Thesis

On

Candies and Candy Making

Submitted to the Faculty of the

Oregon Agricultural College

for the degree of

Bachelor of Science

in

Domestic Science and Art

by

Grace Elizabeth Connell

Approved:

[Signatures]

Department of Domestic Science.

[Signature]

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UTENSILS FOR CANDY MAKING.

Although special utensils are not absolutely necessary in candy making, they are a great convenience and better results may be obtained by their use.

A thermometer is not absolutely necessary but is very convenient. A flat or shallow box or tray, three or four inches deep and of any convenient size, lined with tin or zinc, may be used for working fondant and other candies. But a marble slab, such as the top of an old fashioned center table or bureau, is ideal for this purpose. A large stone china platter may be used instead of the slab, but the syrup will not cool as quickly as it will on marble. Always see that the slab or platter is level before pouring the syrup upon it, so that it will not run to one side and consequently cool unevenly. The same side of the slab should be used for fondant and the other side of the slab for candies which require the slab to be greased. Get four steel bars at the hardware store (they will cost about thirty cents), $ \frac{3}{4} \times \frac{3}{4}$ inch, and have two of them an inch shorter than the slab is wide. Lay them on the slab, the two long ones lengthwise and the two shorter ones crosswise, one at each end of the slab; they will form a dish in which to pour the syrup. By moving the bars together, you can make any sized dish you wish. Fondant syrup will be the only one with which you may have trouble as
it may run out from underneath the bars. All other syrups are so thick that they will not run.

A couple of candy scrapers or toy hoes like garden hoes are needed to work cream candy. But the best thing to use is an ordinary wall paper scraper, which can be bought for ten cents at any hardware store. It is the same shape as a putty knife and is about four inches wide. If a scraper cannot be obtained a wooden butter paddle will answer the purpose.

A long wooden paddle is better than a spoon for stirring candy, especially those which have milk and cream in them, which are very liable to spatter and burn the hands. A piece of wood fifteen inches long, two and a half inches wide on the paddle end, and tapered for a handle will make an excellent paddle. Keep this paddle exclusively for stirring candy.

A spatula nine inches long is very convenient. A few strokes with the spatula accomplishes what requires at least a dozen when a spoon is used.

An iron kettle with a rounding bottom (Scotch kettle) or copper kettle is best for candy making. If one has no copper kettle, a granite kettle is best for sugar candies. In a round bottom kettle you can easily cover the whole bottom with your paddle, whereas, in a flat bottom one must be particular to stir around the edge to prevent the candy from sticking. Be sure and have a large enough kettle for some candies boil up
considerably. It is not necessary to have a double boiler but it is very convenient for melting fondant for dipping purposes.

A two-tined fork or dipping wire is necessary to dip creams and bonbons. Have a quantity of paraffine paper. A broad, thin bladed palette knife is very convenient.

Plaster paris molds are used for making impressions in cornstarch for centres for creams. Starch prints are also convenient. A suitable measuring cup or graduated glass and spoons should be among the necessary utensils for candy making.

In making all kinds of taffy, a candy hook is a very handy thing to have. Your taffy is greatly improved when it is pulled over a hook; it is much lighter and fluffier and is easier to pull in this way. You can have one made by a blacksmith, using the following instructions: Take a round piece of tinned iron seventeen inches long, and one-half or three-fourths inch in diameter; commence a little over half way down and bend it up like a fish hook; the distance from the end of the hook across to the upright piece which screws on the wall is to be about seven inches. This will make a broad hook. It is very difficult to throw the taffy up and over the hook if it is narrow. Fasten the hook to the wall by having the end flattened a little and three holes made in it for screws.
A pair of heavy gloves with a buckskin face, well oiled, is a great protection to the hands when pulling taffy and when making peanut brittle. After the gloves have been oiled, use cornstarch on them to keep them from sticking to the taffy, instead of greasing them each time that they are used.

If gloves are not used for pulling taffy, use cornstarch on the hands; it will not taste in the taffy, and you will find it much better than if you greased them. When you use your hands to pull the taffy, it destroys the gloss of the taffy.
### INGREDIENTS AND THEIR COST.

<table>
<thead>
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<th>Ingredient</th>
<th>Prices per</th>
<th>C.</th>
<th>T.</th>
<th>t.</th>
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<tr>
<td>White sugar,</td>
<td>100 lbs. $6.10-6.50</td>
<td></td>
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</tr>
<tr>
<td>&quot; &quot;</td>
<td>15 &quot; 1.00</td>
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</tr>
<tr>
<td>&quot; &quot;</td>
<td>1 lb. .06 2/5 3 1/5 1/5 1/15¢</td>
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<tr>
<td>Granulated &quot;</td>
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<tr>
<td>&quot; &quot;</td>
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<tr>
<td>Pulverized &quot;</td>
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<td>Powdered &quot;</td>
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<tr>
<td>&quot; &quot;</td>
<td>1 lb. .09 2/3 3 1/3 5/24 5/72¢</td>
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<tr>
<td>Light-brown &quot;</td>
<td>4 lbs. .25</td>
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<tr>
<td>Dark-brown &quot;</td>
<td>4 lbs. .25</td>
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<tr>
<td>Maple &quot;</td>
<td>1 lb. .20</td>
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<td>Confectioners'</td>
<td>1 lb. .07</td>
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<td>Loaf (lb.=60 lump)</td>
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<td>Glucose,</td>
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<td>Porto Rico Molasses,</td>
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<td>New Orlean Molasses,</td>
<td>qt. .25</td>
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<tr>
<td>Karo Corn syrup,</td>
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<tr>
<td>&quot; &quot;</td>
<td>4 qts. .30</td>
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<td>&quot; &quot;</td>
<td>10 qts. .60</td>
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<td>Corn syrup,</td>
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<td>Maple &quot; (L. Cabin)</td>
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<td>Cocoanut butter,</td>
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<td>&quot; grated,</td>
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<td>Confectioners' Chocolate</td>
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<td>Sweetened</td>
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<td>Bakers' unsweetened chocolate</td>
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<td>Soda</td>
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<td>.25 4 2/7 5/7 5/21</td>
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<td>Cream-of-tartar</td>
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<td>.15 1 1/2 25/72</td>
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<td>Glycerine</td>
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<tr>
<td>Vinegar</td>
<td>qt.</td>
<td>.10 1 7/8 15/128 5/128</td>
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<tr>
<td>Acetic acid</td>
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<tr>
<td>Corn starch</td>
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<td>Oil of sassafras</td>
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<td>&quot; &quot; peppermint</td>
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<tr>
<td>&quot; &quot; wintergreen</td>
<td>2 oz.</td>
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<tr>
<td>&quot; &quot; cinnamon</td>
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<td>.25</td>
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<tr>
<td>&quot; &quot; cloves</td>
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<td>.25</td>
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<tr>
<td>&quot; &quot; orange</td>
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<tr>
<td>Creme-de-menthe</td>
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<td>Curacaoa</td>
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<tr>
<td>Gum tragacanth</td>
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<tr>
<td>Pressed horehound</td>
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<tr>
<td>Vanilla extract</td>
<td>2 oz.</td>
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<tr>
<td>Almond</td>
<td>2 oz.</td>
<td>.25 7 1/2 2 1/2</td>
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<th>Price 2</th>
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<td>Lemon extract</td>
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<td>Coffee</td>
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<td>2 1/2</td>
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<tr>
<td>Ground Coffee</td>
<td>lb.</td>
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<td>.25-.30</td>
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<td>Raspberry juice</td>
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<td>Damask rose color paste</td>
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<td>Green color paste</td>
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<td>Almond paste</td>
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<td>&quot; &quot;</td>
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<td>Milk</td>
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<td>Condensed milk</td>
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<td>.10</td>
<td>3/32</td>
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<tr>
<td>Thick sweet cream</td>
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<td>.17</td>
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<td>Butter</td>
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<td>Lard</td>
<td>lb.</td>
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<td>.17-.20</td>
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<td>Lard</td>
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<td>Lard</td>
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<td>Olive oil</td>
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<td>Eggs</td>
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<td>.20-.40</td>
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<tr>
<td>Neufchatel cheese</td>
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<td>4 lbs.</td>
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<tr>
<td>Cheese</td>
<td>lb.</td>
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<td>.25</td>
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<tr>
<td>Oranges</td>
<td>doz.</td>
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<tr>
<td>Lemons</td>
<td>doz.</td>
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<tr>
<td>Dates (Fard)</td>
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<td>Dates, (Golden)</td>
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<tr>
<td>Figs, (Smyrna)</td>
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<tr>
<td>Item</td>
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<td>--------</td>
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<tr>
<td>Figs (dry)</td>
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<tr>
<td>Citron</td>
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<td>Prunes</td>
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<tr>
<td>Currants</td>
<td>2 lbs</td>
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<tr>
<td>Raisins</td>
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<tr>
<td>Sultana raisins</td>
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<td>Pineapple</td>
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<td>&quot;</td>
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<td>&quot;</td>
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<tr>
<td>Candied cherries</td>
<td>lb</td>
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<td>Mint leaves</td>
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<td>Popcorn</td>
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<td>&quot; popped</td>
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<td>Pecan nuts</td>
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<tr>
<td>Hickory &quot;</td>
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<td>Cocoanuts</td>
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<td>Peanuts</td>
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<td>Filberts</td>
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<td>Mandarins</td>
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<tr>
<td>Pistachio nuts</td>
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<td>Castanea Nuts</td>
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CLASSIFICATION OF SUGARS.

Cane sugar group.

Sugar extracted from cane.

- " " " maple.
- " " " beet.
- " " " carrot.
- " " " turnip.
- " " " nearly all vegetables.
- " " " sorghum or Chinese cane.
- " " " young shoots of maize.
- " " " chestnut buds.
- " " " melon and pumpkin.
- " " " several species of palm.
- " " " juices of tropical fruits, as papaw and banana.

Melitose extracted from cotton seeds and species of Australian eucalyptus.

Glycyrrhizine, extracted from liquorice root.

Mycose, a saccharine constituent of the edible fungi. Melititose, a cane sugar found in the manna of the larch.

Lactose, sugar of milk.

Maltose, a crystalline sugar produced from starch by the action of diastase of malt. This diastase is the ferment produced by the germination of the grain of the barley.
Glucose Group.

