bored in cask to prevent inconvenience.

BLACKBERRY WINE No. 1

For each quart of fully ripe fruit mashed and placed in tub, allow a quart of boiling (soft) water. Pour on berries

and let stand till next day, stirring once in a while. Then press out, strain and measure juice, allowing a half-pound of sugar to each quart of the liquid (first placing sugar in a cask and straining juice into it). Stir till dissolved, then let cask remain unstopped till fermentation is over. At this point stir in the beaten whites of four eggs or a half-ounce of gum arabic dissolved in a little water. Leave open till next day, when it may be bunged. Will be ready to bottle in two months.

BLACKBERRY WINE No. 2

Scald berries; press and strain juice, allowing for each quart of juice two quarts of soft water and three pounds of white coffee sugar. Keep bung open till fermentation ceases, when stop, and place barrel in cool place for eight months, then bottle.

BLACKBERRY CORDIAL No. 1

Crush and strain berries, allowing for each quart one-half pound loaf sugar, a teaspoon each of cloves and cinnamon (powdered) and a grated nutmeg. Boil all together fifteen minutes; cool, and for each quart of syrup add one-half pint brandy. Bottle. Dose: From one teaspoon to wineglassful.

BLACKBERRY CORDIAL No. 2

To three pounds uncooked berries allow one pound white sugar and let stand twelve hours. Then press and strain, adding one-third rum or brandy and allowing one teaspoon allspice (powdered) to each quart of cordial. It must be bottled some time before it is fit for use.

BLACKBERRY BRANDY

Mix equal parts of fruit juice and brandy, for each gallon allowing one pound loaf sugar,

BLACKBERRY SLUMP OR STEAMED PUDDING

1. Rub together two cups flour, one-half cup sugar, two-thirds cup milk, one egg, a tablespoon of butter, and two cups of berries. Sift through flour two teaspoons baking powder and pinch of salt. Stir in berries last thing, then place in buttered mould or bucket; cover well and steam two hours. Serve hot with milk or sweet sauce.

2. Fill tight-covered vessel half full of hot, stewed berries; cover with biscuit dough; cover tight and bake, or steam in boiling water.

BLACKBERRY PIE

Line sides only of pan or dish and make like huckleberry pie. Huckleberries or pieplant may be used in equal proportion with the blackberries.

BERRY MUFFINS

Into a pint of flour in which have been sifted two teaspoons baking-powder and half-teaspoon salt, rub one-half cup butter or shortening, then add one cup milk, one tablespoon sugar and a beaten egg. When mixed well add one cup berries and bake in muffin tins twenty minutes in rather brisk oven.

BLACKBERRY FARINA

Wash, stew and mash a quart of berries (with two table-spoons water) then add one teacup farina, a pinch of salt, and cook fifty minutes in double boiler. Place in wet moulds to harden. For breakfast slice and serve with cream.

BLACKBERRY CHARLOTTE RUSSE

Place stale sponge cake around edges of serving dish, filling centre with berries. Heap whipped cream over the top.

TO DRY BLACKBERRIES

Dry in thin layers in sun (fruit not over ripe), proceeding as for strawberries.

GENERAL DIRECTIONS

For other methods of preparation see Introductory Recipes or adapt from other fruits.

RASPBERRY SOUP

See Introductory Recipes (Fruit Soups).

ROSE SANDWICHES

Use thin-sliced bread. Spread with a very little butter (or none) adding a thin layer of cream cheese, then stiff raspberry jam. Cut the bread from each corner (diagonally) across, twice, forming triangles, or with cutters, in rounds.

RASPBERRY JAM (Old English Recipe) No. 1

To every pound of raspberries allow a pound of sugar, and to whatever proportion of raspberries used allow one-fourth weight of currants. Wash and strain currants and cook juice with the sugar about twenty minutes, then add the raspberries, whole, simmering together twenty-five minutes. Bottle and seal at once.

RASPBERRY JAM No. 2 AND No. 3

Make as for Blackberry Jam No. 1 and No. 2, or add equal quantity of gooseberries or strawberries.

RASPBERRY JAM No. 4

Weigh berries and simmer without water till reduced one-third, when add gradually as many pounds of heated sugar as there were berries (original weight). As soon as

sugar is melted thoroughly and has boiled up once, place in jars and seal at once.

RASPBERRY JELLY No. 1

Make as for Currant Jelly No. 1.

RASPBERRY JELLY No. 2

Make as for Currant Jelly No. 1, using, however, but one pint of currant juice to two of raspberries.

BLACK RASPBERRY PUDDING

Line a pudding-dish with a sweet biscuit dough and bake till a pale brown, when pour into it the stiff-beaten whites of four eggs, then, slowly, a cup of sugar, and last a quart of berries. Bake in moderate oven till done.

RED RASPBERRY PUDDING

Make as for Blackberry Pudding (Steamed), using the whipped whites of eggs in addition to yolks and serving with crushed raspberries sweetened well and heated just before serving.

RASPBERRY ICE

Make as for simple Introductory Recipe for Fruit Ices or by mixing one quart red raspberries with one pound of sugar, the juice of an orange and lemon, letting stand an hour, straining, adding a quart of water and freezing.

FROZEN RASPBERRIES

Mash but do not strain the fruit. Add to this sugar and let stand an hour before freezing.

RASPBERRY SHRUB

Pour one quart cider vinegar over two quarts red raspberries in a jar or crock and let stand three days, when mash

and strain, and to each pint of juice add one pound sugar. Boil twenty minutes, skimming well. Bottle when cold.

RASPBERRY VINEGAR OR SHRUB (Without Sugar)

Pour a quart of wine vinegar over three quarts of berries and let stand two days. Press out juice; pour over fresh berries and repeat twice. Last time bottle (without sugar).

RASPBERRY ROYAL

Use four quarts of best berries. Pour over them one quart cider vinegar and add one pound sugar, mashing all to a paste. Let stand in sun four hours, when strain off juice and add one pint brandy. Bottle, seal, and place in cellar.

RASPBERRY VINEGAR (For Cooking or Table Use)

Mix twelve pounds sugar with three gallons water and six quarts raspberry juice. Let fruit pulp stand in another gallon of water with a pound of sugar and three tablespoons yeast till well worked up once, when strain and place with the rest of the liquor in a cask.

RASPBERRY CORDIAL

Fill stone jar with ripe berries; cover close and let stand where it will heat gently till fruit breaks of itself. Squeeze juice through linen bag and to each quart allow one pound of loaf sugar. Let all come to a boil and skim well till scum ceases to rise, when remove from stove and put again through linen bag, pouring into a crock with brandy in equal proportion to juice. Stir, and when cold place in demijohn and cork for two weeks, when, if not clear, filter, then bottle and seal.

RASPBERRY WINE

Mix together eight pounds sugar, eight quarts soft water, and one gallon juice of raspberries. Ferment as for Blackberry Wine. For a sweeter wine allow two quarts of water to each quart of juice and three pounds sugar. The berries for this must be simmered till soft in their own juice, strained, and the pulp washed out with a little additional water to be added, strained.

RASPBERRY CATSUP

Use a quart of vinegar to a gallon of berries. Cook longer than for blackberry catsup. Add one-half pound sugar for each quart of juice. Lemon juice may be added if liked. Otherwise proceed as with blackberries.

OLD-FASHIONED WHORTLEBERRY PUDDING

Rub a pint of flour in with a quart of whortleberries and a little salt, wetting the whole with a very little water—about a half-cup. Tie snug in a pudding cloth with no room for swelling and boil two hours. Serve with a sweet or wine sauce.

HUCKLEBERRY CAKE No. 1

Cream one cup of sugar with a half-cup of butter; add one cup of milk, two of flour, and two teaspoons baking powder. Place a pint of huckleberries in a dish and rub sugar through them well, then stir into the cake and bake in shallow pans.

HUCKLEBERRY CAKE No. 2

Sift through a quart of flour a scant teaspoon of salt and two (heaping) of baking powder. Rub into this a tablespoon of shortening, two eggs, a cup of milk, and quart of berries well sugared, and bake quickly in a shallow pan. Serve with butter or cream, cutting the cake open.

BLUEBERRY BREAD OR MUFFINS

Make as above or for Blackberry Muffins, in muffin rings or one shallow sheet.

HUCKLEBERRY SLUMP

See Blackberry Slump.

HUCKLEBERRY MUSH

Make as for Blackberry Farina. Serve hot or cold (sliced).

WHORTLEBERRY OR HUCKLEBERRY PIE

Line the sides of baking dish or pan with paste and fill centre with the berries, sprinkling with sugar, adding a lump of butter and a tablespoon each of flour and water. Flavour with lemon or cranberry juice. Cover with crust or lattice strips and bake.

HUCKLEBERRY JELLY

Heat berries not yet fully ripe very slowly without water. Add pound for pint of sugar and juice. The perfectly green berries or the berries mature yet hard, and red in colour, may be used alone, or one-third of each (green and red) and one-third ripe berries to give a richer, deeper colour. This last combination makes a rich, tart jelly.

HUCKLEBERRY JAM

Cook berries in their own juice and proceed as for Raspberry Jam No. 4. A little lemon or other tart fruit juice may be used if only the mature berries can be secured. Red and black mixed are best. Or, with the huckleberries, use equal quantity of currants or gooseberries.

TO CAN WHORTLEBERRIES

See Introductory Recipe for Canning Fruits.

WHORTLEBERRY WINE

Scald berries with boiling water, letting stand well covered in it over night. Measure in the morning and to each gallon allow two pounds sugar, placing in cask to ferment. After this ceases close bung and let stand nine months, when filter and bottle. This may be spiced if liked.

WHORTLEBERRY VINEGAR

To each gallon of well-crushed fruit allow a pound of sugar and gallon and a half of water. Let ferment as for other fruit vinegars.

WHORTLEBERRY CATSUP

To each gallon of fruit allow two quarts boiling water; pour over and let stand twelve hours. Press through sieve and to each gallon of the liquor allow one teaspoon each of pepper, cloves, mace, white mustard, and cinnamon. Simmer an hour, then strain, and to each quart allow one-half pound sugar. Stir together and boil. Add lemon juice till sufficiently tart and dilute.

TO DRY WHORTLEBERRIES

Dry as for strawberries. Before using soak over night. In cooking them add a little lemon or other tart fruit juice.

CRANBERRY SAUCE

Pick over and wash a quart of cranberries, adding one and one-half cups cold water and stewing slowly about an hour. The tenderness and colour of the skins will indicate when they are done. Remove from the stove before adding sugar generously.

FRUIT RECIPES**CRANBERRY SYRUP**

Make a syrup of a pint each of sugar and water and drop into it the whole, uncooked berries, simmering until clear and tender.

CRANBERRY JELLY

Proceed as for Cranberry Sauce till berries are tender, when add a pound of sugar for each pint of juice and simmer three minutes before removing from fire. Strain through coarse sieve and place in wet moulds. Serve cold.

CRANBERRY COMPOTE

Make a heavy syrup as for Cranberry Syrup and place in this (while boiling) a quart of cranberries which have been pricked with a coarse needle (twice). Cook the berries and syrup together till syrup is very thick, when remove and serve cold.

CRANBERRY SHORTCAKE

Make as for Strawberry Shortcake, using recipe for Sauce given above, and serving with a meringue.

CRANBERRY SPONGE

See Introductory Recipes for "Sponge." Use with this the Syrup.

CRANBERRY SNOW

Make as for Apple Snow, beating in the berries substituted in the form of strained sauce. Serve with a simple "float."

CRANBERRY TART

Make as for Gooseberry Tart, which will give variations. Also add a cup of raisins sometimes for a change.

STEAMED CRANBERRY PUDDING

Make a simple Batter Pudding (see Introductory Recipes) adding a cup or more of chopped, uncooked cranberries, and flour to make rather stiff. Steam for two hours and serve with cranberry sauce.

CRANBERRY CAKE (Frozen)

Make as for Sauce, straining. Add three cups of this to a syrup made of a pint each of sugar and water. Freeze partially, then mix in one pint of cream (whipped or plain) and complete the freezing. Frozen custard or ice may also be made with the cranberry.

CRANBERRY BOMBE

Cook berries as for the Compote, adding a tablespoon of dissolved gelatine, then cool and add a pint of whipped white of egg or omit gelatine and add a pint of whipped cream. Sweeten more heavily and freeze in a bombe or melon mould as for Melon Roll. Or, freeze the berries (cooled) partially, then line the mould with the mixture and fill the centre with the whipped egg or cream.

TO KEEP CRANBERRIES (Uncooked)

Cranberries may be dried, or may be bottled, filling up with cold water, then corked and placed in cool dry place. Sometimes a good firkin will answer the same purpose when examined frequently.

GENERAL DIRECTIONS FOR CRANBERRIES

Cranberries make an excellent Roly Poly or may be spiced or used as jam adjunct or the syrup in drinks (shrubs and cordials); are more susceptible of variation than generally supposed and, being more wholesome than almost any other tart sauce, should be more widely used.

GENERAL DIRECTIONS FOR MULBERRIES

Mulberries may be used in all ways suitable for black- or raspberries but are superior to them or almost any other fruit in the matter of jelly-making, having the rich colour and tartness of currant with a little more "body," but very tender. For shrub and rob, also, the mulberry has few rivals.

MULBERRY JELLY No. 1

For a most brilliant, crimson jelly, tart and firm, use only the hard, red, immature berries (those nearly full-sized). To each three quarts of berries add one quart cold water. Let simmer slowly together fifty minutes, when add a second quart of cold water and simmer again for an hour, mashing well the berries. The resulting juice should be thick and rich-looking. Have sugar ready, heated, in another pan, and allow a pint for each pint of juice. Skim well. When the sugar has quite dissolved and boiled three minutes test it, for it may then be ready to pour into glasses. Five minutes is usually quite sufficient. Place in the sun till firm and cool.

MULBERRY JELLY No. 2

For a darker, sweet, jelly, use equal parts of the hard red (or even the berries scarcely yet red), and fully ripe berries. Use but a pint of water with three quarts of berries, simmering till all juice can be extracted by mashing in the kettle. Strain well and proceed as above.

MULBERRY MARMALADE AND JAM

These may be made from the berries used for jelly, in which case the stems must be clipped before cooking, but they are richer to be made with fresh, uncooked berries. For Marmalade mash the pulp and put through coarse

sieve, return to fire with equal measure of sugar, and cook till of desired consistency. For the Jam simmer the berries in their own juice till tender but whole. Add sugar as above and cook till thick as desired.

MULBERRY WINE

Shake the ripe or partly ripe berries from tree on to clean sacking or sheeting and place in a tub where they may be well pounded and mashed. Strain, and to each gallon of juice add three pounds of sugar, placing in a cask with open bung. This should ferment and be fit for racking off into another cask in six weeks. Will be fit for bottling and use in eight months.

MULBERRY BRANDY

To each quart of juice allow a quart of brandy and one pound of sugar. Let stand six weeks, then filter and bottle.

ROB OF ELDER

Boil the juice of elderberries with spices; one quart of juice to one tablespoon each of cloves, nutmeg, and cinnamon. At the end of a half hour strain and add one-half pound loaf sugar. Boil and skim again. Let cool, add a half-pint of "fourth" brandy, and bottle. Or first make a heavy syrup of juice and sugar, then spice lightly with clove alone. Seal while hot.

SYRUP OF ROB OF ELDER (For Coughs)

To a pint of juice from elderberries add a pint of molasses and boil twenty minutes, stirring all the while. When quite cold add three-fourths teacup of brandy for each quart.

ELDERBERRY WINE No. 1

Strain the juice of crushed berries, adding for six quarts of juice a half-gallon of water. Use three pounds of sugar to each gallon of the liquid. Let ferment in a cask or open earthen jar, filling up as it evaporates. When fermentation ceases stop well and set aside for eight months before racking off.

ELDERBERRY WINE No. 2 (Spiced)

Boil five gallons elderberries with same amount of rain-water. Strain and add twenty-three pounds white sugar with four ounces red (or crude) tartar and to each gallon allow a dessertspoon of strong yeast. Add one-half ounce each of ginger, nutmeg, mace, and cloves with one and a half ounces bitter almonds. Let ferment and when this is over close cask tight, racking it off later at convenience.

ELDER BLOSSOM WINE (Home-brewed Frontignac)

Allow a gallon of water to each quart of stripped flowers, and to each gallon of water three pounds of sugar. Make a good syrup of sugar and water, skimming well, and pouring while boiling over the flowers. To each gallon of this liquor add the juice of one lemon and a heaping dessertspoon of "home-brewed hop-yeast," stirring thoroughly. Place in wooden or earthen receptacle, covered with a heavy cloth, and let ferment three days. Then strain and add the beaten white of one egg, stirring well through the liquid. Allow for each gallon of wine a little over a pound of raisins, chopping them and placing on the bottom of the cask. On them pour the wine; close the bung, and in six months it will be found ready for use.

ELDERBERRY BRANDY

For each gallon of berries allow a gallon of brandy and let stand a month before using. Spice may be added if wished.

ELDER-FLAVOURED ALE

Allow a bushel of the berries to a cask of ale and eight ounces each of cinnamon, candied lemon or orange peel, nutmeg, mace, cloves, and ginger.

ELDERBERRY CATSUP (For Fish or Flavouring Meat Sauces)

Place a gallon of ripe berries in a jar and pour over them one gallon boiling vinegar, letting stand in this over night on back of warm stove. In the morning strain and place the vinegar in preserving kettle to heat. Crush and rub berries through sieve and add to the vinegar a teaspoon each of grated nutmeg, clove and cinnamon, one-half teaspoon each salt and ginger, and two blades of mace. Boil for ten minutes, then bottle (spice and all) while hot. Let stand five or six weeks, then strain; re-heat to boiling point and re-bottle.

ELDERBERRY JELLY

This may be made of the elderberries alone, plain, spiced, or with lemon juice added, or half and half, with green or ripe grapes (former preferably), gooseberries, or currants.

ELDER-FLOWER PANCAKES AND JUNKET

The finest flowers of the elder blossoms, stripped, may be whipped lightly into pancakes or muffins just before baking, a half-cupful to each "batch" of ordinary quantity. This gives both lightness and flavour. A plain junket should have added one-fourth part flowers to quantity of cream or milk used.

ELDERBERRY TARTS

The elderberry is equal to the huckleberry for tarts but should have spices or lemon added to flavour.

FRUIT RECIPES**ELDERBERRIES DRIED**

Sun-dry the berries as for strawberries. (In some parts of Europe peasants use these in soups through the winter.)

ELDER-FLOWER WATER

To five pounds of flowers take one gallon water and one-half ounce rectified spirits. Distil off a half-gallon.

WHITE ELDER OINTMENT

Boil equal weight of elder flowers and fresh sweet lard or suet and strain through a cloth into boxes or jars. This is considered a cooling application.

DRIED BARBERRIES

Dry as for other berries in a loose layer in the sun.

BARBERRIES PRESERVED (Cold)

Place bunches of barberries in jars (uncooked); fill up with cold molasses, and seal tight.

PRESERVED BARBERRIES COOKED

Place berries in double boiler for two hours or till heated through. Remove and weigh. Allow equal weight of berries and sugar but cook berries with no water (on replacing) twenty minutes before adding sugar. When sugar has dissolved, berries soften and juice begins to jell, remove to jars and seal.

BARBERRY JAM

Allow one-quarter pound sugar to each quart ripe berries. Mash them; mix with sugar (no water) and boil till no scum rises. Cook an hour or over, always. The jam may be put up as it is, or made into marmalade, mashed through

a coarse sieve. Added to fig or pear or apple the jam proves a source of pleasing variety in flavour.

SYRUP OF BARBERRIES (For Drinks, etc.)

Cook berries till soft and clear, then cook with syrup as for Cranberry Syrup, mashing berries; straining and returning to fire to cook again before bottling. This syrup may be used for ices, puddings, etc., or combined, as is currant or cranberry or lemon juice, with other fruits for jellies, pies, or other "dishes." With raisins, pears, figs, or apples it is particularly good for tarts.

RED CURRANT JELLY No. 1

Pick the fruit on a dry day before the currants are quite ripe. Stem them and scald over boiling water (in an inner vessel), then let the currants remain an hour over a moderate fire. Pour into a jelly bag without crushing and let drip over night. Place juice in preserving kettle and let boil ten minutes. Skim, and when just at a boil stir in the sugar, having measured the cold juice and allowing for each full pint one and one-fourth pounds sugar (heated). This should jell by the time sugar is dissolved, requiring never more than five minutes. Let stand in sun several days.

WHITE CURRANT JELLY

Make by above method.

BLACK CURRANT JELLY

Black Currant Jelly may be made as above with the exception of adding a little water to the fruit when first put on, otherwise the syrup would be too thick.

RED CURRANT JELLY No. 2 (Without Cooking)

Crush currants without stemming and squeeze through a coarse cloth. Weigh, instead of measuring juice, and

allow a pound of sugar for each pound of juice. Stir together with the hand till sugar is smoothly dissolved. Place in glasses and let stand in window where hot sunlight may shine on them through glass for at least five days. Cover and keep in cool, dry place.

BAR-LE-DUC (Imitation of the Imported Jam or Jelly)

1. Add one-fifth part of currants (by weight) to red raspberries. Crush and strain currants and weigh again, this time with the raspberries, fruit separated by paper. Add three-quarters pound of sugar for each pound of the second weighing of fruit and juice and simmer, then boil—skimming—for twenty-five minutes, when add the raspberries (uncrushed) and boil until the juice jells (in about fifteen minutes), then remove and seal well while hot.

2. Boil together five minutes two-thirds measure of sugar (as two pints) to one of cold water. Measure the syrup resulting and when again boiling add to it equal measure of strained red or white currant juice. When this jells add seeded garden currants which have been carefully opened with fine sharp wooden blade or a quill. If the measure of syrup is one pint add one pint currants; if a quart, then a quart of currants and so on. Let boil up once when remove; pour into jars and set (uncovered) in a dark, dry, and cool place for five or six days, then seal. The currant juice is sometimes omitted, only the sugar syrup and fruit used. The currants, if red, should be pale in colour.

RED CURRANT JAM

Wash, stem, and weigh currants, allowing equal weight of sugar, adding it when fruit has been boiling three minutes. When dissolved and at boiling point remove and place in jars.

To make a darker, thicker jam boil sugar and fruit together an hour.

BLACK CURRANT JAM

Make as above but cook fifteen minutes before adding sugar, then fifteen minutes before removing, stirring all the while.

CURRANT RAISIN JAM

Wash, drain, seed, and chop two pounds Muscatel raisins and place in preserving kettle. Meanwhile have ready, washed and stemmed, sufficient white currants to make three quarts of juice when mashed and strained. Add to this three pounds of sugar and stir the sweetened juice into the raisins. Mix well and let slowly come to a boil, skimming and stirring till it is thick and smooth. Let cool; place in jars and seal.

SPICED CURRANTS

Three pounds sugar; five pounds currants; one pint vinegar; tablespoon each cloves, cinnamon, ginger, and allspice, with one teaspoon salt. Simmer carefully three hours, then bottle.

CURRANT CATSUP

To four pounds washed, stemmed currants add two pounds brown sugar and one pint vinegar. Simmer till sufficiently thick when add spice (one teaspoon each cloves, pepper, and cinnamon). Boil five minutes longer; strain and bottle.

CURRANT SHORTCAKE

Make a sweet shortcake, placing between layers and on top washed, mashed currants well sweetened, with a meringue, lightly browned.

RED CURRANT PUDDING

Stew two-thirds currants and one-third raspberries with a little sugar till soft; pour off juice and place fruit in a pudding-dish lined with stale sponge cake. Let stand till cold with cake on top and on this a weight. Boil down the juice poured off and when ready to serve pour it over the pudding.

CURRANT ICE AND SHERBET

To each quart of juice allow a pound of sugar. Let gently heat till sugar is melted when cool and freeze. Serve with stemmed currants sprinkled over the ice in sherbet glasses. Sweet raspberry syrup will lessen the tartness and give variation of flavour. For sherbet add the usual whipped whites of eggs (see Introductory Recipes).

CURRANT ICE CREAM

Partly freeze the cream or custard before adding currant juice. Where fresh or canned currants are not to be had two teaspoons of currant jelly and juice of one lemon may be used for each pint of the frozen mixture (cream, custard, or ice).

CURRANT CUP

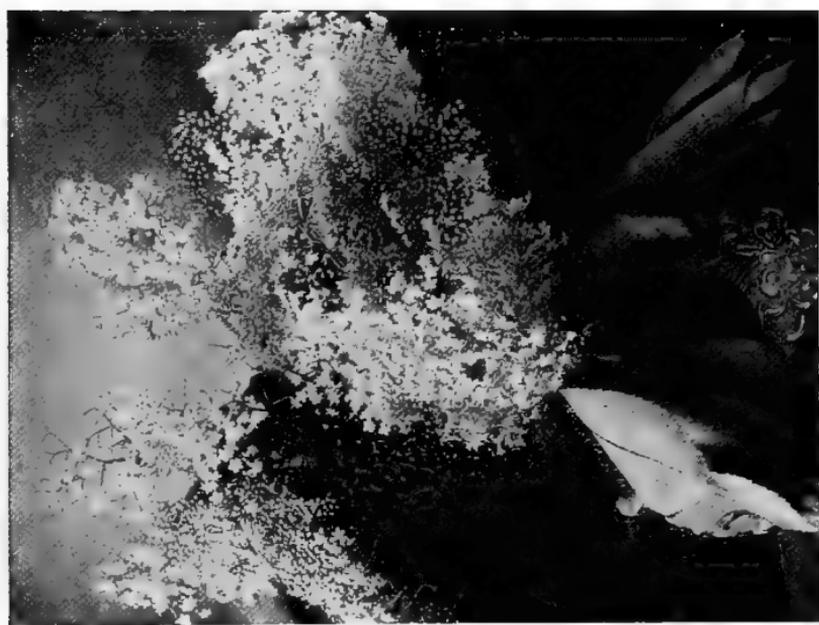
Cook into syrup a pint each of sugar and water. When cool pour it over stemmed currants and set on ice four hours. Serve in sherbet glasses.

CURRANT SHRUB

Strain currant juice and allow a pound of sugar for each pint of juice. Boil five minutes, then stir till cool. Bottle when cold. Old-fashioned proportion is one tablespoon to each glass of water. Another shrub calls for a wineglass of brandy to each pint of syrup.



PERFECTION CURRANT



BLOSSOM OF THE COMMON ELDER
Sambucus nigra



THE FRENCH (BLACK) MULBERRY
One-fourth natural size



THE COMMON "HIGH HUCKLEBERRY"
OF THE SOUTH

RED CURRANT WINE

To a quart each of currant juice and sugar allow two quarts of water. Place in a cask unstopped, for three weeks, when place bung in loosely for a week longer—until all danger of fermentation is past. Then seal tight and let stand a year before using.

CURRANT AND RASPBERRY WINE

To four gallons of red currants add one quart red raspberries; scald, crush, and strain. On the pulp pour five and a half gallons cold water and one pound sliced red beet, letting stand over night. When strained add this to the juice. Dissolve in the whole ten pounds white sugar and three ounces red tartar. Place in cask and when fermentation has ceased bung tight and let stand eight months.

BLACK CURRANT AND STRAWBERRY WINE

To three gallons black currants add six quarts strawberries, two ounces red tartar, and twelve and a half pounds of sugar. Heat the fruit and press out juice then add sugar. When dissolved stir in five and a half gallons soft water and let ferment.

GREEN CURRANT WINE

Take full grown currants still green in colour. Stem and weigh and allow for each three pounds one gallon water. Mash and proceed as with Gooseberry Champagne, using brown instead of white sugar.

BLACK CURRANT BRANDY (For Intestinal Disorders)

In one gallon cold water place two gallons black currants. Let heat gradually and boil one-half hour. Remove and cool; add two gallons deodorised pure spirits; stir and

strain, mashing fruit to extract juice. To juice add four pounds sugar and place in a cask. Wash fruit pulp in half-gallon each of water and spirits; mash and strain again; add two more pounds sugar and pour in with first liquor (in cask). May be used in a month but improves with age.

WHITE CURRANT BRANDY

To each half-gallon currant juice add one quart spirits and two pounds sugar. Let stand undisturbed three months before bottling.

CURRANT VINEGAR

Pour juice from two gallons mashed currants in a barrel; wash remaining pulp in water; add to it two gallons molasses; strain when dissolved and pour also into the barrel with enough soft water to fill barrel two-thirds full. Dissolve meantime a cup of strong yeast in a gallon of water and add to the mixture. Place barrel in sun and while fermenting shake often. The autumn following add eight gallons water.

CURRANT PUNCH

Make a syrup of a pint each of sugar and water, boiling and skimming. Add juice of an orange and lemon; strain, and mix in a glass of currant jelly or half pint currant juice. Let cool, then add shaved ice and charged water.

DRIED GARDEN CURRANTS

Pick just before ripe; stew without crushing in a little sugar; spread on plates, with sugar strewn thickly over, and dry in the sun. To be eaten as they are as a relish, or as confection with desserts. May also be soaked over night and stewed for sauce.

