

# WOMAN and HER WORK.

I am afraid we have been neglecting our cooking column terribly of late, and devoting more time to the outward woman, as represented by the fashion department, than to the inner, and quite as important self. I have not forgotten my housekeep-

to any fruit of which jelly is made and I have found them of great assistance.

The first detail which is important to remember is that all fruits are best for making jelly when first ripe. The reason why fruit juice jellies is that it contains within



NEW FALL CAPES.

The figure on the right shows a triple cape, to be worn with or without an ulster. It is of gray cloth, tailor finished. The central figure represents a full tailor suit of tan covert, double stitched. The cape on the left is of two shades of gray cloth with white satin inset vest front.

ing friends, however, but have had their interests at heart and kept my eyes open for any new hints in the cooking line during the warm weather when none of us wanted to cook, or even think about cooking, if we could help ourselves, and when we would almost have preferred eating our food raw, rather than take the trouble of cooking it. But now that the cool days have come and the kitchen is quite a pleasant place once more, instead of a sort of torture chamber, I shall give my readers the benefit of my researches.

Preserving is nearly over, I am thankful to say, only the late peaches and pears, and the quinces remain; but the jelly bag is still rampant in the land for those who, like the Irish barrister's "gentleman," like to "eat jam with their mutton" not to mention their chickens and turkeys, their partridges and ducks. Cranberry, quince, crabapple, and grape jelly are still to be made, at least the quince and grape are, and as I

itself a gelatinous substance. Until the fruit ripens, we are told, this substance is not of any value. After it has once ripened its tendency is to grow weaker every day. Wet weather weakens it also; consequently it is easier to make jelly in a dry season than it is in a wet one.

Currents and small soft fruits intended for jelly making should not be gathered immediately after rain, for the juice is then less rich and less full of flavor. Hard fruits indeed, such as apples and quinces, must be boiled with a little water to draw out the juice, and so great an authority as Francatelli is of opinion that half a pint of water should be put into the kettle with 12 pounds of a soft fruit, like red currants, to help to make the juice flow.

A quick way of drawing or expressing the juice is to put the fruit into a preserving pan and stew it gently, stirring it well, until it has dissolved. Another plan is to set it in a cool oven until it attains

cloth or bag used for straining may be made of flannel or of coarse linen toweling. It is a good plan to express the juice as soon as the fruit comes in, then leave it to drip all night. The juice should be allowed to drip into a basin or earthenware bowl, never into a tin vessel, for the action of acid on the tin would be injurious to color and flavor.

Only the best loaf sugar should be used for making jelly.

## Pickled Pears.

For eight pounds of fruit, allow four pounds of brown sugar, one quart of vinegar, and one cupful of mixed whole spice—stick cinnamon, allspice, and cloves. Tie the spices in a bag, put into the preserving kettle with the vinegar and sugar, and bring the syrup to the boiling point. Peel the pears, but leave them whole with the stems on. Put them into the syrup and boil until tender. Skin out the fruit, put it into stone jars, boil the syrup five minutes longer, and pour over the fruit. The next day pour off the syrup, and boil again for five minutes, then pour over the fruit. Do this for three mornings, when the pickle may be put away. Keep the bag of spices in the syrup.

For ordinary fruit juices the quantity of



NEW TAILOR-MADE WAISTS AND JACKET.

The figure on the right shows a tailor-made basque with sprung and folded skirt, the seams being lapped and stitched flat. The upper figure is a coat of drab covert cloth with bands stitched flat. Buttons are the only trimming. The figure on the left is a basque, stitched to represent a yoke. Goggles are set between the seams all around. The small figures represent the reverse sides of the three garments.

sugar required is a pound to a pint of juice. This is the "rough and ready" rule, and it is a fairly safe one, although fruits which yield to a thick juice, like black currants, blackberries and quinces, are more delicate if a smaller proportion of sugar be used. If a little water be put with the fruit when the juice is expressed, it amounts to the same as using rather less sugar. Green grapes, on the other hand, take 1½ pounds of sugar to a pint of juice.

The time required for boiling jelly is the point on which it is more easy to make a mistake than on any other. If underboiled it goes moldy or softens or will not turn out in a shape, yet if overboiled it candies in time or darkens and loses its flavor.

A favorite way of making jelly with experienced housewives is to express the juice and boil it quickly just 20 minutes after it has begun fairly to boil. Meanwhile the sugar is divided into small portions and heated in the oven until it is so hot that the hand cannot be put into it. The hot sugar is thrown into the boiling juice and stirred rapidly till it melts, the spoon being withdrawn when it is dissolved. After this the jelly is allowed to boil once and is poured immediately into hot glasses. When successfully managed, jelly thus made is exceedingly delicate and of good flavor.

I found out such a simple, and yet a capital way of preserving peaches this autumn. Of course I always did them in the most troublesome way possible—the way "the best receipt books" always tell you to do them. I made a syrup of laboriously accurate preparations, and cooked it the proper length of time, and while it was reaching the proper stage of boiling I pared just enough peaches to fill two jars, dropped them into the syrup, cooked them as watchfully as if they had been doughnuts, and then fished them out one by one, and put them into the jars, poured the hot syrup over them and began the process over again, repeating it until I was almost too tired to stand. But this year a friend who is a much older and better housekeeper than I am and who makes the most perfect preserves I ever saw, told me I could spare myself half the trouble and have the peaches just as good if I pared and halved them the night before, weighed them, and allowing three-quarters of a pound of sugar to every pound of fruit, poured the sugar over the fruit, and left it

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in a stone crock, or earthenware pan till morning. Then poured off the syrup into the preserving kettle, and when it was boiling well, dropped the peaches in, not too many at a time, boiled them twenty minutes, and then dipped them carefully out, only filling the jars a little more than half full, and filled them up with the boiling syrup. I took her advice, and "though



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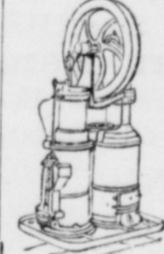
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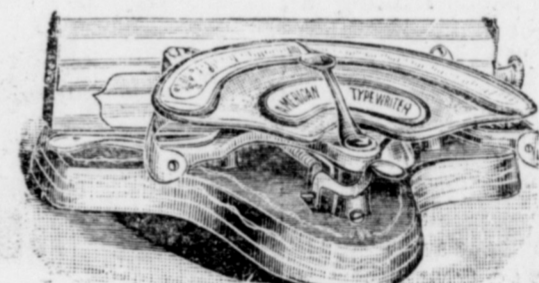
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BRIDAL GOWN AND TEA GOWN.

The gown on the left is a white gros grain silk wedding gown, with effective trimming of white ostrich plumes and rosettes of white satin ribbon with silver piquets. The gown on the right is a home reception or tea gown and is of green and old rose changeable silk, with old rose sleeves. It is trimmed with lace down the front and gold Persian brocade on sleeves and bertha.

have some very excellent hints on jelly making, in my note book, I will give those of my readers who are not any more expert at this most difficult branch of cookery than I am myself, the benefit of them. It will be observed that the directions seem to be intended for such fruits as currants, but the directions will apply equally well

the desired condition. Whichever method is adopted it is to be remembered that the juice of soft fruits is not at this stage to be cooked; it is merely to be made to flow.

Fruit juice that is to be converted into superior jelly should not be squeezed or pressed, but simply allowed to drip. The