Dextrose or grape sugar.
Levulose or fruit sugar.
Starch sugar, glucose manufactured from starch.
Glucose, constituent parts: granular part, commercial grape sugar; fluid or syrup part, commercial glucose.

Honey.

Manuite,

Found in manna ash.

" " celery.
" " onions.
" " certain seaweeds.
" " fungi.
" " sap from apple trees.
" " nests and cocoons of a species of Syrian beetle (trehalose).

Sorbin, extracted from berries of rowan or mountain ash tree.

Quercite, extracted from acorns.

Pinite, extracted from a species of pine.
Muscular-sugar or inosite, present in tissues of human system particularly in muscles of heart and lungs.
Saccharine, a chemical constituent of one of the coal tar products, is the only artificial sweet ever yet produced.

Only a few of these sugars are used for food.
A few are unfit or at least undesirable, owing to their origin. Others are not procurable because the extraction of them would be unprofitable from a commercial point of view.

The sugars in common use are: cane, beet, maple, grape or glucose, honey, palm and sorghum.
HISTORY OF CANE SUGAR.

Cane sugar (saccharum officinarum) is a tall strong-stemmed grass, growing to the height of twelve feet and crowned with long, feathery plumes of flowers. It has been cultivated in India and China for two thousand years, and the art of extracting and boiling down the juice from the cane was practiced in both countries as early as the seventh century. Dioscorides referred to it in the first century. Alexander the Great mentioned a kind of honey made from a sweet-stemmed Indian reed. The Arabs brought the knowledge of this cane to the Spaniards who in their turn carried it to the West Indies. From there it was introduced into the United States and was first cultivated about 1751 by a band of Jesuits, located near New Orleans. The first sugar mill, a crude and inadequate affair in which all the power was supplied by cattle, was erected in 1756. Sixty years later the product in Louisiana alone reached twenty-five thousand hogsheads annually, an enormous output considering the fact that steam was not used in the mills until 1822. While the sugar industry has since reached almost fabulous proportions, at no time has the supply appreciably exceeded the demand. From being considered a luxury, as was the case in Europe during the fifteenth and sixteenth centuries, sugar has come to be an indispensable and therefore common food.
Not more than four varieties of cane are now cultivated in the West Indies, the quality of each depend-
mainly upon soil, climate, and methods of culture. The Sandwich Islands also produce quantities of sugar which contain more than seventy percent of water, small quantit-
es of pectin or vegetable jelly, of albumin, and of mineral matter. Says Johnston, referring to the almost universal habit among the natives of eating the raw cane, "the nutritive property of the raw juice is due to the fact that it contains, besides the sugar, a considerable portion of gluten as well as mineral substances, which are present in all our staple forms of vegetable foods."

The process of making our granulated sugar is comparatively simple. The juice is first expressed from the cane by crushing the stalks between a series of heavy rollers, when it is clarified and boiled down to the required density in large copper pans. As the syrup granulates it is removed from the fire and, after cooking, the fluid part is drained away from the crystals.

This raw sugar, called Muscovado (from Spanish word meaning "more finished"), is then sent to the sugar refiners. It is scarcely ever found in the markets now, owing to the universal demand for a white, absolutely refined, granulated sugar. The process of refining sugar by claying was first used in Brazil. It is related that it was discovered through the agency of a hen which, with
shockingly muddy feet, one day walked over a pot of sugar. The crystals that were touched by the clay were seen to be much whiter than the bulk of the sugar and a discovery of considerable importance was the result. The finest flavored cane sugar consists of the golden brown crystals that are manufactured in British Guiana and much used in England. The high tariff imposed on that quality has thus far effectually debarred it from America.

In 1747 Margraaf a German, discovered in the course of his experiments that the sugar extracted from the root of the beet was identical with that of the sugar cane. He advised its cultivation for the extraction of sugar but no attempt in this direction was made until nearly a half century afterward. Then, owing to the crude methods used, a yield of only two to three percent of sugar was obtained and the attempt was abandoned. Finally, under Napoleon I., the price of sugar advanced to six francs a pound. A prize of a million francs was then offered to any one who should successfully manufacture sugar from plants of home growth. After many trials it was found possible to obtain from four to five per cent of refined sugar from the beet, and success was assured. From France the cultivation of the sugar beet extended into Germany, Poland, and Russia, the latter country producing today vast quantities of our best sugar. The Marinski sugar manufactory on the banks of the river
Dnieper is one of the largest in the world.

Not long after the Civil War the industry was introduced into the United States. The result, while in no way reaching the limit of its possibilities, has more than justified every effort made by its promoters. At present the area devoted to sugar beet raising in the United States is claimed to be larger than that so utilized in any other country. The crop is a profitable one, for, besides yielding an income of forty dollars per acre, the farmer may receive back if he wishes, at a merely nominal price, fully fifty per cent of his original amount of beets in the residuum pulp. This is what remains after the juice has been extracted and is valuable both as a cattle food and as a fertilizer. To be sure, beets require skillful cultivation and must be denied neither labor nor expense if a good crop is to be secured. But, even at a cost of several dollars per acre for cultivating, the crop is still more profitable than either wheat or corn. The percentage of sugar in the beet of our Western prairies, particularly in Nebraska, has been as high as twelve per cent, and fifteen per cent, it is believed, will be yielded in the near future. The largest factory is the Oxnard in Nebraska.

The extraction of beet sugar from the crude root is a much more complicated process than the extraction of the juice from the sugar cane, because the juice
abounds in impurities. It contains gummy matters, albumin, acids, and minerals. The juice is extracted both by pressure and by diffusion, and both lime and charcoal filters are employed. The refining process, which is carried on in large refineries, is identical with that used with the raw sugar of the cane, the chemical properties of both being identical. Thus far it has been impossible to produce a good syrup from beet juice.

The maple sugar industry is almost exclusively confined to the United States and Canada. It is a cane sugar, produced by boiling down the sap from the maple tree (acer saccharinum), the sap being collected by tapping or boring the bark of the tree just before the buds start in the Spring. The ideal sugar weather alternates warm days with frosty nights. The length of the season is always uncertain, for a few days of warmth will suffice to start the buds and foliage, after which the yield of sap is inferior in quality. The sap needs no purification and is prepared directly for the market by a simple boiling down process, conducted over large fires near the "camps" in the woods. The sap is reduced, either by boiling in kettles or evaporating in pans, to a thick molasses, delicious of flavor, or to a sugar which is solidified in cakes of various sizes. The principal states which manufacture maple sugar are Vermont, New Hampshire, Michigan, Ohio, and Pennsylvania.
Sorghum is a sweet extracted from the stem of the Guinea corn or great millet (sorghum saccharatum). It has long been cultivated in China and India, but the molasses is so inferior in flavor to the cane sugar of Europe and America that it has never found much favor in these lands. The process of extracting is similar to that used for the juice of the sugar cane, and generally the whole product is converted into a thick molasses. The plant yields about two and one-half per cent of flesh-forming and about eleven per cent of heat-producing material.

Palm sugar is the inspissated juice of the palm tree, principally the wild date, although the cocoanut and several other varieties are also used. The sap or "toddy" is collected from the tree during the three winter months of November, December, and January, and is boiled down by a crude native process into an unrefined sugar known as "jaggery". When refined it is equal to the best cane sugar. It is rarely met with even in the European markets, although occasionally imported into America by sugar refining companies.

The making of starch sugar, known commercially as glucose or grape sugar, is one of our most important and least appreciated industries. In Europe potato starch is generally employed, in America that from Indian corn or maize. The process of converting the starch in-
to sugar is comparatively simple and open to no objection on the score of either cleanliness or health. It is first made soluble by the action of dilute sulphuric acid; the acid is neutralized by lime and is precipitated as sulphate of lime. This is separated from the liquid by filtration, the liquid is then filtered through a bed of charcoal and concentrated to the required density. This process gives us the glucose of the trade world. Although called grape sugar, this is not the purest form of grape sugar, the best example of which is found in the white, granular exudations of sugar from the surface of well dried grapes or raisins.

Starch sugar is produced more cheaply than any other, for, while our sugar plants yield from four to fifteen per cent of their bulk in refined sugar, starch yields fifty per cent. Then, too, the sugar plants require a maximum of labor and expense if their cultivation is to be successful. But glucose has not found favor in our household because its sweetening properties are so inferior to those of our cane sugars and, since it has always posed as an adulterant, it has fallen into disrepute. Its good consistency and its non-committal flavor has caused it to be used extensively in adulterating honey, syrups, and candies. In some apiaries even the unsuspecting bees are fed upon it, as a cheap and convenient substitute for flowers. Besides this it is used in the manufacture of liquors.
The Japanese, who realize better than the Western nations the value of glucose as a food, have long manufactured it from the starch of barley, and have given it the attractive name of barley honey. It forms part of the daily food in every Japanese household. Combined with rice flour it makes a sweet meat far more healthful and delicious than most of our confectionery. Glucose itself is not only wholesome and nutritious but even more easily assimilated than cane sugars, which are, in fact, themselves changed into glucose by the enzymes of the human system before they are digested. It is to be regretted that glucose does not appear upon our tables, perhaps under the more attractive name of maize, wheat, or cassava honey, that its usefulness as an adulterant might be forgotten on account of its value as a food.

There are two obstacles in the way of this use, one, the fact of its heavy, syrupy, consistency, and the other, because its low sweetening power. The chemist tells us that glucose contains one molecule more of water than cane sugar; until that is extracted, which at present chemistry is unable to accomplish, it is impossible to convert it into sugar. The other objection may be more easily met because of the comparatively recent discovery of a substance known as saccharin. This was produced by a German chemist, Fahlberg, from coal-tar naptha, and is the only artificial sweet ever yet produced. Its sweetening properties are remarkable. One part in one thou-
sand parts of water will produce a distinctly sweet taste while one or two parts added to one thousand parts of glucose will render it as sweet as the cane sugars. Saccharine itself is two hundred and thirty times as sweet as cane sugar. Its use, however, is not to be advocated, as it is not assimilated, passing from the system unchanged. It thus in no way contributes to the building up or the maintaining of the tissues of the body, hence, is a questionable article of food.

There were immense displays of cane sugar at the Columbia Exposition, the most important being from Russia, Italy, Mexico, and the United States. British Guiana sent quantities of pure, amber-colored crystals guiltless of any bleaching process and unrobbed of the delicate and characteristic flavor. Hundreds of gallons of delicious maple syrup paid their tribute to Canada and to our own maple sugar producing states. Palm sugar was sent in a crude state from Ceylon. Florida exhibited glucose made from the root of the cassava, and Mexico sent a similar glucose from the agave or century plant.