CURRENTS IN SALADS

Red currants make one of the most artistic additions to salads, the loose sprays laid around the edges of the plates, or as a garnish to a salad bowl or, stemmed, used with other fruits or with vegetables for the body of a salad.

CURRENT COLOURING

Current juice may be preserved (see Introductory Recipes) and may be used effectively for colouring sauces, drinks, ices, creams, or as flavouring.

CURRENTS—TO SERVE SIMPLY UNCOOKED

Currents may be iced as for frosted grapes and cherries or may be crushed and sweetened a little before serving uncooked.

GOOSEBERRY JELLY

Use no water. Heat berries through and press to extract all juice. Strain and measure, allowing pound for pint of sugar and juice. Boil ten minutes and place in glasses.

GOOSEBERRY JAMS

When used alone cook the gooseberries as for jelly, using the pulp for jams; strain to remove skins and seeds; allow equal weight of sugar and cook to thickness desired. Or, fresh berries may be cooked down in their own juice, adding, when tender, equal weight of sugar.

Gooseberries and strawberries in equal weight make a delicious jam and gooseberries with raspberries or some one of the citrus fruit marmalades form a most agreeable combination.

GOOSEBERRY AND RED CURRENT JAM

Allow two cups red current juice to each four pounds of gooseberries and three pounds sugar. Make a syrup and

place the berries in it, simmering forty minutes, till berries are translucent, when they are ready to seal.

GOOSEBERRIES AND WHITE CURRANT JAM

Use equal weight of gooseberries, and currants and sugar equal to their combined weight. Simmer together slowly, crushing and cooking till tender and thick.

PRESERVED WHOLE GOOSEBERRIES

Make a strong syrup of two pounds of sugar to a pint of water. Prick gooseberries in several places and put them in the syrup. Let heat to 160° and take from stove but let berries remain in syrup over night. Repeat twice; then re-heat, stopping just short of boiling point, again letting berries stand over night in the syrup. While still cold place them in bottles with syrup poured over and set bottles in the water-bath to finish. Should the berries seem to be cracking before the water boils remove bottles at once and seal; otherwise let stand till water is at boiling point.

SIMPLE GOOSEBERRY PIE

To gooseberries stewed in a little water add sugar to taste, then crush fruit somewhat; add dessertspoon each of flour and butter (mixed). Place all in pan or dish with paste-lined sides and cover with crust, pricked or slashed, and bake.

GOOSEBERRY TART No. 1

Stew berries like cranberries, using two-thirds as much sugar as fruit. Line tin or dish with pastry and bake it till light brown before placing gooseberries in it. Finish with diagonal lattice of pastry; replace in oven and bake till done.

GOOSEBERRY TART No. 2

Place sugar on ripe, uncooked berries, letting stand till clear, when mash through coarse sieve and fill pastry shells (already half-baked). Replace in oven till heated through, when place meringue on top and lightly brown. Whipped cream may be substituted for meringue or canned berries for the fresh. Also the very small tart shells may be used.

GOOSEBERRY TART No. 3

Line sides of dish with short crust. Pile ripe, uncooked berries in centre with one-fourth pint sugar and place crust on top. Prick well. Bake three-quarters of an hour; sprinkle fine sugar and nutmeg on top and serve with a jug of cream and dish of custards.

GOOSEBERRY PUDDING (Boiled)

Top and tail a quart of full-grown but green berries; scald and let stand till cold, after which drain them. Chop six ounces of beef suet and rub well through a pound of flour, adding a half-teaspoon of salt and a half-pint of ice water—just enough to keep the dough together. Roll out in circular form and place gooseberries in the middle, meantime having added to them a half-pound of sugar. (More added before boiling would toughen them.) Draw up the dough as for dumplings and place in a wet, dredged pudding cloth; tie, leaving room for swelling, and place in a pot of fast boiling water, with plate at bottom to prevent scorching. Boil three hours, turning once in a while and filling up with boiling water as needed. Serve with sugar.

GOOSEBERRY FOOL No. 1

Top and tail a quart of ripe berries and simmer in a pint of water. When the fruit turns colour, is soft and swelled

drain and put it through a colander. Add one-half pound sugar and let cool. Heat a quart of milk and stir into it carefully the beaten yolks of two eggs. Let thicken and flavour with nutmeg then remove and mix carefully with the cold fruit.

GOOSEBERRY FOOL No. 2

Prepare very young gooseberries as above and when cool add to them gradually a quart of cream, whipping well. Serve cold.

GOOSEBERRY SAUCE FOR LAMB

Scald a half-pint of berries and stir into a pint of drawn butter. Serve hot.

GOOSEBERRY CATSUP

Make as for Currant Catsup, using five pounds gooseberries with two pounds of sugar.

GOOSEBERRY CHUTNEY

To two full pints of nearly ripe gooseberries allow three-fourths pound of raisins and three onions. Chop together and heat slowly with one cup brown sugar, three table-spoons each of mustard, ginger, and salt, a saltspoon of red pepper and a little turmeric. Simmer forty minutes with two pints vinegar, then strain through coarse sieve and seal in little jars.

GOOSEBERRY CHIPS

Place gooseberries in jars and let them boil in outer vessel till soft. Remove and to each pound of pulp allow a half-pound sifted loaf sugar. Place this, well mixed—about an eighth of an inch thick—in flat dishes; set in sun and dry, which may require several days. The dried cakes may be cut in strips and twisted.

GOOSEBERRY VINEGAR

Let two quarts crushed gooseberries (not fully ripe) stand forty-eight hours in three quarts water, when press and strain. Allow a pint of sugar to each gallon and one tablespoon yeast for fermentation.

GOOSEBERRY WINE

Use fully grown but not thoroughly ripened berries, removing blossoms and stems and bruising fruit without crushing seeds or skins. To twenty pounds of berries add two gallons rain-water, stirring and mashing fruit until it is cleared from the skin. Let stand six hours then strain free of seeds and skins and bring resulting juice to a boil. Have dissolved fifteen pounds sugar and add this to juice as it heats. Meantime let seeds and skins be soaking in a gallon of water. When the sugar and first liquor are at boiling point add this second quantity, strained. Measure it all and add sufficient water to bring whole quantity up to five gallons. Let this ferment in cask, covering bung-hole with cheesecloth and allowing room for fermentation. When this has ceased stop the bung and let wine stand six or seven months before using.

GOOSEBERRY CHAMPAGNE

Take well-filled-out but green berries and top and tail them. To each three pounds allow one gallon soft water. Place berries in a large crock or tub with a little of the water and pound them heavily, mashing thoroughly. Add the rest of the water then stir briskly. Cover with cloth and for each of four days succeeding stir well and often. Then strain off, adding to the clear liquor four pounds of sugar for each gallon. Also, add to each five gallons one quart best brandy. Mix and place in a cask, filling latter full. Place bung lightly on top—the cask on its side in

a cool dry place where it will not be shaken in the slightest degree. Let ferment thoroughly—perhaps three weeks—then bottle, corking well and placing bottles on sides. This will be fit to use in eight months and if rightly made will be very like champagne.

GOOSEBERRY WATER ICE

Squeeze juice from stewed berries unsweetened, or the very ripe berries, allowing a pound of sugar to each pint. Mix well and freeze.

The juice from the stewed fruit may be used further, for custards and creams as well.

CHAPTER XIV

THE LEMON (*Citrus limonum*: Rutaceæ)

LEMONS are not often enough used as food, drink, or medicine. There is nothing more wholesome in natural foods, more effective in toning the system and purifying the blood (unless for some special reason the acid is directly prohibited; see note on potash in Introduction) than this most positive of citrus fruits. It is a special agent with the liver, acting directly upon it and assisting with the proper action of the bowels, cooling the blood and reaching or preventing a long list of ailments which take their rise in disorders of the liver. It is true that the liver may be made torpid by the nerves, which affect it strongly, so that worry, for instance, will partially paralyse its freedom and cause heavy colds and more serious troubles, but whether from improper physical or mental diet—from whatever cause—a clogged liver can make one as miserable, as discouraged and ill as one *can* be and live. If too late to remove the cause the condition should be relieved or it goes further, being, without doubt, the cause of suicides from the resulting mental depression, as well as “death from natural causes,” through disordering the functions of other vital organs of the body. Vividly picturesque descriptions of the horrors of these various resulting complications may be found in almost any patent medicine circular, for it is upon the liver that the authors of these literary gems place the blame for most of the ills to which flesh is heir.

The public is not so apt to seek or dwell upon written

or realised liver-nightmares when lemons are plentifully and judiciously used. Malaria is one of the "simple" and direct results of a rebellious, inactive liver, and one most commonly known. Typhoid, with its more serious, complicated aspect, comes under this head, yet physicians claim that even these germs can be driven out or actually killed by the plentiful and timely use of lemons. It is, however, not only the juice which is beneficial sometimes, the rind being a helpful accessory, as the method of preparing and using it in Roman malarial districts proves, as does also an old-fashioned remedy for colds. It is claimed that it will entirely prevent or cure scurvy and "in England every foreign-going ship is required by law to take such a supply of lemon juice that every seaman shall have a daily allowance of an ounce after having been ten days at sea"—Wood & Bache. As a cooling drink its refrigerant qualities are proven—especially when used without sugar, which is heating. Even merely as an accessory or flavouring it is extremely refreshing in food or drink and many not commonly known ways of using the lemon are here presented, as well as others more conventional, as of value in that very common and natural desire for variety. (It should be remembered that lemon juice, or any other acid, should never be placed in tin receptacles. Use enamel or porcelain.)

RECIPES

ITALIAN CURE FOR MALARIA

Slice thin one lemon—rind and all—and place in saucepan. Over this pour one and a half pints cold water and cook down to one-half pint, then strain through coarse cotton or linen so that part of the tender pulp and rind exude. Let stand till cool and drink it fasting. This should be kept up—continuously—for some days.

BAKED LEMON FOR COLDS

Bake a lemon whole till thoroughly tender and eat it hot with sugar just before retiring. It is best to do without the evening meal and to fast otherwise as far as possible. Also drink much water. This should be taken three nights in succession.

FLAXSEED LEMONADE

Another old-fashioned and generally effective remedy for colds is this laxative drink: Pour a quart of boiling water over a cup of flaxseed. Add juice of two lemons and sugar to taste. Let steep in covered jug several hours and drink hot just before retiring. (This may be thinned if preferred.)

LEMON CORDIAL (Old Recipe)

Steep for twenty-four hours the yellow rinds (only) of two dozen lemons in a gallon of French brandy, meantime having rolled the lemons and squeezed pulp with juice into four pounds of sugar dissolved in a gallon of water. Strain, and when the lemon rind is ready to mix add a quart and a pint of milk at boiling point. Let stand twenty-four hours, then strain and bottle.

LEMON FOR HOARSENESS

The stiff-beaten white of an egg with the juice of one lemon and sugar or honey added generously is excellent in relieving hoarseness.

LEMON FOR HEADACHE

The juice of a large lemon squeezed into a small cup of strong, black coffee (no sugar) will often prevent or cure a headache.

LEMONS IN DRINKS

When one is forty miles from a lemon, one may still have "lemonade" by using citric acid in crystals or pulverised, with or without a pure lemon tincture as flavouring. No ill effects can accrue from using this acid in such trifling quantity as required to make tart a drink or pudding-sauce. It cannot completely take the place of the fruit juice, but, as it is the acid found in and taken from the fruits of the citrus family, it can be substituted, therefore, if necessary, in moderation without harm.

TEA WITH LEMON JUICE

This is not a mere fad or "foreign fashion" without foundation of reason. There is a scientific fact beneath the surface. Where either lime or lemon juice is used in the clear tea (with or without sugar) there is little possibility of harm resulting from the effect of the tea (such as may be felt when tea, pure and simple, is used) since the citric acid of the fruit offsets the tannic acid of the tea, rendering it refreshing and wholesome. (It is perhaps needless to add that the black, perfectly cured teas should be used; not the green or mixed teas.)

LEMON "SQUASH" OR SIMPLE LEMONADE

For a good plain lemonade (called "Lemon Squash" by our British cousins) use one lemon to one pint of water, adding very little or no sugar if one wishes the most cooling effect, as sugar "evolves heat during oxidation," and should be avoided only a degree less than alcohol in hot weather.

SIMPLE EGG LEMONADE (For One)

Beat the white and yolk of one egg, separately, then together, and add one tablespoonful of sugar, the juice of one lemon and a coffee cupful of water, then whip again.

Strain this, pouring it on to a large tablespoonful of shaved ice; shake up and pour into glass from which it is to be served.

EGG LEMONADE WITH SHERRY (In Quantity)

Slice thin four lemons, add six dessertspoonfuls of sugar and pour over this three pints of boiling water. Let stand several hours, then add one-half pint of sherry. Strain and add the well-whipped whites of the four eggs and a pinch of salt. Pack ice around the pitcher and when chilled serve.

ITALIAN LEMONADE

Slice one dozen lemons, add to them a pound of sugar, and let stand over night. In the morning strain, add one pint of sherry and three pints of boiling water. Beat or shake this well, then add one pint of boiling milk and strain. Drink hot or cold.

LEMON-ORANGEADE

Use as many oranges as lemons and carbonated, instead of "plain," water. Mix the juice with amount of sugar required some hours before serving, at the last moment, only, adding the carbonated water. Pineapple juice may be substituted for the orange, and as an artistic finish, a graceful touch is the addition of shredded orange, pineapple, cherries, berries, or angelica.

LEMON GINGER BEER

Pour eight quarts of cold water over six thin-sliced lemons, with one and a half pounds of sugar and a little less than an ounce of ginger root. Let this come to a boil before adding one tablespoonful of cream of tartar, then strain and let stand till cool, when a yeast cake dissolved or broken into bits should be stirred in and the whole

allowed to stand overnight. In the morning mix thoroughly and bottle (corking tight), placing bottles on the side in cool place. In twelve hours the beer will be ready for use.

LEMON WHEY

Boil together for five minutes a pint each of milk and water and the juice of two lemons. Strain and add sugar to taste.

LEMON SYRUP (With Lemons)

The following recipe makes it possible to have *real* lemonade at any time. To each pint of lemon juice add one pint of water and two and a half pounds of sugar. Add the grated rind of the lemons used, then place in enamelled kettle and simmer slowly until thick, when it should be strained and bottled (hot).

LEMON SYRUP (Without Lemons)

To three pints of water add six pounds of sugar and boil five minutes. Into this stir the white of one egg beaten up with half a pint of cold water. When a scum rises (as it will in a few moments) set the kettle off the fire and let stand five minutes, when the scum must be removed. When cool measure and to a gallon of syrup add three ounces of tartaric acid dissolved in half a pint of hot water. With this add one teaspoonful of oil of lemon. The latter must be absolutely sweet and fresh; if the least rancid the syrup will be spoiled.

LEMON TINCTURE FOR FLAVOURING

Pare the lemons quite thin and cover the shavings of the *yellow* rind with good grain-alcohol. Cork tight. When ready for use the alcohol will be bright yellow. This should then be poured off into a second bottle from which it is to be used.

LEMON SUGAR FOR FLAVOURING (Or "Zest")

Rub lumps of sugar over lemon rind until the oil cells are broken, when the oil will be absorbed by the sugar. Place the sugar in an air-tight jar and it will be ready for dissolving at any time.

LEMON RIND PRESERVE

Save the lemon shells left after squeezing for lemonade, etc., and drop them into a jar of *fresh* water, changing the latter every third day and at this time removing carefully the drops of oil found floating on the water. These should be put into a special bottle as they are the pure oil of lemon. At the end of two weeks scrape out the soft, inside, pulp, leaving only the rind shell. To the yellow shells sugar should be added in proportion of pound for pound and cooked slowly into a thick preserve.

LEMON PRESERVES (With White Pulp)

Boil the entire lemon "husks" (after squeezing from them the juice for other uses) in fresh water until tender, then cook in a syrup (previously prepared) made of five pounds of sugar to a pint of water. Cook until preserves are thick, clear, and yellow, but not too dark in colour.

LEMON MARMALADE

To six pounds of lemons take nine pounds of sugar. Peel the lemons, then cover yellow parings with water and boil until tender. Drain and let cool, then shred fine the parings. Meantime halve the peeled fruit crosswise and press out juice and soft pulp. Cover the shells of white pulp remaining with three pints of cold water and boil one-half hour. Strain off this liquor and add it to the juice and soft pulp, *with* the yellow rinds. Boil all

together ten minutes, then add heated sugar; boil down to desired consistency and place, while boiling hot, in small jars or marmalade pots.

LEMON JELLY No. 1 (Without Gelatine)

It is usually considered impossible to make lemon jelly without gelatine but by the following process the apparently impossible may be achieved. Small quantities are best managed and most successful in results. Slice four lemons very thin and cover (in granite kettle) with two quarts of cold water. Cook down to one-half the quantity and strain, squeezing skin and pulp as well as juice through a coarse cheesecloth bag. Cook again and when at boiling point strain a second time but through a *fine* bag. Return juice to kettle and after ten minutes' simmering add hot sugar in proportion of one heaping pint to one scant pint of juice. Boil until sugar melts and it jells, which should require but five or six minutes. The result is a light tender jelly which will acquire firmness by being set in the hot sun several days in succession.

A second method is to proceed as above, with the addition of uncooked "pie-melon" pulp (half and half with the lemon in weight), using sugar in proportionate addition.

LEMON JELLY No. 2 (With Gelatine)

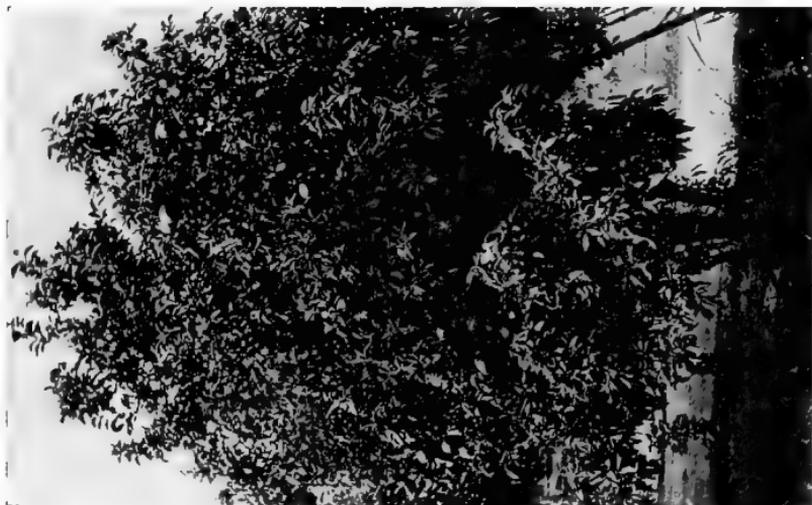
Soak one box of gelatine (American brands preferably) in one pint of cold water for an hour, when add one quart of boiling water and two cups of sugar. Stir until gelatine is thoroughly dissolved. When cool add the juice of four lemons and strain through coarse cotton cloth into glasses or other moulds when partly cool, setting on ice to harden. This may be more tart than desired; if so add sugar just at the last. In warm weather if ice is unavailable use but one pint of hot water.



CALIFORNIA LEMONS WITH BLOSSOMS



SPANISH LIME OR GINEP



SEVILLE ORANGE TREE
Citrus aurantium bigaradia



THE SEVILLE ORANGE, WITH BLOSSOMS
Known also as the wild, or sour orange

LEMON HONEY

To the juice of two lemons add one pint of sugar and one-half pint of water. Cook until thick.

PICKLED LEMONS (Helen Harcourt)

Quarter the lemons, cutting not quite through rind at base (so that the quarters will remain attached) and place in each one teaspoon of salt. Put them in the sun or near stove where they will get a steady but slow, moderate heat. Leave them until they look black and dried, then place in the jars in which they are to be sealed. Pour over them boiling vinegar to which has been added spice to taste, including a little chopped onion, white mustard seed, ginger, cloves, nutmeg, and cinnamon. As pickled lemons will swell to their original size in the vinegar more of the latter must be added than for the usual pickle. These should be put up a twelvemonth before using.

SIMPLE LEMON CUSTARD (Without Lemon Juice)

To one quart of boiling milk (in double boiler), add one-half teaspoon salt, one-half cup sugar, rind of two lemons, grated, and, last, one heaping tablespoon cornstarch which has been dissolved in a little cold water or milk. Now stir in lightly one egg (beaten separately), first the yolk and then—very lightly indeed—the stiff-whipped white, and immediately remove from the stove. When cool place on ice. This is delicate and refreshing and much more acceptable to many than where the lemon juice is used.

LEMON "CUSTARD" (With Lemon Juice)

To one quart of boiling water add one tablespoon of butter, one cup of sugar, two heaping teaspoons of cornstarch (dissolved in cold water), and the grated rind and

juice of two lemons. Beat three eggs separately and add the yolks to the above. If the pudding is to be baked it should be removed at this stage from the fire and poured into the baking-dish, remaining in the oven until the custard is set, when a meringue made of the whipped whites of the eggs and two tablespoonfuls of sugar is to be poured over the top and browned. The pudding is equally delicious *not* baked, however. In this case the whipped whites should be lightly beaten in on being removed from the stove and when somewhat cool, poured into a glass dish and later set on ice. Serve with cream or wine sauce.

EGGLESS LEMON PIE OR PUDDING (A Novelty)

To the juice and grated rind of two lemons add one cup each of cold water, sugar, and grated, raw, Irish potato. When used as a pie bake with upper crust only. As a pudding use no crust but sprinkle with sugar and bits of butter and when baked serve with cream.

LEMON CHEESE FOR TARTLETS

To the juice and grated rind of two lemons add beaten yolks of three eggs, one cup of sugar, and a half-cup of butter. Beat well and cook in double boiler until thick.

LEMON CREAM PIE

Heat to boiling point one cup of water, adding juice and grated rind of two lemons with one cup of sugar. Stir well together and add one tablespoon of cornstarch dissolved in cold water. Let this boil up once then remove and cool. Have the under-crust baked by the time the above is cool, then add to the mixture the beaten yolks of three eggs, place the custard in the crust and bake one-half hour. When done remove from oven, let cool, then place on top a

meringue made of the whipped whites of the eggs and one-half cup of sugar, and brown in oven.

LEMON RICE PUDDING

To one quart of cold milk add two (small), level tablespoonfuls of rice, the grated rind of two lemons, and one-half cup of sugar. Let cook in double boiler until rice grains are well filled out and tender, then place in baking dish and bake for an hour, stirring the pudding a number of times meanwhile (even though a light brown skin forms repeatedly) till the last fifteen minutes, when it should be allowed to brown. Add more sugar if not sweet as desired on placing in oven. This will be creamy and delicate.

LEMON SAGO AND TAPIOCA

Either tapioca or sago may be used for this with delicious results, and the pudding may be made either clear and tart or creamy and sweet. If the former is preferred use water instead of milk. To one quart of cold water or milk add two large tablespoonfuls of tapioca or sago and soak for an hour, then let come to a boil on moderate fire. With the water use the juice of two large or three small lemons with the grated rind of one, and a small cup of sugar. With the milk substituted use only the grated rind (no juice). When clear, soft, and thick, remove from fire and beat in lightly the whipped whites of two eggs. When cool place on ice. It is unnecessary to add the whites of the eggs but they give a more delicate, feathery consistency.

LEMON SPONGE

Soak one box of gelatine in one and a half pints of cold water then place in granite kettle with the grated rind and juice of three lemons and one cup of sugar. Let boil, pour

off, and cool. (If the grated rind is not desired except for flavour the liquor should at this stage be strained.) When beginning to set add the whipped whites of two eggs and beat until spongy in appearance (length of time required differs with temperature). Then heap lightly in the dish from which it is to be served or in mould and place on ice. Should this be made in warm weather when impossible to procure ice, the whipped whites should not be beaten in thoroughly but the gelatine allowed to set and the egg-froth rising to the top should be served with the sponge as a sauce. By placing the bowl containing the gelatine in an outer vessel of cold water and changing the water about every half-hour or twenty minutes, the sponge will harden better.

BOILED LEMON PUDDING

Beat together one-fourth pound of butter, one-half pound of sugar, the grated rind of two lemons, and two table-spoons of flour, with a pinch of salt. In a separate basin stir one-half pound of bread-crumbs, with the juice of the lemon, and four eggs well beaten (previously), then add to the prepared batter. Tie securely in a well-dredged pudding-cloth (leaving room for swelling) and boil three hours. Serve with hard sauce.

LEMON DUMPLINGS

These dumplings may be made in two ways; by using a soft, sweet biscuit dough, cutting out as for large biscuits, placing in the centre of each a teaspoonful of lemon marmalade, and tying in large squares of cotton or linen, and dropping in boiling water for forty-five minutes (these may be baked, instead), or by the following recipe: Mix thoroughly a half-pound of bread, grated, one-fourth pound each of sugar and suet, the grated rind of two and juice of one lemon; one grated, tart apple or cup of tart pineapple,

and two tablespoons of flour rubbed smooth in two well-beaten eggs. Tie in squares of cloth and boil three-fourths of an hour, putting plate underneath to prevent sticking. Serve with the following sauce:

LEMON PUDDING SAUCE

One and one-half cups of sugar, one well-beaten egg, juice and rind of one lemon, and one-fourth pound of butter. When thoroughly mixed, and pudding about to be served, add one pint boiling water but do not cook. If not sufficiently tart add juice of second lemon.

LEMON LOAF CAKE

Beat to a cream one and a half cups of sugar, one-half cup of butter, adding gradually, the beaten yolks of two eggs, one cup of sweet milk, grated rind of two lemons, three and one-half cups of flour, with a pinch of salt and heaping teaspoonful of baking-powder sifted through the flour, whipping in at the last of the mixing the stiff-beaten white of one egg (a half-teaspoonful of grated nutmeg and cup of raisins may be added sometimes to vary this). To make the icing place one and a half cups of sugar in a saucepan with juice of two lemons and grated rind of one. Boil till it strings from spoon, when pour over the stiff-whipped white of one egg and beat with fork till icing begins to stiffen, then spread on top and sides of cake.

LEMON CUSTARD LAYER CAKE

Two cups of sugar, one-half cup of butter, one cup of milk, three eggs, one and a half teaspoons of baking-powder, and three cups of flour. This makes four layers. For filling take the juice and grated rind of two lemons, one egg, one cup of sugar and one-half cup of water, one

teaspoon of butter and two tablespoons of flour mixed smooth with a little of the water. Boil this together until it thickens (watching carefully), then place between layers.

LEMON SNAPS

Beat together one cup of sugar, two-thirds cup of butter, adding two eggs, one-half teaspoon of soda dissolved in four tablespoons of hot water, and one tablespoon of lemon juice with grated rind of two lemons. Add sufficient flour to roll soft and thin and bake in a quick oven.

LEMON CRACKERS

Two cups of sugar, one each of shortening and milk, two eggs, grated rind of three lemons, and two ounces of baking ammonia, with sufficient flour to make a very stiff dough. Roll thin, cut in squares, and bake.

LEMON SANDWICHES (Mrs. Rorer)

Cut bread in form desired, then place slices in tight box with lemon peel wrapped close to it and between slices. Leave for several hours before using then butter and serve. The butter should also have been prepared with lemon flavouring by placing lemon rinds generously in the butter jar or cup, and when ready to spread the juice of one lemon added for each cup of butter.

LEMON CATSUP

Mix one tablespoon grated horseradish with the grated rind of four lemons. Add one teaspoon of salt, the juice of the lemons, a dessertspoon each of white mustard seed and celery seed, a few blades of mace, four cloves, and a dash of red pepper. Boil thirty-five minutes, then bottle while hot. In five or six weeks this will be ready to serve with fish.

MAÎTRE D'HOTEL SAUCE FOR FISH

With two tablespoons of butter cream in one-half teaspoon of salt, one-eighth teaspoonful of white pepper, and a tablespoon each of lemon juice and powdered parsley. Keep very cold till ready to serve with fish.

LEMON ICE

To one quart of water add one pint of sugar and boil five minutes. Remove from fire and add juice of three large lemons with one dessertspoon of gelatine dissolved in a little cold water. Stir well and, when cool, freeze.

LEMON SHERBET

To the syrup given above add juice of three lemons and one orange. The sugar used in the syrup should have been treated as for "Lemon Sugar for Flavouring" or flavoured with a little pure lemon oil. Place in freezer and when half-frozen add the whipped whites of two eggs, then finish freezing. The yolks of the eggs may be added with equally good flavour and make the sherbet more acceptable and nourishing for invalids.

FROZEN LEMON CUSTARD

Make simple custard (see Introductory Recipes for "Custard") or Lemon Custard, and let cool. Grate three lemons, using this or lemon tincture for flavouring. If the rind is used stir in with the milk before cooking the custard. If tincture is used add just before freezing. (The quantity will depend upon the quality and strength of the flavouring).

LEMON ICE CREAM

Mix the grated rind of two lemons and one orange with one quart of mixed milk and cream and partially freeze.

Have ready a syrup made of the juice of two large lemons and one orange and a pint of sugar. When cool add this to the partly frozen cream and finish freezing. (More sugar may be preferred.)

CANDIED LEMON PEEL

See Orange Chips.

