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HEALTH

by *Dr. A. A. Rowan*

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DRINKING WATER AT THE COTTAGE

How many of us gaily driving off to the summer cottage—perhaps a rented one we have never seen—have any real knowledge of the purity of the drinking water there?

We sometimes forget that particularly all cases of typhoid in the autumn in our cities are brought in from outside places, the purified water supply and pasteurized milk eliminating the most common former sources.

The fact that people have used that well for many summers, or have always dipped out of the lake or the stream, does not mean safety for you this year. A typhoid carrier, ignorant of his condition, may have stayed at the neighboring farmhouse, or anywhere for several miles upstream. Many disastrous epidemics have been traced to one apparently healthy individual, or to the careless treatment of one single patient.

The clarity or sparkle of water means nothing to the bacteriologist. A glass of sparkling cold water may contain enough germs to knock out a regiment of men.

The only way to be sure is to have the water tested by the government health service. Special containers are gladly furnished. Bacteriologists like you to use their own containers, which they know to be sterile, but if in a hurry a sealable bottle and stopper can be thoroughly boiled, filled directly from the water supply without touching the inside of the container or the inner surface of the stopper, sealed and properly labelled with full description of the source.

The sample is not tested for typhoid—that would be a very difficult task—but is tested for germs called "coli communis." These indicate intestinal tract contamination and therefore the possibility of typhoid germs. Most untreated water contains a few c.c. germs, but beyond a certain number the use of such water for drinking purposes is strongly discouraged.

If the stream runs through a pasture, many intestinal germs will be found, especially in the spring. This, of course, does not indicate typhoid, for cows are not subject to that disease.

If there is any doubt about the safety of the water, it should be boiled, not only for drinking purposes, but for cleaning vegetables, etc. Most governments supply at nominal cost simple devices for chlorinating the water by merely adding a few drops of concentrated solution per gallon. Some people prefer to use certain tablets which can be purchased for this purpose.

... OF ...

Interest to Women

PERFECT JELLY DEPENDS ON USING INGREDIENTS IN RIGHT PROPORTIONS

Amount of Acid Present in the Juice Also Has Much to Do With Successfully Turning Out a Tasty Product

It would be interesting, at least to me, to know what clever old-time housekeeper, perhaps in the still-room of the manor house, discovered that fruit juice and sugar when cooked, would jelly. We know that the time does not date back many centuries, because sugar, the necessary factor, in the fine granulated form, has not been generally available until a comparatively recent time. Many must have been the experiments before more or less accurate recipes were developed.

The perfect jelly should be clear, firm enough to mold but not stiff. The results depend upon using the proper proportions of fruit juice and sugar. They also depend upon the amount of acid present in the juice. Not all fruits supply the proper amounts of pectin and acids. For this reason our grandmothers through the trial and error method limited the number of fruits for jelly. Strawberries and peaches for instance were reserved for canning and preserving. The standard proportions—1 cup of sugar to 1 cup of juice—were not always successful for other jellies. They usually work for currant, green apples and green grapes. If fruit was overripe, however, this amount of sugar was too much and the result was a soft syrupy mixture. This was sometimes prevented by combining the fruit juice with the green apple or with green grape juice. This custom eventually resulted in the preparation for market of a concentrate of apple juice which we know as fruit pectin.

By the use of this fruit pectin in the proper proportions we are now able to make jelly of practically any flavor and in a very short time. If we follow the directions which are supplied with the pectin and which tells us the amounts of sugar and fruit juice needed for each variety of jelly, our results are insured, unless we disregard the stated time for cooking. When you glance over a recipe of this sort and notice the comparative amounts of sugar and fruit juice, you may remark upon the seemingly high amount of the former. When you remember, however, that the pectin is merely concentrated fruit juice, you will realize that your comment is undeserved.

The short time of cooking preserves the fresh flavor of the fruit, and for this reason pectin is sometimes used with fruit juices, such as currant, which will jelly without it.

While your fruit juice is cooking and dripping through the jelly bag, the glasses, which have been thoroughly washed, may be heating in warm water so that they will be ready to be filled when the jelly is done. As soon as they have been filled, they should be covered with an eighth of an inch layer of melted paraffin, which will protect the jelly as it sets from molds which, although invisible to us, are floating in the air in search of food. It was formerly the custom to add more paraffin after the jelly was set. Recent experimental work, however, has shown that jelly liquifies, or according to cook's parlance, "weeps less," if the one thin layer is used. The glasses, however, should be covered with tin covers, before they are put away. They should also be labelled plainly with the name of the fruit flavor and, merely for interest, with the date of their preparation.

Blackberry Jelly

4 cups (2 lbs.) blackberry juice.
2 tablespoons lemon juice.
8 cups (3 1/4 lbs.) sugar.
1 bottle fruit pectin.

Wash about three quarts of fully ripe berries. To prepare juice crush well or grind the berries. Put berries in double cheesecloth or one thickness of Canton flannel and squeeze out the juice. Squeeze and strain juice into kettle, add lemon and sugar and stir well. Put over hot flame, bring to a boil, stirring occasionally. As soon as the mixture boils, stir in the fruit pectin, bring to a hard rolling boil and continue boiling and stirring for just half a minute. Take from fire, skim quickly, and pour at once into scalded jelly glasses. Cover with an eighth of an inch layer of paraffin. Yield—eleven to twelve six-ounce glasses.