Cane sugar is obtained from sugar cane, beets, and the palm and sugar maple trees. The products of manufacture are: molasses, syrup, brown sugar, loaf, cut, granulated, powdered, and confectioners' sugar. Brown sugar is cheapest, but is not so pure or sweet as white grades; powdered and confectioners' are fine grades pul-
verized, and, although seemingly less sweet to the taste, are equally pure.
COMPOSITION OF SUGAR.

Sugar, $C_{12}H_{22}O_{11}$, is a carbo-hydrate and contains non-nitrogenous elements. Common granulated sugar contains from 98.5 to 99.7 per cent pure sucrose.

The following is the chemical composition of cane and beet sugar: carbon 42.1, hydrogen 6.4, and oxygen 51.5 per cent. The following is the chemical composition of glucose; carbon 40, hydrogen 6.7, and oxygen 53.3 per cent. The following is the composition of honey: dextrose, levulose, mannite, and small quantities of cane sugar, wax, mucilage, mineral matter and pollen.

Average composition of sugar as purchased (Atwater).

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<th>Water</th>
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<th>Carbohydrates</th>
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<td>Per cent</td>
<td>Calories</td>
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<td>.4</td>
<td>81.2</td>
<td>1,540</td>
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</tr>
<tr>
<td>Honey</td>
<td>18.2</td>
<td>.4</td>
<td>81.2</td>
<td>1,520</td>
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Sulphur fumes are used for bleaching and clarifying sugar. Sulphurous acid is formed, is neutralized with lime, is rendered insoluble, and is filtered. Traces of sulphates and sulphites are found in sugar in small amounts but in not enough quantity to be injurious. Indigo is sometimes added in small amounts. Its effect on health has not yet been determined. Sometimes a blue scum arises when sugar is boiled with water.
CHANGES OCCURRING IN SUGAR.

Sugar is crystalline substance dissolving readily in cold water in proportion by weight of three parts to one of water. Hot water dissolves larger quantities. Confectioners' sugar when applied to the tongue will dissolve at once; powdered is a little granular.

If a hot solution is cooled slowly yellowish crystals are formed, they are known as sugar-candy.

Cane sugar is allotropic, that is it is capable of assuming different forms, crystalline colloid, while retaining the same chemical composition. If sugar is heated in a test tube to 160° C (320° F.) the crystals melt; if to 180° C (356° F.) colloid or barley sugar is the result; if it is to 216° C (420° F.) burnt sugar or caramel is the result, and if greater heat is applied the sugar is completely carbonized. If sugar is burned as in a bomb calorimeter and the products of combustion are collected, it will yield one hundredth per cent of sulphur dioxide.

Cane sugar becomes an "invert sugar", a mixture of glucoses, on adding acids or by long continued boiling. During the cooking process sugars undergo inversion to a slight extent. That is surrose is converted into levulose and dextrose sugars. At a high temperature sugar is broken up into its constituents—
water and carbon dioxide. During cooking sugars are altered in solubility or digestibility. Cane sugar when added to fruits, and allowed to cook for some time, changes to grape sugar, losing one-third of its sweetness; therefore the reason for adding it when fruit is nearly cooked.

All sugars are changed into two glucose, dextrose and levulose, before entering into the blood. Cane sugar is of great preservative value, hence its use for preserving fruits and milk; also for the preparation of syrups. Cane sugar does not ferment readily but is fermentable by various fungi.
NUTRITITIVE VALUE OF SUGAR.

Sugar is as wholly indispensable in the diaries of this animate world as any other food substance could well become. Its value is very high for the production of heat to warm the body and potential energy for doing work. Sugar is a universal food substance throughout the vegetable world. Sugar causes proteins to be used more economically and is the most easily assimilated of foods. Small amounts are valuable for children. Children need it for heat, energy, and growth. The craving for sugar by children and athletes is natural. Excessive use of sugar causes impaired digestion and malnutrition. The food value of apples, grapes and small fruits is due to the presence of sugar in them. Milk contains milk lactose. Sugar is incapable of sustaining life, but when combined with other foods is very valuable. The amount of sugar used by an individual per day is from three to five ounces. The average consumption of sugar for one year in the United States per capita is seventy pounds and four ounces per day for an adult.

Sugar being readily changed to a liquid passes quickly into the circulation, and its stimulating effects are quickly felt, but it lacks "staying" qualities, and thus articles in which much sugar is used should be eaten after the substantial dishes rather than before, candy for example.

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Candy, when properly prepared and unadulterated, has the same nutritive value as sugars and the other ingredients, and is entitled to a place in the dietary for the production of heat and energy. Much larger amounts of candies are sold and consumed during the winter than during the summer months, suggesting that in cold weather candy is most needed in the dietary.
In boiling sugar eleven degrees are recognized by the confectioner. They are designated as follows:

- small thread 215° F.;
- large thread 217° F.;
- pearl 220° F.;
- large pearl 222° F.;
- the blow 230° (226°-228°) F.;
- the feather 232° F.;
- soft ball 238° (238°-242°) F.;
- hard ball 248° F.;
- small or soft crack 290° F.;
- hard crack 310° F.;
- and caramel 350° (345°-354°) F.

A very little cooking changes the density of syrup and sugar passes from one degree of concentration to another very rapidly; thus it must be watched very closely or it will be boiled too little or too much for the desired purpose. A sugar thermometer is very useful in this connection.

For testing the different degrees have at hand a bowl full of iced water, a suitable skimmer, and if desired a small stick or skewer. Remove the scum as fast as it rises to the surface, and after two minutes make the first test either by dipping the thumb and forefinger, first into the iced water, then into the boiling sugar, and back into the iced water again, bringing them together in the iced water to prevent the syrup from running off, and quickly withdraw them; holding the pinch of syrup between the thumb and forefinger. By spreading them, the state or degree of the boiling syrup can be ascertained. Or, by taking out a little of the syrup with a spoon, lowering it in a cup of cold water, and letting a drop fall
from the edge on the tip of the forefinger. Or, by
dipping the forefinger and thumb in iced water, taking
out a little of the hot syrup on a small stick or skewer,
and testing a drop between the thumb and finger.

If on separating the thumb and forefinger with
a pinch of syrup between them, a thin, short thread is
formed which quickly snaps, the sugar is in the state
known as the "small thread," 215°F. In a few seconds
more, when the thread can be drawn out to double its
former length without snapping, its state is known as
the "large thread," 217°F.

After another minute or two longer, the sugar
in boiling will form small round bubbles or globules
that look like large pearls. This state is known as the
"small pearl", 220°F. Soon the pearls will cover the
entire surface of the syrup, and this state is known as
the "large pearl", 222°F. In the pearl state a pinch
of syrup may be drawn out to the full extension of the
finger and thumb without breaking, this is the proper
degree for most kinds of candy making.

After another minute or two, dip the skimmer
in the syrup and jar it sharply by striking it on the
edge of the pan. Blow through the holes, and if the
syrup forms small bubbles or globules on the reverse side,
the syrup is in the state known as the "blow", 230°F.

Again dip in the skimmer, and shake it so as
to flirt the syrup from the edges. If it threads...
and flies from the skimmer in flakes or hangs from the edge in strings it is in the state known as the "feather", $232^\circ$ F.

Make the next test with the thumb and finger, or by dropping a little syrup into cold water. If it can be rolled between the thumb and finger into a soft, creamy, but not sticky ball, the state is known as the "soft ball", $238^\circ$ (238°-242°) F. Another method is to plunge a wire skewer from a dish of cold water into the syrup and then back again into the water; let remain in the water about ten seconds, then push off the sugar between the thumb and forefinger and, if it can be worked, below the water, into a soft ball that does not stick to the fingers, it is boiled enough. Still another way of testing is to dip a fork into the syrup and let the syrup drop from the fork back into the dish; if, after all the drops have run off, a long hair-like thread remains, the syrup is boiled enough for the soft ball degree. This appearance is always seen in any stage above the soft ball.

For the "hard ball" degree test in the same manner as for the soft ball. If the cooked sugar forms a hard solid ball between the thumb and forefinger, the hard ball degree, $248^\circ$ F., is reached.

After the sugar is pushed from the skewer, drop it into water, remove and press upon the teeth; if
it clings, but does not stick to the teeth, the "soft crack" stage, 290° F. is reached.

At the hard crack stage, 310° F., when pressed between the teeth the candy leaves them clean and free. When a spoonful is dropped into cold water it becomes very hard and brittle.

When the syrup begins to brown, it is in the state known as "caramel" or "hard baked", 350° F. The syrup is of a dark yellow color and snaps and breaks like thin glass when cooled. As it grows dark in color very quickly, when the right stage is reached, the vessel containing it needs be set at once for a moment or two in cold water to arrest the cooking. If the cooking be continued until the sugar reaches a density of 354° F., the sugar will burn or become carbon.

Since in sugar boiling, the process is restricted entirely to driving off the water in composition, or that which has been added to the sugar, a bright clear day, rather than one in which the atmosphere is saturated with moisture, is desirable. In many candies and frostings a smooth texture is sought; in others a fine-grained texture is admissible. When smoothness is demanded the syrup must not be stirred during the cooking, and great pains must be taken to avoid any jarring of the syrup. When a grainy mixture is admissible the mixtures may be stirred. The addition of acid in some form
"breaks the grain" of the sugar and reduces its liability to granulate. Thus in candies or icings we may use cream-of-tartar, acetic acid (made from vinegar), lemon juice, glucose, cornstarch, or molasses, anyone of which will affect the resultant product in greater or less degree.
FONDANT.