CHAPTER XV

THE WILD "SOUR," OR SEVILLE ORANGE

Citrus aurantium bigaradia: Rutaceæ

THERE is no edible fruit in America which both grows so abundantly (through the southern—the semi-tropical portion) and is at the same time so little known or understood and in consequence so little appreciated or considered adapted to practical usage as is the wild or sour (as it is known in the South), or the Seville orange, as it is properly termed. And this fact seems the more strange the further one looks into it, since Americans travel so extensively and this orange is so highly prized for numerous purposes throughout Europe and the British Isles (to say nothing of other countries and continents), whether there grown or merely imported. This may perhaps be explained by the fact that as a nation Americans are eaters and drinkers of sweet stuffs and that to be told a fruit is sour is to consider it uninviting and uninteresting even as to name: something to "forget." And so, when the use of the Seville orange is read of (with no special mention of its acidity) it is not connected with the "sour" orange; it is already truly forgotten with other disagreeable matters, and it is taken for granted that the Seville is some variety of the common, sweet orange. There is a "Sweet Seville," but it is never mentioned by those really familiar with oranges without the distinguishing adjective, for it is a mere namesake and all sweet oranges (unless we except the mandarin-tangerine group, whose history is rather indefinitely blurred in the hazy mass of ancient Japanese and

Chinese pomology) are parvenues beside the sour or Seville orange. Even the Oriental varieties just mentioned and the sweet orange trees which for centuries have been found growing on the Himalayas probably came from the sour stock originally, so evidence and opinion seem to emphatically indicate.

The Moors took this orange to Spain. From just what particular spot they may first have imported it, it is difficult to say at this distance of time, but from that period (the beginning of the eighth century, A. D.) until into the fifteenth century, the sweet orange was not known or cultivated in Europe while the sour orange was greatly cultivated. The Greeks and Romans seem to have known nothing of any variety of orange and so, although biographical sketches of Adam, Eve, and the Grecian and Roman gods may by scoffers be classed irreverently as equally and only allegorical, one fact may be depended upon (!) that, as compared with their first parents, the Europeans were hopelessly matter-of-fact, since the apple of Paris was literally an apple, while botanists declare the forbidden fruit of the Garden to have been undoubtedly an orange or other member of the citrus family—whether true or typical. (The admirers of the chiramoya claim that fruit as Eden's temptation, but neither this fact nor those people who would decry the Seville as sufficient to drive anyone from Paradise need be considered.)

The imported Moorish orange was planted in great number in and about the city of Seville, singly and in groves, and immediately so flourished and grew in favour that it became widely known as the "Seville" orange and by this name is still recognised throughout Europe where—in Italy and other countries, as well as Spain—it is a commercial crop of importance, whether exported in natural form or otherwise (the peel, dried or candied, or having undergone distillation for flavouring or medicinal purposes).

It is now generally conceded that the Spaniards introduced their adopted fruit into Florida during their earliest explorations, although the seed and soil were so eminently adapted to each other and the fruit of their union was so prolific that "wild orange groves were soon to be found all over Florida and in consequence some authorities have declared it must be native to the Gulf regions. The Bitter-Sweet (*C. aurantium vulgare*) is but a variety of the Seville, though Manville, in describing it as a "tree indistinguishable from the sour," terms it the "Native wild orange of Florida." In flavour this variety is exactly what its name indicates, both bitter and sweet. Most of the wild orange groves have been killed in some one of the several descents to freezing temperature during the last century, or have been budded to sweet varieties, as the sour stock is generally immune from foot-rot and has all over the world proven less susceptible to extreme cold or drought than the sweet stock.

The *Aurantium bigaradia*, as the Seville is scientifically termed, is smaller than the sweet orange tree, more generally inclined to be spiny, and its leaves more truly elliptical, though both these points vary. The oil cysts are concave, the general texture of pulp and rind heavier and coarser, and the flavour quite distinct from the common sweet orange. The flowers are similar in form and fragrance but susceptible of much variation by cultivation and Europeans are familiar with varieties of the *bigaradia* cultivated exclusively for their floral beauty, as, the Nosegay Plant, or *le bouquetier* of the French, these blossoms growing at the end of the branches in thick clusters. Other varieties are the double-flowered *bigarade*, the myrtle-flowered and the bizarre *bigarades*, the last of which has purplish-white flowers, and fruit which curiously varies in form and flavour. Throughout the semi-tropical

portions of North America the original, simple form of the imported Seville orange trees, blossoming and fruiting, also offer abundance of beauty to the eye and nostril. But the average tourist fails to appreciate this ultimately because of lack of proper introduction, the taking for granted that this is the sweet orange of common popularity, and the consequent shock on discovery of its peculiar acidity. This results in sudden coolness, the dropping of the slight acquaintance, and injury to the wild beauty's reputation and standing in society, whereas, were it but known that the Seville is the proud descendant of the ancient Spanish line and one of the few remaining *tangible* traces of the days of the gallant Spanish explorers, all this would be avoided. It is particularly a pity that the average Northerner misses so simple yet so great an intellectual and gastronomic enjoyment since the season of the Seville is longer than that of the usual sweet varieties, lasting well into the spring when sweet oranges are scarce and high in price. In time, however, the Seville will doubtless come into favour as has the grape-fruit (or *pomelo*), through similar experience, for it was but a few years ago that the pomelo was not appreciated; there was no demand for the few shipped north and the remainder, almost without exception, lay upon the ground until decayed because even in the South it was supposed that, although exceptional, depraved palates *might* be educated to the point of imaginary enjoyment, the pomelo could not be fit for cookery in any form and even uncooked, separated from all "rag" and served with sugar, the result was extremely doubtful.

From the fruit of the Seville much of the citric acid of commerce was manufactured until quite recent times. From its flowers most of the Oil of Neroli (one of the bases of *eau de cologne* and *liqueurs*) is made, although the sweet orange flowers are also used to a limited extent, and the

oil of bitter oranges is distilled from it. The smallest green oranges, sour or sweet, are usually saved in Europe as they drop, and are dried to be sold as "orange berries" for various uses, or to be made into Curaçoa. The peel is dried for medicinal purposes, the resultants being employed in stomachics and general tonics. The flowers, also, are dried and preserved in Europe, being considered a gentle nerve stimulant when infused in boiling water (two drachms to a pint) and a cupful of it taken once in a while throughout the day. One of the chief uses of both flowers and peel is to disguise or flavour other less-pleasing medicinal preparations. It is never recommended that the peel of orange be eaten in its natural form; too much of rind (the Seville's particularly) would be apt to affect one unpleasantly from the strength of its oil. The sour oranges themselves are shipped in great quantity for making up into the famous bitter Scotch Marmalade so much in evidence at British breakfasts, where its tonic qualities are considered to entirely offset any possibility of too much "sweet." Orange-leaf tea (from sweet, sour, or bitter-sweet trees) is much used all over the southern countries as a preventive or cure of fevers, even during scourges of "Yellow Jack." As a foundation or component of cooling summer drinks nothing is more delicious than the aromatic, acid juice of the Seville and it is vastly superior to lemons for "Russian tea." Even the lime cannot outclass it for flavour and it has almost equal power with the lemon in killing typhoid germs.

For the table it may be halved as is the grape-fruit, cutting out the centre and dropping therein sugar, letting stand a few hours, but this should be only at its very ripest stage. It is an excellent substitute for vinegar or lemon juice with salads and a general rule may be laid down that the Seville may be used in any way that the lemon, lime, and sweet orange are employed, allowing for

varying degrees of acidity. Several individual and distinctive methods of usage are the following:

RECIPES

SCOTCH ORANGE MARMALADE No. 1

The juice and grated rind of one lemon must be used to every four pounds of oranges and the juice of two sweet oranges to every pound of bitter or Seville oranges. Pare the fruit as thin as possible and cut the peel into very small strips. Then quarter the oranges, removing seeds, and place in the preserving kettle with only sufficient water to cover them. Squeeze with the hand until the heat is too great, then press with a wooden spoon through a fine sieve. Add the chipped rind and a pound of sugar to each pint of juice.

SCOTCH ORANGE MARMALADE No. 2

To two pints of chopped Seville oranges (pulp, rind, and juice), add two pounds of yellow honey and cook down to proper consistency.

WILD ORANGE MARMALADE (Florida Recipe No. 1)

Peel and cut up the oranges and place in fresh water for twenty-four hours, then in salt water for the same time and again in fresh water, changing the water several times during the last twenty-four hours to remove all trace of the bitter tone. (If the bitterness is liked soak only as long as desired.) Use equal weight of sugar and fruit with only sufficient water to keep from burning when placed on the fire. Cook until rind is soft before adding sugar, then cook down as desired and place in heated jars. Seal.

WILD ORANGE MARMALADE (Florida Recipe No. 2)

Wash and quarter the oranges, then pull off the peel and soak the latter in brine over night. In the morning place in

fresh water and bring to a boil, pouring off the water and replacing with fresh if still too salt or bitter. Remove white pulp with a spoon, shred fine or chop the yellow shells remaining and cook in preserving kettle. In separate vessels have the pulp and juice cooking. When peel is tender cook the two portions in one kettle and when perfectly translucent add sugar, pound for pound. A few moments only will be necessary to cook to proper consistency after this preparation. Sweet and sour oranges may be used half and half.

ORANGE AND LEMON MARMALADE

Take equal parts lemon and Seville and sweet oranges, proceeding as for Florida Recipe No. 2 with the exception that the water will not have to be replaced after bringing to a boil and pouring off the first time.

PRESERVED SEVILLE ORANGE

Peel the yellow rind from the fruit then halve crosswise and seed. Sprinkle the halves thickly with salt and boil fruit in soda water for at least fifteen minutes (a heaping teaspoon of soda to each quart of water). Drain and pour over the oranges fresh hot water and repeat. If the rind is not soft boil it until it is. Make a syrup of a pint of water to a pound of sugar (a pound of sugar for each pound of fruit) and when thickening well add the fruit, cooking it till translucent. Remove oranges, place in hot jars, and when syrup has cooked down till quite thick pour over the fruit while the syrup is at boiling point, filling jars pretty full. Seal well.

SEVILLE ORANGE JELLY

Make as for Scotch Orange Marmalade No. 1, omitting the chipped rind. Boil the juice with the rind of two sweet oranges and two lemons, removing them when the juice

has cooked down rather thick, then strain and add sugar as directed.

SEVILLE ORANGE WINE

For each gallon of juice add two gallons of water, and three pounds of sugar to each gallon of the resulting liquid. Let this ferment, covering bung-hole with thin cotton cloth only. Fermentation will cease in two months or less, when rack off into another receptacle (preferably a good barrel each time), stop the bung and keep in a cool place.

ORANGE BRANDY

Place the thin-peeled rind of eight oranges with three-fourths pint of juice in stone receptacle and pour over this a half-gallon of best French brandy. Add after four days a pound and a quarter of sugar and stir up well. Let stand again, for twenty-four hours, when strain and cork. May be used in five weeks.

DOMESTIC CURAÇOA No. 1

Prepare ten oranges as above but do not add juice. The dried rind will answer if the fresh is not convenient. Cover for four days with a gallon of brandy, then strain, add three pounds of sugar, and proceed as above.

DOMESTIC CURAÇOA No. 2

Take the rind of twelve oranges and pour over them a gallon of pure whisky. Proceed as above, adding a quarter to a half-pound more sugar.

PRESERVED ORANGE FLOWERS No. 1

Place alternate layers of orange flowers and salt in jars and screw on the covers well. There should be at least one-third the weight of the flowers in salt.

PRESERVED ORANGE FLOWERS No. 2

Pack the full-blown flowers in a jar, close, but not to crush them, and when full within a half-inch of the top pour over them glycerine which has no odour (but not necessarily chemically pure). This is according to Mr. C. R. Tichborne's successful experiments. (U. S. Dispensatory).

ORANGE FLOWERS CANDIED

The flowers may be placed at once in boiling water or, as sometimes preferred, soaked in cold water for twenty-four hours, this poured off and fresh, boiling water substituted. Let the flowers boil a few minutes, then remove carefully and lightly pour over them cold water. Drain and place on cotton or linen cloth, sprinkling over them twice their weight of powdered sugar. Spread then on platters and let stand in a shady place for ten days or less that the sugar may be thoroughly absorbed, when place in sun or cool oven or dryer to dry. Pack away with layers of powdered sugar.

ORANGE FLOWERS PRESERVED IN SYRUP

Catch the blossoms on sheeting and pour over them boiling syrup of rather light consistency. Let stand over night and next morning bring to a boil, then let stand again twelve hours. Repeat, then place in jars while hot and seal tight.

Or the flowers may be placed at once in a thick bag, as for jelly, the syrup poured in with them, and let drip twenty-four hours, repeating twice. The flowers may be used separately for flavouring butter or sauces or as above until the syrup is needed for flavouring, when they may be strained out and used. The syrup is most delicate for flavouring hot or cold drinks, desserts, cakes, or puddings.

ORANGE FLOWER ICING

Prepare flowers as above, boiling in with the syrup until the syrup is ready to slightly harden in cold water. Then whip in with the stiff-beaten white of an egg and spread on cake or cookies.

ORANGE FLOWER WATER

“Take of Orange Flowers, forty-eight troy ounces; water, sixteen pints. Mix them and distil eight pints.”—U. S. Dispensatory.

ORANGE FLOWER ICES

The simple ice, sherbet, cream, or custard may be made by using the Introductory Recipes for ices and flavouring with the syrup of Preserved Orange Flowers, or the recipe for Orange Ice under the Sweet Orange may be used, as liked, flavoured with Orange Flower Syrup, or Orange Flower Water.



**"OLD BALDY" AND NAVEL ORANGES FROM THE
SAN GABRIEL VALLEY, CAL.**



BLOSSOMS OF THE SWEET ORANGE



MORTON CITRANGE



RUSK CITRANGE

WILLITS CITRANGE

IN CENTRE, ORDINARY TRIFOLIATE ORANGE

CHAPTER XVI

THE ORANGE (*C. aurantium dulcis* and *C. aurantium nobilis*)

OF all the members of the citrus family the common, sweet orange (*C. aurantium dulcis*) is undoubtedly the most attractive, with its peculiarly delicious flavour and combination, with this, of pleasing form and colour. But, although its abundance and general low price still further bars the way against any citric rival, it should be more indulged in than it is since its season is at its height when Northern fruits are not bearing, yet when from climatic conditions the blood is sluggish and *requires* the free use of mild fruit acid, and since, while not so powerful in direct effect as the lemon, lime, or pomelo, it shares all their best qualities and is, like them, anti-scorbutic and tonic. Eaten uncooked the orange is most enjoyable and usually gives the best and most direct results but one may also prepare and serve it in many ways cooked by which its health-giving properties may be secured in varying degree.

The *C. aurantium nobilis*, including the varying forms of mandarin and tangerine, is seldom used in cookery simply because it is usually more expensive and also is so extremely attractive as a table fruit in its natural form, convenient and dainty, with the fragrance of rich spiciness betraying oriental origin. But the mandarin or tangerine may be used as is the common sweet orange and give greater variety by the inclusion of its peculiarity of tone.

Both of these types of orange have been generally treated

under the wild orange in the preceding chapter and some of the recipes given there may be adapted to these sweeter varieties.

RECIPES

SHERRIED TANGERINE

Cut a slice from across the tops of the tangerines and remove the pulp with a spoon. From these pieces take all the coarse fibre, then mix the pulp with sugar and flavour with sherry. Return the mixture to the shells, chill, and serve.

ORANGES WITH COCOANUT

Here is a pretty way to vary the usual serving of "Ambrosia," as the sliced, cocoanut-sprinkled orange is often termed: Halve the unpeeled fruit, then with a small, sharp knife remove the pulp from the skins. Place the pulp in a bowl and mix with fresh cocoanut if possible to secure it (though the desiccated form, soaked a few moments in milk may serve the purpose), and sugar, with a dash of lemon juice. Replace in the shells and serve each half on a small fruit plate garnished with some form of dainty leaves.

ORANGE SALADS

For any of the following forms of salad peel the fruit to the juice-pulp, cutting out core and heavy "rag." With quite tart fruit serve the oranges sliced on lettuce, tender cabbage leaves or sorrel, with a simple French dressing, using wild orange juice instead of vinegar (three table-spoons of oil to one of acid). Season with salt and paprika or tabasco.

This dressing may be omitted and the salad varied by substituting sherry with a little paprika as a finish.

Other forms of salad may be prepared by mixing the

orange with chopped celery-stalks, apples and nuts, one or all, or with banana alone (sliced) and serving with mayonnaise. (See Introductory Recipes.)

ORANGE OMELET

Peel three oranges down to the juice-pulp, then slice in lengthwise strips until the heavier "rag" around the core is reached. Set these slices aside. Make a plain omelet with three eggs, beating whites and yolks separately. Add to the yolks one-half cup of orange juice and the grated rind of one orange, a saltspoon of salt and two tablespoonfuls of sugar. Beat this in with the stiff-whipped whites and place in hot buttered omelet pan. When the omelet is set and browning, place the sliced orange on top, fold over, and serve at once.

ORANGE FLOWER SOUFFLÉ

Break in bits in a bowl six macaroons (well flavoured with almonds) and mix them with a handful of orange blossoms or buds, pounding them well together. Orange flower water may be substituted (a large wineglassful). Also stir in six ounces of powdered sugar. Beat separately now the whites and yolks of six eggs. Add the smooth yolks to the other ingredients and last stir in lightly the stiff whites. Have four ounces of butter heating in the omelet pan and when beginning to turn brown pour in on it the "batter." When it begins to colour transfer it to the soufflé dish (buttered); place in hot oven and bake about ten minutes; till slightly browned and puffed quite high. On it sift powdered sugar and serve at once.

ORANGES AND RICE

This may be prepared and served in two different ways: as a breakfast dish or a dessert. If for the former, cook

plain boiled rice, using half milk and half water, and adding one-half cup of sugar. Serve with thin-sliced oranges.

As a compote, for dessert, pare the orange to the fruit-pulp, then halve (across) and cut out the core of each. Have ready a syrup of sugar and water with a little lemon juice added, and in this cook the oranges until tender and clear, but *not* until they come to pieces. Place them around a mound of plain boiled rice and pour the syrup over the fruit and rice. Serve with cream, whipped or plain, or a sweet custard sauce.

ORANGE FRITTERS

Make a simple batter (See Introductory Recipes) and in this dip slices or sections of orange from which all peeling, and core have been removed. Fry at once in hot fat in a proper frying kettle and when brown drain, dust with powdered sugar, and serve.

ORANGE SHORTCAKE

Make a sweet shortcake (see Introductory Recipes) and after baking, butter it, then pour over it thin-sliced oranges well sweetened. Serve with cream, whipped or plain.

ORANGE SUET PUDDING

To two cupsful of stale bread add one pint sweet milk, one cup fine-chopped suet, three-fourths cup of sugar, two well-beaten eggs, a saltspoon of salt, one-half teaspoon baking powder, the juice of one orange and grated rind of two. Stir together and set aside for twenty minutes in a covered bowl, then bake in buttered pudding-dish (tying cloth over top), for three-quarters of an hour. This may, instead, be boiled, in one mould or in individual, small ones, tying the cloth over tops securely and boiling—for the large mould, one hour; for the smaller one, forty minutes.

ORANGE MARMALADE PUDDING

Mix together two tablespoonfuls or one glass of orange marmalade with one heaping tablespoon of flour, the yolks of three eggs and whites of two, a pinch of salt, and sugar if necessary (according to sweetness of marmalade). Bake in a pudding-dish half an hour and when done dot the top with meringue made from the stiff-beaten white of the egg and a half-cup of sugar.

ORANGE SAUCE

Cream together one cup sugar; half-cup butter, and one cup orange juice.

FILLING FOR ORANGE PIE OR BAKED PUDDING

Pare to the juice-pulp one large orange, halve and core it and cut into small pieces. Add three-fourths cup sugar and set aside. In another vessel mix smooth two tablespoonfuls of cornstarch with three-fourths cup of sweet milk. Add the zest (see The Lemon) of two oranges or grated rind, of one, with one tablespoon of butter. Bring this to a boil (in double cooking-vessel) when add the yolks of two well-beaten eggs, stir well, and remove at once from the fire. Have ready the pastry baked to a pale brown. Line crust with the sliced orange; pour over it the custard, and bake a few minutes in a hot oven. When done place on the top a meringue made of the stiff-beaten whites of the eggs and a half-cup of sugar, and brown quickly in the oven.

ORANGE CHEESE CAKES

Same as Lemon Cheese Cakes. Substitute orange in same proportion.

ORANGE LOAF CAKE

One cup of sugar; one-half cup butter; three eggs; one cup of rich milk or light sweet cream; grated rinds of two oranges and their juice. Through three cups of flour sift one saltspoon of salt and one teaspoon of baking-powder. Ice as for Lemon Loaf Cake. This batter may be used for drop cakes as well.

ORANGE FRUIT CAKE

For three loaves take two cups each of orange marmalade and chopped, steamed prunes or raisins (or instead of two cups of prunes use one cup chopped nuts and one of currants or raisins or prunes); three-fourths cup of shortening; one scant cup of sugar; three eggs, four cups of flour; a teaspoon each of salt and nutmeg; two of baking-powder, and a half-teaspoon each of cloves and cinnamon. Bake slowly till quite done. In three individual loaves it will require about two hours.

ORANGE LAYER CAKE

Make a simple one-egg cake for the layers and place on them thin slices of oranges before icing with plain boiled icing (see Introductory Recipes). On the top of the cake around the edge, may be placed the sections of the oranges as a finish to the icing. A custard filling may be substituted for the icing (See Lemon Custard Cake).

ORANGE MACAROONS

Rub lump sugar on orange rind then roll the sugar and add sufficient powdered sugar to make in all one-fourth pound. Have whipped very stiff the whites, then add yolks of four eggs and beat in the sugar with the strained juice of the orange and three heaping tablespoons of flour or more (this must be stiff enough to roll into little balls).

Dip the hands in cold water to roll the paste. Lay the balls on buttered paper and bake till done. Try them well as they will not brown.

ORANGE COOKIES

Make according to directions for Lemon Snaps, substituting orange.

ORANGE FOOL

Add gradually the juice of three large and very sweet oranges to eight thoroughly beaten eggs, then whip in a half-pint of cream, a little grated nutmeg, and sugar as required. Place in a double boiler and let thicken but *not* boil. When thick pour into a heated glass dish and let cool. Place on ice and when chilled serve with cream.

ORANGE CUSTARD

Make the same as Simple Lemon Custard No. 1, substituting orange rind for lemon.

ORANGES WITH CUSTARD (So-called Soufflé)

Peel, halve, core, and slice six oranges, placing a layer in the bottom of a glass dish. Over this sprinkle sugar thickly, then repeat process until all the orange has been used, then let stand for two hours. Make a soft-boiled custard of the yolks of three eggs beaten into a pint of boiling milk and stirred gently until the mixture thickens, not, however, allowing it to boil after adding eggs. Sugar this to taste and let stand until partially cool, when it should be poured over the fruit. Beat the whites of eggs to a stiff froth with a half-cup of sugar and pinch of salt and pile daintily on top.

ORANGE TAPIOCA OR SAGO

Make a simple, clear tapioca (see Introductory Recipes) sweetened to taste; add whipped white of one egg and pour over sliced oranges.

ORANGE RICE PUDDING

Make as for Lemon Rice Pudding.

ORANGE SPONGE

See Lemon Sponge.

ORANGE GELATINE

Make as for Lemon Jelly No. 2, using instead of one quart of water a pint each of orange juice and water and the juice of one lemon.

ORANGE ICE

Peel six sweet oranges and steep the rind in a quart of boiling water for twenty minutes. In another vessel cook into a syrup the juice of the oranges and of one lemon, with a pint and a half of sugar and teacup of water. Add this to the strained liquor from the peel; stir; set aside and let cool. When cool add the strained juice of the fruit and freeze. This may be made without the peel, making a simple, strong orangeade and freezing.

ORANGE SHERBET

Proceed as for Orange Ice until the mixture is half-frozen then add the whipped whites of two eggs to each quart of liquid and finish the process.

ORANGE DELIGHT

To the sherbet add grated or shredded pineapple, candied cherries, white grapes, nuts chopped fine, fresh-grated

cocoanut or angelica, mixing as one pleases, and serve with a spoonful of whipped cream on top of a spoonful of the sherbet in tall slim glasses.

ORANGE MARMALADE ICE

Thin a pint of marmalade with a cup of boiling water and add one tablespoon of sugar. Strain or leave the bits of fruit as they are, cool, and freeze.

FROZEN ORANGES

Pare oranges to the juice-pulp; halve, core, seed, and slice. To each quart of fruit add one cup of sugar and freeze.

ORANGE ICE CREAM

For each quart of new milk and cream (equal parts) grate or cut fine the rinds of three oranges, simmering them in a pint of water till reduced to one-half pint, then strain. When cool add to the milk and cream. Use one heaping cup of sugar to each quart of liquid. If preferred, make the custard given in Introductory Recipes, adding to it the grated rind of three oranges for each quart of custard. A half-tablespoon of gelatine dissolved and added just before freezing gives the effect of a mousse.

ORANGE CHIPS (A Confection)

Peel the yellow rind of oranges in long, thin "chips"—and for each pound of chips weigh and set aside a pound of sugar. Squeeze and strain the juice from the fruit; place the sugar with it and let it stand over night. Have the peel soaking in a separate vessel of fresh water for the same length of time. In the morning bring the peel to a boil in the water in which it has soaked and let simmer till very tender. Meantime cook the sugar and juice

together into a syrup. When the peel is ready drain it and place in the syrup, boiling gently until the syrup thickens and becomes hard (like candy) when dropped into cold water. At this stage lift the chips singly and carefully from the syrup, placing them on oiled paper on trays, to drain and dry, setting trays in the sun. In twenty-four hours remove the strips to fresh paper but leave trays in the sun until all moisture has evaporated from the peel. This may take weeks. A fruit-dryer will facilitate matters if a slow, gentle heat is used. The process will be shorter for mandarin and tangerine peel.

SWEET ORANGE MARMALADE No. 1

Wash the fruit and with a knife point cut the rind through to the pulp lengthwise and around (in the middle) so that the rind may readily be taken off either in halves or quarters. Put this rind (including yellow and white) on the stove in a vessel of cold water and let come to a boil, continuing till the rind is thoroughly tender. Cut then into fine strips. Meantime have the pulp prepared by halving, seeding, and removing the heaviest rag at the core, only then slicing it. Put to boil in separate saucepan and cook till tender, then set back till rind is soft and clear. At this stage add the pulp to the rind, measuring, and stirring in equal measure of heated sugar. It will take but about twenty minutes to cook down sufficiently thick after this; then seal.

SWEET ORANGE MARMALADE No. 2

Cook the juice of twenty oranges till it is transparent, then add five pounds of sugar and the grated or very fine minced rind of the oranges. Boil until translucent and very thick, then seal.

Either formula for the marmalade admits of variation

by the addition of other fruit. When thick and still hot apple, pear, pieplant, or fig marmalade or the stewed citron-melon may be added in equal quantity, the two cooked down together and put up as usual.

SWEET ORANGE PRESERVES

Preserves are sometimes made of the halved fruit, with the rind. In this case the oranges should be halved and cored sufficiently to remove seeds and the heaviest rag. It is sometimes considered necessary to let the fruit remain in weak brine over night, in the morning draining, placing in fresh water, bringing to a boil and repeating the process. At other times the prepared fruit is at once put on in fresh water and boiled till tender, replacing the water once. When translucent add equal quantity of hot sugar and cook till sufficiently thick. Still another form is to remove entirely the yellow rind, cooking the halved or quartered fruit till tender, then adding sugar; or to prepare as a compote, placing the prepared fruit in hot syrup and cooking down till ready to seal.

Orange Preserves may be varied as is the marmalade or by the addition of other citrus fruits, or barberry or cranberry syrup.

ORANGE JELLY

To five ripe sweet oranges add one tangerine or mandarin, with rind and pulp of seventh orange. Slice fruit whole, removing seeds as far as possible. Add one-half pint cold water and cook until juice and water have simmered down to one scant half-pint, when strain. Heat again and when boiling add heaping half-pint of sugar to each scant half-pint of juice.

FRUIT RECIPES

ORANGE SYRUP

To each pint of sweet, strained, orange juice add one pound of sugar and a little of the grated peel. The peel and juice of one lemon may also be added if desired, to give piquancy. Boil for fifteen minutes, skimming carefully as scum rises, and straining when ready to remove. Bottle and seal tight. This will keep a long time and is excellent for use in sweet sauces or cold drinks.

CREAM OF ORANGE (Old Recipe)

Chop fine two dozen oranges, peel and all, then add three quarts spirits of wine; one-fourth ounce tincture of saffron, one gill orange-flower-water and six pounds of loaf sugar. Let stand one month, when filter and bottle.

ORANGEADE

For this and other beverages of orange juice see "Lemonade."

SWEET ORANGE WINE

Methods vary in making orange wine, some wines being made with equal parts of orange juice and water and some with the orange juice alone. In either case three pounds of sugar should be used to each gallon of the liquid. Let ferment in a barrel, covering the bung with cloth. When fermentation ceases (from six to eight weeks) rack off into another barrel, stop bung, and keep in a cool place.

