

# **WATERMAN AMY (LANE)**

A LITTLE PRESERVING  
BOOK FOR A LITTLE GIRL

**Amy Waterman**  
**A Little Preserving**  
**Book for a Little Girl**

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*A Little Preserving Book for a Little Girl:*

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# Amy Waterman

## A Little Preserving Book for a Little Girl

### CHAPTER I

### MARMALADES

There were two long and very wide shelves, besides a good-sized bench that had a shelf underneath, in mother's preserve closet. Before these stood two little girls, Jessie May and Adelaide.

Jessie May was Adelaide's most intimate friend, who had been away the whole summer long. To be sure, they had written to one another regularly, and in each letter that Adelaide sent to Jessie May she hinted at a wonderful secret. Now they were together again, the one longing to hear and the other eager to tell the wonderful secret.

"You see," said Adelaide, pointing proudly to the bench and its shelf underneath, "this is all my work, the other (indicating the two long and very wide shelves) is mother's."

Jessie May gasped, for the top of the bench and the underneath shelf had every spare inch covered with jars of jams, jellies,

preserves, pickles, vegetables, etc.

"Why, Adelaide! You couldn't,—I mean, how could you?" hastily corrected Jessie May, for she wouldn't for the world have Adelaide think she doubted her word.

"Well," said Adelaide, "let's go upstairs and I'll tell you how it all happened."

When the two little girls were comfortably seated on the back porch the great secret was disclosed, and mother, busy in the kitchen, smiled to herself at their very evident enjoyment. Jessie May was all interest, and you may be sure that Adelaide did not neglect even the smallest detail. She poured out her very soul. In fact, mother learned a good many things that morning about her small daughter's thoughts that she had hardly realized before, until she overheard them being laid bare to Jessie May.

Of course, Adelaide always told mother everything, but it was usually the result of her thoughts, and not the process of thinking. You see, Adelaide had been trained to think for herself, so in one way it was not surprising to hear her tell Jessie May that for two or three years she had been longing to help "preserve."

She told Jessie May it was the "great war" that made her decide she surely was old enough to begin, because she had read of so many little girls who were helping in all sorts of ways to "conserve" and "preserve."

"But," she said, "the thing that really started me was Daddy's fondness for orange marmalade, and his disappointment when we came to the end of mother's supply. It was way back last

March," Adelaide continued, and then went on to explain how mother had said that she would make some at once, as it was the very best month of the year to make marmalade. At that season the "Valencia" oranges, "Mediterranean Sweets," and Seville oranges were on the market, all of which had the special flavor most desirable for orange marmalade.

"So mother bought the oranges and lemons and grapefruit," said Adelaide, "and then she was so busy that she couldn't begin to make it at once. Well, I thought Daddy ought to have his marmalade, so I said, 'why can't I make it, mother?' And, just think, Jessie May, mother *let me!*" exclaimed the excited little girl.

Jessie May took a deep, deep breath, for during Adelaide's recital she had hardly dared breathe, for fear of missing a single point of the story, and leaned back in her chair with a long drawn sigh. She was too full for words.

"The best part of it is," continued Adelaide, "that I have all of the recipes right here, Jessie May." (Adelaide then exhibited a small covered wooden box that she had been carefully guarding.)

Jessie May was very much interested in the little box, and eagerly looked over the neat little cards which the box contained, and on which the precious directions were to be found.

Jessie May wanted to see the one for orange marmalade, "Because," as she said, "it was really the first recipe you ever tried, Adelaide." Suddenly she exclaimed, "My goodness! did you only use two oranges and one lemon and a grapefruit? I

shouldn't think they would make very much."

"Well, they did," replied Adelaide, "they made several small tumblers *full*, and, besides, you will notice that all my recipes are for small quantities, because mother did not want me to grow tired of my work but enjoy each new recipe as it came along, and I most certainly did," she ended.

Then the two little girls went into the kitchen, and Adelaide showed Jessie May the different things she used while preserving. There were not very many, and they were all easy to take care of. There was the aluminum kettle, just deep enough to hold a pint jar overflowing with water (the pint jar was the largest sized jar which Adelaide used) for sterilizing; a pair of scales; a jelly bag attached to a wire frame (which was very inexpensive), and could be slipped on to a bowl or saucepan so that the juice could drip slowly; a long wooden spoon; a silver tablespoon for skimming; a silver knife to insert in the jars to let the air bubbles rise to the top when filled with fruit; two half-pint glass measuring cups; a large aluminum funnel; a small round wire rack to put in the bottom of the saucepan to prevent the jars from touching bottom and to allow the water to flow under as well as over the top; a strawberry huller; a small sharp knife; a wire strainer; a colander; and a quart pitcher.

Adelaide told Jessie May that if she had forgotten anything she would be sure to find what was needed by referring to the proper card alphabetically arranged under "Utensils" in the precious little box.

When Adelaide commenced her lessons in preserving mother said that she would find many general rules to remember, which, if carefully followed, saved time and expense, and brought successful results.