Fondant is the basis of all French cream candies. It also makes the best frosting for éclairs and small cakes. The varieties of candies made from fondant are limitless. This is produced first of all by the kind of sugar used in the fondant itself, as white or maple, then the white may be varied by tinting and flavoring to correspond. The flavors in general use are vanilla, almond, rose, lemon, orange, wine, and peppermint. The centres may be of fondant, or of nuts or French fruit, either alone or in combination. Marshmallows, gum-drops, pieces of fruit jelly, or whole candied cherries, may be dipped in fondant, producing candies named from the article "dipped." To make fondant successfully, experience is needed; but, as all sugar, provided it be not absolutely burned, may be used over again for same or other purposes, time would seem to be the one item of which an outlay is required. A beginner might start out with a pound (2 cups) of sugar and half a cup of water. Set over the fire and stir until boiling begins, then remove the spoon and in a few moments, with the hand or a brush dipped in cold water, wash down the sides of the saucepan, to remove any grains of sugar that might have been thrown up in boiling. Cover again and let cook about five minutes. This process will tend to decrease, if not obviate
entirely the accumulation of sugar on the sides of the sauce pan. Now add one-fourth a teaspoonful of cream-of-tartar; and, if the fondant is to be cooked by means of a thermometer, put the thermometer into the syrup, and let the syrup cook until the thermometer rises to about 238° F., the soft ball stage. The exact degree on a particular thermometer to which the sugar needs be boiled can be accurately determined after two or three trials and marked accordingly. When boiled just right, one thermometer might indicate 236°, and another 238°, and still another as high as 242° F. The professional confectioner is able to decide when syrup has boiled to the right temperature by sound while boiling, and by testing in cold water; these tests at first seem somewhat difficult to the amateur, but only a little experience is necessary to make fondant successfully. When a sugar thermometer is employed one need not exercise his judgment.

Instead of adding one-fourth a teaspoonful of cream-of-tartar, one and one-half drops of acetic acid or one-fourth a teaspoonful of vinegar or one-fourth a teaspoonful of cornstarch may be added.
WORKING THE FONDANT.

When the sugar is done, turn it onto a large platter, or a marble or slate slab, lightly dampened with water or rubbed over with the best grade of olive oil. Let stand undisturbed until a dent can be made in the surface, then work the candy back and forth, with a wooden spatula, to a white smooth, soft, creamy paste. While the paste is still soft and warm, gather together and knead with the hands as bread is kneaded, then press into an earthen bowl or a glass fruit jar, and cover closely with confectioners' paper, then again with a fold of heavier paper or a damp cloth and heavy paper. Store in a cool place. After twenty-four hours the fondant is ready for use.
CAUTIONS IN MAKING FONDANT.

Never attempt to make fondant when the air is humid, as in rain or foggy weather, or when there is a high wind. Select a clear day with a cloudless sky and still air or a gentle breeze. Syrup tends to grain in windy weather, and fondant cannot be worked properly in wet weather, since the slightest moisture affects it.

Do not add more moisture to the fondant in the form of flavoring matter or otherwise than is absolutely necessary. After mixing the sugar and water for fondant, stir until the sugar is thoroughly dissolved, but do not stir it after it has begun to boil otherwise the fondant will grain and it will be necessary to melt it over again.

If the syrup be jarred while boiling or if due care be not exercised in washing down the particles of sugar from the sides of the saucepan, or the mixture be not cooled enough before working with the spatula is begun, or if it be cooked too long, the fondant will not be smooth and creamy, but granular. To remedy this, water may be added and the whole process repeated. If the syrup grains or is too soft, add boiling water, stir until it is dissolved, place it back on the stove and boil as before. This may be done a dozen times if necessary. Thus experiment with your first batch of fondant until you acquire the necessary skill or
knack. After that the art of candy making will come more easily.

When turning out the syrup do not scrape out the saucepan or allow the last of the syrup to drip from it (use the saucepan in making a dish of apple or other sauce), as sugary portions will cause the fondant to be "grainy!"

Do not let the fondant become too cold or hard before commencing to work it. Pour it out on the slab in a rather thin layer so that it will settle in uniform thickness. As soon as it hardens enough on the edges to be lifted and rolled, commence to work from the edges in toward the centre of the mass. Do not give the fondant time to harden, but work very briskly, turning the edges in with the spatula or scraper, or working the hoes back and forth until the whole gathers into a solid mass which cannot be readily divided. Then knead with the hands like bread. Work until the fondant acquires the proper consistency.

To keep fondant indefinitely store in tightly sealed glass jars. If placed in an earthen bowl and covered with a damp cloth, the cloth must not touch the fondant.

Let fondant stand twenty-four hours or more before making centres for creams or bonbons and let the centres themselves stand for twenty-four hours or more.
before dipping. Otherwise they will be melted when dipping into the hot chocolate or other fondant. Again let the candies stand a day or two to set before they are packed for use or sale.

Do not use more flavoring or coloring matter than is necessary—just enough so that the tint or flavor can be readily distinguished, is a good rule. Do not add flavoring matter to fondant until it has been removed from the fire and is nearly cool. Sprinkle the flavoring over the surface in the process of creaming and it will be thoroughly worked into the mass by kneading.
USING FONDANT. THE CENTRES.

The fondant may be made into "centres" though its principal use is for "dipping" centres of some other material, as fruit, nuts, marshmallows, etc. When it is to be made into centres, put a portion of the fondant on a large platter or marble slab and work into it such flavoring as is desired (chopped fruits and nuts may also be added), then shape into cones, balls, etc., with the fingers or palms. Or, wrap a little fondant about the meat of a hazelnut, a blanched almond, a pistachio nut, or a candied cherry, and set aside on confectioners' paper for several hours to harden. Or if the centres are to be dipped, set them in order on waxed paper and let stand for twenty-four hours or more to harden. Measure one-half a teaspoonful of flavoring extract or less to each pound of candy and add to the flavoring extract one drop of the appropriate coloring matter. Sprinkle over fondant and incorporate by kneading.
Melt a portion of the fondant over hot water (double boiler), adding a few drops of hot water or syrup at 30° and such flavoring as is desired. Stir constantly while the fondant is melting, also while the centres are being dipped, to avoid the formation of a crust. The fondant may be tinted at this time very delicately with color paste. Drop in the centres, one at a time, and, when well covered, remove with fork or candy tongs to a sheet of confectioners' paper, bringing the fork or dipper up over the top of each piece, to show that the bonbons were "hand dipped". Decorate at once such pieces as are to be ornamented with pieces of fruit or nuts. To decorate cones with chopped nuts, wait until the fondant is set, then dip the base delicately into the hot fondant and then into the chopped nuts. These are very pretty, when the fondant is chocolate color and the nuts are chopped almonds browned in the oven. Green tinted cones dipped in chopped pistachio nuts are also pretty.

METHOD 2. If the chocolate for dipping fondants becomes too thick add to it a little cocoanut oil. This is the natural oil of chocolate, and is, hence, the most appropriate substance with which to thin it. Do not attempt to thin it with hot water, as it will immediately cause the chocolate to grain.
Or use fresh, unsalted butter or olive oil.
To dip the centres, use a slender two-tined fork, turn the conical point of the chocolate to the right, downward, dip under in a half circle, remove it point first and hold it upright over the chocolate for a moment or two to drip. Then set it down gently on the waxed paper. Add nuts, fruit, or decorations, if any, while the chocolate is still damp. Dip bonbons in the same manner.
Fondant.

2 c sugar
2/3 c water
1/4 t cream-of-tartar.

Method — Mix the ingredients and cook to the soft ball stage without stirring. Pour out on a buttered plate or plates to cool. When cool stir until creamy, then work in the hands to render the fondant soft and creamy.

Coffee Fondant.

1 c sugar
1/3 c coffee
1/8 t cream-of-tartar.

Method — Boil ingredients carefully until soft ball stage. Remove and set in pan of cold water until cool. Then stir with a wooden spoon until creamy and a little thick. Then work in the hands until soft and pliable.

White Fondant.

5 c sugar
1/2 c hot water
1/4 t cream-of-tartar.

Method — Put ingredients into a smooth granite saucepan. Stir, place on range, and heat gradually to boiling point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will just keep in shape, which is 238 F. After a few minutes boiling, sugar will adhere to sides of kettle; this should be washed off with the hand first dipped in cold water.
Have a pan of cold water near at hand, dip hand in cold water, then quickly wash off a small part of the sugar with tips of fingers, and repeat till all sugar adhering to side of saucepan is removed. If this is quickly done, there is no danger of burning the fingers. Pour slowly on a lightly oiled marble slab. Let stand a few minutes to cool, but not long enough to become hard around the edge. Scrape fondant with chopping knife to one end of the marble, and work with a wooden spatula until white and creamy. It will quickly change from this consistency and begin to lump, when it should be kneaded with the hands until perfectly smooth. Put into a bowl, cover with paper to exclude air, that a crust may not form on top, and let stand twenty-four hours. A large oiled platter and wooden spoon may be used in place of marble slab and spatula. Always make fondant on a clear day, as a damp, heavy atmosphere has an unfavorable effect on the boiling of sugar.

PEPPERMINTS I.

Method—Melt the fondant over hot water, as described in "dipping the centres", and flavor to taste with a few drops of oil of peppermint or a large quantity of the essence; leave white or tint a delicate green with color paste, then drop from the tip of a spoon, or with a peppermint dropper, upon oiled paper.
For rose mints flavor with rose extract and tint with rose color paste.

**Chocolate Mints.**

When the mints are cold, drop them, one by one, into fondant, to which melted chocolate and vanilla have been added, then remove with a candy fork on to oiled paper again. Fondant makes the most creamy mints, but if this is not at hand, Five Minute Peppermints may be quickly made.

**Five Minute Peppermints.**

1c white sugar. 

"Leaf-green color paste or Damask rose color."

½c boiling water. 

6 drops oil of peppermint.

Method—Dissolve the water in the sugar, and let boil vigorously five minutes without stirring. Remove from the fire and beat until a thick cream, adding, meanwhile, six drops of oil of peppermint and enough color paste to give a delicate green or pink tint. Drop in rounds from the tip of a spoon onto paraffine or confectioner's paper to cool.

**Chocolate Chestnuts.**

Method—Drain whole chestnuts, cooked as a complete or preserve, from the syrup; let dry in the warming oven, then dip into melted chocolate fondant, to which melted chocolate and vanilla have been added; let stand on oiled paper.

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Cream Mints.
Method — Melt fondant over hot water, flavor with a few drops of peppermint, wintergreen, clove, cinnamon, or orange, and color if desired. Drop from tip of spoon on oiled paper. Confectioners use rubber moulds for shaping cream mints; but these are expensive for home use, unless one is to make mints in large quantities.

Cream Nut Bars.
Method — Melt fondant and flavor, stir in any kind of nut meat, cut in pieces. Turn into an oiled pan, cool, and cut in bars with a sharp knife. Maple fondant is delicious with nuts.

Dipped Walnuts.
Method — Melt fondant and flavor. Dip halves of walnuts as bonbon centres are dipped. Halves of pecan or whole blanched almonds may be similarly dipped.