ORANGE VINEGAR

To orange pulp and juice add water and Florida syrup. "Mother" will form in a few weeks and strong vinegar result. (Cover the jar with thin cloth, only, while vinegar is in the making.)

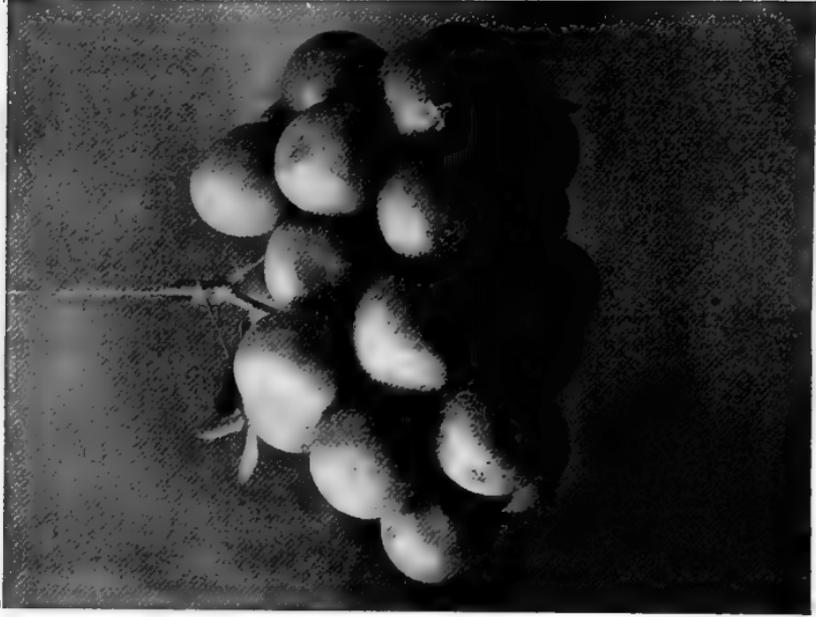


TRIMBLE TANGERINE



THE KUMQUAT

One of the most interesting members of the citrus family: the kin kan of the Japanese. The Chinese gold orange;



THE POMELO OR "GRAPE-FRUIT"

So called from its mode of growth in clusters



GRAPE-FRUIT TREE

CHAPTER XVII

THE CITRON, BERGAMOT, LIMEBERRY, KUMQUAT, AND TRIFOLIATA

THE Citron (*C. medica*) is the heavy-weight of the whole Citrus family, although some varieties are no larger than certain Shaddocks or Pomelos. Readers of recipes sometimes confuse this, the true Citron, with the Citron Melon (Pie Melon) which is frequently carelessly mentioned as "the Citron" without the word "melon" attached, but it bears not only no relation but merely the slightest, most superficial resemblance. It is edible (the true Citron) only when cooked—preserved in some form—but it then has very great food value. It contains more protein than most fruits, fresh or dried, and also riches of carbohydrates and energy.

It is usually candied, or preserved in syrup in bulk (halves or quarters) and used, chopped, in cakes or puddings, but may be varied by combination of the preserve or by the use of the syrup for various purposes.

RECIPES

TO DRY WITH SUGAR

Citron is useless in its natural state. For keeping for home use or market it must be dried and this should be done just before the fruit reaches maturity: while still green yet well filled out. Quarter it and place in fresh water a day and a night. Drain and replace water several times, then boil for forty minutes with a little alum and

handful of citron leaves. Drain from this and boil in a mild syrup forty minutes longer. At the end of this time add sugar, pound for pound (with weight of citron itself). Let this boil five or six minutes, then remove fruit and cook syrup till thicker. Dip the fruit in it again and boil as before, and once more repeat the process before placing the citron in the sun to dry. Fill the hollow sides with sugar and let fruit remain in the hottest sunshine for as many days as required to dry thoroughly, filling the hollows every few days with sugar.

COMMERCIAL CANDIED CITRON (Helen Harcourt)

Cut the fruit into halves or quarters (according to size), then pack it in cask or tub of brine, having first cleaned out the pulp, and leave it for a month; then renew the salt water and let the citron lie in it for four or five months, or as much longer as you choose; this long process is necessary to eliminate the bitter principle from the rind, which otherwise it is not possible to eliminate entirely. Next boil the fruit in fresh water until a fork will easily pass through it; it usually takes an hour and a half to reach this point. Then put it in cold, fresh water, to remain there for at least twenty-four hours, when it will have turned to that light green colour which we have learned to associate with candied citron. The next step is to drain the fruit, place it in earthen jars, and pour over it hot syrup of white sugar at 20° sacchrometer; cover it entirely and let it stand for three weeks, but the syrup must be poured off twice a week, boiled, skimmed, and more sugar added each time until the syrup is a little thicker than it was at first boiling; turn it back over the fruit at boiling point. The three weeks elapsed, put the citron in a vessel containing the syrup, with all the sugar it can dissolve; let it boil for ten minutes; and then for twenty-four hours keep

it near the boiling point without letting it reach it, then boil again until no more sugar can be taken up. The proportion of sugar taken up is about eighty pounds to one hundred of the citron rinds. The boiling completed, the rinds are spread on wire netting and dried, either in the sun, or, which is a far superior method, in an evaporator.

CITRON IN BRINE

The fruit may be kept in a strong brine as above, indefinitely, until ready to use it as a table preserve or for candying.

CITRON PRESERVE

Cut the citron in thin slices and soak in a weak brine over night, then place on the stove in fresh water and let come to a boil. Pour off this water and replace with fresh, repeating if necessary (though it may not be). Have ready a syrup (as for ices in Introductory Recipes) and place in this (at boiling point) the sliced fruit, cooking about three-quarters of an hour. Adding more sugar for a heavier syrup or cooking longer must depend upon one's individual taste. Lemon or orange marmalade or other citrus fruit or juice may be added if to be put up for future use. The citron may be preserved in larger pieces by lengthening this process.

CITRON SYRUP AND ICE

The syrup in which citron has been preserved makes variety in flavouring sauces for puddings or the puddings themselves. It may be substituted for orange in gelatine and for ices, although it is best to use also a little lime or lemon juice to bring out the citron flavour. When citron preserves have been made—shaved fine—the fruit may be used at once for cake or pudding, and the syrup preserved alone.

The true Bergamot (*Citrus bergamia*) is often confounded with the Limeberry, also spoken of as Bergamot, but in reality the *Triphasia trifoliata*. The true Bergamot is "pear-shaped; pale yellow, with green, subacid, firm, fragrant pulp, fruit and foliage distinct." The famous oil known by the name of bergamot is distilled from its rind, and formerly citric acid was also obtained from it.

The *Triphasia trifoliata*, or Limeberry (distinct also from the *Citrus* or *Limonium trifoliata*) is a gooseberry-like, deep-red or wine-coloured little fruit about a half-inch in diameter. This and the true Bergamot may be preserved and treated in general like the orange, with adaptations. Both are of the *Rutaceæ*.

The Kumquat (*C. Japonica*) has greatly come into favour in America the past few years, but its comparative scarcity and high price have militated against an intimate acquaintance with its peculiar fascination with the general public. Kumquat is a Chinese word of poetical significance; meaning Gold Orange. The Japanese equivalent is Kin Kan. Its combination of Oriental spiciness of flavour and fragrance is unique in charm, this, whether eaten uncooked or prepared otherwise. The thin skin and suggestion of tartness make it a candidate for honours in fruit salads in its natural form.

THE KUMQUAT AU NATUREL

The kumquat is an exceedingly pretty adjunct to fancy dishes of various descriptions or cold drinks. For these purposes it may be served whole or halved or quartered, or, for table decorations, with the leaves not removed. The kumquat may be sliced thin and served in dishes with whipped cream or a meringue, or in tall slim glasses with sugar and shaved ice. To add wine to this fruit is rather

an insult. For a salad few fruits give greater piquancy than shaved or quartered kumquats as an accessory, or they may form the body of the salad, with a slight addition of celery, banana, pineapple, cherry, pear, or orange, etc., and nuts if one chooses. As a garnish, also, the kumquat is picturesque.

KUMQUAT PRESERVES

Make a heavy syrup of four pints of sugar to one pint of water. When thick and boiling drop into it the kumquats (whole or halved) and boil an hour and a half. (Simmering will toughen the rinds.) Seal at once on removing from fire or, for immediate use, when cool, serve with cream.

KUMQUAT JELLY

In proportion to one dozen kumquats, cut in small pieces, use one half-pint cold water. Simmer down to one-fourth pint of juice then strain. Re-heat and add a very scant half pint of sugar. (See also other citrus jellies.)

KUMQUAT JAM OR MARMALADE

The fruit left from jelly may be used, adding no water, and sugar, pound for pound, with a little lemon juice, or the fresh, sliced kumquats, may be used, cooked till tender, then sugar added, retaining or not the juice, as liked. The fruit may be put through a colander or left in the original slices. Cook down to consistency liked.

CANDIED KUMQUAT

The fruit may be left whole, halved, or quartered, the form deciding the time of cooking. The kumquats may be candied as for cherries, or first cooked till tender, then placed in a thick, boiling syrup, for fifteen minutes, placed in the sun to dry, and the process continued till

sufficiently candied, when sugar may be sprinkled over them before packing away, though this may be omitted.

FROZEN KUMQUATS

Make a syrup as for ices (see Introductory Recipes) and add to it the sliced kumquats in proportion according to taste. Let stand till cool, when freeze. Orange, lemon, or lime juice may be added.

The preserve may be frozen, diluted but slightly as it comes from the jar, or an ice or ice cream or custard made with kumquat syrup.

KUMQUAT GELATINE

Make as for lemon gelatine, using orange or lime juice mixed, or kumquat syrup with a little lemon, adding the sliced fruit.

CHAPTER XVIII

THE POMELO (OR "GRAPE-FRUIT"), LIME *Tangelo and Citrange*

IT is not strange that so many human beings consider the pomelo the acme of fruit perfection, or that many who at first disliked and merely ate it to follow "fashion" should in time have become extremely fond of it. Years before it had obtained proper recognition among Americans or before its near relation to the so-called "Forbidden Fruit" was generally known in this country it was declared by fruit growers who appreciated it that the pomelo must have been that jewel of the first garden through which the wise serpent tempted Eve and Adam.

The Spaniards introduced the pomelo, like the Seville orange and the lime, into Florida and, though full recognition of its value came late, it has attained remarkable development commercially and horticulturally and now, though for years unsalable in the North, it is the favourite though the highest-priced of breakfast fruits.

The species *Decumana*, of the citrus family, includes both the shaddock and the pomelo, the latter—*pomelanus*—having been nicknamed "Grape-Fruit" because of the clustering, grape-like groups in which it grows, but the two fruits, while of the same species, are yet distinct as to horticultural race.

The name "pomelo" seems to have come direct from the Dutch "*pompelmoes*," and that of "shaddock" was taken from Capt. Shaddock, its godfather, the old sea-captain

who is said to have first conveyed it into the West Indies. Under the shaddock comes that variety so long known in Europe as the "Forbidden Fruit."

The world in general has had a mistaken fashion of eating the pomelo before it is mature and thus many times has misjudged its flavour. Most varieties do not really ripen and attain full richness and sweetness until March at the earliest and from then on, through May and into June, are at their best.

While the grape-fruit and lime do not contain so great a percentage of citric acid as does the lemon, yet both have goodly share and like all juicy citrus fruits are antiscorbutic, while in the pomelo there is in addition, though in lesser degree, the same bitter tonic quality possessed by cinchona. The grape-fruit should oftener be eaten in its natural state without wine or sugar, either or both of which, though making it very delicious, perhaps detract from the fullest value of the pomelo.

The lime (*C. hystrix acida*) elicits almost equally great praise from other humans, the acid varieties as the basis of cooling, wholesome drinks, and the "Sweet Lime" the "*Lima dulcis*" of Mexico, in some of the more southern of American countries, as a rival of the sweet orange.

The tangelo, a cross between the tangerine and pomelo, is the name by which a new group of citrus fruits is called, a group which so far includes but the Nocatee and the Sampson tangelo. Its skin is rather thin and readily removed; its flavour lacking the extreme bitterness, acidity, and sweetness of its parents, yet pronounced in individual flavour. With many people it will take the place of the pomelo as a favourite breakfast fruit, partly because of its more convenient size.

The citrange is still a newer member of the citrus family and also a hybrid, this one the result of the crossing of

the common orange with the trifoliate orange, the two varieties thus far in existence (the Rusk and the Willits) being "reciprocal hybrids." The Willits citrange is more tart, more nearly resembles the lemon than does the Rusk, but both varieties are excellent as citrangeade and for general purposes of cookery may be treated as are the orange, lemon and grape-fruit, with the necessary adaptations.

The trifoliate orange (*C. trifoliata*) is the hardy, dwarf, Japanese stock formerly so much used for budding on to. It is thorny and bears a small yellow fruit not over two inches in diameter which is ornamental and aromatic but useless, with its bitter, "gummy" pulp, thick rind and many seeds, for eating.

RECIPES

GRAPE FRUIT FOR BREAKFAST

At night halve the fruit across, then with thin, sharp knife remove upper part of core and seeds. In the hollow thus made place a tablespoonful of sugar and set in cool spot till morning. Serve without further preparation, but with sharp-pointed spoons.

GRAPE FRUIT FOR LUNCHEON

Prepare in same manner as for "Breakfast," letting stand but six hours, however, and on ice, and adding tablespoonful of sherry to the sugar in each half of the pomelo. Or the pulp may be entirely removed from the shell and skin and served in the clean shells with just a little sugar, or in sherbet glasses or in individual glass dishes set in outer cups or bowls containing shaved ice. If served on the dishes the sections may be left whole; if in glasses the pulp shredded. There are many ways of

varying this. Another method more suitable for a dessert or other than introductory course is the following:

PINK POMELO PYRAMID

Shred from the pulp every vestige of white rag and break sections into bits not over half an inch in length. Serve in tall slim glasses with a meringue of stiff-whipped white of egg and sugar and bits of angelica. A little shaved ice may be placed with the fruit. The combination of pink, white, yellow, and pale green gives a pretty effect. Where the pink pomeles or shaddocks cannot be secured a few drops of cochineal may be added to the fruit and sugar and let stand an hour or more, or the cochineal may be used merely on the bits of ice, or in the meringue.

POMELO WITH GRAPES

A pretty addition is made by filling the core-hollow first with a little sugar and sherry, then with white grapes (halved and seeded), or candied cherries, angelica (cut fine), and shredded pineapple. Where these fruits are combined the colour effect is charming: the red of the cherries; the green of the angelica, with the white and yellow.

GRAPE FRUIT AND CLAMS

Place four or five Little-Neck clams in the core-hollow, pouring over them a sauce made of horseradish, tomato catsup, salt, and a dash of tabasco, blended to taste.

GRAPE FRUIT COCKTAIL

To four tablespoons of grape-fruit juice add one table-spoon each of simple sugar-syrup, brandy, and maraschino, Pour these on to a glassful of shaved ice and when well mixed place in the glass from which the cocktail is to be

served, adding to it a third of a section of fruit pulp from which every suspicion of white fibre has been removed.

GRAPE FRUIT SALADS

Pomelo may be served in several forms of salad, but in all cases the pulp must be perfectly shredded from the white "rag," as the slightest particle will give a bitter taste. Serve the fruit on young, crisp lettuce or tender cabbage-heart with French dressing or mayonnaise. Chopped celery or nuts (chopped, whole or halved, depending upon the kind of nut) or some other fruit, as cherries or currants, make toothsome additions. A little sugar may be sprinkled over the fruit before adding dressing.

GRAPE FRUIT MARMALADE No. 1

Remove the yellow rind with a sharp knife; place in brine and boil till soft and translucent. Then drain and soak in fresh, cold water for two hours, after which scrape off part of the white pulp and cut in thin slices. Meantime have the white rag and seeds removed from the fruit-pulp and place latter with juice in a separate vessel. When the rind is sufficiently freshened add to it the pulp, with equal proportion of sugar, and boil thirty minutes or until it jells.

GRAPE FRUIT MARMALADE No. 2

Peel off the yellow rind and chop or cut in fruit-chopper. Bring to a boil in rather strong brine, then drain and boil in fresh water. Should this not be sufficient to remove bitter taste repeat the process. Meantime pare off the heaviest white tissue remaining and cut fruit in half. Remove cores, then slice lengthwise and place in granite vessel, bringing to a boil. When the rind is ready add the fruit to it and cook until rind is translucent and soft. Then add pound for pound of sugar and cook until thick.

GENERAL REMARKS ON POMELO MARMALADE

Many people soak the rind in salt and water over night or longer before bringing to a boil but it seems proven by experience to be unnecessary trouble. On the other hand some housekeepers do not soak the rind at all but prefer to have the whole fruit sliced across, rind and all, removing only seeds, and then cooking till tender, changing the water perhaps once. By the latter method a trace of the bitter principle remains, as with the Seville orange peel, when it is preferred.

GRAPE FRUIT JELLY

Proceed as for marmalade until fruit is soft and translucent, then strain off the juice; heat it again to boiling point; boil down for five minutes or until thick, then add hot sugar, a pint and a half to each pint of juice. This should jell within ten minutes.

GRAPE FRUIT JELLY No. 2

Soak rind over night in brine. In morning place in fresh water, replacing until all bitterness is removed. Slice the fruit-pulp, after cutting off with sharp knife the white tissue, and place with rind in jelly kettle. In proportion to one grape-fruit use one quart of cold water and cook down to one-third pint of juice. Strain and add sugar in proportion of a little more than measure for measure.

GRAPE FRUIT DROPS (A Confection)

Make as for Jelly No. 2, using fruit not yet matured and when strained adding to the juice twice as much sugar. Stir until it begins to grain, when drop on sheets of buttered paper. This may be kept in jars for flavouring or for grape-fruitade.

GRAPE FRUIT PRESERVE

Remove outer, yellow rind and most of the white by peeling very thick. Halve the fruit and with sharp knife core and seed it. Then slice across and place pulp in granite vessel with very little water and cook at moderately quick heat. When at boiling point add three-fourths pint of sugar to each pint of fruit pulp and juice, then cook slowly fifteen minutes. This may be used at the moment as a luncheon or supper dish or sealed in jars.

GRAPE FRUIT ICE

Make the same as lemon or orange-ice; a rather strong, sweet, "grape-fruitade" with the pomelos alone or adding to each quart the juice of one lemon or two oranges (or both).

GRAPE FRUIT SHERBET

Take the juice of six pomelos, four cups of sugar, and a pint of water. Soak a tablespoon of gelatine in part of the water until dissolved, then bring to a boil with the water and fruit juice. When cool, freeze partially; add whipped whites of two eggs and finish freezing.

FROZEN POMELO

Make as for Frozen Oranges, using more sugar and some orange juice.

GRAPE FRUIT WINE

Make as for Seville Orange Wine.

POMELO SYRUP

This may be made from the pulp of the fruit alone or with the rind, using about one quart of water to each quart of sliced fruit (rind and all). If the rind is used the syrup

will be bitter but will thus contain more of the tonic quality. The fruit must be simmered and strained, after adding sugar (about one pint to each quart of liquid). This may be used with shaved ice for summer drinks or with gelatine, etc.

POMELO AND LIMEADE

Use these fruit juices separately or in combination, adding carbonated water and sugar as liked.

POMELO RINDS IN BRINE FOR PRESERVING

Always keep these for future use. Place in brine as for lemon rinds. See the Lemon.

POMELO STRIPS CANDIED

The rind of the pomelo has a most attractive and distinctive flavour when candied. First cut and place in salt and fresh water till sufficient of the bitterness is withdrawn (not all of it), then proceed as for Orange Chips.

THE LIME

LIME JUICE FRESH AND IN SYRUP

Fresh lime juice with water alone is preferred by many people to that of any other citrus fruit. It is thirst-quenching and a mild tonic. When a dash of calisaya is added the tonic effect is of course more pronounced. Lime juice may be added to lemonade or orangeade with a most pleasant aromatic effect (see the Lemon). To preserve the juice of fresh limes unsweetened, care must be used. Squeeze the limes and heat the juice to 150° F.; neither below this nor above 160°, or the flavour will be ruined. Filter while hot through some standard filtering medium and it should keep in good condition a year. The juice may also be preserved with sugar as for lemon and orange syrups.

LIME ICE AND SHERBET

Make as for lemon and orange, being careful to sweeten sufficiently.

LIME ZEST FOR TEA

Lump sugar rubbed on limes until the oil cells are broken gives a dainty flavour to a cup of tea. The sugar may be thus prepared and kept in jars till needed, as with lemons and oranges.

PICKLED LIMES (A Dutch Recipe)

After the fruit is thoroughly washed place it in pickle-crocks covered with brine. Place a weight on top and let stand. After four days they will be ready to use. Take out as needed, only. (Also, see Pickled Lemons.)

PRESERVED LIMES

Place the limes in boiling water and keep them cooking at this temperature until tender enough to pierce readily, when place in fresh water and let just come to boiling point. Have ready a syrup made as for ices (see Introductory Recipes) and when the limes are ready dash cold water over them and drain on a cloth, laying another over them. Then place in the boiling syrup and cook gently for twenty minutes when remove and let fruit stand in the syrup over night. Heat next day, letting boil and stand (in syrup) an hour several times after repeating the boiling. Then remove limes from the syrup to heated jars and after cooking down the syrup till quite thick (add more sugar if necessary) pour over the fruit and seal.

CHAPTER XIX

THE PINEAPPLE (*Ananas ananas*: Nat. Ord. Bromeliaceæ)

OUTSIDE of the citrus fruits none is to be found which is more entirely beneficial to the human system, more simple and direct in wholesome effect than the pineapple *when in perfect condition*: not the stunted, woody specimens too often sold as pineapple. It has not so much nutritive value as some other fruits but is rich in mineral salts and these, with the water which forms so large a percentage of pine-pulp, and the fruit-sugar, purify the system and soothe the stomach. The active principle of the fruit, ananasine, may be very properly considered a vegetable counterpart of the gastric juice since, as discovered by Señor V. Marcano, the juice of the ordinary pineapple possesses the "power of digesting proteid vegetable and animal substances." Chittenden, who, with others, followed up the investigations, found, in addition, that this digestant is active with "either acids or alkaline carbonates" and that "the ferment, to which the name 'bromelin' has been given, is more nearly related to trypsin than to pepsin." The simple fact that pineapple juice will, for instance, digest beef, is very interesting to even the simplest understanding.

The juice is extremely healing in catarrhal affections and physicians recommend its use as a gargle for ordinary sore throats and even for diphtheria. For the greatest benefit to be secured the pineapple is of course best in simplest form, uncooked, but when eaten as often as fruit

should be eaten, sameness sometimes palls with even the most delicious of foods and of this there is no necessity as there are many tempting ways of preparing and serving the pineapple.

TO PROPERLY PARE AND THUS PREPARE

An almost invariable mistake is made by Northerners in the peeling of this fruit whole and the attempt to remove the eyes with the peel. The pineapple should first be sliced across, rind and all, according to the thickness desired, then each slice taken in turn, in the left hand, held with the rind toward one and pared with the right hand by means of a slim, sharp knife, inserting point and peeling downward, toward one, close to the rind. The eyes may now (left exposed without the hard skin) be easily and quickly removed with none of the usual awkward hacking and loss of juice attendant upon the ordinary method.

AS A SIMPLE BREAKFAST OR LUNCHEON DISH

Serve the pineapple in either the simple slices, one for each fruit-plate, with or without sugar, as the pine may require, or as follows: Take a fully mature, juicy, small, unpeeled pine, cut off the stem and *twist* off the top or crown. In the pitted space now exposed drive two slender but stout wooden skewers straight down through the apple until the points appear at the stem end. Pull the skewers through the pine, outward, thus dividing it in half, and then again divide, so that the fruit lies in quarters. This can be done with little loss of juice. Now tie the quarters together with a narrow ribbon, re-insert the crown and place upright on the fruit dish from which it is to be served. Serve by untying the ribbon and placing the quarters on fruit plates. The ordinary small, sharp, silver fruit-knife will dismember the tiny sections of rind so that these little



**PINEAPPLES RAISED UNDER PROTECTION OF
SLATTED SHEDS**

Method by which the highest-grade "pines" are grown



NORTH AMERICAN WATERMELONS

still quite moist sprinkle on top of one-half the omelet a cupful of grated or chopped pineapple (fresh or canned), fold over and serve at once, sprinkling sugar on top.

PINEAPPLE SOUFFLÉ

This may be made by adapting to Introductory Recipe for Soufflés.

PINEAPPLE MUFFINS

To two well-beaten eggs add gradually one teacup of sweet milk and one-third cup of melted butter. Thicken this with one (sifted) quart of flour in which has been mixed three teaspoons of baking-powder, a heaping tablespoon of sugar, and teaspoon of salt. When thoroughly beaten add one cup of grated pineapple and bake until quite done (which will be in about half an hour) in hot, greased muffin-rings. Fill the muffin rings a little more than half full.

PINEAPPLE FRITTERS

See Apple Fritters. If the chopped fruit is preferred use one cupful to the quantity of batter given.

PINEAPPLE CAKE

Beat together one and one-half cups sugar, and one-half cup butter. When creamy add one cup of sweet milk and two and a half cups of flour through which has been sifted one teaspoon of baking powder and a saltspoon of salt. Flavour with a few drops of almond and vanilla. Lastly beat in lightly the whites of four well-whipped eggs and bake in one loaf. Do not ice till cake is cold. For icing the top and sides soak one-third box gelatine in a little water, then beat till quite dissolved. In a separate bowl whip well the whites of two eggs, adding to them when stiff, one-half cup sugar, the dissolved gelatine, and two cups

grated pineapple. Stand in a cold place for half a day before serving.

Or a more simple batter may be made and baked in layers, the filling to be made of one pint whipped cream and one cup grated pineapple sweetened to taste.

PINEAPPLE AND TAPIOCA PUDDING

To a half-cup of tapioca, prepared with a quart of milk or water (see Introductory Recipes) allow one pint of diced or grated pineapple, pouring it in when the pudding has partly cooled.

PINEAPPLE PUDDING OR PIE FILLING

Slice, pare, and chop a pineapple, which if not thoroughly tender and sweet should stand an hour with sugar liberally sprinkled over it. Arrange in a buttered pudding-dish slices of bread, over which pour the juice from the apple and sugar. Beat the yolks of three eggs with half a cup of sugar, adding last the whites, which should have been beaten separately. (A tablespoon of white wine and half a cup of chopped almonds will improve this.) Pour over the juice-soaked slices and bake. The pudding minus the bread may be used as pie-filling.

COMPOTE OF PINEAPPLE

Dissolve one-half box of gelatine in one-half cup of water. Make a syrup of one cup of water and one-half cup of sugar in which, while hot, mix thoroughly one (whole) shredded pineapple. When at boiling point remove and when slightly cooler add the gelatine, pour into mould, cool, then place on ice.

PINEAPPLE SPONGE

Grate one small pine (or use one-half pint can of preserved fruit), add two-thirds cup of sugar and one-half cup of

water; place on stove and let simmer: Meantime have ready one-half package of gelatine which should have been dissolving for half an hour in one cup of water. When the pine has simmered for ten minutes add the gelatine; strain into a mould and let cool for half an hour. Now add the stiff-beaten whites of three eggs and a little lemon juice; place mould in outer dish of ice-water and beat the mixture until it thickens somewhat, when set on ice to harden.

It should be remembered that when gelatine is used with pineapple the resulting concoction must be chilled as soon as possible and used not later than two hours after making on account of the chemical action of the peculiar elements of this fruit on the gelatine.

A variation of the above is found in the recipe below.

PINEAPPLE MOUSSE

Place in a saucepan with one cup grated pineapple, half a cup of sugar, one-fourth cup of water, and simmer for five minutes. Add juice of half a lemon; take from fire; cool, stir in one cup of whipped cream or one-fourth cup gelatine (dissolved in one-fourth cup of water), pack the mould round about with ice, and let stand two hours.

PINEAPPLE ICE

For one can grated pineapple or one pint fresh fruit use one pint each of sugar and water and juice of one lemon. Mix and freeze. Or see Introductory Recipes.

PINEAPPLE SHERBET

See Introductory Recipes or use the following: To one quart of boiling water add one and one-fourth pounds of sugar and juice of two lemons. Cook this for five minutes. Take from the fire and add two large

pineapples grated, or one quart can of grated pineapple. Strain through a cloth, pressing hard to get out all the juice. Then freeze partially, when add beaten whites of two eggs and complete the freezing.

PINEAPPLE ICE CREAM

Make as in Introductory Recipes and let cool. Meantime have ready grated pineapple—one pint to each quart of cream and milk. Let it stand in a little sugar and lemon or orange juice. Partially freeze the cream before adding fruit, then stir it in and finish the process. The reserved pineapple syrup may be substituted for the fruit. In this case a little dissolved gelatine may be used.

FROZEN PINEAPPLE CUSTARD

Add to a quart of milk a tea-cup of sugar and bring to a boil. Add four well-beaten eggs and let the mixture thicken, watching carefully, however, that the mixture does not again boil. Let this cool, then add one pint of pineapple juice or one pint of grated pineapple and freeze. A little lemon juice added will bring out the fruit flavour.