Adelaide had sampled mother's preserves for some few years now, even though she was not so very old, and she knew the difference between jams, jellies, preserves, marmalades, conserves, etc., as far as taste was concerned, but the process of making was the pleasure she was eagerly anticipating. She began to feel "quite grown up" when mother told her to write down the following:

The preserve closet, where the fruit is to be stored, should be dark, dry and cool.

The jars and tumblers used should be properly sterilized. Then mother explained that to sterilize, you washed your jars and tumblers perfectly clean, placed them in a large pan (a dishpan would do) of clean cold water over the fire, and let boil gently for ten minutes. The jars would be less likely to crack if a wire or wooden rack was at the bottom of the pan for the jars to rest on. Also, the jars must have no nicks around the top, the covers must fit perfectly, and they should be left in the boiled water until ready to use.

After filling the jar to overflowing, insert a silver knife between the sides and fruit, to let the air bubbles rise to the top before sealing. Always use new rubbers every year, and dip them in boiling water before putting them smoothly on the jar.

Never stand a jar where a cold draft can reach it; let it stand over night upside down, to be sure there is no possible chance of its leaking.

The fruit used should be of the best quality, firm and not too ripe, and preserved as soon as possible after picking, to have the finest flavor.

Hands, utensils, fruit, etc. should be spotlessly clean.

A silver knife, fork, and spoon (or a wooden spoon) were the best articles to use in preparing or stirring the fruit, thus preventing discoloration.

Each jar should be thoroughly wiped on the outside with a clean damp cloth and labeled before putting away.

Marmalades, jams, and jellies, were sufficiently protected if covered with a coating of melted paraffin.

If you wanted nice clear jelly it must never be squeezed, but allowed to *drip* through a jelly bag made of a double thickness of cheesecloth, or a jelly bag that you can buy attached to a wire frame.

You could tell when the "jelly point" had been reached if a little poured on to a cold saucer began to set, or if the juice dropped as one mass from the side of a spoon, or when two drops ran together and fell as one from the side of the spoon.

Mother thought these ten "rules and regulations" were sufficient, and, of course, Adelaide agreed.

"Mother, please do not tell Daddy that I am going to make his marmalade for him," said Adelaide, busily preparing to begin.

"No, dear, I won't," responded mother, then added, "we'll keep it as a surprise."

# Orange Marmalade

Oranges, Two  
Lemons, One  
Sugar  
Water

Mother told Adelaide to wash the oranges and lemons thoroughly and to wipe them dry, then, using the little sharp knife, cut the fruit into quarters, lengthwise. This made it easy to remove the seeds and cut out the thick parts of each center or core. For this Adelaide used a small, smooth board (in fact, it was the cover of a five-pound butter box) upon which to cut the fruit, and she sliced each quarter, peel and all, very, very thinly across (not lengthwise this time), then put them into a bowl until all were ready.

Adelaide was surprised to find that it took quite a long while to get these few prepared, and was glad she had not attempted too many.

Next, she measured the fruit, using the glass measuring cup, and poured the fruit into mother's four quart aluminum saucepan. In a separate pan Adelaide measured as many cups of sugar as she had had of fruit. Then to each cup of fruit Adelaide added two cups of boiling water, covered the saucepan, and let it stand for twenty-four hours.

This completed her work for that day, except for the clearing

away of the things with which she had finished.

The next morning Adelaide removed the cover from the saucepan containing the fruit and put the saucepan on the stove. While the fruit was coming to the boiling point, Adelaide brought a number of tumblers from the preserve closet. These she washed thoroughly and stood in a large pan in which had been placed a wire rack. Then, being covered with cold water, they were put on the stove to be sterilized, or, in other words, boiled. This was to kill all germs and to prevent the spoiling of the fruit when put away.

When the fruit began to boil, mother told Adelaide to look at the clock, and then let it boil for one hour (not too hard), or until the peel of the oranges and lemons was very tender. In the meantime, the sugar had been placed at the back of the range to heat through, and as soon as the fruit had boiled sufficiently, the sugar was added gradually. The marmalade was then allowed to boil until a little dropped on a cold saucer would begin to jell. After the sugar was added, Adelaide stirred the mixture every few minutes with a long-handled wooden spoon.

You could not always tell just how long it would take for the marmalade to jell, as oranges and lemons differ so, but mother said it was safer to allow an hour, and if it was cooked in less time you felt that so much time had been gained.

As soon as the marmalade was done, the saucepan was lifted to the back of the range. Adelaide then took a long-handled spoon and lifted the tumblers out of the boiling water on to

a tray, and filled them at once with the marmalade. Mother happened to have a small glass cup, not a regular measuring cup but smaller, which proved the very thing with which to dip out the marmalade.

As Adelaide, her cheeks flushed and eyes shining, stood filling the tumblers with the golden marmalade, mother said, "Well, dear, was it worth the work (for it is a great deal of work, you see) and effort?"

"Oh mother, I'm so proud and happy now, that I've almost forgotten how hot and tired I felt while stirring the marmalade and waiting for it to jell," answered Adelaide.

