Jellies make popular summer sweets

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JELLIES MAKE POPULAR SUMMER SWEETS

There are so many interesting new dessert preparations now on the market that housewives tend to treat the common jelly with some contempt. Yet the jelly is still one of our most versatile summer standbys.

The following recipes are all based on jelly, and all make light, refreshing sweets which are well received in the hot weather.

**LEMON FOAM**

Ingredients.
- 3 lemons.
- 3 cups water.
- 4 tablespoons sugar.
- 1 oz. gelatine.
- 2 egg whites.

To Make:
1. Grate the rinds of the lemons.
2. Add the sugar and 2 cups of water. Boil together for 10 minutes.
3. Soak gelatine in the remaining 1 cup of water.
4. Remove syrup from stove. Stir in the soaked gelatine.
5. Add the juice of the lemons.
6. Allow to stand until the jelly is beginning to set.
7. Beat in the egg whites and continue beating until the mixture is thick and fluffy.
8. Add a few drops of green colouring.
9. Pour into serving dish and chill.
10. Decorate with cherries and angelica or fresh mint leaves.
11. This is sufficient for five or six people.

**STRAWBERRY MARSHMALLOWS**

Ingredients.
- 1 packet strawberry jelly crystals.
- 1 cup of boiling water.
- 2 tablespoons strawberry jam.
- 1 cup cream or evaporated milk (unsweetened).
- 1 tablespoon lemon juice.

To Make:
1. Dissolve the jelly crystals in the boiling water.
2. Allow to stand until beginning to set.
3. Beat the cream or evaporated milk until it will hold its shape.
4. Beat in the jam and lemon juice.
5. Beat in the jelly and continue with beating until thick.
6. Pour into serving dish.
7. Vary this recipe by using other tasty jams such as raspberry, black currant or passion fruit pulp.
MULBERRY FLUFF

Ingredients.
1 packet red jelly crystals.
1 cup of boiling water.
1 cup ripe mulberries.
2 egg whites.
1 dessertspoon lemon juice.

To Make:—
1. Make the jelly, using crystals and the boiling water. Add the lemon juice.
2. Allow to stand until it is starting to set.
3. Mash the mulberries. If very juicy drain off some of the juice.
4. Fold the mashed fruit into the jelly.
5. Beat the egg whites until stiff.
6. Fold into the jelly mixture.
7. Pour into serving dish. Chill.
8. Serve with extra mulberries.
9. If the fruit is sour add extra sugar to the egg whites when beating.

PASSIONFRUIT SPONGE

Ingredients.
1 packet pineapple or passionfruit jelly.
1 cup of boiling water.
2-3 tablespoons fresh passionfruit pulp.
1 banana.
½ cup cream or unsweetened, evaporated milk.

To Make:—
1. Dissolve the jelly crystals in the cup of boiling water.
2. Allow to stand until beginning to set.
3. Mash the banana and add to the passionfruit.
4. Beat the cream or chilled milk.
5. Add fruit and jelly and continue beating until thick and fluffy.
6. Pour into serving dish. Chill.
7. This serves 5-6 persons.
8. If the passionfruit are sour, extra sugar may be needed.

APPLE SNOW—WITHOUT EGGS

Ingredients.
1 packet lemon jelly crystals.
2 cups hot water.
1 teaspoon grated lemon rind.
1 dessertspoon lemon juice.
1 cup stewed apple drained and mashed.

To Make:—
1. Make the jelly, add lemon juice and rind. Allow to stand until beginning to set.
2. With rotary beater beat until frothy.
3. Add apple pulp and beat until almost set.
4. Add a few drops of green colouring.
5. Pour into a glass dish and chill.

TO MAKE A JELLY IN A HURRY

1. Place the crystals in a bowl. Add one cup of boiling water and stir until all the gelatine is dissolved. Then add one cup of iced water or ice chips.
2. Place crystals in a bowl. Add half a cup of cold water and soak a few minutes. Add one and a half cups of boiling water and stir until all the crystals are dissolved.

QUICKLY-MADE LAYERED JELLY

Layered fruit jellies can be prepared quickly by using a mixture of sliced or diced raw and cooked fruits. Stewed or tinned fruits usually sink in a jelly while raw fruits float. When the jelly is poured on, the fruits separate into layers as the jelly sets.

Raw pineapple and pawpaw should never be used in a jelly as they contain an enzyme which causes it to liquefy. They should be cooked until tender and then used.
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