FROZEN PINEAPPLE

Grate or chop fine one quart of pineapple, adding sugar in proportion of one cup to one quart of fruit, if tart; if sweet, less. Or, the grated pineapple may have syrup added to it instead of the sugar. The white of egg or other fruits make variation, also.

PINEAPPLE JELLY No. 1

Dissolve one package of gelatine in a pint of cold water, gradually heating it through on the stove. When at boiling point add one cup of sugar and take off to cool. When the

gelatine is beginning to harden beat into it the juice of one pineapple and a teaspoonful of lemon juice, and place on ice to harden.

PINEAPPLE JELLY (WITHOUT GELATINE) No. 2

Wash thoroughly one pineapple, cut off stem and crown and slice in thick slices unpeeled, then cut across. With this slice in thinly two lemons, including rind, and simmer, with one pint of water, for several hours. Strain and squeeze through jelly bag, and place again on stove. When at boiling point strain again into another pan, bring to boiling point and add sugar, pint for pint. Cook about ten minutes, when it will jell. Pineapple makes up into everything in the way of marmalade, and preserves, however, a little more satisfactorily than in the pure jelly form (without gelatine), as its juice is inclined to be sticky and rich rather than sharp and firm.

PINEAPPLE MARMALADE

Use perfectly ripe, sweet pines, slice and pare, then cut into small pieces. Allow three-fourths pound of sugar to each pound of fruit, mix in granite or porcelain bowl, and let stand over night in cool place (preferably on ice). In the morning remove from ice and cook gently for an hour. At the end of this time press through a fruit-crusher or coarse sieve with potato masher. Replace on stove and cook half an hour longer, until clear and golden in colour and it curls stiffly and gently when finger is thrust through it, then place in little pots.

PINEAPPLE JAM

Grate the fruit and place in preserving kettle with sugar, pound for pound. Let heat gradually for twenty minutes then simmer for nearly an hour. Less time may be sufficient

as much depends upon quality of fruit. If extremely juicy some of the liquor should be strained from the fruit before cooking.

PRESERVED PINEAPPLE (Sliced and Cooked)

Cut in slices, then pare the fruit, placing alternate layers of pineapple and sugar (pound for pound) in preserving kettle. To each pound of fruit add one-half cup of water, pouring this in after fruit is placed with sugar. Heat to boiling point, then take out the slices and spread in the sun on dishes. Meantime gently boil the syrup for forty minutes. At the end of this time place pineapple again in kettle and cook all together for twenty minutes. Then remove the fruit, placing it in jars and pouring on it the boiling syrup. Seal at once.

PRESERVED PINEAPPLE (Uncooked and Grated)

In the North, where the climate is less trying to preserved fruits than in the extreme South, pineapple may be grated and preserved uncooked for culinary or medicinal use. Use one pound of sugar to each pound of grated fruit and let stand twelve hours in covered jar in a cold place, if possible, on ice. Then place in jars which (with tops and bands) have been thoroughly sterilised. As an additional safeguard the tops may be dipped in sealing wax or paraffine.

CANNED PINEAPPLE (Without Sugar)

Slice, pare, and heat thoroughly the ripe pineapples to be canned. When boiling remove and place immediately in sealed jars.

CANNED PINEAPPLE (With Sugar)

Use three-fourths pound of sugar to each pound of shredded fruit and to each pint of sugar one teacup of water. Heat through and when boiling, can.

PINEAPPLE CHIPS

The pines should be sliced thin and pared, placed on dishes, and covered thickly with powdered sugar. For ten days these dishes must be kept in a slow oven or other heated place, and the slices turned each day. At the expiration of this time place the slices in a quick oven for just ten minutes, then remove, cool, and place between layers of paper with powdered sugar sifted over the fruit.

PINEAPPLEADE

Boil the parings of pineapple (or *with* the chopped fruit), and allow the liquid to cool. Add juice of lemon or limes and sweeten to taste.

PINEAPPLE, LEMON OR LIMEADE

For each glass to be served take one tablespoon each of pineapple and lemon or lime juice; and a half-teaspoon of grated orange-peel. Sugar to taste. Fill up the glass with hot or iced water.

PINEAPPLE SYRUP

Slice, pare, and dice three pounds of pineapple. Place in preserving kettle, add one quart of water and one pound of sugar. Cook till very soft, when the fruit should be mashed and strained. Replace in kettle and to each pint of juice add one pound of sugar and cook to a rich syrup. Bottle when hot and cork tightly and it will be ready for use at any time for sauces or drinks.

PINEAPPLE PUNCH

Grate one fresh pine or use a quart can of the preserved, grated apple, or chop fine one can of the sliced pineapple. Add to this at least one quart syrup from any preferred fruit, preserved or fresh (as canned raspberries, cherries,

fresh strawberries, or oranges, etc.), also a half dozen each of lemons and oranges, unless the latter have been used with the pineapple, when substitute lime or grape-fruit in sufficient proportion. The citrus fruit juice prepared, may be squeezed out and the pulp allowed to remain in the fruit or may be sliced across very thin. Over this pour a hot syrup made as for ices (see Introductory Recipes) and let stand about three hours when strain and add a half gallon of ice water and shaved ice. (The preserved fruit added need not be strained out or, if preferred, fresh, diced, or sliced fruit may be substituted.)

PINEAPPLE CHAMPAGNE

For this the parings alone may be used or in conjunction with the chopped fruit, allowing to and pouring over the parings of one small pine a pint of boiling water. After letting it steep till cold sweeten to taste, then strain and bottle, fastening corks very tight. If kept in warm place (bottles on the side) it should be ready in twenty-four hours. When ripe cool the bottles in ice water.

PINEAPPLE BEER

This, while similar, is more simple than the "champagne." The parings must stand in a covered crock for three days—covered with cold water and sweetened to taste. At the end of this time the beer is ready to strain and use.

PINEAPPLE VINEGAR

Pineapple parings should never be thrown away as there is no finer vinegar in the world in flavour and colour than that made from pineapples. The fruit parings (fruit may also be added) should be placed in crocks and covered with water, sugar or syrup being added in quantity according to

the condition of the fruit, and allowed to ferment thoroughly. When this has been accomplished—watched and skimmed meantime—the vinegar must be strained from the fruit and placed in jars or bottles.

CHAPTER XX

THE BANANA, (*Musa*, Nat. Ord. *Musaceæ*)

PERHAPS no form of plant-life, with the exception of the palm, is more typically tropical in appearance than the *Musa* (including both plantain and banana); none is more widely cultivated through the variations of the warmer climates, and nothing has ever been found in the vegetable kingdom which could with such entire satisfaction or in so wholesale a manner take its place in the countries where it grows. The names of the plantain ("type of the species"), *M. paradisiaca*, and a variety of it, *M. sapientum*, or "horse banana," indicate the esteem in which this fruit-food is held—its honour "in its own country." The former was so called by the early oriental Christians, it is said, who, venturing boldly to differ from those idealists mentioned in connection with other fruits, betrayed a certain materialistic tendency in imagining the banana to have been the cause of the dissension in the original garden. If it was there was indeed irony in the wisdom of the serpent's choice (or must we credit him with kindly foresight?), as the plantain provides not only food and drink for man and beast but shelter, since the large leaves make an excellent thatch, and also, we are told, readily furnish "table covers and parasols!" "*Sapientum*" means "of the wise men," in allusion to the choice of the banana as food by the wise men of India—this according to Theophrastus.

The banana is certainly, with many hot-country peoples, the "staff of life." It is perhaps the best of all

starch-foods and healthful when eaten with an understanding of the fruit's very substantial and sustaining nature. From its composition and wholesome qualities a likeness is directly traceable to wheat bread. The nourishment to be derived from the banana is very great and it has been stated that "one pound of bananas is equal to three pounds of meat in nutriment," which, however, should be considered conditionally or relatively. Lean beef, for instance, contains chiefly protein (no carbohydrates) while bananas are essentially a starchy food, containing an exceedingly small per cent. of protein and made up almost entirely of the carbohydrates.

With children the banana should be cut into bits or mashed, not merely because of the danger of choking on the larger, solid, slippery pieces so often mistakenly given them, but because, as with adults, it is usually not sufficiently masticated, gives trouble in the process of disintegration and so is considered indigestible: the difficulty being plainly with the people and not with the banana. (The *M. Cavendishi*, or Cavendish, and *M. Orientum*, or Hart's Choice, or Lady Finger, are the most delicate for eating uncooked).

The luxuriance of the banana plant is typified in the long and broad rich leaves of soft, satiny texture, (though firm and somewhat velvety in the earlier stages). But these elongated, vegetable, elephant's ears soon have their smooth surface disturbed, for the wind, brushing their helpless delicate weight, quickly tears them into fine-frayed ribbons. These, when first unfolding, have their tender, pea-green breadths cut up for cooking like vegetables among some of the tropical peoples.

The banana blossom is one of the most beautiful creations of nature. It consists of fold after fold of close-sheathed, shell-like leaves, under each of which a circle of embryo

bananas lies. These leaves, the lining of which is of a deep, delicate maroon, and the outside of dusty, silvery-gray richness, rise slowly up and back as the little bananas grow, protecting them from too great degree of sun or dampness, finally curling and withering as the stem lengthens and the bananas, filling out gradually, need no longer their care.

RECIPES

ICED BANANA SOUP

Mash four bananas; pass them through a sieve; measure, then add twice this quantity of cold milk, sugar to taste, a pinch of salt, and the grated rind of an orange. Place on stove and when at boiling point add two teaspoons of corn-starch. Cook five minutes; remove and cool, then place on ice. Serve in bouillon bowls, adding to each a few *crème de menthe* or maraschino cherries.

BANANA SALAD

Bananas may be sliced, diced or crushed, to be served with fine-sliced orange, or diced apple and nuts, on the tenderest lettuce. Pineapple or cherries may be added. Use the cream or *liqueur*-flavoured dressings given in Introductory Recipes.

BANANA OMELET

Beat three eggs separately, adding whites last, with a half-cup of sugar and breadcrumbs, a pinch of salt, and the pulp of three bananas. Into this stir the stiff whites and cook in omelet pan.

BAKED BANANAS

The banana may be baked whole, one side of the skin being stripped back in this case, or it may be peeled and

cut in halves or quarters. The fruit should be placed in a baking-pan sprinkled with cinnamon, a half-cup of sugar, a pinch of salt, and tiny bits of butter. Pour into the pan a half-cup of water and baste frequently while baking in a quick oven. Lemon juice may be substituted for cinnamon, making it into a syrup before baking, then pouring over the fruit when placed in oven. Apples may be baked with the peeled bananas, with delicious results, adding a dash of lemon juice.

FRIED BANANAS

Peel and split bananas; dip each half into well-beaten egg, then into fine bread crumbs just before frying in hot oil.

STEWED BANANAS

Peel six bananas which are not too ripe; cut in half crosswise and place in a saucepan with three-fourths pint of claret, two tablespoons of sugar, and a tablespoon of lemon juice. Simmer for half an hour, then set off to cool; place on ice and serve with whipped cream. Apples or other fruit may be added.

BANANAS WITH RICE

Bananas stewed or baked may be served with rice sweetened or plain boiled, the rice heaped in the centre with a border of the fruit.

BANANA FRITTERS (In Halves)

Let bananas stand for an hour in a deep dish with lemon juice and sugar sprinkled over them, also the grated rind of an orange if convenient. Then cut bananas in half and dip each piece in batter (see Fritter Batter; Introductory Recipes). When brown drain and serve with sugar (powdered) sprinkled over them.

BANANA FRITTERS (Crushed) OR PANCAKES

Crush pulp of six bananas and to this add the beaten yolks of two eggs, a little salt, a tablespoon each of butter and sugar, one and a half cups of flour, and small teaspoon of baking-powder. Add beaten whites of eggs last and drop from spoon into frying kettle. Serve as above. For pancakes make a thinner batter, putting fruit through sieve and cook as for the regular pancake.

BANANA PIE

Mash or grate a banana, add yolks of three eggs, two tablespoons of sugar and three-fourths pint of milk in which has been dissolved a tablespoon of cornstarch. Let cook in double-boiler till thick, then place in a pastry-shell just baked. Spread over the top a meringue made with the whites of the eggs and half-cup of sugar; set in the oven and let brown before serving.

BANANA CUP CAKE

One cup of sugar, three of flour, one and a fourth cups of banana pulp, and two teaspoons of baking-powder. Grate orange or lemon peel over the top and bake.

BANANA AND NUT LOAF (For Tea Cake or Pudding)

To one cup crushed banana pulp add one cup each of chopped nuts, grated cocoanut, oatflakes and cracker or breadcrumbs, and one-half cup sugar. Into this sprinkle two teaspoons each of butter and baking-powder, one of salt, and sufficient flour to bind together in thick batter. Bake in moderate oven forty-five minutes.

BANANA LAYER CAKE

Any simple cake batter may be used for the body of the cake (see Introductory Recipes). The filling may be made in any of these ways:

No. 1. Spread sliced bananas over the layers and on the banana place lemon or apple jelly.

No. 2. Instead of the jelly substitute a plain icing.

No. 3. Substitute whipped cream for the jelly.

No. 4. The pulp of six bananas may be beaten up with a pint of whipped cream or the stiff-whipped whites of two or three eggs and a little sugar. The cream or egg may also be used on top of the cakes.

BANANA NUT STRIPS

To two cups of mashed banana pulp add one cup each of oatflakes, flour, chopped nuts, and sugar with a half-cup of shortening and saltspoon of salt (or more). Roll out a quarter of an inch thick and cut in strips. Bake in brisk oven.

BANANA SHORTCAKE

Between the layers of a simple but sweetened biscuit-dough pour, just before serving, the crushed pulp of six bananas into which has been stirred juice of one orange (or other slightly tart fruit), half a cup of sugar and the whipped white of an egg or cup of whipped cream.

THE SIMPLEST BANANA DESSERT

To eight sliced bananas add one cup of sugar, the juice of one lemon, and serve with shaved ice in tall glasses or dainty dishes, adding a teaspoonful of whipped cream or white of egg to top off each one. A little white wine may be added if desired, or a sprinkling of chopped nuts.

BANANA BLANC MANGE

To one quart boiling milk add one-half cup of sugar, a pinch of salt, and three tablespoons of cornstarch dissolved in one-half cup of cold water. When it thickens stir in

the pulp of three large bananas and the stiff-beaten white of an egg. Set away to cool in a mould. Serve with thin custard sauce.

WHIPPED BANANAS

To the pulp of five bananas add the juice of two oranges, the grated rind of one, a tablespoon of sugar, a pinch of salt, and one-fourth box gelatine dissolved in a little cold water. Chopped nuts or candied cherries may be stirred carefully in. When cooled on ice beat in lightly a pint of whipped cream or whites of two eggs and place in mould.

LITTLE SOUFFLÉS

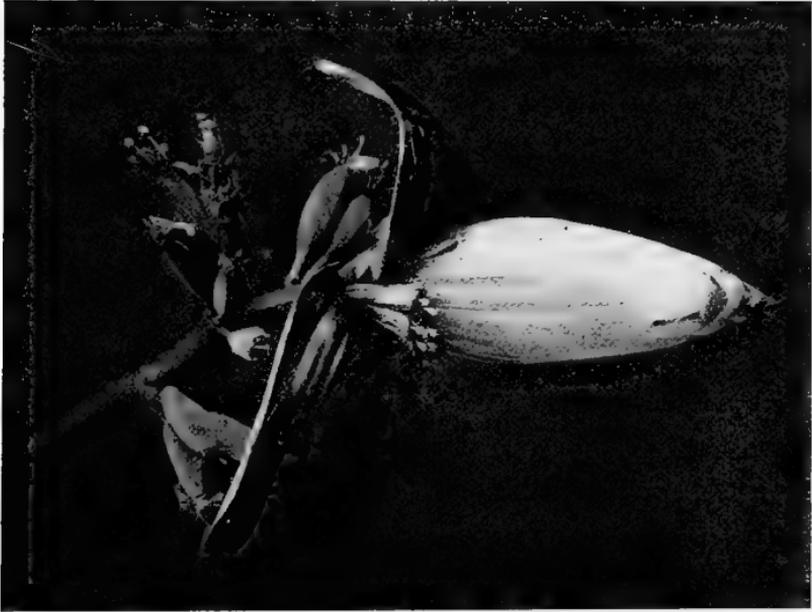
Stir juice of two lemons or other tart fruit into the mashed pulp of six bananas and rub through sieve. Add one pint whipped cream, or whipped white of egg and cream mixed, and bake briskly, serving at once, or freeze as ice cream. Raspberry or other flavouring may be added if liked.

BANANA TOAST

Lay slices of banana between thin bread, buttered, in baking-pan and place in hot oven till lightly browned. Serve immediately. Or make Banana Pudding Sauce with one pint milk, tablespoon each butter, cornstarch and sugar, pinch of salt, and pulp of four bananas stirred in just before serving, when pour the whole over slices of thin, crisp toast.

BANANA PUDDING

Mash six bananas and add one tablespoon cornstarch rubbed smooth in half a cup of cold milk. Add a half cup of sugar and a pinch of salt and place a layer of this in bottom of baking-dish. Over this sprinkle crisp bread or



THE BANANA

The blossom to the left shows the formation of the fruit, successive and progressive: each leaf curling back as the rows of little bananas become mature enough to do without protection



CALIFORNIA FIGS

cracker-crumbs mixed with one cup chopped peanuts. Repeat the alternation of layers, having two of each. On top sprinkle sugar and bake forty minutes in moderate oven. (Sauce: see above.)

BANANA ICE AND SHERBET

Make syrup as in Introductory Recipes, adding crushed bananas to taste.

BANANA ICE CREAM

To the crushed pulp of six bananas add one cup sugar, one-half teaspoon salt, and one quart milk and cream mixed. Mix well and freeze.

FROZEN BANANAS

Add to one dozen crushed bananas the juice of two oranges and a pint of sugar. Freeze partially, then add the whipped whites of two eggs and finish freezing.

FROZEN BANANA CUSTARD

To the regular custard for freezing (see Introductory Recipes) add the crushed pulp of four or five bananas and pinch of salt. Freeze.

BANANA MARMALADE

Make a syrup of two cups of sugar to one of water and cook till it strings from the spoon. Stir into it then the crushed or cubed pulp of four bananas and cook slowly (where there is no danger of burning) until thick. (About fifteen minutes). The addition of lemon, currant, or other tart fruit juice relieves the intense sweetness but does not detract from the banana flavour.

BANANA JELLY

Make a plain gelatine (see Introductory Recipes) with a decidedly tart flavour and add cubed or crushed bananas in quantity liked.

"MUBISI" (S. African Unfermented Banana Wine)
P. W. Humphreys, ("What to Eat")

"A big hole is dug in the ground, lined by banana leaves, filled with unripe bananas, and kept covered by mats and earth until the fruit has become completely ripe. Then the bananas are slit, mixed with fine hay, and placed in a large, boat-like, wooden trough which at one end has an emptying pipe. After the addition of some water the whole is thoroughly mixed by the hand or by short wooden sticks. Thereupon the trough is covered with banana leaves and the mixture is left standing for about one or two hours. After the expiration of that time it is taken out and through grass sieves poured into large calabashes. It is then ready for use and represents a sweet, agreeable and not intoxicating beverage.

"MUENGE" (Fermented Wine) P. W. H.

"If the mubisi is left standing for three days it undergoes a fermentation and becomes a slightly acid, refreshing beverage which is strongly intoxicating. If it is filled into bottles and they are kept well corked at a cool place for several months one obtains a sparkling wine strongly resembling champagne.

BANANA BEER, P. W. H.

"If a larger or smaller quantity of millet (boiled) is added to it and the mixture is left standing in large earthen pots for two or three days and stirred from time to time, it becomes a beer which, according to the quantity of millet added, is more or less intoxicating."

DRIED BANANAS

Bananas are dried in the tropics by simply pressing through a sieve and spread out in the sun in cakes till sufficiently evaporated to store away for future use.

BANANA FLOUR

From the banana flour obtainable in Mexico, pancakes, muffins, etc., are made as by the regular recipes with changes according to the strength of the flour.

BANANA SANDWICHES

Slice and serve the fruit between Banana Loaf or plain bread with mayonnaise, or add lemon juice to the crushed pulp. Cress may be added.

CHAPTER XXI

THE FIG (*Moraceæ*)

THE *Ficus carica*, or common fig, is but one of more than a hundred species of a most interesting fruit which from the earliest of ancient times has, in its varying forms, been accorded not only a place of importance but honour and reverence. Biblical records mention the fig as clothing, food, and medicine, and, regarding the first, were foliage available for modern costumes the fig tree would be enhanced in value because of the infinite variety of its leaf-patterns; two leaves, even on the same tree, seldom being found exactly alike.

The Egyptian Sycamore (*F. sycamorus*) which is supposed to be the sycamore of the Scriptures, the Banyan (*F. Indica*), the India Rubber tree (*F. elastica*), or "Caoutchouc," and the renowned Peepul Tree of India (*F. religiosa*: the Bo Tree of Ceylon) are among the many species of the fig, and the oldest tree in the world is a Ceylon Bo Tree whose age is estimated by historical records to be over two thousand years. The Hindus venerate the Sacred Fig because Vishnu is said to have been born under it and the Buddhists because under one of them they believe "Gotama Buddha reclined at Uruwelaya when he underwent his apotheosis." Colder countries are not strangers to the fig for it is cultivated many degrees north of the frost line in both Europe and America though, as in France and England, winter-protection is a necessity.

Either green or dried figs are excellent food and as a whole the fruit has no superior in healthfulness. Its large

amount of sugar is nourishing and being one of nature's best laxatives, pleasant to the taste, mild yet positive in effect, it may be given more freely—with greater safety in quantity—to many more people (from children to those most advanced in years) than decidedly acid fruits. Figs are also considered good for the kidneys and because of their demulcent property are sometimes given in pulmonary troubles. Externally applied they are considered very healing (as in the days of Hezekiah) and so, roasted gently or boiled, the inner part is not infrequently used as a poultice. It is said that among the Malays the juice of one species of fig, the *F. toxicaria*, is used for poisoning arrows. With some figs the milk is very mild but with many others is acrid though not harmful as with the *toxicaria*. It was without doubt this very common, temporary stinging sensation which gave rise to the custom of eating fresh figs as below.

Wherever this fruit grows every effort should be made to put by a goodly store for future use for, perhaps, in addition to its wholesome qualities there is no fruit which dried, or preserved by some method of cooking, so retains or so transforms its charms into equal attractiveness. It is almost unique in being as agreeable dried as in its original, fresh juiciness and its saccharine quality is greater.

RECIPES

TO EAT FRESH FIGS

When figs are served at the table uncooked hold them by the stem and with a small knife cut the fruit across twice, at right angles, downward as far as the stem. Thus quartered the pulp will open and hang slightly outward but will not become entirely detached. Then with the knife separate the pulp from the skin, gently scraping it

toward one, from the centre, or stem-heart, downward. By this method one secures the entire pulp without the skin and in convenient bits for eating.

STEWED FIGS

Figs may be stewed in three different ways, if the dried fruit is used:

No. 1. Wash figs and place in cold water over night, using a pint of water to a pound of figs. Next morning bring the figs (in same water) slowly to a boil and when tender add half the quantity of sugar that there is juice, cooking down till the syrup is thick. Serve cold with cream.

No. 2. Steam the figs till soft, then place them in boiling syrup for a moment, setting them back where they will not even simmer, for twenty minutes or more, when remove the figs, cook down syrup till thick and pour it over the fruit.

No. 3. Wash and cover the figs with wine, letting stand over night. Then barely simmer till tender, treating the syrup as above.

Fresh figs require simply simmering a few moments in very little water before adding sugar, when let a syrup form before removing. Pineapple, ginger, lemon, rhubarb, or other fruits may be used to flavour.

BAKED FIGS

Place fresh figs in a small crock or earthenware dish, with a little sugar and lemon juice or that of other fruit. Cover and bake slowly and no water will be required.

TO FRESHEN FIGS

Place dried figs in an enamelled colander and steam until soft and filled out in appearance. Remove and prepare

further for cooking as desired or roll in confectioners' sugar and set aside to partially dry before serving. A drop of tart fruit-juice and a little sugar may be placed inside the fig.

STUFFED FIGS

Remove the inside of steamed or fresh figs and mix the part removed with chopped nuts moistened with a syrup of sugar and tart fruit-juice (cooked or uncooked). Roll in sugar and serve.

FIG LOAF CAKE No. 1

Cream two cups of brown sugar with one of butter. Add one cup of water, four eggs, three and three-fourths cups of flour, one teaspoon each of soda and grated nutmeg, and two of cinnamon. Have ready, chopped and floured, one pound of figs cut in fine strips lengthwise, and three cups chopped raisins, adding these just before baking.

FIG LOAF CAKE No. 2

To two cups of sugar add a generous half cup of butter, one of milk, four (scant) of flour (in which two teaspoons of baking-powder have been sifted) and four eggs. Flour two cups chopped figs and add to batter just before placing in pans to bake.

LITTLE FIG CAKES

Beat together five eggs. Add to this a pinch of salt, a cup each of sugar and chopped nuts, and a half cup of raisins, the juice of one lemon and a pinch of nutmeg, one cup of bread-crumbs in which has been well mixed a rounded teaspoon of baking-powder, and one-half pound figs chopped fine. Bake in one rather thin sheet and when the cake is cold cut in small squares. This may be iced with a plain boiled icing (see Introductory Recipes) into which has been stirred one cup of chopped figs and nuts.

FIG LAYER CAKE

Use any of the plain foundation cake batters (see Introductory Recipes) and bake in layers. For filling use the real fig jelly, or the filling given next below or "Fig Snow."

FIG FILLING OR JELLY FOR CAKE

Chop or shred one pound of figs and boil until tender in one coffee-cupful of water, in double boiler. Add one and one-half cups of sugar and one teaspoon of vanilla. Boil down until smooth and thick. Spread while warm.

FIG SNOW FOR FILLING

Mix fig pulp (fresh or steamed, or stewed) with whipped cream or meringue as for banana filling for Banana Layer Cake.

FIG PUDDING OR PIE (Very Simple)

Cut fine one-half pound fresh or dried figs and simmer half an hour in three-fourths pint of water, a dessert-spoonful of sugar being added when nearly done. Remove and cool, when add the well-beaten yolks of two eggs. Place in a pudding or pie dish and bake in moderate oven until the yolks are set sufficiently, then place on top a meringue made of the whites of the eggs and two table-spoonfuls of sugar. Let this brown and remove to cool.

FIG SUET PUDDING (An English Recipe)

Chop fine six ounces of suet in three-fourths pound of flour, adding a well-beaten egg, three-fourths cup of sugar, and sufficient milk to form a smooth dough. Roll out half an inch thick and sprinkle on it one pound fine-chopped figs. Roll this up and tie in a pudding cloth, place in boiling water, and boil for two hours. (A little nutmeg may be used for flavouring.)

FIG BREAD PUDDING

Soak three cups of breadcrumbs in one and one-fourth pints of water and beat into this four eggs, a pinch of salt, two tablespoons of sugar, and one and one-third cups of chopped figs. (The figs should be first dredged in flour.) Flavour with lemon or nutmeg. Beat well, then place in pudding-dish and bake slowly for an hour and a half, or place pudding in tight-covered vessel which is to be placed in a pot of boiling water and kept at a boil for two and a half hours. Serve with hard sauce.

FIG BLANC MANGE

Make as for Banana Blanc Mange; using one cup of fig pulp and one cup of chopped nuts and a little lemon tincture. Prepare a sauce with the yolk of the egg beaten with a tablespoon of sugar and stirred in with a pint of boiling milk. Add one teaspoon of cornstarch, wet with a little water, and remove from the fire. Nutmeg may be added or a dash of lemon extract. Serve cold.

FIG ICE-CREAM

For two quarts of fig ice-cream mix one quart of cream with two cups of sugar and freeze partially. Then add to the mixture two cups of fig marmalade, the juice of one lemon with one teaspoonful of lemon extract, and the whites of four eggs with which has been whipped a pinch of salt, and finish freezing.

FIG ICE-CREAM No. 2

Stir together one pint of cream, one pint of new milk, and three-fourths cup of sugar. Place on stove and bring to a boil. In a separate vessel should have been stewed one cup of chopped dried figs or two cups of fresh fruit in

one-half cup of water. Add to the hot milk and let cool. Then freeze, adding at the last moment either pineapple or lemon extract and the juice of half a lemon. This will make nearly two quarts.

FIG ICE

Peel two quarts of fresh figs and stir well with the juice of one lemon and its grated peel, or one teaspoon lemon extract, some fruit acid and two cups of sugar. Add two cups of water and freeze.

FIG CANDY

Boil over a slow fire one pound of sugar and a half pint of water until the syrup hardens when dropped into cold water. Add half a teaspoon of vinegar and remove from the fire, stirring once or twice before pouring over a layer of figs placed in deep dish. Dried figs may be used either previously soaked an hour in cold water, or those perfectly dry. They are more apt to give good results than the fresh figs.