Now that the marmalade was finished, it seemed easy work to clear the things away. Mother helped her stand the marmalade in the sun while it set, and then Adelaide ran away to play. Later, when it was cool, she took a clean cloth, dipped it in hot water, and wiped off the drops of jelly from the tops of the tumblers and outsides, then melted some paraffin and poured it over the top. By moving the tumblers gently from side to side the paraffin formed on the sides and excluded the air.

Last of all, she put on the little labels and carried all but one tumbler to the bench in the preserve closet, which mother had told her might be for her special use.

The next morning at breakfast Daddy was very much delighted to find a jar of marmalade before his plate, and he proceeded to help himself generously when the hot buttered toast was passed. He was so intent in his enjoyment of this that Adelaide and

mother could smile at one another without being observed. When he had quite satisfied his appetite he announced:

"Well, mother, there is no question about it, you certainly do know how to make marmalade. I've never tasted better; I only hope Adelaide can make it as well when she grows up."

At that mother and Adelaide burst out laughing, while Daddy looked surprised and questioned, "What's the joke? There's nothing funny about that statement that I can see."

"Oh, no, Daddy, only, you see, I happened to make that marmalade myself and before I grew up," replied Adelaide.

Can't you just imagine how surprised and delighted Daddy was?

Mother said that many people liked the addition of grapefruit in their marmalade, so she let Adelaide try

# Orange and Grapefruit Marmalade

Oranges,	Two
Lemons,	One
Grapefruit,	One
Sugar	
Water	

This was prepared in exactly the same manner as the previous recipe, except that Adelaide grated the rind of the grapefruit instead of cutting it into thin slices. The oranges, lemon, and grapefruit were all washed thoroughly and wiped. Adelaide cut the oranges and lemon lengthwise into quarters, removing the seeds and thick skin at the centers. Each quarter was then sliced as thinly as possible with a sharp little knife, and put into a bowl until all were ready to be measured. The rind of the grapefruit was grated and added to the sliced oranges and lemon, then, after cutting the grapefruit in halves, Adelaide removed the seeds and used only the juice and fruit pulp, which she separated from the little pockets with a very sharp knife.

After measuring the prepared fruit with the glass measuring cup and putting it into the saucepan, Adelaide added two cups of boiling water to each cup of fruit, then covered it and let it stand for twenty-four hours. In another pan Adelaide measured as many cups of sugar as there were cups of fruit,—she remembered

the number of cups of fruit she had before adding the water—so that all would be ready for the next day.

The following morning Adelaide put the saucepan containing the fruit on the stove to boil, removing the cover first. When the mixture came to the boiling point, she began to time it and let it continue boiling gently for an hour. This gave her time to wash the jelly tumblers, after which she sterilized the same by placing them on a rack in a pan of cold water deep enough to cover them, then putting them on the stove and bringing the water to the boiling point. The pan of sugar was placed on the back of the range to heat through, and when the fruit had boiled an hour the sugar was added.

After adding the sugar Adelaide stirred the marmalade frequently, and as soon as it had boiled another half-hour she began testing to see if it would "jell." This she did by dropping a little from the spoon into a cold saucer. If it began to thicken and set, it was ready to remove from the fire and pour into the sterilized tumblers. These were placed on a tray in the sun to set, and when cool, the tops and outsides were wiped with a clean cloth dipped in hot water to remove any marmalade that might have been spilled in the process of filling. Then, melting some paraffin, Adelaide poured it over the top of the marmalade, and gently moving the tumbler from side to side she completely covered it with paraffin which kept out all air. Next came the labels, and then the tumblers were ready to be stored in the preserve closet.

# Orange and Rhubarb Marmalade

Oranges,	Two
Rhubarb,	1¼ lbs.
Sugar	
Water	

Adelaide found this marmalade much more simple to make. The oranges and sticks of rhubarb were thoroughly washed, the oranges then cut into quarters lengthwise, and all seeds and tough centers removed. After this, they were put through the meat chopper and the rhubarb was skinned and cut into one-half inch pieces.

Putting these together, Adelaide measured them to see how many cups of fruit she had and emptied each cup in the saucepan. To each cup of fruit she added one-fourth cup of cold water, then placed them on the stove in the saucepan to boil. When the boiling point was reached, Adelaide noted the time and let them boil slowly for one half-hour. Removing the saucepan from the fire, Adelaide again measured the contents and to each cup she added three-fourths of a cup of sugar. These were all put back in the saucepan and boiled slowly until thick, then poured at once into the sterilized tumblers, which Adelaide had previously made ready. When cool, there followed the usual wiping with a clean cloth dipped in hot water, to remove any spillings while filling,

and the paraffin was melted and poured over the top.

Adelaide never forgot to shake each tumbler gently while the paraffin was still soft, as it sealed the marmalade much more securely from all air. Next came the labels and the removal of tumblers to preserve closet.