Strawberry jelly may be made by the above method.

Mint Jelly

1 cup mint leaves and stems.
1/2 cup vinegar.
1 cup water.
3/4 cups sugar.
Green coloring.
1/2 bottle fruit pectin.

Wash mint. Measure into saucepan and press with potato masher. Add vinegar, water and sugar and bring to a boil over a hot fire. While mixture is coming to a boil, add coloring to give desired shade. As soon as mixture boils, stir in fruit pectin, bring to a hard boil and continue boiling for half a minute. Remove from fire and skim. Cover jelly into clean hot glasses. Cover with an eighth of an inch layer of paraffin. Yield—five to six six-ounce glasses.

Red Raspberry Jelly

4 cups red raspberry juice.
7 1/2 cups sugar.
1 bottle fruit pectin.

Wash about three quarts of ripe berries. To prepare juice crush well or grind the berries. Put berries in double cheesecloth or one thickness of Canton flannel and squeeze out the juice. Measure into kettle, add sugar and stir well. Put over hot flame, bring to a boil, stirring occasionally to make sure that the sugar is dissolved. As soon as the mixture boils, stir in the fruit pectin, bring to a hard boil and continue boiling for half a minute. Take from fire, skim quickly and pour at once into scalded jelly glasses. Cover with an eighth of an inch layer of paraffin. Yield—ten to eleven six-ounce glasses.

Loganberry jelly may be made by the above method.

Preparing Juice for Old-Fashioned Jelly

Select and wash fruit. Remove the hulls, stems and blossom ends. Cut hard fruits into pieces without peeling or coring.

For soft fruits use just enough water to prevent sticking. Heat gradually, mash while heating and cook until the pulp has lost its color.

For hard fruits, cook with just enough water to cover until the fruit is tender. Do not mash if you wish to have a clear jelly. Strain the juice through a wet flannel jelly bag, but do not squeeze as this will give a cloudy jelly.

When the juice has stopped dripping from jelly bag return the pulp to the preserving kettle, add enough water to cover, heat gradually and simmer for thirty minutes and strain again through jelly bag. Test for pectin and if the test shows sufficient pectin present a third extraction may be made. Keep the juice obtained from first extraction separate from juice obtained in second and third extractions, as juice from the first extraction usually makes a clearer jelly.

Test strained juice for pectin to determine whether it contains sufficient pectin which in turn indicates the proportion of sugar to be used.

Test for Pectin

Put one tablespoonful of hot juice into glass or cup. Add one tablespoonful of alcohol and stir once. Let stand two minutes. If a thick

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PRERVE HEALTH WHEN YOU CAN

Fruits and vegetables every day in the year and every meal in the day are necessary to perfect health. To assure this one must look ahead and prepare now for the coming winter. Canning is one of the labours of the home which show results, and successful food preservation depends on destruction of bacteria, yeasts and molds, and prevention of further development. To accomplish this the food must be thoroughly heated to destroy the organisms and must be kept sealed and air tight to prevent the entry of other organisms.

Sugar, salt, vinegar are all aids to preservation of foods but years of experiment have shown that sterilizing the food in jars or cans in which it is to be stored is the most successful method of home canning. This is really an easier way of canning than the old open kettle method, also, the product keeps its natural color, shape and flavor better. Elaborate equipment is unnecessary if care is exercised. Some housewives use a steamer, others like the heat controlled oven, still others prefer to use the water bath. Of course, the pressure cooker is quickest and sure, but every housewife does not possess one.

There are a few points which should be emphasized, rather than the usual "don'ts."

1. Use fresh products.
 2. Handle small quantities at a time, pack and sterilize as soon as possible after blanching or pre-cooking.
 3. Test all jars before using.
 4. Buy new rubbers each year. Test each one before using. Be sure that the rubbers fit the type of jar. Wide rubbers for spring top jars—narrow ones for screw top jars.
 5. If the water bath is used keep jars covered with water—2 inches over the top.
 6. Keep the water boiling or the oven heat regular.
 7. Use approved methods and allow full time for sterilization.
 8. Remove the jars at the end of the required period.
 9. Seal jars tightly at once.
 10. When cool, store in a dry, cool, dark place.
- Full directions for canning are given in the new Bulletin 534 "Canning Fruits and Vegetables," which is in the press and will be available in a few weeks time from the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa.

jelly which can be taken up on a spoon, without breaking, one cup of sugar to one cup of juice may be used. If jelly forms, but breaks as it is taken up with the spoon three-fourths cup of sugar to each cup of juice should be used. If there is no jelly formation, the juice must be combined with sour apple juice or currant juice and retested.

Old Fashioned Jelly

To obtain best results in jelly making, it is advisable to work with a small quantity of juice. Two quarts of juice is a sufficiently large quantity to handle at one time.

Measure juice, add sugar and stir until sugar is dissolved. Boil rapidly until jelly test is obtained. When two drops will hang side by side from a spoon which has been dipped into the boiling mixture, the jelly is ready to be skimmed and to be poured in clean, hot glasses. Pour hot paraffin immediately over the jelly to the depth of one-eighth inch. When cold cover with tin lids.

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