CANDIED OR CRYSTALLISED FIGS

Proceed as in third method for drying until the syrup-dipping stage is reached. At this point, on removing them from the boiling syrup drain and sprinkle thickly with granulated sugar, then place on thin wooden slabs or "hurdles" of galvanised iron and dry very slowly in fruit-dryer or slow oven, turning the figs frequently. When thoroughly dried and sugared these may be packed in layers, with oil paper between and kept in a dry place.

Or proceed as for candied cherries, dipping first in brine instead of lye.

FIG JAM

If dried steam first till very soft. If fresh and ripe place them in a double-boiler, heating through perfectly

but adding no water. They may be steamed instead. Add about one-half their weight then of sugar and cook down carefully till thick. Lemon juice and peel, pineapple or other decided fruit may be added for flavouring. This if preferred may be rubbed through a coarse sieve and heated again before sealing in little pots or jars.

FIG. JELLY

Slice the figs into the preserving kettle, covering bottom of kettle with cold water. Add slices of unpeeled lemon, one lemon to one and a half pints of uncooked figs. Place on back of stove to cook slowly an hour, when strain and boil for fifteen or twenty minutes (according to the state of the syrup or the weather), adding three-fourths quantity of sugar to that of the fruit.

PRESERVED FIGS

Heat figs through thoroughly in a steamer, double-boiler or slow oven without water, then drop them into a heavy, boiling syrup; remove and let stand in it over night. In the morning bring to a boil, remove; let stand till cold; re-heat; drain; pack figs close together in jars; cook down the syrup and pour over the fruit. Figs may be preserved in lemon syrup, in grape juice, or other tart fruit juices or have added to them lemon peel and juice or lemon and ginger root. See also Preserved Cherries. Dried figs may be steamed and then so preserved or by simpler process. Many people hold that preserved fresh figs must first be dipped in boiling lye, repeating several times, a minute at a time.

PICKLED FIGS

Pick figs which are barely ripe, though fully swollen out, and leave stems on the fruit. Place in a jar of fairly strong

brine and let stand over night when rinse well in fresh cold water, drain, pack close together in jars, and pour over them hot spiced vinegar (sweetened if liked) as for apples, cherries, grapes, etc.

CAKES OF FIGS

Cook ripe, peeled figs slowly in double boiler with a little sugar and flavouring (if liked), till smooth and thick. Almonds may be added while cooking. Pour into shallow moulds or pans and dry slowly in sun, oven, or dryer, when perfectly dry cutting in squares or strips and wrapping in oiled paper or storing in dry place. These may be used for cookery as are the commercial figs.

TO DRY FIGS

There are several methods in vogue for this, a California treatment of them (Dr. Eisen's) reported by the Department of Agriculture (Div. of Pomol., Bul. No. 1) being the following: "When the figs began to wilt and show small white seams they were cut from the tree by means of scissors or a knife, then carefully placed on trays similar to raisin trays. (An improvement is here suggested of nailing laths to form longitudinal ribs across the tray-bottoms.) By placing the figs with the eye elevated on the rib the sugary contents are prevented from leaking out. . . . The figs are now placed in the sun to dry turned every day, at first separately by hand, but when partially dried were turned . . . as we turn raisin trays. Every night they were covered over. . . . The figs are sufficiently dry when they show the same dryness in the morning as the evening. . . . If not sufficiently dried they will puff up and spoil. It is, however, a great danger to overdry the figs. Such figs will get a cooked and earthy taste. . . . It took from five to twelve days to dry the figs, according to the weather.

When dry they may be dumped into sweat boxes for a few days but the better way is to dip and pack them right away. Now prepare a kettle or tub with boiling water, in which is put enough common unrefined rock salt, such as is used for cattle; table salt will not do. . . . Sea water may be preferable. . . . About three big handfuls of rock salt to one gallon of water is enough. When the salt is dissolved and the water is again boiling immerse the figs for two seconds; immediately afterwards thumb the figs, and work the eye of the fig downward and the stalk end upward. . . . This process is necessary. First, it distributes the thicker skin around the eye of the fig evenly, and in eating we thus get equal parts of the thicker and thinner skin. Secondly, it places the fine skin of the stalk end on top, and when the figs are packed and pressed they present a beautiful smooth surface. I believe the dipping of the figs in *boiling* salt water may be dispensed with if the figs are sufficiently pliable without it. But it is absolutely indispensable to dip the figs in salt water, and during the thumbing of the figs the hands of the packer must be constantly moistened by salt water or the sugar will stick to the fingers and make the operation almost impossible. . . . The figs taste at first exceedingly salt . . . but after a few days the salt works into the fig and gives it a peculiar appetising taste, counteracting the excessive sweetness.

“The heavy pressing of the figs, which is always so strong that it causes them to burst at the stalk end is much objected to by the consumer, as it evidently defaces the fig. But, nevertheless, this compression is absolutely necessary. It prevents insects from entering between them and it prevents the air entering, thus drying out the fig. . . .”

A second California method reported (Mr. Burnham,

of Riverside) was to pick the figs when wilted and while yet green to treat it to "a strong sulphur bath," then putting in the sun to dry, after this sweating it in sacks, then packing.

A Florida method "H. R." (Farmer and Fruit Grower) is to gather the figs when fully ripe but before they crack open. The fruit should be placed "in a wire basket and dip it into a deep kettle of hot lye made from wood ashes. Let it remain in the lye a minute or two to remove the gum and milk and until the figs begin to shrivel slightly. Let all the lye drip off the figs, place them in a kettle or vat of boiling syrup, and let them remain in it three or four minutes. Then dip them out with a skimmer, let the syrup run off entirely and place the fruit at once in a dryer or evaporator. When sufficiently dry let them become perfectly cool and pack very close in drums or boxes, pressing the fruit down compactly with a small lever."

Figs form their own sugar in packing but spices may be placed between the layers, or the Southern sweet bay, if time and fancy so dictate.

A simpler method is to pick when ripe and dry on trays in the sun, turning every day and pressing flat with the hand. Pack in layers and keep in a dry place.

CHAPTER XXII

THE DATE—THE COCOANUT

Phœnix Dactilifera Cocos—Nucifera—Phœnicaceæ

THE date, whether fruit or tree, instinctively brings to mind the islands of the desert: the cocoanut those of the tropical seas. Differing thus widely as to natural habitat and as to type of fruit there are nevertheless necessarily striking points of resemblance and similarity of general products presented by these two stately, graceful members of the Palm Family, and by the increase and scattering of the human family they have become more closely associated as to places of growth. The general contour of the trees and bunching of the fruit in the bushy tops are the same; the fibre of the leaf-stems of both is used in the manufacture of cordage, the leaves themselves for mats, baskets, and innumerable other products; the wood for local building purposes or imported for making up into highly polished furniture or choice woodwork.

Both these palms yield quantities of sap, known as "toddy," and it is a common, yearly practice to tap them. The toddy, unfermented, is much liked as a drink and when in this condition and boiled down the syrup called "jaggery" is obtained, which in turn yields another product: sugar; about one pound resulting from four of the syrup, it is estimated. Fermented, the sap becomes palm wine or is distilled into arrack. The heart

or terminal bud of these palms, called the "cabbage," is sweet, tender, and nutty, but it is too luxurious an article of diet to be often indulged in, as its removal causes the death of the tree. The ends of the leaf-stalks, however, are almost identical in texture and flavour and are used as a vegetable.

With these points of similarity the general resemblance in appearance and food values of the trees ceases for the fruits borne by them are totally unlike in form and kind of nutriment. The date's distinctive and preponderating element is sugar; that of the cocoanut, oil. The small proportion of fat contained in the date is chiefly in its stones or pits which are sometimes roasted and ground for use as a substitute for coffee and sometimes ground unroasted to secure the oil contained in them. The cake or paste remaining from the latter process is given to camels as food, as are also types of imperfect dates. The dates themselves, when compressed in preparing them into dried cakes for future use, give out a syrup which is used in cookery like molasses, and the crushed fruit may be fermented for date wine. So concentrated has nature made the food value of the date, so powerful and readily carried a storehouse of energy, that in some countries the killing of a date-palm is a criminal offence. It is true that dates contain a very small per cent. of protein but their sugar is in so pure and simple a form that they are readily digested and when eaten with nuts to furnish the nitrogen and fat the combination is an almost perfect food.

More than one variety of date bears fruit. The wild date of India, *Phoenix sylvestris*, is famed for its sugar production as well as for its fruit. On the whole this fruit-bearing palm is not as sensitive to cold as is the cocoanut and grows luxuriantly in parts of Spain and Italy. It begins to bear from about ten years old upward indefinitely,

age seeming no hindrance. Some of the Italian date trees prove their longevity for it was over one thousand years ago that those of Bordighera were planted by the monks.

Cocoanuts, like dates, contain only a small per cent. of nitrogen, but, unlike that other palm fruit, provide one of the most delightful forms of oil and in as generous quantity as the date gives sugar. According to the tradition of colder climes the cocoanut is indigestible, but in the balmy countries where the cocoa-palm flourishes one does not hear of this, chiefly because its fruit is there eaten in proper condition: when at the right stages to be offered human stomachs. The white "nut"-lining is soft enough at first (when half "ripe"), to be eaten with a spoon, and the milk is not thick and white but clear, somewhat sweet, and most refreshing up to perfect maturity. It is said there is nothing more easily digested, assimilated and fattening than fresh cocoanut milk, and it is recommended to invalids to be as freely indulged in as possible: perhaps the juice of six cocoanuts a day to begin with, as a restorative. (Fresh cocoanut oil is sometimes prescribed as a substitute for cod liver oil.) There are people whose enthusiasm over it goes so far as to claim the probability of cocoanut milk being that fountain of youth so ardently sought and so persistently concealed since time itself was young. But, as with many other fruits, the cocoanut is gathered before maturity for shipment and even where cold does not affect it on the long journey it is impossible but that it should be the reverse of improved on reaching its destination. However, one may get something of the flavour of both milk and meat in the northlands and need not shun them if one uses the cocoanut from the shell and so gets it unadulterated, and uses always sufficient of all kinds of fruit to keep one's digestive apparatus in good condition.

RECIPES FOR DATES AND COCOANUT

DATE SANDWICHES

Stone and chop dates until soft enough to spread between thin slices of buttered bread. If good butter and wholesome white or brown bread are used one has a most satisfying luncheon, containing all the requirements of fat, sugar, nitrogen, etc. One may substitute fine-chopped nuts for the butter, for variety, if one wishes.

DATE GEMS

To half a cup of stoned, chopped dates add the well-beaten yolk of one egg, a pinch of salt, half a pint of sweet milk, two scant cups of flour in which two teaspoons of baking-powder have been sifted, adding a tablespoon of oil or butter before beating in the whipped white of the egg. Bake for twenty minutes rather briskly.

DATE FRUIT BREAD

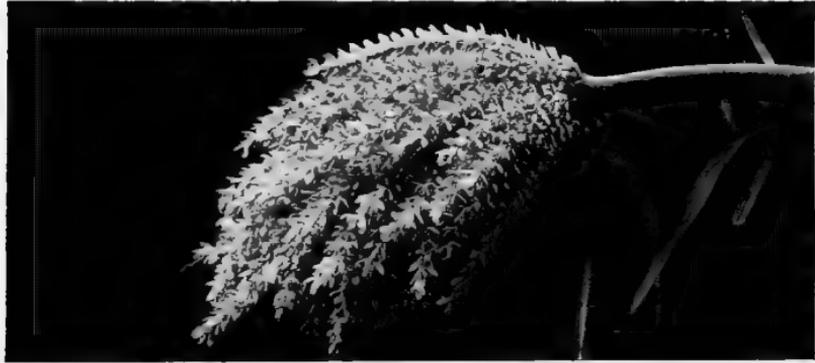
Make as for Bread for Fruit Toast (Introductory Recipes), and for each loaf allow and work in nearly a pint of chopped, stoned dates.

DATES WITH BREAKFAST FOOD

With any cooked breakfast food stir in a cup or more of stoned, chopped dates a few minutes before removing from the fire. Or, they may be added to any uncooked, flaked food with delicious effect.

STEWED DATES

Wash and cover a pound of dates with one pint of water and let stand over night. In the morning place on the stove and let them come to a boil. Let them simmer gently



**BLOOM OF THE DATE
PALM**

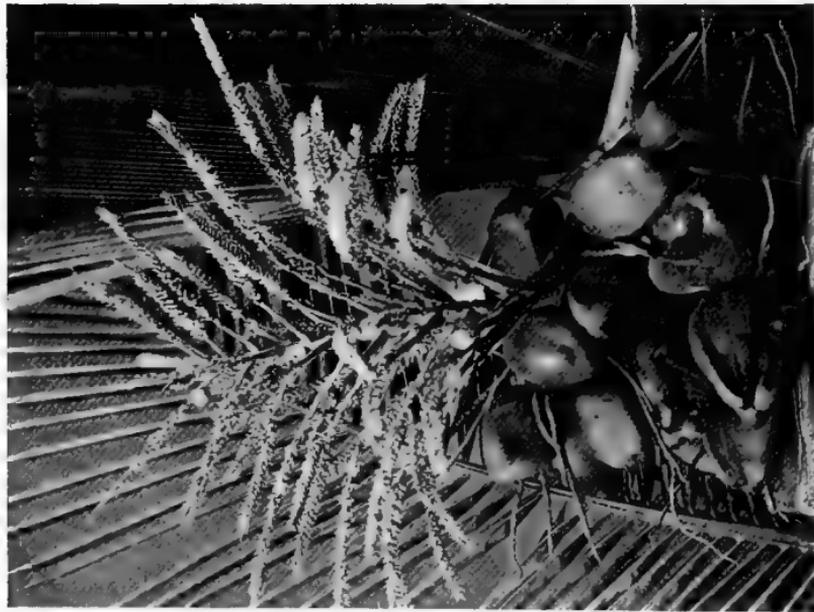


**UP IN THE HEART OF A
DATE PALM**

The first stage of the fruiting



**WILD DATE PALM OF
INDIA**



Cocoanut bloom and cocoanuts with outer
husk unremoved



Cocoanut Palm: *Cocos nucifera*. (Linn.)

GATHERING COCOANUTS

for a few minutes, adding a few drops of lemon or lime or orange juice, then remove the fruit, add a little sugar to the water left in the cooking-vessel, and simmer until the syrup is thickened. Pour this over the fruit and serve when cold.

DATE JAM

Jam may be made from dates by cooking in the proportion of one pound of stoned fruit to one cup of water and a half-pound of sugar—the sugar to be added after the fruit has simmered about eight minutes. Add with the sugar a teaspoonful of butter and spice, or lemon juice, or other flavouring as one chooses. Cook down until smooth and thick and place in jars.

DATE FLUFF-DUFF

Stew one cupful of dates, stoned, until tender, then put through a colander and mix with one cup of sugar in which has been sifted a teaspoonful of cream of tartar. Beat thoroughly the whites of five eggs with a pinch of salt and when perfectly stiff add the yolks of two and whip again. Now mix lightly, a little at a time, with the dates and sugar and place in a buttered baking-dish. Sprinkle over the top one-half cup of fine-chopped nuts and bake for fifteen minutes. Serve this with cream, plain or whipped.

DATE FOAM

Make an orange or lemon gelatine jelly. (With a plain gelatine it is best to follow directions given by the manufacturers of the particular brand one uses, as they know best the strength of their gelatine, using, however, in a warm climate one cup less of water than that recommended). With this as a foundation, when the gelatine begins to harden slightly on being removed from the stove and

whipped in process of cooling, add the well-beaten whites of two eggs and one cup of stoned, chopped dates. Place in a mould and set on ice to chill.

DATE PIE

For two pies use a pound of dates. Wash them and place in a crock with a quart of milk to heat slowly. When soft stone them and crush or put through colander. Add an egg or a tablespoon of dissolved cornstarch to thicken, then place in a baked pastry shell. Whipped cream or a meringue may be used with this or thin lattice strips of paste laced over it.

DATE LAYER CAKE

Use the "One, Two, Three, Four" recipe (see Introductory Recipes) and bake in layers. Ice with a plain, boiled icing (see Introductory Recipes) in which, as it cools, should be stirred one cup of stoned, chopped dates.

DATE LOAF CAKE

Make the cake as above, using, however, an additional cup of flour and a second *heaping* teaspoon of baking powder. Add one grated nutmeg, the grated rind of one lemon, and one pound of dates, stoned, cut fine, and dredged with flour. Bake in a moderate oven one hour or more.

DATE MACAROONS

Beat the whites of three eggs stiff, then add gradually a half pound of powdered sugar (a dessertspoonful of cornstarch sifted through the sugar); one-half cup of fine-chopped nuts and one of dates, and the rind of an orange grated. Work well together gently, adding enough grated cocoanut to make stiff enough to form into balls. Very

little cocoanut will be required, so it is best to add but a tablespoonful first and bake a "try-cake" as a test.

STUFFED DATES

These are not necessarily for mere sweetmeats as there is in them a great amount of condensed nourishment, though they make a most "dainty dish to set before a king."

Select the largest dates and pinch out the stones. Fill space with nuts or a plain cream-candy filling made by working in with the whipped white of an egg as much powdered or confectioners' sugar as it will stand. This should be flavoured with lemon juice or some other decided flavour. (Or, see Introductory Recipes.)

DATE FUDGE

To two cups of granulated sugar add two-thirds of a cup of sweet milk and one-third cup butter. Add one teaspoonful of vanilla when the syrup has begun to simmer. Stir this until just after the vanilla has been added, then let cook for twenty-five minutes without stirring, watching carefully, however, that it does not burn. When a light brown in colour pour out on plates on which are spread chopped or halved dates and let cool.

DATE ICE

Make a lemonade or orangeade and to each quart of liquid add one pound of stoned, chopped dates and a half cupful of fine chopped nuts. A little lemon extract may be added. Freeze.

DATE ICE-CREAM

Make the usual foundation ice-cream, adding to it for each quart a cupful or more of shredded dates, then freeze. (Flavour as liked.)

COCOANUT AND DATE SALAD

The fresh cocoanut, cut in cubes, mixed with stoned, halved dates, served on crisp, tender lettuce or young cabbage leaves, makes a pretty and delicious salad. Mayonnaise or a cooked dressing in which lemon juice takes the place of vinegar, gives proper piquancy.

COCOANUT MILK FOR COOKERY

Cocoanut milk may be used in any way that cow's milk is used: for soups, stews, and dainty desserts. The milk may still be used after the shell is brown and hard through—the proper stage is when the shell is tender enough to be cut into with a sharp, stiff, slender knife. To get all the milk at the more advanced stages the white meat should be grated, and boiling water poured over it in proportion of one scant quart to each large cocoanut. Stir this for some minutes, then strain through a cotton cloth, squeezing the cocoanut well. Let this liquid cool and it will be found that the fat rises as does cream and may be used as cream, butter, or oil. The fibre remaining may again be treated with boiling water but its quality will not be as rich.

COCOANUT SOUP (Old Recipe)

Scald and scrape (but do not skin) two sets of calves' feet (eight) and place in a soup-kettle with the thin-pared rind of a lemon and six blades of mace. Pour over this one gallon of cold water and let heat gradually, skimming, simmering till the calves' feet are thoroughly shredded by the long gentle cooking, when strain and set away to harden. Remove the fat from it and replace on the stove with a fine-scraped fresh cocoanut (at least a half-pound of cocoanut meat) and a pint or more of undiluted cocoanut milk or cream. (Butter and a little corn or rice flour may be

substituted with milk for the cocoanut juice.) Add half a nutmeg grated; boil fifteen minutes, skimming, then serve with small French rolls or milk biscuit. Sugar may be passed with this.

COCOANUT CURRY

In India cocoanut is very much used in curries. For a vegetable curry melt two tablespoons of butter in a saucepan (or use cooking oil); slice into this one onion and let it cook for a few moments. Now add one tablespoonful of curry powder mixed with a half pint of cocoanut milk and a scant teaspoon of salt, and let simmer for five minutes. The vegetables should have been prepared beforehand, cooked separately: (cut in small bits): two carrots; two medium-sized Irish potatoes; one-half pint of green peas, and one-half pint of grated cocoanut. Place these in the curry and let simmer for about five minutes, when it is ready to serve.

COCOANUT OMELET

Beat together the whites of three eggs with a half teaspoonful of salt and dash of tabasco. When well whipped add the yolks and one cup of grated cocoanut with a half cup of cocoanut milk. Cook carefully for three minutes in a well-buttered saucepan where there is moderate heat, slipping a knife under the omelet once or twice to prevent burning. When partially brown set in the oven to finish cooking, a good final test being that of no particle sticking to a knife thrust into the centre.

COCOANUT INDIAN FRITTERS

Place in a bowl three tablespoons of flour and scald with sufficient scalding cocoanut milk to make a smooth, stiff paste. Let it cool, then add to it the beaten yolks

of four eggs, and the whites of two, with a cup or more (as desired) of fresh, shredded cocoanut. Work this up well together then drop by dessertspoonfuls into boiling fat or oil and fry to a golden brown.

COCOANUT TOAST

Toast to a medium brown some slices of rusk and pour over them fresh cocoanut milk, slightly thickened; adding at the last shredded, tender cocoanut—fresh gathered. Serve hot with a dash of nutmeg over the whole.

COCOANUT AND ORANGE FLOWERS

When at its first creamy ("spoon") stage serve the cocoanut from the shell, in convenient pieces, or scraped on to a serving-dish, and sprinkled with the fresh or candied petals of orange-flowers. The preserved orange flowers may be used with this, also. Cream, sugar, a meringue, or wine may be served with it.

SHERRIED COCOANUT

Grate a fresh cocoanut and drop into a thick syrup made of four cups of sugar to two of water, and cook gently for forty minutes. When done remove from the fire and immediately stir in the beaten yolks of three eggs. These should thicken a little with the beating and heat. Add a wineglassful of sherry, whip well and cool. (The eggs may be stirred in while still on stove but should never be allowed to boil.)

COCOANUT CUPS

Gently stew a sliced cocoanut in the cocoanut milk for an hour, or until tender, then add juice and grated rind of one lemon or orange, a half-cup of sugar, and the beaten yolks of four eggs. Let thicken slightly, then pour into

custard cups and bake fifteen minutes. Place on top the whipped whites of the eggs (with one-half cup of sugar) and brown lightly. Remove, cool, and serve.

PASTEL DE COCO

To the grated meat of one cocoanut take its weight in granulated sugar and one cup of water. Cook until a moderately thick syrup has been formed, adding as it cooks a small cupful of fruit-juice—preferably pineapple. Cook this ten minutes at least, then add the beaten yolks of four eggs, a half-teaspoonful of grated nutmeg and cinnamon mixed, and a half wineglass of wine. Cook very slowly until it thickens evenly (stirring all the while), then spread on a flat dish and let cool before serving. When partially cool sprinkle on this half a cup of grated cocoanut.

COCOANUT CAKES

Mix together one-half pound of flour; one-fourth pound each of butter and sugar, and two eggs. Add a small cup of milk (of the cocoanut, if possible) and one teaspoonful of baking-powder. When well mixed add grated or desiccated cocoanut, a cupful or more as desired, then bake in small buttered tins in a moderately quick oven.

COCOANUT MACAROONS

Whip stiff the whites of three eggs and add a cup of powdered sugar, beating till very light. Flavour with almond or vanilla and add half a pound of desiccated cocoanut, then mix and drop on buttered paper or tins. If fresh cocoanut is used take half a pound of sugar and as much cocoanut as required for "body."

COCOANUT DROPS

Grate one cocoanut and weigh, adding half its weight in sugar. Mix this with a stiff-whipped white of egg and

drop on buttered paper. Bake fifteen minutes in rather a quick oven.

COCOANUT CREAM CANDY

Grate one cocoanut and set aside. Boil one and a half pounds of sugar with the milk of the cocoanut, heating very slowly till sugar is melted. Boil then for five or six minutes gently; add the grated cocoanut and boil ten minutes longer. Stir continually. Pour on buttered plates and give forty-eight hours as time for hardening.

COCOANUT MOUSSE (Frozen)

Have ready one cup of fresh, pounded cocoanut and add to it a pint of the richest cocoanut "cream" and milk, or half a pint of cocoanut milk and a half pint of whipped cream (from cow's milk). Add three-fourths cup of sugar and a tiny pinch of salt, then stir in a small tablespoon of gelatine which has been dissolved in two tablespoons of water and strained. Freeze. (For one quart.)

The cocoanut, particularly the fresh-picked fruit, lends itself or its milk to almost every form of frozen dainty, making most attractive ices, ice-creams, etc., and in many forms supposedly adapted only to other (more strictly) fruit it is delightful as foundation or accessory.

The palm-cabbage, or the stalk-ends, may be used, uncooked, in salads, or delicately cooked (like cauliflower), or pickled.

CHAPTER XXIII

THE JAPANESE PERSIMMON (*Diospyrus* *Kaki*, *Diospyraceæ*)

THIS, the national fruit of Japan, is a giant compared with the persimmon of the North American woods as regards the size of its fruit; the tree is a comparative dwarf but makes up in beauty, symmetry, and convenience of size what it lacks in height. It does not need the frost to sweeten its fruit but neither does the frost-touch prove harmful as to other semi-tropical fruits. There is as endless an array of variety in this persimmon as the apple can present and it is used by the Japanese in as many different ways and as constantly. The Japan persimmon varies so in size, flavour, and shape, from the size of a base-ball to that of the largest orange; from those somewhat tasteless and dry to a ravishingly delicious and juicy type; and from the rounding, through all degrees, to the extremely elongated—that one can but generalise in dealing with it. It seems a great pity that it is not better known and appreciated in Northern markets, as it ships well, grows so readily and in such abundance that it is not the expensive fruit many of the semi-tropical products prove to be, and yet is one of the richest of fruits in food value. It can best perhaps be compared with the banana as to its type of riches and its practicability as “a whole meal” in itself. It has wealth of carbohydrates, also fat and protein, (with more sugar however), and its energy-producing power is about the same as the forceful banana.

It is susceptible of much more variation than is realised

yet in even Florida and California, and its prodigal abundance might be indulged in not only more freely, with better results because of its substance, but farther north than it has yet been grown or shipped. It should be mentioned, however, that only the "chocolate" or dark-meated varieties, of which there are a number, should be used in cookery. Even where the others are perfectly ripe the chemical action of the heat brings out the astringent quality so actively that it is impossible to eat the results. The chocolate varieties may be used without any danger of the development of unpleasant qualities. The thoroughly ripe Northern persimmon in its sweet, sugary state, may be also used with great success with most of the recipes or suggestions given for the Japanese.

RECIPES

TO SERVE OR COMBINE THE UNCOOKED PERSIMMON

In serving the uncooked Kaki send it to the table with sharp-pointed spoons with which both to pierce quickly the thin skin and eat the pulp. Or it may be peeled carefully, the pulp removed and mixed lightly with orange juice and sugar or with whipped cream—this, *before* serving. Tapioca and sago, or gelatine already cooked, may be added with the whipped white of an egg for a dessert, but in such case the puddings should be made rather thick and partially cooled before pouring over the persimmon, in order that the latter may not become too juicy with the warmth and make the dessert watery. Frozen persimmons are very delicious—peeled and frozen whole with sugar and orange juice, or mashed with syrup and lemon juice as an ice, or added at the last moment to plain ice-cream.

PERSIMMON (Cooked Pudding)

This pudding may be made by using to a quart of persimmon pulp two eggs, a pint of milk, a cupful of sugar, a heaping tablespoon of cornstarch, wet in part of the milk, and a heaping teaspoon of baking-powder. Where orange juice is desired as flavouring substitute a small spoonful of soda for the baking-powder. Bake in pudding-dish slowly for an hour and serve, while still warm, with cold milk or cream, though persimmons are too rich almost of themselves to be served with cream.

MARMALADE AND JELLY

The marmalade (from the *dark, non-astringent* fruit) should be cooked in double-boiler with no water. Add instead, a little orange juice (about half a pint to two quarts of pulp), and when cooked down thick stir in three-fourths the quantity of sugar (heated) that there is pulp, and cook till stiff as one's taste indicates. Jelly may also be made with orange juice and orange-pulp added, or the pulp of pie-melon, half melon and half persimmon; but, while the jelly is pretty and delicate it has not much individuality and can scarcely be said to pay for the trouble. The persimmon makes excellent vinegar, beer, and wine and may be preserved, dried, somewhat after the manner of figs.

TO CURE OR DRY PERSIMMONS

One of the U. S. Government Reports (Fla. Bul. No. 71) gives the following quotation from Professor Kizo Tamari (of the Agricultural College, Imperial University, Tokio) as to the Japanese methods of curing the persimmon: "I will tell you how to cure the austere varieties so as to make them edible or change them into sweet ones in the following ways:

"First Method—When fairly ripened pick the fruit from the trees, peel off the skin and hang them by threads attached to the stems in a room for two or three weeks. They will then turn brown or black and become soft. You will say that they are the most delicious fruits in the world and dried still further, they will become just like dried figs, or better than figs. Further, pack them in a box in alternate layers with cut rice straw and keep them for a month. Black ones then become covered with a white powder (not mouldy). They then become very sweet, though the sweetness may not be retained through the next summer.