# Peach Marmalade

Peaches,	1 dozen
Sugar	

What little girl does not love peaches? Adelaide was no exception, and this marmalade was very simply made.

First, mother told Adelaide to put the peaches in a pan and completely cover them with boiling water and let them stand for a minute or two, or until the skins would slip off easily. Pouring off the water, she then proceeded to remove the skins with a small silver fruit knife (a steel knife would discolor the fruit), and to take out the stones.

Next, Adelaide weighed the saucepan (in which the peaches were to be cooked) while it was empty, and then cut the peaches into thin slices and placed them in the saucepan. Again the saucepan was weighed, this time containing the peaches. The differences between the weight of the empty saucepan and the same saucepan containing the peaches showed Adelaide just how much the peaches weighed, and to these she added half their weight in sugar.

Mixing the fruit and sugar well together, she put the saucepan away in a cool place until the next day. Picking out four of the best peach stones, she cracked them and removed the kernels.

These she scalded in boiling water and removed the brown skins, after which they were shredded into small pieces and added to the sliced peaches.

The next morning Adelaide put the saucepan containing the peaches on the stove to heat and let them cook very slowly until thick and smooth, not forgetting to stir frequently with the wooden spoon. In the meantime, her tumblers had been sterilized, and, as soon as the marmalade was done, they were removed from the boiling water and at once filled. When they were cool Adelaide wiped them carefully, poured melted paraffin over the top (shaking the tumbler gently from side to side), labelled them, and carried them away to the preserve closet.

Another way to make Peach Marmalade was as follows:

## Peach Marmalade No. 2

Peaches,	1 lb.
Sugar,	1 lb.
Lemon (juice),	One
Water,	1 cup

Adelaide scalded the peaches with boiling water, then removed the skins. Then she cut the peaches into small pieces, put them in the saucepan with the water, and boiled slowly until the fruit was thoroughly soft. Adelaide stirred the fruit frequently with the wooden spoon. Next she rubbed the cooked fruit through a strainer, returned the peaches to the saucepan, added the sugar and lemon juice, and let the mixture cook slowly another half hour, stirring it occasionally.

When the marmalade was finished she poured it at once into the sterilized tumblers that were ready waiting. As soon as they were cool she wiped the tumblers clean, poured the melted paraffin over the marmalade, labelled them, and stored them away in the preserve closet.

Mother told Adelaide that she could also make marmalade of apricots, quinces, plums, and even prunes, in exactly the same manner. So Adelaide tried each one in its season.

# Apricot Marmalade

Apricots,	1 lb.
Sugar,	1 lb.
Lemon (juice),	One
Water,	1 cup

From the apricots Adelaide did not remove the skins, she simply cut them in halves and took out the stones, put them in the saucepan, added the water, and boiled slowly until the fruit was very soft, stirring frequently with the wooden spoon. When sufficiently cooked she rubbed the fruit through a wooden strainer, put it back in the saucepan, added the sugar and lemon juice, and let it cook slowly for about half an hour. Adelaide stirred occasionally to be sure that the marmalade did not burn, and poured it at once into sterilized tumblers when it was finished. The tops and outsides she wiped clean when they were cool, and then poured melted paraffin over the top of the marmalade, and gently shook the paraffin from side to side to make them air tight.

The labels were then pasted on and the tumblers stored away in the preserve closet.

# Quince Marmalade

Quinces,	1 lb.
Sugar,	1 lb.
Lemon (juice),	One
Water,	1 cup

Mother told Adelaide to wash the quinces thoroughly, wipe, remove blossom ends, cut in quarters and remove seeds, then cut in small pieces; to put into saucepan, add water, and let cook slowly until very tender, stirring with the wooden spoon frequently; to then rub fruit through a strainer, return to saucepan, add sugar and lemon juice, and cook slowly one half-hour. This she did, and when the quinces were properly cooked, Adelaide poured them at once into the sterilized tumblers she had ready waiting, and put them on a tray to cool.

Then mother told her to wipe the tops and outsides clean, cover with melted paraffin (shaking gently from side to side), label, and store away in the preserve closet.

# Plum Marmalade

Plums,	1 lb.
Sugar,	1 lb.
Lemon (juice),	One
Water,	1 cup

Adelaide first wiped the plums and removed the stones, then put the fruit into a saucepan, added the water and cooked until very soft, stirring every little while with the wooden spoon. Next she rubbed the fruit through a strainer, returned it to saucepan, added the sugar and lemon juice, and cooked slowly one half-hour.

The sterilized tumblers were waiting, and into these Adelaide poured the marmalade. When the jars were cool she wiped the tumblers clean, poured over melted paraffin, shook gently from side to side to make them air tight, added the labels, then stored them away in the preserve closet.

When Adelaide came to the prunes mother wondered what would happen, for Adelaide did not like prunes. It had been a tender subject between them for some time. However, the results were better than mother had expected, for Adelaide remarked: "Well, mother, I may as well try it, because even if I don't like prunes, you do, so I'll make this marmalade especially for you."

