



THE YOUNG CITIZEN PANTRY



PRESERVES AND MARMALADES

THE usual utensils in almost daily use in every kitchen are all that are needed in making the following recipes in small quantities for home use. It is desirable, but, not absolutely necessary, to have an enameled, tinned, aluminum, or other good preserving kettle, such as is kept for fruit-cooking purposes only. Other things needed are a colander, a wire sieve, a grater, a measuring cup, small jars or glasses, and paraffine.

An effective way to seal jars or glasses is to cut from good grade paper a circular piece about one-half inch larger than the jar or glass top. Smear the inside with the unbeaten white of an egg and tie tightly over the preserves or marmalade with a cord or wrap with a strong elastic. The white of an egg will dry quickly and be absolutely preservative.

When making marmalades or preserves and there is some fruit juice left

over, it may be canned while boiling hot, and be used in making sauces for desserts such as gelatin and ice cream, or in making fruit-juice drinks.

All utensils should be thoroughly cleaned and scalded before using.

The recipes for preserves and marmalades in this and the next issue of *The Young Citizen* call for fruits common to the Philippines, such as pineapples, oranges, and lemons, as well as rhubarb and tomatoes which are also grown in the Islands.

Pineapple Preserves

Pare the pineapples, weigh them, and cut them in slices or small squares. To each pound of fruit, add a teacupful of water. Put this in a preserving kettle, cover it, and set it over the fire. Let it boil until the pieces are tender and clear. Then take the pieces from the water by sticking a fork into the center of each piece. Add to the water white sugar—

a pound for each pound of fruit—and stir it until all the sugar is dissolved. Then put in the pineapple, cover the kettle, and boil it gently until it is transparent throughout. When it is so, take it out, let it cool, and put it in glass jars. Let the syrup boil or simmer gently until it is thick and rich, and when nearly cool, pour it over the fruit. The next day seal the jars.

Lemon Marmalade

Allow one and one-fourth pounds of sugar to every pound of lemons. Wash and weigh the lemons. Grate the rind from half of them and peel the others. Chop the fruit, removing the seeds as you do so. Press all the juice that you can upon the sugar, add a little water to this, and put it on the stove. Stir this until the sugar is dissolved. Then boil it for five minutes, skimming off the scum. Stir in the chopped lemons and the

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FISHING TRIP

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fishermen were very happy over this. They said I had brought good luck to them, and they told me they would like to have me go with them always. I thanked them and replied that I would be happy to go with them whenever I could do so.

We hauled in many fish on that trip. They were of different sizes—some were quite large—and most of them we kept. We caught such a large number of fish that we took many of them to the market in Manila, and had a large number besides to take home.

That fishing trip in Manila Bay was very interesting to me. It was educational as well, for I learned the names of different kinds of fishes and learned to recognize them when I saw them.

HOW I HELP MOTHER

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tending the stove. After eating our breakfast, I wash the dishes, and then prepare for school.

At noon I am not of very much help to my mother because I also help my teacher in school after class hours. I can only set the table. After lunch I study my lessons. I clean the

dishes when I arrive home from school in the afternoon.

We are not a well-to-do family, and so on Saturdays I stay at home the whole day washing and starching our clothes, while my mother goes to the Associated Charities for some help. On Sundays I wake up early to attend church services. Upon arriving home from church I clean our house and put things in order. Then I iron the clothes I have washed the day before, while my mother does the cooking and washing of the dishes. In the afternoon when I finish my work early enough, I either go to my teacher's home for a visit or see my friends and play with them. I don't play very much, however, because as we are poor, I have to work more than I have to play. I play only in school.

I am happy this way because I am helping my dear widowed mother, a sick elder brother, and two young sisters and a brother.

PANTRY

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grated rind, and boil it for one-half hour. Pour into glasses or jars, and seal. Lemon marmalade is delicious if served with toast or pancakes.

(To be continued)

WHY THE SALING . . .

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detour and flew around the volcano, but the *saling* started across the volcano above the smoke and flame.

But alas! He had misjudged his distance and got so near the volcanic flame that the beautiful tuft of white feathers on his head caught fire and was burned. When he was past the volcano his lovely white crest was gone and his head was bare.

At last the eagle spoke. "My friends," he said, "you have all made a good showing. The parrot and the *saling* have done especially well. Therefore I shall award the prize to both of them."

Many bird-calls were heard in approval of the eagle's decision. The parrot and the *saling*, in the presence of their feathered friends, stood before the eagle, mighty king of all the fowls.

"To you two," said the eagle, "I give the prize of this contest. From this time on, each of you will have the power to learn human speech."

That is why, today, the parrot and the *saling* have learned to imitate the human voice and can be trained to talk.

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