Tutti - Frutti Fondant.
Method — Soften two pounds of fondant over hot water; beat into it the white of an egg, beaten until very frothy but not stiff, two ounces each, of chopped or fine cut citron, almonds, candied cherries, and pineapple, and a teaspoonful of vanilla, and turn into an agate pan lined throughout with oiled or paraffine
paper; cover with paper and place a second tin upon the fondant to press it with a light weight. Too much weight will make it heavy. Let stand twenty-four hours, then slice through the paper. Melted chocolate may be added with the fruit, and alternate layers of fruit and plain fondant, or plain and fruit. Chocolate fondant may be moulded at pleasure.

Tutti-Frutti Candy.

Method — Fill an oiled border-mould with three layers of melted fondant. Have bottom layer maple, well mixed with English walnut meat; the second layer colored pink, flavored with rose, and mixed with candied cherries cut in quarters and figs finely chopped; the third layer white flavored with vanilla, mixed with nuts, candied cherries cut in quarters, and candied pineapple cut in small pieces. Cover mould with oiled paper, and let stand over-night. Remove from mould, and place on a plate covered with a lace paper napkin. Fill center with Bonbons and Glace Nuts.

Maple Fondant.

1 c maple sugar.
1 c granulated sugar
\( \frac{1}{2} \) t cream-of-tartar.
\( \frac{1}{2} \) c hot water.

Method — Prepare as ordinary fondant.

Maple Fondant.

\( \frac{3}{2} \) c maple sugar.
1 c hot water
\( \frac{3}{4} \) c sugar
\( \frac{1}{2} \) t cream-of-tartar.
Method — Break maple sugar in pieces and add to remaining ingredients. Boil, and work same as white fondant.

Coffee Fondant.

5 c sugar. 1/4 c ground coffee.
1 1/2 c cold water. 1/4 t cream-of-tartar.

Method — Put water and coffee in saucepan, and heat to boiling point. Strain through double cheese-cloth; then add sugar and cream-of-tartar. Boil, and work same as White Fondant.

Maple-and-Walnut Surprises.

Method — Shape white fondant, flavored with curacao and mixed with chopped cherries, into flat rounds, one-fourth an inch thick and the size of an English walnut; let stand to harden an hour or more (over night is preferable), then dip into melted maple fondant and press half an English Walnut on to the top of each.

Maple Fondant Nut Bars.

Method — Stir a cup of chopped nuts into a pound of melted maple fondant and turn into a buttered brick mould to a depth of three-fourths an inch. When cold cut into bars.

Bonbons.

The centers of bonbons are made of fondant shaped in small balls. If White Fondant is used, flavor as desired,— vanilla being usually preferred. For cocoanut
centers, work as much shredded cocoanut as possible into a small quantity of fondant; for nut centers, surround pieces of nut meat with fondant, using just enough to cover. French candied cherries are often used in this way. Allow balls to stand overnight, and dip the following day.

To Dip Bonbons.

Put fondant in saucepan, and melt over hot water; color and flavor as desired. In coloring fondant, dip a small wooden skewer in coloring paste, take up a small quantity, and dip skewer in fondant. If care is not taken, the color is apt to be too intense. During dipping, keep fondant over hot water that it may be kept of right consisteny. For dipping, use a two-tined fork or confectioner's bonbon dipper. Drop centres in fondant, one at a time, stir until covered, remove from fondant, put on oiled paper, and bring end of dipper over the top of bonbon, thus leaving a tailpiece which shows that the bonbons have been hand dipped. Stir fondant between dippings to prevent a crust from forming.

Chocolate Dipped Bonbons.

Slightly sweetened chocolate suitable for dipping candy may be bought in cakes like those sold for cooking purposes and at the same price. As depth of chocolate is needed and all chocolate left over may be used again and
again, at least half a pound should be taken, no matter how little dipping is to be done. Break the chocolate in very small pieces, put into a small agate cup and set into warm (not hot) water. If a tiny double boiler be available so much the better. Stir the chocolate occasionally while it is melting, being careful that no drop of water gets into the chocolate. When the chocolate is cooled to about 80 F. or a little below luke warm, it is ready for use. Drop in a center, with a dipping fork push it below the chocolate, lift, and when drained a little drop onto a piece of oilcloth or waxed paper. If the candy is to be smooth on top, draw the fork across the edge of the chocolate dish (to remove superfluous chocolate), then slide the candy onto the oilcloth. If there is to be a design on top, let the top of the candy be down-ward in the chocolate; turn the candy upside down from the fork and draw the fork over the top. Remove to a cool place, to "set" the chocolate.

Fondant with Glucose and with Almond Paste.

Sometimes a little glucose in the form of a pure corn syrup may be boiled with the sugar for fondant. Such fondant does not turn to a "cream" quickly. When finished it is liable to be "sticky", and instead of shaping it into centres in the hands, it is melted over hot water and dropped into impressions, made in pans of
cornstarch. For such fondant put two and one-half cups of sugar, one third a cup of glucose, and one cup of water into a saucepan, and over the fire; stir until boiling, wipe down the sides of the pan, cover and cook three or four minutes; remove the cover and let cook to 238 F. By the use of the glucose the liability of the sugar to grain is lessened. Pour the syrup onto a damp marble or platter, and, before it becomes cold, begin to turn it with a spatula. When the fondant begins to stiffen, scrape it into a bowl and cover with a damp cloth. It is now ready for use.

To Mold Centres in Starch.

Method — Buy a cheap grade of cornstarch and keep it for this purpose. Sift the starch into a biscuit pan, filling it to the top. Smooth the starch with a flat stick long enough to rest on two sides of the pan. The impressions may be made, one at a time, with a thimble, a cork, glass stopper to a bottle, or similar articles, but the easiest way is with small plaster molds glued to a thin strip of wood. The stick should be of such length that the ends may rest on the sides of the pan. Lift up the molds and make a second row of impressions; also make other rows, if it can be done without injuring the shape of the impressions already made. Melt the fondant over hot water, stirring it meanwhile; tint with color paste, if desired (a little on the point of a wooden skewer will
tint a large quantity), and flavor according to the color. Use rose extract for pink candies and vanilla and almond for light green. Coffee extract will give both tint and flavor. Keep the fondant hot and thin and with a teaspoon drop it into the starch impressions, filling each level with the top of the starch. When cold pick out the candies and brush off the starch. They are now ready for coating with chocolate.

Confectioner's Fondant.

The following recipe is that of a professional confectioner, and the full quantities are given for the benefit of dealers in candy, grocers, or persons desiring to make candy in large quantities for sale at a fair, church bazaar, or otherwise. The quantity of candy here described will require a large kneading board or vat with low sides; but any smooth surface, as a clean kitchen table, will answer. As the mass will be too large to be worked with the hands it is better to take a small garden hoe with a short handle, which should, of course, be scoured clean for the purpose.

Boil down twenty pounds of fine granulated sugar with two and one-half quarts of water to the stiff ball. Remove from the fire and sprinkle on top six pounds of glucose, but do not stir it in. Set back on the fire and let it boil until the scum boils in.

Note that the glucose must not be added until the (53)
sugar is boiled to the hard ball, and must not be stirred, but allowed to boil in of itself. Dust the vat or moulding board with confectioners' XXX sugar, pour out the mass on this as soon as the scum has boiled in, and let it cool until you can lay your hand on it. But it is better to begin a little sooner than to let it get too hard. Take two short garden hoes or cream scrapers, work it flat and sprinkle over it rather less than one-fourth a pint of glycerin. Cream thoroughly with the hoes or scrapers, and let stand over night before using.

When this fondant is first made it will be rather rough and coarse in texture, but standing twelve hours or more will give it a uniform fine texture and it improves with age, never graining or turning stale. If this recipe is carefully followed, a fine quality of cream for chocolate crops, cream candies, and other fondants can be made at a very satisfactory profit.

Caramels.

Glucose is used in some of the best of caramels; but with or without glucose the boiling should be continued to about 290 Fahr., the "soft crack" stage. During the last of the cooking the candy must be stirred constantly, to avoid burning. When cooked it should be poured into rectangular pans of such size as will insure a thickness of three-fourths an inch. When firm, but not quite cold, cut into small squares. The pans
need to be well buttered.

Caramels (Mrs. Wadsworth).

1 c best syrup 2 c grated chocolate.
1 c brown sugar. 2 c cream.
1 c white sugar. 2 t vanilla.
1 t flour mixed with cream.

Method — Rub the chocolate to a smooth paste with a little of the cream; boil all together half an hour, and pour it into flat dishes to cool; mark it with a knife into little squares when it is cool enough.

Chocolate Caramels. I.

2½ t butter. ½ c milk
2 c molasses 3 squares chocolate.
1 c brown sugar 1 t vanilla.

Method — Put butter into kettle; when melted, add molasses, sugar, and milk. Stir until sugar is dissolved, and when boiling-point is reached, add chocolate, stirring constantly until chocolate is melted. Boil, until when tried in cold water, a firm ball may be formed in the fingers. Add vanilla just after taking from fire. Turn into a buttered pan, cool and mark in small squares.

Nut Chocolate Caramels.

Method — To Chocolate Caramels add the meat from one pound English walnuts broken in pieces, or one-half pound almonds blanched and chopped.
Rich Chocolate Caramels.

2 T butter
½ c milk
½ c sugar
1 c molasses.
4 sqs. chocolate.
2 t vanilla.
1 c walnut meats, broken in pieces.

Method — Put butter in saucepan and when melted add milk, sugar and molasses. When boiling point is reached add chocolate, and cook until brittle when tried in cold water, stirring occasionally to prevent mixture from adhering to pan. Remove from fire, beat three minutes, add nut meats and vanilla, and turn into a buttered pan. When cold cut in squares and wrap in paraffine paper.

Chocolate Caramels. II.

1 c molasses.
½ c granulated sugar.
¼ c water.
2 T butter.
2 squares chocolate.
1 T vanilla.

Method — Stir the first three ingredients over the fire, until the sugar is dissolved. Add the butter and chocolate. Stir until the chocolate melts, then cook without stirring, until a little tried in cold water may be formed into a firm ball. Flavor with vanilla and beat until creamy. Substitute one-fourth a pound of melted chocolate for the molasses, if desired.

Chocolate Caramels with Glycerine.