# Prune Marmalade

Prunes,	1 lb.
Sugar,	1 lb.
Lemon (juice),	One
Water,	1 cup

The prunes, mother said, would have to be thoroughly washed in several waters, then soaked over night in the cup of water. This Adelaide did, and the next morning put them on the stove in her little saucepan to boil until thoroughly cooked. With two silver forks Adelaide then removed the stones and rubbed the fruit through a strainer; returning the fruit to the saucepan, she added the sugar and lemon juice, cooked it slowly one half-hour, poured into sterilized tumblers, and let cool.

When cold, Adelaide wiped each tumbler, poured melted paraffin over the top of marmalade, shook gently from side to side to exclude all air, pasted on the labels, and stored away in the preserve closet.

Apple marmalade came next, and mother thought that that was sufficient for the present.

# Apple Marmalade

Apples,	1 doz.
Sugar	
Water	

These were nice tart apples of fine flavor. Adelaide washed them well, cut into quarters (removing stem and blossoms only), put in saucepan, and added enough water to almost, though not quite, cover the apples. These she cooked slowly until very soft, then pressed them through a strainer. She next measured the fruit, returned it to the saucepan, and to each cup of fruit added three-fourths of a cup of sugar. Returning the saucepan to the fire, Adelaide let it boil gently for three-quarters of an hour, stirring every little while.

The sterilized tumblers were ready, and into these Adelaide poured the marmalade; when cool she wiped the tops and outsides clean, poured melted paraffin over the marmalade, shook the tumblers from side to side gently to exclude all air, pasted on the labels, and stored away in the preserve closet.

# CHAPTER II

## JAMS

Of course Adelaide did not make her jams, jellies, etc., in the order given, but according to the season, and she welcomed each fruit in its turn. Adelaide was especially fond of jams; they did make the most delicious sandwiches when she came home hungry from school or went on a picnic, but the climax of enjoyment was reached when mother made roly-polly jam puddings in the winter.

Strawberries were usually first on the market, and so "Strawberry Jam" was the first attempt in the jam making line.

# Strawberry Jam

Strawberries,	1 quart
Sugar	

Mother told Adelaide to empty the strawberries into the colander and place in a pan of cold water, then to dip the colander up and down so as to thoroughly cleanse the berries; next to change the water two or three times until it was clear, then lift out the colander and drain. Mother also said that you should never wash berries after they were hulled, because if you did you lost part of the juice.

After Adelaide felt sure they were clean, and after mother had carefully inspected them, she commenced to hull the berries, using the strawberry huller, then she weighed the berries and measured out three-fourths their weight in sugar.

With a wooden potato masher Adelaide mashed the berries in the saucepan and poured over the sugar; this mixture she let stand a few minutes before putting the saucepan on the stove and letting it come slowly to the boiling point. When the fruit had cooked slowly for forty-five minutes, Adelaide stirring frequently, meanwhile, with the wooden spoon, it was ready for her to pour into sterilized tumblers, which she had previously prepared. The tops and outsides of the tumblers she wiped with

a clean cloth as soon as the jam had cooled, then poured melted paraffin over the jam, and shook gently from side to side to make it air tight.

Adelaide was always glad when it came time to paste on the neat little labels and put the tumblers away in the preserve closet, she was very much surprised, too, to see how quickly her bench was becoming filled.

In the beginning, mother had told her that sometimes it would seem as though she spent all of her time preserving, for the fruits and vegetables followed fast upon one another, but Adelaide replied she was sure she would not mind, she was so eager to learn.

# Raspberry Jam

Raspberries,	1 quart
Sugar	

Adelaide picked over the raspberries before washing them, and mother told her to keep a sharp look-out for little worms that sometimes curled themselves up in the center, and you may be sure Adelaide's keen eyes never missed one if there were any. Next she put them in the colander, and then dipped the colander up and down in a pan of clear cold water several times. When all possible dirt had been washed away, Adelaide stood the colander to drain, after which she poured the berries into the saucepan and weighed them.

Adelaide found it a great convenience to know the weight of each saucepan she used, and she kept a little card showing just how much each one weighed, then when they were weighed with the fruit, all she needed to do was to subtract the weight from the total of the saucepan to find out how much the fruit weighed.

To each pound of raspberries Adelaide measured three-fourths of a pound of sugar, then she mashed the berries, added the sugar, and let the mixture stand a short time before putting it on the stove to cook.

When the fruit had become heated to the boiling point,

Adelaide let it cook slowly for forty-five minutes, not forgetting to stir with the wooden spoon to keep from burning; meanwhile, she had sterilized the tumblers and they were ready when the jam had finished cooking. Adelaide poured the jam into the tumblers at once, and as soon as it had cooled she wiped the tops and outsides carefully, poured melted paraffin over the jam, shook it gently from side to side to make it secure from the air, pasted on the labels, and stored them away in the preserve closet.

# Raspberry and Red Currant Jam

Raspberries,	1 quart
Red Currants,	1 pint
Sugar	

First, Adelaide picked over the raspberries very carefully and placed them in the colander, then she removed the stems from the currants and added them to the raspberries. These she then dipped in clear cold water several times and set aside to drain. Next she weighed the fruit, and to each pound she added a pound of sugar.

