

MARMALADE RECIPES . . .

ally, and remove scum which almost at setting point. Delay in removing the scum causes it to cling to the peel and skimming will be difficult.

Testing for setting point: When the marmalade begins to look clear and thick, and heavy scum is forming round the edge of the pan, test for setting by the cold plate or flake test. For **cold plate** test, take a little of the preserve and pour on to a cold plate in a thin film; set in cold place or draught to cool. If the surface sets and wrinkles when pushed with the finger, setting point has been reached. One drawback to this method is that the bulk of the marmalade is allowed to go on cooking while the small quantity is cooling and may become over-boiled, so draw the pan from the heat while testing. For the **flake test** dip a clean wooden spoon into the marmalade, remove and turn horizontally in the hand to cool the adhering preserve, then allow to drop from the spoon. If it is sufficiently boiled, the drops run together and form flakes which break off clean and sharp. When setting point is reached take the pan off the heat and stand aside to cool until a skin is just beginning to form, then stir well before filling the pots, and the peel will be held in suspension instead of rising to the top.

Filling into jars and sealing: All jars should be well washed, dried thoroughly, and warmed before filling. Put them into a cool oven with the door open or set on the rack above a range. Fill almost to the top, but do not overflow. Cover with a film of melted paraffin wax or circles of waxed paper. Cover with screw caps, cellophane, or pasted paper covers to exclude air. Label and store in a cool dry cupboard.

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General Recipe (I)

6 large marmalade oranges;
Juice of 2 lemons;
3 small sweet oranges;
3 pints water to every pound of fruit.

Weigh the oranges and record the amount. Wipe the skins, cut into quarters, and slice the desired thickness. Put into an earthenware bowl, pour on the lemon juice, and add three pints of water to each pound of fruit. Tie any pips in a muslin bag and put into bowl with fruit. Leave to soak for 24 hours. Pour into preserving pan and cook until the skins are quite soft and the total amount of pulp and liquid is reduced to about half the original quantity. Measure the contents of the pan and add an equal measure of sugar. Stir over heat until the sugar is dissolved and marmalade is boiling rapidly. Test for setting, remove scum, and stand aside to cool slightly. Stir thoroughly but gently and pour into clean warm jars.

This recipe can be varied to suit the citrus fruits on hand; the sweet oranges may be omitted or increased, lemons and oranges used instead of all oranges or grapefruit, and so on. The procedure is exactly the same:—

Weigh the fruit;
Allow 3 pints water to each pound of fruit;
Soak;
Boil to soften rinds and reduce;
Measure pulp;
Add equal amount of sugar by measuring.

General Recipe (II)

2½ to 3lb. oranges;
Lemons (at least 2);
10 pints of water.
Cut up and soak overnight as in foregoing directions. Boil for 1 hour, measure, and add 1 cup of sugar for each cup of fruit; cook until setting stage, cool, put into jars, and seal. The fruit can be varied as required.

Lemon Shred Marmalade

6 large lemons;
6 pints water;
Sugar.
Wash lemons; pare off the yellow rind as thinly as possible, and cut into fine shreds. Put shreds into an earthenware basin and cover with water. Peel off the pith and cut into small pieces. Remove the pips and tie with the cut pith in a muslin bag; put into the basin with rind and water. Slice the lemons thin and add; leave to stand overnight. Boil until pulp is reduced and thickened. Weigh the contents of the pan and add an equal weight of sugar. Bring to boil and continue boiling rapidly until setting stage is reached. If the first boiling has been thorough and the pulp well

reduced, the setting point may be reached after 10 to 20 minutes' rapid boiling. Cool slightly and pour into pots, cover with waxed paper circles or melted paraffin wax, and tie down either hot or cold. Weigh the empty pan before beginning to make the marmalade and remember to subtract its weight from the weight of pulp and pan when calculating the amount of sugar to be added.

Marmalade (Partly Made in Oven)

Select 6 good poorman oranges or N.Z. grapefruit and 1 lemon.

Wash thoroughly and cut in quarters through length. Cut out the cores and pips with a sharp knife and tie in a muslin bag. Put the quartered fruit and the pips into casserole, cover with 3 pints of boiling water, and replace the lid. Bake in a slow oven for 4 to 5 hours until the fruit is quite tender. Cool and cut the peel coarsely. Weigh the fruit and juice and use the same weight of sugar. Put fruit and sugar into the preserving pan and boil briskly until the juice jellies when tested on a cold plate. This way the marmalade can be made in one day.

Orange Jelly Marmalade

6 lemons;
6 oranges;
Sugar.

Squeeze the lemons and measure juice and add three times as much water. Scrape the rind from the oranges with a marmalade shredder and tie the chips loosely in a muslin bag. Cut the white pith and flesh of the oranges and three lemons into very thin slices. Pour over the diluted lemon juice, put in the bag of chips, and soak for 24 hours in an earthenware bowl. Boil until the pulp is soft then strain through two thicknesses of butter muslin, squeezing gently to extract all the liquor.

Measure and for every 2 cups of juice add 1½ cups of sugar. Put into preserving pan and add the chips shaken free from the muslin bag. Boil rapidly to the jelly stage; cool slightly, stir and pour into jelly jars.

This recipe gives a clear jelly with fine shreds of peel through it.

Photograph by Sparrow Industrial Pictures Ltd.

A CHRISTMAS WISH

*Sing a song for Christmas—
With all their bells in tune
Tuis in the sunshine
Are singing at high noon—
Rippling peals of music
Echo through the trees,
Silver magic dancing
On the summer breeze.
Christmas bells are chiming
To wish you all good cheer—
May you have your heart's desire
In the coming year.*

—Sheila D. Stavely.