"Second Method—Harvesting time being the same as above, the fruits are packed into an empty wine cask (in Japan *Sake* casks, Japanese rice-wine). This should still be full of alcoholic flavour, or if the flavour be weak, the cask should be sprinkled with wine or brandy or any other spirit. Sherry wine somewhat resembles our *Sake*. Sprinkle the fruits very lightly with wine and keep covered air-tight for a week or two according to the temperature and the degree of austereness of the fruit. At the end of the time they become sweet.

"Other Methods—The process of sweetening is not merely limited to the above methods, but the fruit may be treated in several other ways; for instance, put new rice straws and dried haulms of sweet potato in about equal proportion in a vat, filling it about one-fifth full. To this add a little wood ashes and pour warm water over them. Stir up the straw so as to get it thoroughly wet. When the water is tepid, put in fruit to fill it one-quarter to one-third full and stir up to wet the fruit and imbed it in the straw. Cover the vat for five or seven days, after which time the fruit will be fit to eat. The fruits thus cured are not as sweet as by the *Sake* cask process,"



Flat and conical Japan persimmons, with the small wild northern persimmon of America. Note difference between Japanese and American as to size



DELMAS PERSIMMON.
Grown from wild stock



APPLE AND PEAR GUAVAS



TROPICAL PAPAWE (*Carica papaya*)

CHAPTER XXIV

THE GUAVA (*Psidium*, Nat. Ord. *Myrtaceæ*)

THE Guava, a fruit of peculiarly aromatic odour, and one of the most attractive members of the Myrtle Family, is best known to botanists and cooks through its "pear" and "apple" varieties (*Psidium pyriferum* and *P. pomiferum*), varieties of the common guava (*P. Guajava*), and, in lesser degree, the red Cattley (*P. Cattleyanum*) and the Chinese guava, or "yellow Cattley" (*P. Chinense*). It is interesting to know that this all-around fruit, as useful and practicable in cookery in the more southern countries as is the apple in colder climates, is considered as without doubt American in origin, for although China has its yellow Cattley, it is supposed to have been carried there at a very early date from Brazil. The red or purple Cattley, sometimes called in California the "strawberry" guava, and the yellow Cattley are particularly to be desired for jelly making. ("Strawberry" is a name also familiarly applied to a small pink variety of the common guava.) The thick-fleshed pear and apple types (taking their names greatly from their forms) are large and have few seeds comparatively, so that there is less waste, and from the tone of their flavours may be used more as are vegetables in general culinary work. Almost any recipe suitable for peaches (the flesh of the guava being similarly delicate) or for apples may be applied to the guava.

RECIPES

TO SERVE THE GUAVA UNCOOKED

Peel the fruit, selecting if possible the nearly seedless varieties, and where the seeds are virtually *nil* slice *across* the fruit and serve with sugar and cream or a little wine and spice with sugar. Where the seeds form an objectionable centre, slice lengthwise or halve after peeling and scrape or scoop away the seeds from the inner side before serving. The scooped-out halves of the larger varieties may be filled with chopped nuts, cocoanut shredded, candied fruits, whipped cream or meringue, the Kaki and orange juice, and innumerable other variations for special occasions.

STEWED GUAVA

Peel and proceed as above, then cover with cold water or sweet milk and simmer gently until tender. At this stage add sugar, or sugar and spice to taste, and serve when cool.

GUAVA SAUCE

This may be made with the cooked or fresh guavas. Peel and put through a coarse sieve or fruit crusher to remove the seeds. The pulp resulting—a smooth mass—may be mixed with sugar alone or with the addition of a little lime or lemon juice or spice. Serve as with apple-sauce. The white of an egg may be whipped stiff and added if liked.

GUAVA SALADS

Peel and slice as far outside the seed centre as possible, removing seeds remaining on inner side. It is advisable to use either the large pale-yellow pear guava, mild in flavour, or the vermilion-tinted red, tart fruit (the original apple guava). Serve on lettuce or tender cabbage-heart with

French dressing. Mayonnaise is, however, sometimes preferred. As with other fruits variety almost without end may be made by adding celery or nuts, other fruits or delicate vegetables.

GUAVA WITH MACARONI

For this use only the very tart fruit. Peel and put pulp through sieve. In one pint of pulp rub smooth a teaspoon of flour with a teaspoon of butter, and salt and pepper to taste. (A little lemon juice will be necessary with the milder varieties.) Bring this to scalding point in double-boiler. Have ready plain boiled macaroni cut in inch lengths; drain and add the prepared guava. Place in baking-dish, sprinkle breadcrumbs and bits of butter on top, and bake in quick oven fifteen or twenty minutes.

GUAVA FRITTERS

Peel and slice thick the fruit (removing seeds). The lengthwise slices are best where seeds are prominent. Dip in fritter batter (see Introductory Recipes) and proceed as for other fruit fritters.

GUAVA SHORTCAKE

Make a sauce (as above), preferably with the uncooked fruit, and serve as for Strawberry Shortcake. (See also Introductory Recipes.)

GUAVA COBBLER

See Peach Cobbler.

GUAVA BROWN BETTY

Make as for Apple Brown Betty. (See "The Apple.")

GUAVA DUMPLINGS

See Apple and Lemon Dumplings.

GUAVA ROLY POLY

See Apple Roly Poly.

GUAVA CUSTARD

To the yolks of three whipped eggs add three cups guava pulp, one pint of milk, a little orange peel, two teaspoons cornstarch, a pinch of salt, and sugar to taste. Bake in cups or pastry shells, in pudding-dish unlined or cook in double-boiler with care (as with all custards) and pour into heated glass dish.

OTHER DESSERTS

Guavas may be used with all of the foundation formulas given in Introductory Recipes and will be found very delicious with gelatine and other delicate concoctions as well as in tarts, etc. For all ices the guava is particularly satisfactory. For these the syrup may be used as well as the preserved forms put through a sieve so that they may be had out of season as well as when the fresh, crushed fruit is at hand.

GUAVA JELLY No. 1

A good general rule in guava-jelly (more than with almost any other fruit) is to avoid that which is "dead ripe." Never use the entire quantity of mature guavas. To make in small quantities is best and an excellent plan is to save the parings and seed centres for a day or two from fruit used for sauce or desserts. For Jelly No. 1 use half the quantity of ripe guavas and half those which are well filled out but not quite turned in colour: not thoroughly mature. If the whole fruit is used slice it, cover bottom of preserving kettle with cold water, and simmer till soft. Strain through jelly-bag (never squeeze); boil the juice rapidly twenty minutes with or without the juice of half



THE ALLIGATOR PEAR: AGUACATE



POMEGRANATES



THE SWEET SOP OR SUGAR APPLE



THE SOUR SOP

a lemon added for each half-pint; add warm, granulated sugar, cup for cup with the juice, and let melt and boil. This should jell in about twenty-five minutes.

GUAVA JELLY No. 2

For this take the entire quantity of guavas well filled out but still quite under-ripe. Slice; place with cold water as above; simmer till cooked to pieces and strain. For each pint of *thick* juice which results place in another vessel a half-pound of sugar and a half pint of water. Make this into a syrup and when it has thickened somewhat add two pints of the syrup to each pint of the fruit juice. Cook slowly till it jells. (See Citron Melon in Jelly.)

CATTLEY GUAVA JELLY

The Cattley may be used in its mature or immature stages, its general tartness precluding the necessity generally of using lemon juice with it. Proceed otherwise as with any regular fruit jelly, using sugar pint for pint.

GUAVA PASTE

This is a heavy, pasty jelly much esteemed as a delicacy. Use for the unripe fruit three-fourths its weight in sugar. Cook the sugar in a separate vessel with water equal in quantity to the sugar, reducing to a heavy syrup. In another vessel cook the sliced, unpeeled ripe guavas with a little water till quite soft; then strain through coarse sieve and cook again slowly in double-boiler. When the mass is a thick paste add the boiling syrup to it and cook until it begins to candy when dropped in iced water. Line tin boxes with white or oiled paper and fill with the paste. Serve for breakfast or for dessert, in latter case with accompaniment of Edam or fresh cream cheese.

GUAVA MARMALADE

Cook as for jelly, pressing through coarse sieve when soft. Cook up again with equal quantity of sugar, adding juice of one lemon to each pint of pulp. When thick place in jars.

GUAVA PRESERVE

Peel and halve ripe guavas, removing seeds with pointed spoon. For each pint of fruit add one pound of sugar and three-fourths pint of water. Cook together until the syrup candies slightly in cold water, then add fruit and cook till translucent.

GUAVA SWEET PICKLE

Make a syrup of three pounds of sugar to each quart of vinegar and six pounds of fruit, adding a teaspoon each of allspice, mace, cloves, and cinnamon. Simmer half an hour, skimming the while, then drop into it the whole fruit, peeled (ripe but very firm), and cook slowly until tender but not too soft. Remove fruit and cook syrup alone till thick, then pour, boiling hot, over the fruit, packed in jars for sealing.

GUAVA CATSUP

Slice ripe guavas and cover with cold water. Let simmer till soft, then rub through colander and coarse sieve (both). To each four quarts of guava allow four small tablespoons each of salt and ground mustard; one each of pepper, allspice, and celery seed (the latter in a small bag). Simmer slowly in a quart of strong vinegar for four hours. Stir carefully and frequently to prevent burning. This should cook down thick and smooth. Set aside at the end of four hours and let stand over night. When cool, if too thick add vinegar till of right consistency, then re-heat to boiling point and bottle while hot, sealing tight.

GUAVA CHUTNEY

To five pounds of guavas, peeled and crushed free of seed, add two pounds of brown sugar, and two quarts of strong vinegar. Simmer till smooth and thick then add two pounds chopped, seedless raisins, a small minced onion (or head of garlic) and let come to a boil. Remove immediately at this point and add one and a half tablespoons (small) each of powdered ginger and mustard; four of salt, and two small chopped red-pepper pods. Stir well and let stand over night. In the morning stir again, place on stove and bring to boiling point, then bottle or put in jars, sealing tight.

GUAVA SYRUP (For Iced Drinks or Pancakes)

Make as for guava preserves, but including seeds, straining off the syrup and bottling while hot. Seal well. Dilute when required for use.

GUAVA SHRUB (For Iced Drinks)

To six quarts ripe, sliced guavas add one quart of water and two and a half ounces tartaric acid or one quart strong vinegar. Let stand twenty-four hours, stirring occasionally (Do not let it ferment), then strain, add a pound of sugar to each pint of juice, scald for half an hour, and bottle while hot.

GUAVA BRANDY

See Peach and Cherry Brandies.

GUAVA WINE

Make as for Mulberry Wine.

GUAVA VINEGAR

Save all parings and seeds from fresh or cooked guavas and place in stone jar, covering with cold water. Over

the mouth of jar tie thin cotton cloth and let stand a week, when the old seeds must be removed and replaced with fresh seeds or else start new jars with fresh peel and seeds, pouring all the water together as the old seeds are removed. After the fruit is removed add one-half pint sugar to each gallon of fermented liquor. Keep the cloth tied over the jar-mouth for about two weeks (or less) after the sugar is added and fermented, then cork tight.

CHAPTER XXV

ROSE AND MALAY APPLES, JAVA PLUM, SURINAM AND BARBADOES "CHERRIES," AND MARMALADE BOX

THE ROSE APPLE or *Eugenia Jambos*

THIS beautiful, dainty fruit is of the same large family of which the guava is a member, the *Myrtaceæ*, and also that to which the allspice, the *Eugenia pimenta*, belongs. With its rose odour and overdress and delicate flavour, it is an extremely attractive morsel. It may be eaten in its natural state; sliced, with wine and sugar; simmered gently with sugar so that a delicate, simple sauce is the result, or its top and seeds removed, dropped into boiling syrup for about fifteen minutes, then served whole, cold. In general it should be treated very much as is the guava for foods, either cooked for immediate use, preserved, or used in beverages.

MALAY APPLE AND JAVA PLUM

The Malay Apple (*E. Malaccensis*) is not unlike the Rose Apple, though larger; in colour the same: pink and white. The Java Plum (*E. Jambolana*) bears a sweet purple fruit about the size of Northern plums.

SURINAM OR CAYENNE CHERRY (*Eugenia Micheli*)

This cherry is both black- and red-fruited, the black variety being considered somewhat sweeter than the red.

Although *not* a cherry it may be treated almost identically the same in food preparations; in simple cookery or "put up."

The Barbadoes "Cherry" (*Malpighia-glabra*) resembles the Surinam, though not the same fruit. It is a little more tart but may be treated the same in food preparation.

MARMALADE BOX or *Genipa Americana*

This plant or small tree is not distantly related to the Coffee Plant and Cape Jessamine of the Madder Family, and bears a curious and delicious fruit called familiarly "Marmalade Box." It is much valued in Dutch Guiana, Brazil, and other tropical countries.

CHAPTER XXVI

THE POMEGRANATE

Punica Granatum

THE pomegranate was for very long considered, like the guava, a member of the Myrtle Family, now more commonly reckoned of the *Lythraceæ* or Loosestrife Family, and the guava is in reality its namesake since "Psidium" was derived from the Greek for "Psidion," or Pomegranate. "*Punicum malum*," by which the ancients also designated the latter, indicates a Carthaginian residence and neither the fig, the grape nor olive was a greater favourite from its beauty, medicinal value, or as a food accessory (although the pomegranate has not the solid elements which would enable subsistence upon that alone as with the others just named) in those earlier centuries of the world.

The rind, flowers and root are all astringent. The rind has not infrequently been recommended in decoction or powdered form: valued as a gargle in sore throat, and also as of use in dysentery and intermittent fevers. Commercially it has served in tanning leather, as have the flowers as a dye. Each part seems to partake of the qualities of the others, as, for instance, the bark of the tree also has been noted as a dye and the flowers for medicine. The ancient Asiatics and Europeans, the negroes of the West Indies and Mohammedan physicians of India seem all to have recognised the value of the root bark as a vermifuge.

The seeds have demulcent qualities but are very objectionable where the fruit is used as a food accessory (as

it may be in numerous ways): these must be removed by pressing the pomegranate through a sieve but the seeds must not be crushed in so doing for, broken, they are not pleasant in flavour.

RECIPES

POMEGRANATE ICE

Cut a dozen ripe pomegranates in half and remove seeds from the rind carefully. In the juice stir till dissolved one pound of sugar. Add gradually a pint of water; strain again and freeze.

POMEGRANATE SYRUP

Press and strain from seeds and cook down juice till thick, when add sugar (see Fruit Syrup: Introductory Recipes). The uncooked juice is considered very cooling in fevers and the syrup makes a delicious drink.

JELLY, JAM, ETC.

Use the tart varieties or those somewhat under-ripe and proceed as for other such preparations. The jelly resulting is particularly beautiful.

Pomegranate wine may be made with successful results and the fruit, seeds removed, served cooked, or fresh, with flavouring of orange blossom—or rose-water, or cocoanut and sugar.

CHAPTER XXVII

THE AVOCADO, "AGUACATE," OR ALLIGATOR PEAR (*Persea Gratissima*: Lauraceæ)

THIS favourite West Indian and Southern American fruit in form resembles a pear somewhat, hence its popular name. It varies in size from that of a large pear, upward. Its seed occupies rather large space, but the melting pulp makes up for this in richness. It is called additionally, "*Palto*" (in Brazil) and "Midshipman's" or Vegetable Butter. Its wealth of oil is given out to best advantage of fruit and eater in salad form. The pulp is generally left adhering to the rind in serving.

A Cuban method of preparation is as follows: The fruit is halved before sending to the table, and cut across with a sharp knife into little grooves into which the dressing will run and thus permeate the flesh of the "pear." Then salt, red pepper, and possibly a little cinnamon are dusted over it. Next, two mustard-spoonfuls of prepared mustard, a tablespoonful of vinegar, and two of oil are poured into the halves, a piece of ice placed thereon, and the fruit set on ice that it may be thoroughly chilled before serving.

Another method, in vogue in Mexico, is to serve the fruit uncut, to be halved at the table. The pulp is then rubbed smooth as butter with a spoon, and lime or lemon juice added, with oil (one tablespoon of acid to three of oil) and a dash of pepper and salt. By some the addition of a little sugar is preferred. This is eaten with thin slices of bread.

A third method of making salad with the avocado is to combine it with cress, a little chopped onion, radishes, cucumbers, lettuce, beets—in varying combinations, but always with the French dressing of oil, vinegar, salt, and red pepper.

Still another way is to use the smooth-rubbed pulp with a little oil (in place of the oil added to the yolk of egg for mayonnaise), and with pepper, salt, and lemon or lime juice to taste, serving with crisp lettuce.

The sliced fruit is sometimes used as a garnish for meat dishes and is also served with wine, sugar, and spices; may be peeled, sliced, and fried, or the mashed pulp used for sandwiches with lemon juice, pepper, and salt.

CHAPTER XXVIII

THE CUSTARD APPLE, THE CHERIMOYA, SWEET AND SOUR SOP AND POND APPLE

Anonaceæ

WITH one exception (the wild, North American papaw) the members of the *Anonaceæ* or Custard Apple Family are tropical. (It must be remembered that the North American wild papaw and the tropical papaw are two entirely different fruits.) The fruit which bears the family name individually, the Custard Apple, or Bullock's Heart (*A. reticulata*), resembles distantly the wild Northern papaw. It is dark brown in colour; roundish in form, and is best in its natural state, thoroughly ripened, for eating, though it may be varied by serving with sugar and cream, with whipped eggs or by being frozen.

The Sweet Sop or Sugar Apple is the *Anona squamosa*. The sweet, mealy, aromatic pulp of this little fruit is sometimes cooked in simple form but it is most delicious in its natural state. (The seeds, powdered, will drive away fleas or other insects.) In appearance the Sugar Apple somewhat resembles tiny, crownless pineapples.

The Sour Sop (*Anona muricata*), is much larger than the Sweet Sop, weighing up to five pounds or more, and, while also aromatic, is somewhat tart and chiefly used in making cold drinks, ices, etc., as it is most refreshing in effect.

The Pond Apple, *A. palustris* or *A. glabra*, or *laurifolia*, sometimes mistakenly called "the Custard Apple," which name properly belongs to the Bullock's Heart, is not as great a favourite as the other members of the family

though it is a fragrant, creamy fruit, "conical, with blunt point (not unlike a Bellflower apple in shape), and when ripe the large stem pulls out of the fruit, leaving a hole half-way through it."—H. E. Van Deman.

On the other hand, *A. cherimolia*, the Cherimoya, or Chiramoya, or Jamaica Apple, is the greatest favourite of the Anonas, most delicious, and even considered to outrank in general attractions every other known fruit save the Mangosteen. It varies in size and weight from those no larger than an orange to fifteen "pounders." Its juicy white pulp (containing small brown seeds) is eaten with a spoon, uncooked. It also makes a delicious frozen dainty.



MAMMEE SAPOTA



THE MANGOSTEEN: *Garcinia mangostana*



THE BREAD FRUIT
Artocarpus incisa : *A. communis*



THE SAFODILLA

CHAPTER XXIX

THE MANGOSTEEN—THE MAMMEE APPLE

Garcinia Mangostana—Mammea Americana

THESE two tropical fruits are related and both of them are extremely delicious, the Mangosteen often being declared to be "finest fruit in the world." In flavour it combines the delicate yet rich qualities of the pineapple, grape, peach, and strawberry, in form resembling somewhat the pomegranate, though the rind is more pulpy and the pulp itself more juicy and firm. It is at its best uncooked and being slightly laxative may be eaten freely. It may of course be frozen in various simple forms or used with gelatine.

There is an African variety quite similar (*Mammea Africana*).

The Mammee Apple (*Mammea Americana*), sometimes called the South American or St. Domingo or wild apricot, is one of the standbys of tropical countries, being delicious in flavour and very useful in its adaptability as a food. Yellow in colour, it sometimes grows to the size of a grape-fruit, its double rind covering a dainty interior, although its outer covering and the seeds with their immediately surrounding pulp are bitter. The firm, aromatic, intermediate pulp, removed from rind and seeds, may be eaten with no special preparation or, uncooked, with wine or cream and sugar. Dropped into boiling syrup, simmered, and served cold, it is delicious, or, pulp cooked down, sugar added in usual proportion, and simmered till thick, made into marmalade or jam.

Like the guava, it is susceptible of many variations as a fresh food or preserve.

The Mountain Plum (*Rheedia Edulis*), is a relative of the mangosteen and bears, also, edible fruit, which are sub-acid and not unlike the ordinary plum of the temperate zones

CHAPTER XXX

SAPODILLA, MAMMEE SAPOTA, WHITE SAPOTA, STAR APPLE, COCOA PLUM AND EGG FRUIT (or "Ti-es")

THESE fruits come under the *Sapotaceæ* and are a very delicious group. The Sapodilla, or Sapodilla Plum, or "Dilly," (*Achras sapota*) at first sight invariably reminds one of a russet apple, though in flavour it is rather a combination of pear and peach and the soft pulp is coarse-grained. Its homely, rusty coat is a deceptive covering for it is an excellent fruit, uncooked or preserved, and may be treated very much as are peaches.

The Wild "Dilly" (*Mimusops Sieberi*) is a delicious, berry-like little fruit very much liked.

The Mammee Sapota or *Lucuma mammosa*, has rather unusual fruit which much varies in size—from that of a muskmelon down to that of a goose-egg—and the bright, reddish pulp, which has been compared to both pumpkin-pie and to muskmelon, is eaten uncooked, just as it is. It contains from one to three long seeds.

The White Sapota (*Casimiroa edulis*) is about the size of a peach and resembles it somewhat in flavour.

The Star Apple (*Chrysophyllum cainito*) varies in colour with variety, (being purple or green), described by Kingsley as "an evergreen peach, shedding from the under side of every leaf a golden light—call it not shade." It is larger, however, more like an apple in form and smoothness of skin. Its star-shaped core contains numerous brown seeds, rather large and flat. The flavour is somewhat peculiar,

but the apple may be varied in preparation. Its pulp mixed with orange juice is in Jamaica called "Matrimony."

The Cocoa Plum (*Chrysobolanus icaco*), with its pink and white fruit, was so named because the seeds were thought to resemble the cocoanut in form and the fruit the common plum.

The egg Fruit (*Lucuma rivicoa*), called in Key West "Ti-ess" or "Ti-es," is like a small Mammee Sapota and considered equally delicious.

CHAPTER XXXI

SIX OF THE MORE FAMILIAR TROPICAL AND SEMI-TROPICAL FRUITS

THE mango (*Mangifera Indica*) is one of the most delicious and one of the most maligned of tropical fruits, this state of affairs arising because of the unpleasant fibrous nature of several varieties and the unmistakable turpentine flavour of some of them which have unfortunately been put upon the market stringy and unripe. The best mangoes are almost as delicate as perfect pineapples and contain much food value. Not only is this fruit susceptible of being cooked in numerous ways and eaten fresh, made into wine and various preserves, but starch and glucose are manufactured from the mango and when animals of the lower world are given it as a staple food they flourish. The fruit is truly exceedingly juicy and it is sometimes said that it should be eaten only in one's bathtub, in consequence, but where the mango grows in the greatest luxuriance and it is properly understood and used one may procure the regular mango-fork, a three pronged affair of which the middle prong is long and projecting, to be so imbedded that the fruit will not slip. Otherwise, the mango may be sliced before serving with wine, sugar and nutmeg. It may also be simply stewed. Before maturity it may be pickled or preserved, as well as at later stages. The kernels of the seeds are sometimes roasted and eaten like chestnuts.

The Tropical Papaw (*Carica papaya*) is a very interesting and valuable tree as well as fruit. The form of the

tree is more nearly that of a palm than anything else and the leaves resemble those of both the castor bean and fig, being curiously cut, large and graceful. They have a singular and valuable power in their action upon meat fibre in which quality the rind of the papaw shares: When the rind is rubbed over the toughest meat or the meat is wrapped for a few hours in the leaves the offending toughness entirely disappears. The fruit juice has remarkable stomachic qualities and Joseph Jefferson was a noted example of the claim that the tropical papaw is a cure for dyspepsia. In form the fruit is rather a cross between the banana and the muskmelon. It may be prepared for cookery, like the coarser vegetables of northern climates, before it quite reaches maturity; eaten uncooked, it must be thoroughly ripened to be acceptable to the palate. (This fruit is not in the least related to the Northern papaw.)

"Prickly Pear" is rather an indefinite term as there are over one hundred and fifty members of this, the *Opuntia*, of the *Cactaceæ*. The yellow-fruited *O. Ficus-Indica* and the *O. tuna*, which bears purple-red fruit, are perhaps best known and are very commonly used for eating uncooked or stewed with some other fruit, as lemon or pineapple, for flavouring, or preserves. The fruit, though sub-acid, has with many varieties not distinct enough a tone to render it extremely popular though it is very refreshing and cooling and the mucilaginous quality, which is not unpleasant, is considered healing. The purple-fruited prickly pear is often used for colouring in desserts and preserves.

The Granadilla and "May-Pop" are members of the *Passifloraceæ*, edible fruits of the passion vine. The May-pop, *Passiflora incarnata*, grows wild in the Southern States, but it is little known that it makes a beautiful and delicate jelly. It is a smaller edition of the *Passiflora edulis* and the *Passiflora quadrangularis*, two varieties of granadilla,

some of the latter of which grow to the size of a small melon. It was named, it is said, by the early Spaniards for the pomegranate, or "*granada*." It is often served uncooked with wine and sugar. Where jelly is made of this or the May-pop, the ripe fruit, halved across, should be covered with cold water, adding about one-third the quantity of well filled out but still immature, green-skinned fruit. Cook slowly for three-quarters of an hour, then add a little cold water and simmer again for an hour. Strain off the juice (which should by this time be well cooked down), and proceed as for ordinary fruit jelly. (See previous recipes.) Marmalade may be made by using the pulp of the fruit, putting through a colander or sieve, cooking down, and adding sugar. The resulting colour of jelly or marmalade is a pale yellow.

The famous Tamarind Tree (*Tamarindus Indica*) has delicate leaves and pink and white flowers succeeded by edible pods which are preserved and used in confections, beverages, and medicinally. The acid of the fresh tamarind is very pleasing, and is a combination of citric, malic, formic, butyric, and tartaric acids, the tartness being given chiefly by the citric. The laxative and cooling qualities make the tamarind considered of much value in many cases of illness and certainly in the prevention of it. Tamarinds are usually shipped from the East or West Indies in some form of preserve though with a little more care it is said they might be had more abundantly in the market in fresh form, if the shell or pod were prevented from breaking, for with this natural protection they keep well for some months. With the pods removed the tamarind may be preserved by pouring boiling syrup over the fruit or by placing in stone jars with alternate layers of sugar. They may be also candied and made into syrup for use in various summer drinks, though now known chiefly

as a valued drink in fevers. The tamarind perhaps may be likened to the lemon and also somewhat to the grape. It has a good percentage of bitartrate of potassa, its other components (besides the acids) being gum, pectin, water, and pulpy matter.

The Bread Fruit Tree (*Artocarpus incisa*, or *A. communis*) bears for eight months in succession its generous balls of pulp which are so useful as a food to so many tropical peoples. It is prepared in various ways for eating, one of the most common methods being to bake it with a bit of fat meat in the centre of the fruit. It tastes something like potato as well as somewhat resembling bread.



THE PRICKLY PEAR



MAMMEE APPLE OR ST. DOMINGO APRICOT



CASHEW NUT OR APPLE



FRUIT OF SPANISH BAYONET

CHAPTER XXXII

SOME OF THE LESS KNOWN FRUITS

THE Otaheite and Spanish or Barbadoes gooseberries are "gooseberries" by courtesy only, although the resemblance is not strained. The former, *Cicca disticha* (*C. racemosa*), is a tree whose berries are white and waxy, growing in clusters, the tree, leaves, and berries all being very ornamental. The "gooseberries" are extremely acid and very acceptable at their season of ripening: the height of summer. The Spanish, or Barbadoes Gooseberry, the *Pereskia aculeata*, or Lemon Vine, is a climbing cactus with exquisite blossoms which resemble miniature pond lilies, and fruit of pleasing tartness. (The blossoms, however, give out an unpleasant musty odour.) The berries may be used in many different ways, bringing out their refreshing flavour in natural state or for culinary purposes.

The Spanish Lime, or Ginep (*Melicocca bijuga*) has an edible fruit resembling the Northern plum in appearance but with rather a grape flavour, both pulp and seeds being edible, the latter sometimes roasted and eaten like chestnuts.

The Sea Grape or Shore Grape of the West Indies, the *Coccoloba uvifera*, is not a vine but a broad-leaved, bushy tree or plant with purple-red fruits of agreeable flavour, susceptible of varied preparation.

The Ceriman or *Monstera deliciosa* is sometimes called the "false bread-fruit," but its distinction should rest entirely upon itself for the tall, spreading plant with large,

curiously shaped leaves bears a most delicious fruit, cone-like in form, whose flavour is singularly delightful, a combination of pineapple and banana both as to taste and pulp-consistency, though far more aromatic than either. The light, husky skin is not unlike the pineapple in its markings, though very tender and readily removed.

The Kai Apple (*Aberia Caffra*), from Natal, is a large, edible fruit which makes an excellent preserve.