She mashed the fruit well with the wooden masher in the saucepan and poured over the sugar. After a few minutes the juice began to run and she put the saucepan on the stove, letting the jam heat slowly through. When it boiled, Adelaide stirred it frequently and let it cook forty-five minutes. It was then ready to pour into the sterilized tumblers. When cold, she wiped the top and outside of each tumbler, poured melted paraffin over the jam, shook it gently from side to side, thus excluding all air, pasted on the labels and put away in the preserve closet.

This combination of raspberries and red currants was a great favorite with everybody.

# Red Currant Jam

Red Currants,	1 quart
Sugar	

The red currants Adelaide removed from their stems and put in the colander to be thoroughly washed. This was done by dipping the colander up and down in a pan of clear cold water. If they were very dusty, she changed the water several times.

After draining the currants sufficiently, she weighed them and put them into the saucepan. To each pound of fruit Adelaide added one pound of sugar. With the wooden masher she mashed the currants and stirred them well with the sugar.

Putting the saucepan on the stove, she let the fruit come slowly to the boiling point, stirring with the wooden spoon frequently to prevent it from burning. It boiled gently for forty-five minutes, then Adelaide poured it into sterilized tumblers at once and stood them away to cool. When they were cold she wiped the top and outside of each tumbler, poured melted paraffin over the jam, shaking it gently from side to side to keep out any air, pasted on the labels and stored away in the preserve closet.

# Black Currant Jam

Black Currants,	1 quart
Sugar	

Adelaide found that when she used red currants, the picking off of the stems consumed a lot of time, so she was glad to find the black currants come already stemmed.

Putting the black currants in the colander, she proceeded to wash them thoroughly by dipping the colander up and down in a pan of clear cold water several times. If they were very dusty she changed the water two or three times until it was clear. After weighing the currants she poured them into a saucepan, mashed them with the wooden masher, added an equal weight of sugar, mixed well with the wooden spoon, let stand until the juice ran, then put the saucepan on the stove and let the mixture come slowly to the boiling point, stirring occasionally. While this was boiling gently for forty-five minutes, Adelaide sterilized the tumblers, not forgetting, however, to stir the jam frequently.

When it was cooked she poured the jam at once into the tumblers and let it cool; as soon as it was cold, Adelaide wiped each tumbler thoroughly, inside the top and on the outside, poured melted paraffin over the jam, which she shook gently from side to side to keep out all air, then pasted on the labels and

stored away in the preserve closet.

# Blackberry Jam

Blackberries,	2 quarts
Sugar	

Mother explained to Adelaide that the flavor of the blackberry was delicious, but you did not enjoy it so much if the seeds were allowed to remain, so that jam was prepared a little differently.

After picking the blackberries over carefully, Adelaide put them in the colander, then dipped it up and down in a pan of cold water and set aside to drain. Afterwards, she put the fruit in the saucepan and with the wooden masher mashed it well. Then she stood the saucepan over the fire and let the fruit come gradually to the boiling point. While she let the fruit boil gently for twenty minutes, Adelaide stirred frequently, using the long wooden spoon.

Moving the saucepan from the fire, Adelaide then rubbed the fruit through a fine sieve (mother said if the sieve let the seeds pass through to use a cheesecloth bag) and measured. To each cup of juice, which she returned to the saucepan, she added three-fourths of a cup of sugar, and putting the jam back over the fire, let it heat slowly, stirring often. This took three-quarters of an hour of gentle boiling before it was done.

Adelaide poured at once into the sterilized tumblers, which

were waiting to be filled, and set aside to cool. When cold, she wiped the tops and outsides carefully with a damp cloth, poured melted paraffin over the jam, shaking it gently from side to side, thus keeping out all air, pasted on the labels, and stored the jars away in the preserve closet.

# Gooseberry Jam

Gooseberries,	1 quart
Sugar	

"The jams with a nice tart flavor," Adelaide said, "are the ones Daddy likes best." He was especially fond of gooseberry jam and for that reason Adelaide decided to surprise him.

The gooseberries Adelaide put in the colander and dipped up and down in a pan of clear cold water until thoroughly clean, then she drained them. With the strawberry huller she pulled off the tops, though she could have used the little sharp knife; next she weighed the gooseberries and put them in the saucepan to be mashed with the wooden masher.

To each pound of fruit she added a pound of sugar, placed the saucepan over the fire and let the fruit come slowly to the boiling point. This needed to be stirred with the wooden spoon occasionally, but after it had reached the boiling point Adelaide stirred it very frequently to prevent burning. It took three-quarters of an hour to cook, and then Adelaide filled the sterilized tumblers with the jam and set it aside to cool. When the jam was cold she wiped each tumbler around the top and on the outside with a clean damp cloth, poured melted paraffin over the jam, pasted on the labels and stored away in the preserve closet.