1 c molasses.
1 c sugar.
1 T glycerine.
3 oz. chocolate, grated.
3 T butter

Method — Cook as for caramels, adding the chocolate near the last of the cooking.

Maple Caramels.

Method — Use maple sugar instead of granulated sugar, or use two and one-third cups of maple syrup and one and one-fourth cups of white sugar, keeping the other ingredients the same as in Best Caramels.

Chocolate Caramels. III.

Method — Add three or four squares of chocolate at the same time as the vanilla.

Nut Caramels.

Method — Add one cup or a cup and a half of nuts just before turning the candy into the pans.

Vanilla Caramels with Glucose.

1 can condensed milk
1 cup sweet cream or milk

1 t vanilla.

1½ cups granulated sugar.
6 ounces glucose.

Method — Stir milk and cream together. When evenly blended, add sugar and glucose. Cook over a slow fire, stirring constantly, until a little tried in ice water forms a hard ball that softens a little between the fingers. Flavor with vanilla.

Vanilla Caramels with Nuts.

Add the meats from about a dozen English walnuts broken
into halves.

Best Caramels.

2 1-3 c sugar. 1 Egg yolk. 1-3 c flour.
1 c glucose. 3 c cream.
1 c cream. 1 t vanilla.

Method — Put first three ingredients over fire to cook

Beat the yolk of an egg and add three cups of cream;

gradually work into this the flour, then gradually stir

this into the candy and let cook at 238 or 240 F. Add

vanilla. Pour into two buttered bread pans and when
cold cut in cubes.

Sultana Caramels.

2 c sugar. 2 squares chocolate.
1/2 c milk 1 t vanilla.
1/4 c molasses. 1/2 c English walnuts or
1/4 c butter. hickory nut meat, cut.

2 T Sultana raisins.

Method — Put butter into a saucepan; when melted, add
sugar, milk and molasses. Heat to boiling-point, and
boil seven minutes. Add chocolate, and stir until choco-
late is melted; then boil seven minutes longer. Re-
move from fire, beat until creamy, add nuts, raisins
and vanilla. Pour at once into a buttered tin. Cool
slightly, and mark in squares. The nut meats and raisins
may be omitted.
Choice Cream Caramels, with Pecan Nuts.

2 c granulated sugar. 1 c cream
1 1/2 c corn syrup. 1 c cream
1 c butter. 1 c pecan meats.
1 t vanilla.

Method—Put first four ingredients over the fire. Stir and boil until the mass boils throughout, then stir in gradually—so as not to stop the boiling—the second cup of cream. Boil to 250° F. by the sugar thermometer, stirring every three or four minutes. Stir in the pecan nut meats and vanilla and turn over into two brick-shaped breadpans. When nearly cold cut into cubes and roll the cubes in waxed paper. At 250° F. the candy when tested in cold water, may be very red to a firm ball.

Fudge.

2 c sugar. 2 oz (sq) chocolate.
1 c milk 1 t butter

Or,
2 c granulated sugar 2 T butter.
1 c brown sugar 2 sq. chocolate
1 c milk.

Method—Put all ingredients, except chocolate, which needs no cooking, in the pan and cook slowly to the soft ball stage. Add the chocolate. Remove from fire and cool. Do not disturb while cooking. Do not stir until ice cold. The stir until creamy and pour onto a butter-
ed plate or spread on a buttered paper. Mark in squares.

Fudge (Harold Hill)

2 c sugar. 2 sq. chocolate.
2-3 c milk. 3 T butter
1 t vanilla.

Method — Heat sugar and milk to the boiling-point; add chocolate and stir constantly until the chocolate is melted. Boil eight minutes; add butter and boil seven minutes; remove from the fire, add vanilla and beat until the mixture is creamy and sugars around the edge of the saucepan. Pour into buttered pans, cool slightly, then mark in squares.

Fruit Fudge.

2 c granulated sugar. 1 1/2 c cream
1/4 c glucose or corn syrup 1 c French fruit, cut fine
1 t vanilla.

Method — Stir the sugar, glucose, and cream until the sugar is dissolved, then cook to the soft ball degree or 236° F. In cold weather let the thermometer stand in a warm place for a few moments before setting into the saucepan. Stir the mixture occasionally, but very gently. In stirring lift the thermometer to stir underneath it. When the syrup is cooked enough, remove the saucepan to a cake cooler or wire coffee-stand, that a current of air may pass below it. Let stand until it is quite cool,
then add the fruit and the vanilla and beat the mixture until it thickens and grains a little, then turn into a bread pan, neatly lined with wax paper. When set (in about fifteen minutes) turn from the pan, peel off the paper and cut in cubes.

Chocolate Fudge.

In making Chocolate Fudge, add one or two squares or ounces of chocolate just as the pan is taken from the fire. A slight grain is not objectionable in this candy.

Divinity Fudge.

1½ c brown sugar. 1 egg white.
½ c glucose or corn syrup. 1 T vanilla.
½ c water. 1 c nuts.

Method — Boil first three ingredients to the soft ball degree about 240° F., then pour about one-third of it, in a fine stream onto the white of an egg, beaten dry, beating constantly meanwhile; return the rest of the syrup to the fire and let cook to the crack degree 290° F., then pour onto the egg mixture, beating constantly meanwhile; add vanilla and nuts, pecan or English walnuts, chopped fine, and turn into a bread pan lined with well-buttered waxed paper (the pan for ordinary fudge need not be buttered, simply lined with wax paper). When cold remove from the tin and cut in cubes. While the candy is boiling from the soft ball to the crack degree, it must be stirred constantly and very gently.
Rich and Creamy Maple Fudge.

1 c granulated sugar         1 c maple sugar.
1 c cream.

Method —— Put ingredients over the fire; let stand on
a cool part of the range until the sugar is dissolved,
then stir gently, occasionally, and let cook rapidly to
236° or 238°F., or until a soft ball may be formed in
cold water. Let the syrup stand undisturbed until the
heat has almost left it, then beat until the mixture
thickens and grains slightly.

Turkish Mint Paste.

1 c cold water         2 T lemon juice.
3 T granulated Gelatine. 4 T creme-de-menthe
2 c granulated sugar.    Green color paste.

Method —— Pour half a cup of cold water over the gel-
atine, and let stand until the water is fully absorbed.
Pour half a cup of cold water over the sugar, and when
the sugar is dissolved heat to the boiling-point, then
add the softened gelatine and let cook twenty minutes
after boiling begins. Remove from the fire; add the
lemon juice, creme-de-menthe and color paste, to tint
to a delicate green. Turn into an unbuttered bread pan
to stand until cold and firm, preferably over night. To
unmould, loosen with the point of a knife at the edge,
then gently pull from the pan to a paper spread with
sifted confectioners' sugar; cut into squares, roll

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each square in sifted sugar.

**Turkish Raspberry Paste.**

1 c raspberry juice. 2 c sugar.
3 T granulated gelatine. 2 T lemon juice.

Method — Pour half a cup of raspberry juice over the gelatine and let stand until the gelatine has absorbed the liquid. Heat the sugar and the remaining half cup of raspberry juice to the boiling point, then add the softened gelatine and let boil twenty minutes after boiling begins. Add lemon juice, and if desired a little rose color-paste, and turn into a bread pan. When cold turn onto a paper, over which confectioners' sugar has been sifted; cut into squares and roll each square in sugar. To tint the paste add a little rose color-paste to a tablespoonful of the cooked paste, mix evenly and stir into the rest of the hot mixture. Repeat until the correct shade is secured.

**Butter Scotch.**

1 c sugar. 1 T vinegar
½ c molasses. 2 T boiling water
½ c butter.

Method — Boil ingredients together until, when tried in cold water, mixture will become brittle. Turn into a well buttered pan; when slightly cool, mark with a sharp-pointed knife in squares. This candy is much improved by cooking a small piece of vanilla bean with other ingredients.
Butter Taffy.

2 c light brown sugar 2 T water
1/2 c molasses 7/8 t salt
2 T vinegar 1/4 c butter
2 t vanilla.

Method—Boil first five ingredients until, when tried in cold water, mixture will become brittle. When nearly done, add butter, and just before turning into pan, vanilla. Cool, and mark in squares.

Horehound Candy.

3/4 sq inch pressed horehound 3 c sugar
2 c boiling water 1/2 t cream-of-tartar.
Method—Pour boiling water over horehound which has been separated in pieces; let stand one minute, then strain through double cheese-cloth. Put into a granite kettle with remaining ingredients, and boil until, when tried in cold water, mixture will become brittle. Turn into a buttered pan, cool slightly, then mark in small squares. Small square packages of horehound may be bought for five cents.

Divinity Candy.

3 c brown sugar 2/3 c water
1-3 c corn syrup 2 egg whites
1 c nut-meats

Method—Boil first three ingredients until, when tested in cold water, a soft ball may be formed. Have ready
the whites of two eggs, beaten dry; onto these gradually pour the hot syrup, beating constantly meanwhile; continue the beating until the mixture begins to harden, then beat in the nut-meats and pour the whole into a buttered pan. Before the candy becomes cold cut it into squares.

Cocoanut Cream Candy. I.

2 c sugar
\( \frac{1}{2} \) c milk, diluted condensed milk \( \frac{1}{2} \) lb. grated cocoanut
\( \frac{1}{2} \) t cream-of-tartar
1 t vanilla

Method—Boil sugar and milk four minutes after boiling begins, washing down the sides of the saucepan as needed. Add cream-of-tartar and let boil to "blow-stage", between 230 and 236 F. When boiled enough remove from the fire, add chocolate, cocoanut, and vanilla, and stir until thickened slightly. Then drop from the end of the spoon to confectioner's paper. Set a nut or a piece of candied fruit on the top of each candy.

Chocolate Cream Candy. II.

\( \frac{1}{2} \) c sugar
\( \frac{1}{2} \) c milk
2 t butter
1-3 shredded cocoanut
\( \frac{1}{2} \) t vanilla.

Method—Put butter into granite saucepan; when melted, add sugar and milk, and stir until sugar is dissolved. Heat to boiling point, and boil twelve minutes; remove from fire, add cocoanut and vanilla, and beat until

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creamy and mixture begins to sugar slightly under edge of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. One-half cup nut meat may be used in place of cocoanut.

Chocolate Cream Candy.

2 c sugar
2-3 c milk
1 T butter.
2 squares chocolate.
1 t vanilla.

