

JAMS, JELLIES, AND CONSERVES . . .

water, and stew gently until fruit is soft. Mash well. Strain through a jelly bag. Bring the juice to the boil and store in sterilised jars.

Grape Jelly

Wash and stem the grapes, place in the preserving pan, but do not add water. Heat slowly until the juice starts to flow. Turn up the heat until the juice flows freely. Place the juice and fruit in a jelly bag and leave to drip. Measure the juice and add an equal quantity of sugar. Stir until

dissolved then boil rapidly until a set is obtained. Start testing for a set after 10 to 15 minutes, and test each 5 minutes afterward. Take jelly off the heat while testing. Remove the scum and pour into warm, sterilised jars.

Quince Jelly

4 lb of quinces $\frac{3}{4}$ cup of sugar to
Lemon juice each cup of juice
Water to cover fruit

About a quarter of the quinces should be underripe and the rest of

them mature. Wash, and remove the stems from the quinces but do not peel or core. Cut the fruit into small pieces, put it in the pan and barely cover with water. Simmer approximately half an hour or until the fruit is soft. Strain through a jelly bag overnight. Measure the juice, add 1 tablespoonful of lemon juice per cup of juice, and $\frac{3}{4}$ cup of sugar per cup of juice. Put all into a pan and bring to the boil, stirring until the sugar is dissolved. Boil quickly until a set is obtained. Remove the scum and pour into jars.

Mint Jelly

This makes a change from mint sauce and is a pleasant accompaniment for lamb or mutton, either hot or cold.

2 lb of cooking apples 1 lb of sugar to each
Large bunch of mint pint of juice
Water to cover apples $\frac{3}{4}$ pint of white
Green colouring vinegar or $\frac{1}{2}$ pint
of lemon juice

Wash and cut up the apples, but do not peel or core. Put them in the pan and barely cover with water, simmer gently until the fruit is quite soft. Strain through a jelly bag. Measure the juice and put it in a preserving pan with the vinegar or lemon juice. Bruise and chop up washed mint leaves and stalks and add to juice. Bring slowly to the boil. Strain again, bring the liquid to the boil, add warmed sugar and **boil briskly** for 4 to 5 minutes until a set is obtained. Add a few drops of green colouring, put in warm, sterilised jars, and cover when cool.

Conserves or Whole-fruit Jams

Strawberry Conserve

2 lb of strawberries 2 tablespoons of
2 cups of sugar lemon juice

Use only perfect, ripe, well coloured fruit. Wash them thoroughly, hull, and leave whole. Place the berries in a pan and sift over them $\frac{1}{2}$ cup of sugar. Add the lemon juice and stand overnight. Next day add the rest of the sugar, heat gently until sugar has dissolved, then heat to boiling and boil rapidly for 7 minutes. Pour into hot, sterilised jars and seal.

Cherry Conserve

2 lb of cherries 3 cups of sugar
1 tablespoon of
lemon juice

Choose well ripened, firm fruit. Leave the stems on. Wash the fruit well, drain, pit to remove stones, leaving cherries as whole as possible. Put fruit into a preserving pan, stir in the sugar, cover, and leave until the sugar is dissolved. Put over a low heat and bring gently to boiling point. Add the lemon juice and boil rapidly approximately 15 minutes until the fruit is clear and the syrup thick. Cover and leave overnight, when the fruit will absorb some of the syrup. Pack in hot, sterilised jars and seal as usual.

All photographs by Sparrow.

The Pros and Cons of Spinach



The amount of oxalic acid varies with different varieties, silver beet containing less than spinach and New Zealand spinach. Though the reactions which take place in the body may not be the same as test-tube experiments, in theory it would take 5 oz. of milk to neutralise the excess oxalate in an average serving (100 grammes) of silver beet and 8 to 9 oz. of milk to neutralise a similar serving of New Zealand spinach. However, if children have their full quota of milk, they obtain far more calcium than the small amount neutralised by the oxalates in spinach.

In 1948 Professor H. C. Sherman, a world authority on nutrition, issued the following statement: "Let us make frank and full confession that spinach was a mistaken choice as a green to be especially recommended and let us now promote broccoli, cabbage, kale, loose leaf lettuce, mustard greens, turnip greens, or water-cress"—a second blow to Pop-eye.

However, it is also argued that as the few balance studies carried out on humans do not show evidence of any significant effects of calcium unavailability if greens such as spinach, silver beet, chard, and New Zealand spinach are eaten in normal amounts, they should not be condemned.

We may conclude that as in feeding the family we do not depend on silver beet or spinach for our supplies of calcium, there is no reason why they should not be included in moderation in our diet to provide variety. They are easy to grow and they supply some iron, vitamin C, and carotene, but they can no longer be recommended as a good source of calcium. If a child likes spinach, let him eat it. If he dislikes it, there is no good reason to make an issue of it; rather make sure he gets some other vegetable or fruit during the day.

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POP-EYE has gone and with him many of the extravagant claims which were made concerning the virtues of spinach. Some will regret that this gruff old fellow has faded from the scene, but others who dislike this vegetable may be somewhat relieved. His contention was that no little boy would grow into a big, strong man unless he ate his spinach, and many small boys struggled manfully to eat up their quota in the belief that it would have some magical effect.

Probably no vegetable has caused more controversy than spinach and the other leafy greens such as silver beet, chard, and New Zealand spinach. In the earlier days of nutrition research these greens were found to contain appreciable amounts of calcium with some iron and other valuable minerals and vitamins. Because of this they were given to babies in the form of puree, and conscientious mothers continued to regard them as an important part of their children's diet.

Later the results of numerous experiments on rats showed that because of the high proportion of oxalic acid which these vegetables contained the calcium was utilised very poorly if at all. It was even thought that the oxalate present might render unavailable the calcium from other important foods such as milk. This was the first blow to Pop-eye.