Of course Daddy was very much pleased with this jam.

# Large Blue Plum Jam

Plums,	1 doz.
Sugar	

The large blue plums, Adelaide's mother said, made delicious jam. Adelaide washed and wiped each plum carefully, then slit each one with a silver knife and took out the stone. After weighing them and putting the plums in the saucepan she added three-fourths of a pound of sugar to each pound of fruit, letting them stand until the juice ran. Placing the saucepan over the fire, she stirred the fruit occasionally until it reached the boiling point, after which she let it boil slowly, for forty-five minutes, and continued to stir very frequently to prevent the jam from burning or sticking to the bottom. In the meantime, Adelaide had the tumblers sterilized and waiting, and as soon as the jam had finished cooking she poured it at once into the tumblers. When the jam was cold she wiped the top and outside of each tumbler with a clean damp cloth and poured melted paraffin over the jam, shaking it gently from side to side to exclude all air. Next came the labels, and then the tumblers of jam were stored away in the preserve closet.

# Green-Gage Plum Jam

Plums,	1 dozen
Sugar	

The green-gage plums, Adelaide found, came later in the season, but they were worth waiting for. These she cut open with a silver knife, after having washed and wiped them carefully, and removed the stones. Weighing the plums, she put them in the saucepan, and to each pound of fruit she added three-quarters of a pound of sugar. When the juice began to run she placed the saucepan over the fire, and let the jam come slowly to the boiling point, stirring it every little while; continuing to cook the jam for forty-five minutes, Adelaide stirred frequently to prevent its sticking to the bottom and becoming burned. As soon as the jam had cooked sufficiently she poured it into the sterilized tumblers which were ready, and when the jam was cold, Adelaide wiped the tops and outsides of the tumblers with a clean damp cloth, poured melted paraffin over the top, and shook gently from side to side to exclude all air. The labels were next pasted on, and the jam was then stored away in the preserve closet.

# Damson Plum Jam

Damson Plums,	1 quart
Sugar	
Water,	2 tablespoons

Compared to the large blue plums and the green-gage plums Adelaide found the damson plums quite small, and mother told her they would have to be cooked first before she could remove the stones easily. So Adelaide washed the Damson plums carefully, and with a silver knife slit each one before putting them into the saucepan. This was to let the juice run. But, first, Adelaide measured two tablespoons of cold water into the saucepan, then poured in the plums. Of course she had weighed the plums as usual, and also an equal amount of sugar, but the sugar she placed in a bowl and placed on one side until ready to use. The saucepan was then placed over the fire and the plums were cooked slowly until tender, when they were removed, and with two silver forks Adelaide easily picked out the stones. Adding the sugar, she returned the saucepan to the fire, and while it was coming to the boiling point she stirred constantly with a wooden spoon, so that the sugar would not stick to the bottom and burn. Still continuing to stir, she let the jam cook slowly for forty-five minutes.

The tumblers had been sterilized and the jam was poured into

them at once. After the jam was cold Adelaide wiped the top and outside of each tumbler with a clean damp cloth, then poured melted paraffin over the top, and shook gently from side to side to exclude the air, pasted on the labels and stored the jars away in the preserve closet.

There were many other kinds of plums, but these were the ones that had the best flavors, mother said, and quite enough for Adelaide to experiment with for the present.

# Barberry Jam

Barberries,	1 quart
Sugar	
Water,	½ cup

Barberries make a very tasty jam. Adelaide put them in the colander, which she dipped up and down in a pan of clean cold water until free from all dust, then carefully picked them over. Into the saucepan she poured one-half a cup of cold water, then added the barberries. Placing the saucepan over the fire, she let the barberries become just warm, then Adelaide pressed the fruit through a wire strainer and measured. To each cup of fruit she added a cup of sugar, which she returned to the saucepan, placed over the fire, let it heat gradually to the boiling point, then cooked twenty minutes, stirring constantly with the wooden spoon. The sterilized tumblers were waiting, and into these Adelaide poured the jam. When the jam was cold she wiped the tops and outsides with a clean damp cloth, poured melted paraffin over the jam, shaking it gently from side to side to exclude all air, then pasted on the labels and stored jam away in the preserve closet.

# Rhubarb and Fig Jam

Rhubarb,	2½ lbs.
Figs,	½ lb.
Sugar	

An English friend gave this recipe to Adelaide, and it proved to be very "tasty."

The friend said to choose the pretty pink rhubarb, then wash and wipe it thoroughly, and cut with a sharp knife into one-inch pieces. The figs were looked over carefully and Adelaide cut out the hard little part near the stem, then she put them through the meat chopper and added them to the rhubarb. When she had weighed the prepared fruit and put it into the saucepan she poured over it three-fourths its weight of sugar, and let the mixture stand until the juice ran. Placing the saucepan over the fire, she let the fruit come slowly to the boiling point, stirring with a wooden spoon occasionally. After it had boiled Adelaide stirred it frequently and cooked gently three-quarters of an hour. It was then ready to pour into the sterilized tumblers, which Adelaide never failed to have on hand, and stood away to cool.