Method — Put butter into granite saucepan; when melted, add sugar and milk. Heat to boiling-point; then add chocolate, and stir constantly until chocolate is melted. Boil thirteen minutes, remove from fire, add vanilla, and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. Omit vanilla, if desired, and add while cooking one-fourth teaspoon cinnamon.

Maple Sugar Candy.

1 lb. soft maple sugar
3-4 c thin cream
4 c boiling water
2-3 c English walnut or pecan meat, cut in pieces.

Method — Break sugar in pieces; put into a saucepan with cream and water. Bring to boiling-point, and boil until a soft ball is formed when tried in cold water.
Remove from fire, beat until creamy, add nut meat, and pour into a buttered tin. Cool slightly, and mark in squares.

Pralines.

1 7-8 c powdered sugar
1 c maple sugar

\( \frac{1}{2} \) c cream
2 c hickory nut or pecan nut meat, cut in pieces.

Method — Boil first three ingredients until, when tried in cold water, a soft ball may be formed. Remove from fire, and beat until of a creamy consistency; add nuts, and drop from tip of spoon in small piles on buttered paper, or mixture may be poured into a buttered tin and cut in squares, using a sharp knife.

Peppermints II.

1½ c sugar

\( \frac{1}{2} \) c boiling water.
6 drops oil of peppermint.

Method — Put sugar and water into a granite sauce pan and stir until sugar is dissolved. Boil ten minutes; remove from fire, add peppermint, and beat until of right consistency. Drop from tip of spoon on slightly buttered paper.

Creamed Walnuts.

1 egg white.
\( \frac{1}{2} \) T cold water.

\( \frac{3}{4} \) t vanilla
1 lb. confectioners' sugar.

English walnuts.
Method — Put egg, water and vanilla in a bowl and beat until well blended. Add sugar gradually until stiff enough to knead. Shape in balls, flatten, and place halves of walnuts opposite each other on each piece. Sometimes all the sugar will not be required.

White Sugar Candy (Miss Eliza Brown)

8 c sugar 4 T cream
2 c water 4 T vinegar.

Butter size of an egg

Method — Boil ingredients together slowly for about three-quarters of an hour.

Vinegar Candy (Mrs. Clifford)

3 c sugar ½ c water.
½ c vinegar 1 t soda.

Method — When first three ingredients boil, stir in the soda. If the candy is preferred clear, stir it as little as possible; if granulated, stir it.

Maple Creams (Sadie Locke, Maine)

3 c maple syrup or 1 lb. maple sugar, grated. 1 c thick sweet cream.

Method — Boil the sugar and cream to the soft ball degree; beat with a silver fork until it is of the consistency of very thick cream. Pour in buttered tins or tins lined with paraffine paper and when cool cut into squares.

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A cup of nuts may be added, when the mixture begins to thicken. Half a cup of butter may take the place of the cream.

Vanilla Sugar Candy.

4 c granulated sugar 1 T glycerine.
2-3 c water. 2 T vanilla
2 T butter. 1-3 c vinegar.

Method — Boil all save the vanilla, without stirring (from twenty minutes to half an hour), to the hard ball degree; pour on a platter, add the vanilla, and when cool pull over a hook, and cut into short pieces.

Molasses Candy.

2 c Porto Rico molasses. 3 T butter.
2-3 c sugar. 1 T vinegar.

Method — Put butter in kettle, place over fire, and when melted, add molasses and sugar. Stir until sugar is dissolved. During the first of the boiling stirring is unnecessary, but when nearly cooked, it should be constantly stirred. Boil until, when tried in cold water, mixture will become brittle. Add vinegar just before taking from fire. Pour into a well buttered pan. When cool enough to handle, pull until porous and light-colored allowing candy to come in contact with tips of fingers and thumbs, not to be squeezed in the hand. Cut in small pieces, using large shears or a Sharp knife, and
then arrange on slightly buttered plates to cool.

Molasses Candy.

2 c molasses.  
1 T glycerine.  
1 c sugar.  
½ t soda.  
3 T butter.

Method — Boil to the hard ball degree; stir in the soda, and when cooled pull until white as desired; draw out into sticks and cut into inch lengths.

Velvet Molasses Candy.

1 c molasses.  
3 T vinegar  
3 c sugar  
½ t cream-of-tartar  
1 c boiling water  
½ c melted butter  
½ t soda.

Method — Put first four ingredients in kettle placed over front of range. As soon as boiling-point is reached add cream-of-tartar. Boil until when tried in cold water, mixture will become brittle. Stir constantly during last part of cooking. When nearly done, add butter and soda. Pour into a buttered pan and pull same as Molasses Candy. While pulling, add one teaspoonful of vanilla, one-half teaspoonful of lemon extract, few drops oil of peppermint or a few drops oil of wintergreen.
BUTTERCUPS.

2 c molasses 2 T butter
1 c sugar 1/3 t cream-of-tartar
1/2 c boiling water fondant, flavored vanilla.

Method—Boil ingredients (except fondant) until when tried in cold water, a firm ball may be formed in the fingers, not stirring until the last few minutes of cooking. Pour on a buttered platter, and when cool enough to handle, pull until light colored. Shape on a floured board, having strips wide enough to enclose a roll of fondant one inch in diameter. Place fondant on candy, bring edges of candy together, and press firmly over fondant. With both hands pull candy into a long strip. Cut in small pieces; each piece will consist of fondant encircled with molasses candy. Care must be taken that candy is not cooked too long, as it should be soft rather than brittle.
VINEGAR CANDY.

2 c sugar

1/2 c vinegar.

2 T butter.

Method—Put butter in kettle; when melted, add sugar and vinegar. Stir until sugar is dissolved, afterwards occasionally. Boil until when tried in cold water, mixture will become brittle.

Turn on a buttered plate to cool, Pull, and cut same as Molasses candy.
ICE CREAM CANDY.

3 c sugar. 1/2 c boiling water.
1/4 t cream-of-tartar. 1/2 T vinegar.

Method—Boil ingredients together without stirring, until, when tried in cold water, mixture will become brittle. Turn on a well buttered plate to cool. As edges cool, fold towards center. As soon as it can be handled, pull until white and glossy. While pulling flavor as desired, using vanilla, orange extract, coffee extract, oil of sassafras, or melted chocolate. Cut in sticks or small pieces.
KISSES.

4 egg whites. \(\frac{1}{4}\) c sugar.
\(\frac{3}{4}\) c granulated sugar. \(\frac{1}{4}\) c vanilla.

Method—Beat egg whites until dry; gradually beat in the granulated sugar, and, when the mixture will hold its shape, fold in the remaining sugar and vanilla. Have a hard wooden board an inch thick covered with paper; on this shape the mixture with pastry bag and tube or with a spoon.

Bake about three--fourths an hour in a very slow oven. Remove from the paper as soon as taken from the oven, turn upside down and return to the oven to dry off the part next the board.
PEANUT BRITTLE

3 c brown sugar. 1 pt. peanuts.
1 c New Orleans molasses. 1/2 lb. butter.
1/2 t cream-of-tartar. 2 t soda.
1 c water.

Method—Boil sugar, molasses, cream-of-tartar, and water together to the hard ball stage. Add the peanuts and boil to the hard crack stage; add the butter and when this is incorporated remove from the fire and add the soda, dissolved in a tablespoonful of water, and stir vigorously. When the mixture begins to rise, pour upon a marble or platter and spread thin. When cold break or cut in pieces.
PEANUT BRITTLE II.

1 1/4 c sugar 2 T butter.
1/2 c glucose 1/2 lb raw shelled nuts.
2/3 c water 1 T vanilla.

Method—Put the sugar, glucose, and water over the fire, stir until the sugar is dissolved and wash down the sides of the saucepan as in making fondant; cover and let cook three or four minutes, then uncover and let cook without stirring to 275° Fahr. (or until when a little is cooled and chewed it clings but does not stick to the teeth.) Add butter and skinned peanuts, and stir constantly until the peanuts are well browned. Add vanilla and a teaspoonful of cold water, and stir vigorously. When the mixture is done foaming turn it onto a warm oiled marble or platter and as soon as it can be handled pull it out as thin as possible.

With a spatula loosen it from the marble in the center and turn the sheet upside down and pull again as thin as possible. Break into pieces.

To remove the skins from the peanuts, cover the shelled nuts with boiling water, let boil once, drain, cover with cold water, and push off the skins.
PEANUT NOUGAT.

1 lb sugar.  
1 quart peanuts.

Method—Shell, remove skins, and finely chop peanuts. Sprinkle with one fourth teaspoon salt. Put sugar in a perfectly smooth granite saucepan, place on range, and stir constantly until melted to a syrup, taking care to keep sugar from sides of pan. Add nut meat, pour at once into a warm buttered tin, and mark in small squares. If sugar is not removed from range as soon as melted, it will quickly caramelize.

NUT BAR.

Method—Cover the bottom of a buttered shallow pan with one and one-third cups nut meat (Castaneas, English walnuts, or almonds) cut in quarters. Pour over one pound of sugar melted as for Peanut Nougat. Mark in bars.

PANOUCHI.

1 c milk.  
1 T vanilla.  
1 T butter  
3 c brown sugar.  
\( \frac{3}{4} \) c nuts slightly chopped.

Method—Mix the first four ingredients and cook to the soft ball stage without stirring. Pour on a buttered plate to cool. When cool, stir until creamy and quickly pour on a buttered dish. Mark in squares.
FRENCH NOUGAT.

\[ \frac{1}{2} \text{lb. confectioner's sugar.} \quad \frac{1}{4} \text{lb. almonds, finely chopped} \]

Confectioner's chocolate.

Method—Put sugar in saucepan, place on range, and stir constantly until melted; add almonds, and pour on an oiled marble. Fold mixture as it spreads with a broad-bladed knife, keeping it constantly in motion. Divide in four parts, and as soon as cool enough to handle shape in long rolls about one-third inch in diameter, keeping rolls in motion until almost cold. When cold, snap in pieces one and one-half inches long. This is done by holding roll at point to be snapped over the sharp edge of a broad-bladed knife, and snapping. Melt confectioner's chocolate over hot water, beat with a fork until light and smooth, and when slightly cooled dip pieces in chocolate and with a two-tined fork or bonbon dipper remove from chocolate to oiled paper, drawing dipper through top of each the entire length, thus leaving a ridge. Chocolate best adapted for dipping bonbons and confections must be brought where confectioner's supplies are kept.
ENGLISH TOFFEE.