The *Carissa carandas* or "Caraunda," the *Carissa arduina* and *C. acuminata*, are also Natal fruits, known variously as "Amatungulu" and "Amatungula" and "Maritzgula." The *Carissa arduina* resembles both a cherry and raspberry, having a thin, deep-red skin, and tiny seeds (larger than the fruits it resembles), and makes a delicious preserve though equally good uncooked.

The "Strawberry Pear" (*Cereus triangularis*) is a relative of the Night-blooming Cereus, and its "scaly buds," called "Godochro" in Jamaica, are used in making the toothsome "pepper-pot" of the West Indies. The "pear" itself is pleasing but not more pronounced than many other fruits of the cacti.

The "Melon Pear" or Pepino, sometimes called also "Melon Shrub" is one of the edible Solanums, described by Mr. Grelech of Los Angeles, who introduced it there from Guatemala, as resembling "in many respects the Chili pepper vine, the tomato, or the nightshade. . . . The fruit is of the size of a hen or goose egg or even larger, and very much of the same shape. . . . The interior of the fruit is a solid pulp similar to that of a pear, also of a pale yellow colour and of a taste resembling that of a fine muskmelon, but which has besides a charming acid, so wholesome and delicious that when the fruit is partaken of on a very warm day it allays the thirst for several hours." It is in colour lemon, streaked with violet.

The "Tree Tomato" of Jamaica is another *Solanum* (*S. betaceum*), which is grown over much of the world for its purplish-red fruit which, uncooked, and fully ripe is not unlike a gooseberry, or, stewed with sugar, an apricot, though more tart. It is used as is the tomato and is about the same size though oval rather than rounding.

The Cashew Apple or Nut (*Anacardium occidentale*) bears its seeds outside of the pulp and both parts are used as food, the nut being roasted like chestnuts or used for flavouring, in the making of chocolate or wine. It is said, however, that care must be taken in roasting the kernel, as from its thin covering a peculiar vapour rises which is apt to affect the skin. The pulp or stalk of the fruit proper is pleasantly tart and varies in both colour and size radically.

The red fruit of the Akee Tree, the *Cupania sapida*, is not considered quite safe to eat uncooked, but cooked, stewed, or otherwise prepared, is both palatable and wholesome.

The Mangrove, or *Rhizophora*, one of the hour-glass-like guardians of the seashore in the tropics, has an edible fruit, sweet and pleasant in flavour, which may be varied in preparation; and the juice, fermented, makes an acceptable light wine.

The Carambola (*Averrhoa carambola*) is also sometimes called the Coromandel Gooseberry in India. It is curiously formed, with five distinct ribs or angles; has a thin, smooth coat, generally yellow in colour, and is about the size of a duck-egg. The flavour ranges from sweet to acid so that it is used variously, for desserts or preserves, cooked or not as rendered necessary by its flavour.

The *Averrhoa Bilimbi*, or Blimbling, is a similar fruit but generally more acid. The leaves of both resemble those of the sensitive plant in irritability.

The Emblic Myrobolan (*Phyllanthus emblica*) is a beautiful plant with delicate leaves, a fruit similar to the plum and equally edible in simple or preserved form.

The Durian or Durion (*Durio zibethinus*: Nat. Ord. *Sterculiaceæ*), is a remarkable Malay fruit. The tree is tall and spreading, the fruit, rounding yet oval, "the size of a man's head," is light green and covered with spines. It takes nine months to ripen and the odour from it is very offensive to Europeans till accustomed to it. The creamy pulp, somewhat like a strawberry in flavour, is delicious and contains large seeds, edible when roasted.

The *Nephelium longanum*, or Longan Tree, is handsomely leaved and clustered with fruit, the latter having one large seed in the centre with sweet, translucent pulp surrounding it. It is a near relative of the famous Chinese nut-tree, the *Nephelium Litchi* (or *Leechee*), which loses its pink colour (of pulp) when dried and so reaches other countries in brown, shrivelled form.

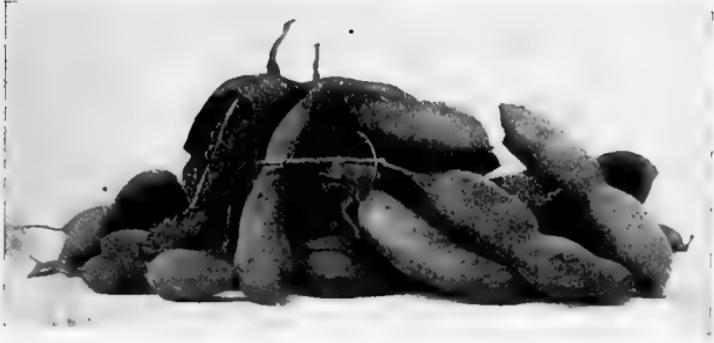
The Strawberry Tree (*Arbutus unedo*) is semi-tropical but will grow as far north as Ireland. The tree, flowers and berries are all very ornamental and from the edible fruit both sugar and a fermented liquor are made. In Italy and Spain the berries are much liked.

The Otaheite Apple, or *Spondias dulcis*, is a fruit-bearing tree whose "apples" are in colour and size like small oranges and in flavour resemble the pineapple.

The Otaheite Plum, or "Jamaica" or "Hog-Plum" (*Spondias lutea* or *S. cytheria*) is related to the Otaheite Apple but its fruit more nearly resembles the larger Loquat ("Japan Plum").

The *Ximения Americana* is also often called the "Hog-Plum" and is also an edible, though a smaller fruit.

The *Adansonia digitata* or "Baobob," known best in Africa, is commonly called "Monkey's Bread." The oval



THE TAMARIND



TAMARIND TREE



MULGOBA MANGO



fruit is nearly a foot long. The pulp, which is "a little farinaceous, mixed with fibres," is tart and wholesome and so distinctly refrigerant that it is often given fever patients.

The Bengal Quince, Elephant Apple, or Apple-boom (*Aegle marmelos*) is related to the Citrus fruits and its leaves and manner of growth resemble different Citrus varieties.

The "Bacury" of Brazil (*Platonia insignis*) has a rather tart pulp containing a few seeds, the whole covered by a hard, smooth rind or shell of a gay yellow hue. The most costly preserves of some parts of Brazil are made, it is said, from this cocoanut-like "Bacury."

The Chilian Myrtle (*Myrtus ugin*) has a soft, juicy, red-brown fruit, in appearance rather like a "large, black currant." It is particularly used, uncooked, as a simple dessert fruit or in cooling drinks and is delightfully aromatic.

The Capuassa (*Deltonia luctea*) is a Brazilian fruit tree with extremely heavy foliage and a large-seeded, yellow-meated fruit covered with a hard shell of rough, somewhat furry appearance. Rand says, in describing the strained, crushed, and diluted pulp of this wonderfully fragrant fruit, that the resulting drink, called by courtesy wine, "is worth a voyage across the Atlantic."

The Peach "Palm" (*Guilma speciosa*) bears a fruit somewhat resembling the apricot, but triangular in form rather than oval. It is used more like a potato, or the cassava, or bread fruit, resembling also somewhat the Spanish chestnut when roasted or otherwise prepared, its ground meal often being made into bread or cakes for baking.

The Madagascar Voa-vanga (*Vangueria edulis*) produces edible berries nearly an inch in diameter.

The *Antidesma bunins*, a fruit of Java, produces a berry which is red before reaching maturity, when it turns black. It is rather tart and excellent for preserves.

A Japanese tree, the *Hovenia dulcis*, bears a sweet, fleshy and aromatic little fruit of fine flavour.

The Tropical Almond, *Terminalia catappa*, is not an almond save in name, though it has oily, edible seeds which are used like nuts.

The Jujube (*Zizyphus*), which has given its name to the famous confection, Jujube Paste (which latter, however, is usually made merely of gum-arabic and sugar and is quite innocent of the Jujube ingredient) has a number of interesting members, among them the true Lotus. The fruit of the common Jujube (*J. vulgaris*) is not unlike an olive or a date and is ordinarily red, though sometimes yellow, in colour. It is dried and sold as a sweetmeat, so delicious is it in flavour. Also, it is much eaten uncooked, as a dessert-fruit in some places. The Jujube contains a large amount of nourishment and is considered of value medicinally for its demulcent properties.

The Sorrel or Roselle Berry (Jamaica Sorrel: *Hibiscus subdariffa*) is a rival of the currant and mulberry as a jelly-maker. With its juice, however, use only about three-fourths pound of sugar to a pint of juice. The calyxes of the sorrel may be preserved and the young leaves cooked as "greens." The colour of the jelly is apt to fade in strong light so the glasses should be wrapped in newspaper and placed in a cool, dark spot.

The Spanish Bayonet of the South, belonging to the *Yuccas* (*Yucca baccata*) has a magnificent flower stalk rising from the centre of its tall, spiny column, which is succeeded by an equally imposing cluster of curious fruit with thick, tender rind and seeds. The juicy pulp may be prepared for cooking in similar fashion to apples, to which it bears a not distant resemblance in flavour.

There are two plants which deserve mention among the fruits from the value to mankind of their roots: the *Caladium esculenta*, and the *Zingiber officinalis*, or Ginger Plant.

The *Caladium esculenta* is one of the most commonly cultivated of all *Caladiums* but its leaves literally and figuratively overshadow its roots, and the riches of the latter remain undreamed of. It is a very starchy food, considered of more value than Irish potatoes but may be prepared in cookery in much the same way. The Cocco Root, or "Eddoes," of the genus *Colocasia*, of the same natural order (*Araceae*) as the *Caladiums*, is much cultivated for the food value of numerous varieties in the South Seas, in the Himalayas, and in tropical America. Some of the Cocco varieties are a little acrid before cooking and in the raw state rather stimulating. The *Caladium*, however, is mild.

The virtues and delights of the Ginger Root are as familiar as the alphabet whether considered medicinally or culinarily. It is supposed to have been imported originally from India to Africa and the West Indies. The roots are generally dug when about a year old, cleaned and scalded, then dried and shipped, though the "green" ginger is also an article of commerce. The favourite form of ginger is of course, the preserve or confection, and for either one the young, tender roots must be used. (It may be mentioned that the roots of the "Shell Lily, the "*Alpinia nutans* may be preserved or candied with similar results.) The following are old recipes which may be successfully used with Ginger Root.

PRESERVED GINGER

Scrape the young, green roots and weigh them, allowing equal weight of sugar. Boil each separately, the ginger

until tender enough to be pierced with a wooden splinter, and the sugar with water and cream of tartar until it forms a syrup. (Allow a half pint of water and a half teaspoon of cream of tartar to each pound of sugar.) Skim the syrup well; place the ginger in it and when it has boiled up well place in jars and seal.

This may be varied in flavour by adding lemon, orange, or other fruit as flavouring. To every three pounds of ginger allow at least the juice of one lemon and rind, and for each pint additional of lemon juice add one pound of sugar.

CANDIED GINGER

See Candied Cherries and the Kumquat.

GINGER VINEGAR

For each quart of strong vinegar allow two ounces of crushed white ginger and let stand two months, when strain, bottle, and cork well.

GINGER WINE No. 1 (Old Recipe)

Allow twelve ounces of bruised ginger to nine gallons of soft water and boil till well-flavoured, when add eighteen pounds of sugar. Let dissolve and partially cool when add a little hop-yeast. When clear rack off and bottle at once.

GINGER WINE No. 2 (Old Recipe)

To ten gallons of soft water add fifteen pounds of "loaf-sugar clarified with the whites of six eggs," and one-half pound of sliced and bruised white ginger. When this has boiled one-half hour stir into it the thin-peeled yellow rind of a dozen lemons and let stand till cool. Then add a gill of yeast, first, however, reserving two quarts of the mixture in which must be dissolved two ounces of

isinglass. When dissolved mix with the other liquor; stir well and let stand twelve hours, when the bung should be closed. Bottle in three weeks and in four months it will be ready to use.

GINGER EXTRACT.

Cover two ounces of bruised ginger root with one-half pint of pure grain alcohol. Let stand till the spirit is impregnated thoroughly with the spice when strain and bottle for flavouring.

REMINGTON'S ANALYSES OF FRUITS

Kinds of Fruit	Sugar Per cent.	Free Acid Per cent.	Pectinous Substances Per cent.	Albu- minous Substances Per cent.
Apple.....	7 to 10	$\frac{1}{2}$ to 1	5	5
Apricot.....	1 to 2	$\frac{1}{2}$ to 1	5 to 10	$\frac{1}{2}$ to 1
Blackberry.....	4	1	1 to 1 $\frac{1}{2}$	$\frac{1}{2}$
Rubus Villosus.....				
" Canadensis.....				
" Trivialis.....				
Bilberry (<i>Vac. Resinosum</i>).....	5	1	$\frac{1}{2}$	1
Cherry.....	8 to 13	1	$\frac{1}{2}$ to 3	$\frac{1}{2}$ to 3
Currant (red).....	4 to 7	1 to 2	$\frac{1}{2}$	$\frac{1}{4}$ to $\frac{1}{2}$
Gooseberry.....	6 to 8	1 $\frac{1}{2}$	$\frac{1}{2}$ to 2	$\frac{1}{2}$
Peach.....	1 $\frac{1}{2}$	$\frac{1}{2}$	6	$\frac{1}{2}$
Pear.....	7	7	3	$\frac{1}{2}$
Pineapple.....	2	1	3	3
Plum.....	1 to 2	$\frac{1}{2}$ to 1	2 to 11	$\frac{1}{2}$
Raspberry (<i>Rubus Idoeus</i>).....	3 to 5	1	2 to 5	1
Strawberry.....	3 to 7	1	2	$\frac{1}{2}$

ANALYSES OF FRUITS: U. S. DISPENSATORY: WOOD & BACHE

Barberry:

	<i>Per cent.</i>
Malic acid.....	5.92
Sugar.....	4.67
Gum.....	6.61
Water.....	67.16
Salts, Potassa, and Lime.....	.06

Mulberry: (Analysis of H. Van Heese):

	<i>Per cent.</i>
Glucose and uncrystallisable sugar.....	9.19
Free acid (supposed to be malic and tartaric).....	1.86
Ash.....	0.57
Album. matter.....	0.39
Pectic " ; fats, salts, and gum.....	2.03
Water.....	84.71
Insoluble matter as seeds, pectose, cellulose, etc.....	1.25

Fig: (Grape-sugar, gum, and mucilage. Koenig's Anal.)

	<i>Per cent.</i>
Water.....	31.20
Nitrogenous material.....	4.01
Sugar.....	49.79
Ash.....	2.86

Reckoned on the weight of absolutely dry material the nitrogenous material: 5.75%;
sugar: 72.56%.

Prune: Koenig's Analysis. (Contains uncrystallisable sugar, malic acid, and mucilaginous matter).

	<i>Per cent.</i>
Water.....	29.30
Nitrogenous mat.....	2.50
Fat.....	.53
Sugar.....	44.35
Other nit. free mat..	17.89
Free acid.....	2.72
Woody fibre (not including stone).....	1.48
Ash.....	1.38

FRESH FRUITS. AVERAGE COMPOSITION*

NORTHERN

Food Materials	Refuse	Water	Protein	Fat	Carbohy- drates	Ash	Fuel value per pound
	Per Ct.	Per Ct.					
Apples.....	25.	63.3	.3	.3	10.8	.3	190
Grapes.....	25.	58.0	1.0	1.2	14.4	.4	295
Muskmelons.....	50.	44.8	.3	4.6	.3	80
Watermelon.....	59.4	37.5	.2	.1	2.7	.1	50
Pears.....	10.0	76.0	.5	.4	12.7	.4	230
N. Persimmons..... (edible portion)	66.1	.8	.7	31.5	.9	550
Raspberries.....	85.8	1.0	12.6	.6	220
Strawberries.....	5.	85.9	.9	.6	7.0	.6	150
<i>Dried:</i>							
Apples.....	28.1	1.6	2.2	66.1	2.0	1185
Apricots.....	29.4	4.7	1.0	62.5	2.4	1125
Raisins.....	10.00	13.1	2.3	3.0	68.5	3.1	1265

* Extracts from Table 1, Farmers' Bulletin, No. 142. Principles of Nutrition and Nutritive Value of Food. (Rev. Ed.) By W. O. Atwater, Ph. D., Special Agent in Charge of Nutrition Investigations Office of Experiment Station.

TROPICAL AND SEMI-TROPICAL FRUITS

Food Materials	Refuse	Water	Protein	Fat	Carbohy- drates	Ash	Fuel value per pound
	Per Ct.	Per Ct.					
Banana.....	35.00	48.9	.8	.4	14.3	.6	260
Orange.....	27.00	63.4	.6	.1	8.5	.4	150
Guava†.....	13.2	69.43	.98	.5	14.41	.34	321
Jap. Persimmon.....	66.1	.80	.7	31.50	.9	550
Lemon.....	30.00	62.5	.7	.5	5.9	.4	125
Cocoanut.....	48.008	7.2	2.9	25.9	14.3	.9	1295
" Prep.....	3.5	6.3	57.4	31.5	1.3	2865
" Milk†.....	92.7	.4	1.5	4.6	.8	342
Alligator pear (edible portion)†	81.1	1.0	10.2	6.8	0.9
Surinam cherry †	85.0	.4	13.9	.7
Roselle: †							
Calyx.....	86.5	2.1	.3	10.3	.8
Pod.....	84.0	1.7	1.0	12.2	1.1
Ex. from calyx.....	91.2	.9	7.2	.7
Ex. from pods.....	93.7	1.5	6.2	.7
<i>Dried Fruits:</i>							
Dates.....	10.00	13.8	1.9	2.5	70.6	1.2	1275
Figs.....	18.8	4.3	.3	74.2	2.4	1280

† Guava and Coconut Milk data from M. E. Jaffa's report. Bulletin No. 132.

Guava—Additional: Crude Fibre, 1.14 per cent.

‡ From Farmers' Bulletin, No. 169.

a Including 10 per cent. invert sugar, 10.1 per cent. total sugar.

b Including 1.6 per cent. sugar.

c Including 1 per cent. sugar.

FOOD MATERIALS. (AVERAGE EDIBLE PORTION)*

COMPOSITION DETERMINED

Fresh Fruits	Refuse	Water	Protein Nx6.25	Fat	Carbohydrates		Ash	Heat of com- bustion per gram Calories
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Sugar Starch	Crude Fibre	Per Ct.	
Apples.....	86.21	.50	.27	11.87	.88	.27	.257
Bananas.....	77.15	1.60	.24	19.68	.52	.81	.424
Grapes.....	85.95	.70	.33	12.20	.48	.33	.271
Oranges.....	86.49	1.26	.18	10.84	.60	.63	.250
Pears.....	80.92	.99	.47	15.73	1.47	.43	.360
Jap. Persimmon..	80.21	1.36	.57	15.13	2.08	.65	.384
Olives.....	67.	2.48	17.07	5.67	3.35	4.43	.897
Scarlet Haws.....	75.83	1.98	.65	18.57	2.13	.84	.468
Watermelon.....	92.17	.87	.10	6.41	.18	.27	.148
Raisins.....	28.47	4.55	.61	62.57	.66	3.14	1.336
Prunes.....	29.14	2.54	.59	63.37	1.65	2.71	1.292
Canned Peaches..	86.45	.55	12.20	.37	.43	.247
Cocoanuts.....	19.17	5.25	.51	9.67	13.77	1.14	2.712

COMPOSITION ASSUMED

Fresh Fruits	Refuse	Water	Protein Nx6.25	Fat	Carbohydrates		Ash	Heat of com- bustion per gram Calories
	Per Ct.	Per Ct.	Per Ct.	Per Ct.	Sugar Starch	Crude Fibre	Per Ct.	
Canteloupe.....	89.5	.6	7.2	2.1	.6	.408
Pomegranates....	76.8	1.5	1.6	16.8	2.7	.6	1.014
Apricots (dried)..	29.4	4.7	1.00	62.5	2.4	2.844
Figs.....	22.7	4.3	.7	62.5	8.5	1.3	3.098
Dates.....	38.2	2.9	.3	55.0	2.2	1.4	2.494
Strawberries.....	90.4	1.0	.6	6.0	1.4	.6	.397
Raspberries, red..	86.4	1.5	11.74	.540
Apple Sauce.....	61.1	.2	.8	37.27	1.609

* Composition of Food Materials Used in Dietary Studies and Digestion Experiments (Table 12). M. E. Jaffa, M. S., Cal., Agr. Experimental Station, 1901-2.

TABLE 56.—Comparative cost of total nutrients and energy in different food materials at average prices

Kind of Food Material	Price per pound	Cost of 1 pound Protein	Cost of 1000 calories energy	Amounts for 10 Cents				
				Total weight of food material	Protein	Fat	Carbohydrates	Energy
	Cts.	Dollars	Cents	Lbs.	Lbs.	Lbs.	Lbs.	Calories
<i>Fresh Fruits:</i>								
Apples	1½	5.00	7.30	6.67	.02	.02	.72	1,467
Apricots	3	3.00	11.8	3.33	.0342	849
Bananas	7	8.75	23.3	1.43	.0121	429
Cantaloupes	3½	11.67	38.9	2.86	.0113	257
Cherries	4	4.45	11.6	2.50	.02	.02	.40	862
Figs	7	4.67	18.4	1.43	.0227	543
Grapes	4	4.00	11.9	2.50	.03	.03	.36	837
Lemons	7	10.00	48.3	1.43	.0108	207
Limes	2½	3.57	17.2	4.00	.03	.02	.24	580
Nectarines	8	3.33	28.1	1.25	.0119	356
Oranges	6	10.00	35.2	1.67	.0114	284
Olives	10	4.90	13.6	1.00	.02	.14	.07	737
Peaches	4	8.00	25.1	2.50	.0119	398
Pears	3	6.00	11.5	3.33	.02	.01	.42	866
Persimmons	10	9.62	34.3	1.00	.0113	292
Pineapples	4	9.76	3.8	2.50	.0113	263
Plums	3	3.33	8.1	3.33	.0364	1,232
Prunes	3	4.29	9.0	3.33	.0258	1,115
Pomelos	5	8.33	28.4	2.00	.0117	352
Pomegranates	10	6.66	21.7	1.00	.02	.02	.20	460
Watermelons	1½	7.50	25.0	6.67	.0118	400
<i>Dried Fruits:</i>								
Apples	12	7.50	8.9	.83	.01	.02	.55	1,121
Apricots	10	2.13	7.75	1.00	.05	.01	.63	1,290
Citron	3	6.00	1.97	3.33	.02	.05	2.60	5,078
Currants	10	4.17	6.7	1.00	.02	.02	.74	1,495
Dates	10	5.26	6.9	1.00	.02	.03	.71	1,450
Figs	15	3.50	10.2	.67	.0350	988
Pears	12	4.28	7.4	.83	.02	.04	.61	1,357
Peaches	15	3.06	10.8	.67	.0345	926
Prunes	10	5.56	8.4	1.00	.0262	1,190
Raisins	10	4.35	6.9	1.00	.02	.03	.69	1,445
<i>Jams, Preserves, etc.</i>								
Apple	16	91.43	13.8	.6239	727
Apple sauce	16	53.33	40.5	.6212	245
Apricot sauce	16	8.42	16.0	.62	.01	.01	.30	620
Currant	16	16.00	11.9	.6244	836
Cherry	16	32.00	12.1	.6244	823
Currant and raspberry	16	26.66	12.8	.6242	781
Blackberry	16	20.00	26.2	.6243	378

TABLE 56.—Continued

Kind of Food Material	Price per pound	Cost of 1 pound Protein	Cost of 1000 calories energy	Amounts for 10 Cents				
				Total weight of food material	Protein	Fat	Carbohydrates	Energy
	Cts.	Dollars	Cents.	Lbs.	Lbs.	Lbs.	Lbs.	Calories
<i>Jams, Preserves, etc.</i>								
Damson.....	16	32.00	13.0	.6241	768
Gooseberry.....	16	32.00	13.2	.6240	752
Grape.....	16	40.00	12.7	.6242	780
Figs (stewed).....	16	13.33	20.4	.62	.0125	487
Orange marmalade.....	16	26.66	10.1	.6252	983
Pineapple marmalade.....	16	53.33	12.7	.6242	785
Prune sauce.....	16	32.00	37.2	.6214	267
Peach jam.....	16	32.00	13.0	.6241	766
Pear jam.....	16	53.33	14.1	.6238	707
Pineapple.....	16	40.00	12.7	.6242	781
Plum.....	16	22.85	12.6	.6242	786
Quince.....	16	53.33	12.8	.6242	778
Strawberry.....	16	26.67	12.0	.6244	833
Tomato jam.....	16	14.56	13.8	.6238	722
Raspberry.....	16	22.85	12.3	.6243	810
<i>Jellies:</i>								
Apple.....	16	53.33	12.2	.6243	812
Barberry.....	16	32.00	13.5	.6240	742
Blackberry.....	16	66.67	14.6	.6237	684
Cherry, first quality.....	16	14.56	11.0	.6248	902
Crab apple.....	16	40.00	13.1	.6241	764
Currant.....	16	40.00	13.4	.6240	744
Grape.....	16	53.33	13.1	.6240	745
Guava.....	16	53.33	10.5	.6251	952
Huckleberry.....	16	228.57	13.8	.6239	724
Pineapple.....	16	40.00	13.0	.6241	771
Peach.....	16	80.00	13.2	.6240	755
Plum.....	16	32.00	13.7	.6239	732
Orange.....	16	80.00	10.3	.6239	967
Pear.....	16	100.00	12.6	.6243	794
Quince.....	16	80.00	13.3	.6240	750
Raspberry.....	16	40.00	13.3	.6240	753
Strawberry.....	16	53.33	13.5	.6239	738
<i>Canned Fruits:</i>								
Apricots.....	16	17.78	47.1	.62	.0111	211
Cherries.....	16	14.56	38.9	.6213	257
Pears.....	16	53.33	45.5	.6211	220
Peaches.....	16	20.00	53.2	.6209	188
Pineapple.....	16	29.10	28.6	.6212	350
<i>Juices:</i>								
Apple (fall pippin).....	20	37.04	140.8	.5003	71
Blackberry.....	20	57.14	133.3	.5004	75

TABLE 56.—Continued

Kind of Food Material	Price per pound	Cost of 1 pound Protein	Cost of 100 calories energy	Amounts for 10 Cents				
				Total weight of food material	Protein	Fat	Carbohydrates	Energy
	Cts.	Dollars	Cents	Lbs.	Lbs.	Lbs.	Lbs.	Calrs.
<i>Juices:</i>								
Crab apple.....	20	250.00	200.0	.50	0.03	50
Grape (Ives seedling)..	20	83.33	128.2	.5004	78
Orange (Florida navel)	20	34.48	181.8	.5003	55
Peach.....	20	90.91	126.6	.5004	79
Pear (Bartlett).....	20	222.22	96.2	.5006	104
Pineapple.....	20	54.05	83.3	.5006	120
Plum (Damson).....	20	46.51	88.5	.5006	113
Plum (wild fox).....	20	142.85	101.0	.5005	99
Mixed Fruit.....	20	133.33	172.4	.5003	58
<i>Berries:</i>								
Blackberries.....	7	5.38	25.9	1.43	0.02	0.01	.16	386
Cranberries.....	5	12.50	23.3	2.00	.01	.01	.20	430
Currants.....	5	3.33	18.9	2.00	.0326	530
Gooseberries.....	5	10.64	19.2	2.00	.0127	520
Huckleberries.....	4	6.67	11.6	2.50	.02	.02	.42	862
Loganberries.....	7	6.42	26.5	1.43	.0218	377
Raspberries.....	7	7.00	27.4	1.43	.0118	365
Strawberries.....	7	7.78	40.0	1.43	.01	.01	.10	250
Whortleberries.....	4	5.71	10.3	2.50	.02	.08	.34	975
<i>Nuts:</i>								
Almonds.....	15	1.30	9.0	.67	.08	.20	.06	1,112
Beechnuts.....	10	.77	5.5	1.00	.13	.34	.08	1,820
Brazil nuts.....	15	1.74	9.0	.67	.06	.23	.02	1,109
Butternuts.....	15	3.95	34.9	.67	.03	.06	288
Chestnuts.....	8	1.54	8.5	1.25	.07	.06	.44	1,181
Cocoanuts.....	5	1.72	3.5	2.00	.06	.51	.29	2,826
Filberts.....	15	2.00	9.5	.67	.05	.21	.04	1,055
Hickory nuts.....	9	1.55	7.1	1.11	.06	.28	.04	1,404
Lichi nuts.....	35	20.60	40.0	.2913	254
Peanuts.....	7	.36	3.6	1.43	.28	.42	.27	2,767
Pecans.....	15	2.94	8.1	.67	.03	.25	.05	1,237
Pine nuts.....	8	1.27	5.4	1.25	.08	.35	.11	1,845
Pignolias.....	25	.75	8.8	.40	.14	.20	.03	1,138
Pistachios.....	20	.90	6.7	.50	.11	.27	.08	1,498
Walnuts.....	15	3.06	17.0	.67	.03	.12	.02	593
<i>Butters:</i>								
Apple.....	5	10.00	5.6	2.00	.0194	1,780
Peanut.....	20	.68	7.1	.50	.15	.2	.09	1,412

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