When it was cool she wiped the top and outside of each tumbler with a clean damp cloth, poured melted paraffin over the jam, shaking it gently from side to side to exclude all air, then pasted on the labels and stored the jam away in the preserve

closet.

## CHAPTER III

### JELLIES

When mother gave Adelaide her first lesson in jelly making, Adelaide had visions. Jelly rolls, thin bread and butter sandwiches with jelly in between, soft boiled custards served in individual glasses with a spoonful of jelly on top, and many many other delicious dainties it would take too long to tell about passed before her active little mind. For some years now, Adelaide's mother had been using a small thin glass for her red currant jelly, and any other jelly of which she was especially choice. A glass measuring cup full of jelly was sufficient to fill three of these dainty glasses, and the beauty of these lay in the fact that you could put them on the table as they were. One little glass was sufficient to serve as a relish with cold meat or chicken for a family of four.

Mother thought that as Adelaide's quantities were all small she would let her use these small glasses exclusively for her jellies. Adelaide was delighted, and often held the little glasses up to the sunlight to see how clear and attractive the jelly was.

# Red Currant Jelly

Red Currants,	1 quart
Sugar	
Water,	2 tablespoons

The large cherry currants were the ones mother bought, and she told Adelaide that they made the most delicious jelly. Adelaide emptied the currants into the colander, which she dipped up and down in a pan of clear cold water until the currants were thoroughly cleansed, then she drained them.

Picking them over but not removing the stems, Adelaide poured a few at a time into the saucepan (which contained two tablespoons of cold water), and mashed them with the wooden potato masher; this she continued to do until all the currants were used.

Placing the saucepan over the fire, she let the currants cook slowly until they looked white, stirring occasionally with the wooden spoon to prevent burning.

The little jelly bag attached to the wire frame fitted nicely over another large saucepan, and into this bag Adelaide poured the currants, letting them stand until all the juice had dripped.

Now she measured the juice and returned it to the original saucepan, which had been washed clean. Again she placed the saucepan over the fire and brought the juice to the boiling point;

then she let it continue to boil rapidly for twenty minutes (mother said it was not necessary to stir this).

When Adelaide measured the juice she also measured to each cupful a cup of sugar. This she placed in an earthenware dish at the back of the range, or in the oven with the door open, to let it heat through gradually but not to brown. As soon as the juice had boiled sufficiently she added the heated sugar gradually and stirred with the wooden spoon until it was all dissolved; when it again came to the boiling point it jellied in about three minutes.

Adelaide worked very quickly now; she removed the saucepan from the fire, skimmed the jelly, poured it into a pitcher, and from there into the little sterilized glasses. These she placed in the sun and let them stand until the next day; they were then wiped around the tops and outsides carefully with a clean damp cloth, the jelly was covered with melted paraffin, the glass being shaken gently from side to side to exclude all air. Next came the labels, and then the jelly was stored away in the preserve closet. It was a beautiful color, and it made Adelaide's mouth water just to look at it.

# Red Currant and White Currant Jelly

Red Currants,	1 pint
White Currants,	1 pint
Sugar	
Water,	2 tablespoons

The red and white currants Adelaide found made the jelly a beautiful color and more delicate in flavor. These she washed carefully in the colander by dipping it up and down in a pan of clear cold water, then she picked them over without removing the stems. Into the saucepan she measured two tablespoons of water, added the currants a few at a time, and mashed them with the wooden potato masher until all were used. Next the saucepan was placed over the fire and the currants boiled until the red currants looked white. Adelaide did not forget to stir with the wooden spoon to prevent the currants from burning.

The jelly bag was ready and into this Adelaide poured the currants. She let the juice drip overnight, and the next morning measured it into the saucepan. To each cup of juice she measured a cup of sugar, which she placed in an earthenware dish on the back of the range to heat through, but not to brown. The juice Adelaide boiled for twenty minutes rapidly, then she added the sugar very gradually and stirred until it was dissolved. When it came to the boiling point it "jellied" very quickly, and Adelaide

skimmed it, poured it into a pitcher, then into the small glasses at once, which were already sterilized.

Standing them in a sunny window she let them remain until the next day. With a clean damp cloth she wiped the top and outside of each glass carefully, poured melted paraffin over the jelly, shook each glass gently from side to side to exclude the air, pasted on the labels and, as usual, stored the jelly away in the preserve closet.

# Red Currant and Raspberry Jelly

Red Currants,	1 pint
Raspberries,	1 pint
Sugar	
Water,	2 tablespoons

Of all the jellies this was mother's favorite.

Adelaide picked over the raspberries (looking in each centre to be sure there were no little worms), poured them into the colander, dipped them up and down in a pan of clear cold water to cleanse thoroughly, and after draining emptied them into the saucepan with two tablespoons of cold water. The currants were washed in the same manner as the raspberries, and Adelaide picked them over but did not remove the stems. These were added to the raspberries, and she mashed them all with the wooden potato masher.

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