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## The Vital Foods

Abound in Quaker Oats

It's the supreme food—make it delightful

Malnutrition, from which countless children suffer, means largely lack of minerals. Calcium and phosphorus to build teeth and bones—iron for the blood.

Our table shows the amount of each contained in a dish of Quaker Oats. Under the new composite ratings—based on balanced food values—oats far excel any other grain or meat food, as the other table shows.

One Dish of Quaker Oats	Food Ratings By the new standard
Protein..... 6.06 gms.	Quaker Oats ..... 2465
Calcium..... .048 gms.	Sirloin beef ..... 1460
Iron..... .0013 gms.	Eggs ..... 1341
Phosphorus..... .149 gms.	White bread ..... 1060
When served with cream	Each per pound

That's why Quaker Oats are so important. They form the food of foods. A growing child should always start the day on Quaker Oats.

Then make this dish delightful. Serve the extra-flavorly flakes. You can get Quaker Oats wherever you ask, and they cost less than one cent per dish.

Remember that. Oats differ vastly in flavor. In this supreme food you should serve the best.

# Quaker Oats

Made to delight

This brand is made to foster the love of oats.

It is flaked from just the finest grains—the rich, plump, flavorly oats alone. We get but ten pounds of such flakes from a bushel.

The result is a flavor which has won the world. Millions of mothers send overseas to get it. Yet you will find it anywhere you ask.



The Quaker Oats Company

Packed in sealed round packages with removable covers

## Late Fruit Sweetmeats

By KATHERINE CAMPION

**E**VEN if the price of sugar or some other untoward accident may have prevented the filling of the preserve jars and jam pots with their usual store of good things this past summer, there is no reason why they should go empty, for September offers golden opportunities to the housewife in the citron melons, the crab-apples, wild grapes, damson plums, quinces, and even in the little-prized Kieffer pear. These later fruits must be selected wisely, for they should be quite ripe, but not a jot overripe, when they are placed in the preserving kettle. A partial cooking before the fruits are placed in the sirup is the best way of breaking down the woolly structure of the hard pear, the citron, quince and similar fruits, and I have found that steaming is the most satisfactory method of accomplishing this.

When preserving citron the main thing is to select good fruit; the melons should be ripe, but still firm and crisp. Slice them crosswise, then pare each slice, and pile the slices up into their original shape, then with a sharp knife trim away the rounding edges, converting the ball into a large cube. Now you may cut the cube into small cubes, making long julienne-shaped pieces from the edges which were trimmed away. Remove all seeds and place the central, spongy portions in a vessel by themselves. Cover the citron with cold water to which you have added salt in the proportion of one table-spoonful to a quart, and let it stand for ten or twelve hours.

Then drain and rinse well and cover with boiling water to which you have added a pinch of alum. Let the citron stand in this water till cool, then drain it well and steam it for ten to fifteen minutes, or until it is tender. Meantime prepare the sirup for it, allowing three-quarters as much sugar as fruit, and half as much water, by measure, as sugar. Place these, cold, over the fire and drop in half an ounce of green ginger root and half a lemon to each pound of citron. Scrape and cut the ginger root into thin, matchlike strips; slice the lemon water-thin and remove every seed. Bring the sirup gently to the boiling point, then cook it until it is about as thick as maple sirup, or to 230 degrees Fahrenheit. Now add the pieces of citron and just simmer them until they become almost transparent and richly tinted. Then remove them from the fire and let cool in the sirup. When the fruit is quite cold lift it into the jars, and if the sirup does not seem heavy enough boil it again until it reaches the desired density. Arrange lemon slices and strips of ginger in jar, and pour the sirup over the fruit.

Citron for cakes and puddings is prepared in much the same way, except that the ginger and lemon are omitted, and the fruit is cooked until it has absorbed nearly all the sirup; then it is allowed to stand overnight, and in the morning the sirup is boiled again and poured over the fruit. This process is repeated once or twice more, then the fruit is lifted onto slightly oiled plates and placed in the hot sunshine or in a cool oven to dry.

CITRON, ORANGE AND PINEAPPLE MARMALADE. For it one will use the spongy, seedy portions of the melon, preparing them by leaving in the weak brine as usual, then rinsing them thoroughly and shredding them into fine pieces. Combine with half their quantity each of sliced, seeded and chopped orange, and shredded pineapple, either fresh

or canned. Then measure the quantities of the fruits, and allow three-quarters the sugar; place over fire, after mixing just enough water to promote juice, and cook slowly until done.

PEAR AND QUINCE. CITRUS quantities of the fruits, and thinnest possible pieces; to mixed fruits allow three-quarters of granulated sugar and the juice of one orange. Place the fruit in a large enameled kettle, sprinkling each with sugar, squeeze the orange top, and leave for ten or twelve slices to toughen slightly, for when finished must show distinct fruit, though they should be transparent. Bring slowly to the simmer till clear and jellylike.

SPICED CRABAPPLES make a dish for serving with cold meat, roast pork or baked ham. Pare apples for spicing and leave them merely wash the fruit and do not pare or core it. To each pound allow three-quarters of a pound of sugar, one cupful of strong cider with one cupful of water. Add two or three sticks of cinnamon, bits, and a few blades of mastic bit of cheesecloth, also will be the sugar, vinegar and water, thin sirup, dropping the spices.

### Watermelon Rind Preserve

**P**ARE the thin green skin from the rind of the watermelon and cut it into thin strips, removing every particle of pink or soft portion. Place the prepared rinds in fresh cold water to which add alum in the proportion of a teaspoonful to a quart has been added, and leave for ten to twelve hours; then rinse the fruit well, steam till tender, and prepare in a sirup exactly like that for citron melon preserve, using ginger and lemon in the same proportions.

ing them in a sirup made by three-quarters as much sugar as fruit, and one cupful of vinegar to every pound. Drop in a spice bag containing several pieces of stick cinnamon and cook until the plums are soft in the sirup, then drain the fruit, bring it to the boiling point, and repeat on the second day; seal when cold.

WILD-GRAPE MARMALADE. Frost-ripened grapes, and if these are not large, you may use a quantity of apples, pared and sliced. Stem the grapes and apples. Then cook together in a sirup made of sugar and water. Rub through a sieve and add as much sugar, then cook until done.

SWEET PICKLED WATERMELON. The rind in alum water as for citron, and steam; when done place in a sirup made by cooking the weight of the melon in a sirup of sugar and one of water. Insert a clove in each piece, and cook the melon rinds in the sirup until they are very tender. Leave cool, then drain the sirup and repeat a second time, and