2 c brown sugar
1/3 c butter
4 T weak vinegar
1 c unshelled English Walnuts

Method—Mix the first three ingredients and cook to the snap stage without stirring. Pour over the nuts placed in well buttered pans. Mark in squares when partly cool.

NOUGATINE DROPS

Method—Drop French Nougat mixture from the tip of a spoon on an oiled marble very soon after taking from fire. These drops have a rough surface when cold, dip in melted confectioner's chocolate.

ALMOND NOUGATINES.

Method—Prepare the receipt for Divinity Fudge, or "Spanish Nougat"; when cold cut in oblong pieces about three-eights of an inch wide and an inch and a half long, and dip on chocolate, making a design on the upper side.
WINTERGREEN WAFFERS.

1 oz. gum tragacanth. Confectioner's sugar.
1 c cold water. Oil of wintergreen.

Method—Soak gum tragacanth in water twenty-four hours and rub through a fine wire sieve; add enough confectioner's sugar to knead. Flavor with a few drops of oil of wintergreen. If liked pink, color with fruit red. Roll until very thin on a board or marble dredged with sugar. Shape with a small round cutter or cut in three-fourths inch squares. Spread wafers, cover, and let stand until dry and brittle. This mixture may be flavored with oil of lemon, clove, sassafras, etc., and colored as desired.

SUGARED POPPED CORN.

2 qts. popped corn 2 c brown sugar.
2 T butter ½ c water.

Method—Put butter in saucepan, and when melted add sugar and water. Bring to boiling-point and let boil sixteen minutes. Pour over corn, and stir until every kernel is well coated with sugar.
POP CORN BALLS.

1/2 c sugar. 3 T Butter.
1/3 c glucose. 1 t vanilla.
1/3 c molasses 4 qts. popped corn, well
2/3 c water. salted

Method—Set the sugar, glucose and water over the fire, stir until the sugar is melted, then wash down the sides of the saucepan, cover and let boil three or four minutes, then remove the cover and let cook without stirring to the hard ball degree; add the molasses and butter and stir constantly until brittle in cold water; remove from the fire and as soon as the bubbling ceases, add the vanilla; stir, then pour upon the popped corn, mixing the two together meanwhile. With buttered hands lightly roll the mixture into balls—Press mixture together lightly.

Before adding syrup to corn discard hard kernels.

Have corn warm and in a warm bowl.
CARAMEL SYRUP.

Put a cup of sugar into a small saucepan, set over a quick fire and stir constantly while the sugar melts and changes to a light brown liquid. Lift the pan occasionally from the fire, that the sugar may not become burned at any one place. The caramel is cooked enough when it has become a bright golden brown color; it will darken a little more before it is changed to syrup, and so should not be kept over the fire too long, or when finished the color will be too dark and the flavor impaired. Add one cup of hot water and return the saucepan to the fire; let the syrup boil about five minutes, then it is ready to use, or it may be stored in a jar for future use. When the water is poured upon the caramel, considerable commotion will take place and care must be taken to keep the hands out of the steam. When the sugar was cooked to the caramel degree, if water had not been added to it, on cooling it would have snapped and broken like glass. Caramel gives to many dishes a flavor that is unequaled. Caramel is used in coloring soups, sauces, etc., for spun sugar, for holding together macaroons and wafers, and for lining molds in which custard is to be baked.
SPUN SUGAR.

2 lbs. sugar.  2 c boiling water.

½ t cream-of-tartar.

Method—Put ingredients in a smooth saucepan. Boil without stirring until syrup begins to discolor which is about 300°F. Wash off sugar which adheres to sides of saucepan, as in making fondant. Remove saucepan from fire, and place in a larger pan of cold water, and place in saucepan of hot water. Place two broom-stick-handles over back of chairs, and spread paper on the floor under them. When syrup is slightly cooled, put dipper in syrup, remove from syrup, and shake quickly back and forth over broom-handles. Carefully take off spun sugar as soon as formed, and shape in nests, or pile lightly on a cold dish. Syrup may be colored if desired. Spun sugar is served around bricks of frozen creams and ices.

Dippers for spinning sugar are made of coarse wires; about twenty wires, ten inches long, are put in a handle, and fastened with wire coiled round and round to form a handle.
SPUN SUGAR.

Method 2—.

Ingredients: two cups sugar, one-half cup boiling water and one-fourth a teaspoonful of cream-of-tartar. Follow given directions. Have ready wooden supports fastened to the kitchen table—soft wooden spatulas answer well; let these project about two feet from the table and be about two feet apart. Spread a clean paper beneath them. Dip a sugar spinner into the cooked sugar and pass it round and round the spatulas; the sugar will spin from each point of the spinner in a fine, thread-like cobweb round the spatulas. The threads become stiff almost instantly. Repeat the dipping and swinging of the spinner until a sufficient mass has been formed; then remove and coil into the shape desired; wreaths and nests are most common forms. If the sugar be too hot or too cold the spinning will be unsatisfactory. When too cold reheat adding a little water and boiling again toward the last of the process. In crisp, clear, cold weather spun sugar will remain crisp a day or two, but it is better made the day on which it is to be used.
TO HEAT SUGAR.

Put sugar in a granite dish, place in oven, leaving oven door ajar, and stir occasionally.

GLACE NUTS.

2 c sugar

1 c boiling water.

1/3 t cream-of-tartar.

Method—Put ingredients in a smooth saucepan, stir, place on range, and heat to boiling-point. Boil without stirring until syrup begins to discolor, which is 310o F. Wash off sugar which adheres to sides of saucepan, as in making fondant. Remove saucepan from fire, and place in larger pan of cold water to instantly stop boiling. Remove from cold water and place in a saucepan of hot water during dipping. Take nuts separately on a long pin, dip in syrup to cover, remove from syrup, and place on oiled paper.
GLACE FRUITS.

For Glace Fruits, grapes, strawberries, sections of mandarins and oranges, and candied cherries are most commonly used.

Method—Take grapes separately from clusters, leaving a short stem on each grape. Dip in syrup made as for Glace Nuts, holding by stem with pinchers. Remove to oiled paper.

Glace fruits keep but a day, and should only be attempted in cold and clear weather.

CHOCOLATE DIPPED NUTS, GINGER ROOT, OYSTERETTES, ETC.

Almonds, unblanched, are dipped with a design on top. Peanuts, with skin discarded, are dipped and dropped in clusters. Drop two or three nuts, dipped one by one, side by side, then drop others above; the chocolate runs together and forms a neat looking and dainty confection. Strips of preserved ginger root are particularly good, dipped in chocolate. Fine-chopped peanuts or almonds, or figs, dates, or ginger root may be added to the chocolate; in this oysterettes may be dipped, to produce a very agreeable confection for afternoon teas, etc.
CARAMELED NUTS.

1 c sugar.  \( \frac{1}{4} \) c water.

nuts.

Method—Boil sugar and water to the hard-crack stage, or caramel degree. Do not stir after the sugar is dissolved. Wash down the sugar thrown up in cooking as in making fındant. When the proper degree is reached, add a few drops of lemon juice. Have ready pecan nuts, English walnuts or blanched almonds, heated without browning. Drop the nuts, one at a time, into the cooked sugar; without stirring the sugar, coat the nut and lift out on to an oiled or confectioner's paper. It is necessary to work very quickly. Reheat the sugar when needed. When it becomes to thick, add a few drops of water and cook again to the correct degree.

CRYSTALLIZED NUTS.

Method—Boil the sugar to the crack stage, dip as in Carameled Nuts, then roll while hot in coarse granulated sugar. The hard crack degree, 310o F., is the last degree before the syrup takes color.

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MARRON GLACE.

Method—Take chestnuts (Italian or French) that have been preserved in syrup, drain from the syrup and let dry on a piece of cheese cloth. Melt two cups of sugar in one tablespoonful or glucose, or corn syrup, and one cup of water; stir until nearly boiling, wash down the sides of the saucepan with the hand or a bit of cloth wet in cold water, cover and let boil rapidly three or four minutes, remove the cover, and cook without stirring to 235o Fahr, or until the syrup begins to run a light amber color; remove at once from the fire to a saucepan of boiling water. Take the chestnuts, one by one, on the point of a larding needle and dip them into the hot syrup, and drop them upon an inverted tin pan. They will harden almost immediately and will not stick to the pan. Sell at $1.00 per lb.

MARRONS GLACES.

Method—Prepare the chestnuts as for compote. Dry the nuts, then take them, one by one, on a skewer and dip into sugar and water that has been cooked to 310o Fahr. Lay the nuts on an oiled paper to cool. Remove the syrup from the fire as soon as the thermometer registers the proper number of degrees. If it becomes too cold, let stand in hot water.
CANDIED ORANGE OR LEMON PEEL.
Method—Let the peel, removed in halves or quarters, stand over night in salted water. Wash thoroughly. Let boil, changing the water several times, until the peel is tender. If the peel does not taste salty, the water need not be changed. When the peel is tender, remove such parts of the bitter white portion as desired. Leave the sections whole, or cut into narrow strips or shreds. Make a syrup of a pint of water and two cups of sugar; skim, and put into it a pound of the cooked peel; let simmer until the syrup is nearly absorbed, then boil rapidly and stir till well coated with sugar. Let dry in a warming oven, then store in a closed receptacle. The strips may be woven into baskets or nests while hot and pliable. The nests are particularly pretty filled with three candy eggs, as Easter souvenirs. Crystalized Mint leaves are a pretty decoration for the nests.

CANDIED ORANGE PEEL.
Method—Remove peel from four thick skinned oranges in quarters. Cover with cold water, bring to boiling point and cook slowly till soft. Drain, remove white portion using a spoon, and cut yellow portion in thin strips, using scissors. Boil one-half cup of water and one cup sugar until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain, and coat with fine granulated sugar.
CANDIED VIOLETS.

Method—Remove the stalks from a pound of violets and rinse them in cold water, then spread them on a towel to dry. Cook two and one-half cups of sugar to the soft-ball stage, remove from the fire and add the violets; press them down under the syrup, return to the fire and let boil up once, then transfer, at once, to a cold dish. The next day drain on a sieve. To the syrup add half a cup of sugar and cook again to soft-ball stage; put in the flowers and set aside for twelve hours; drain again; heat to the boiling point and add the violets. Remove from the fire and stir the violets lightly, until the syrup begins to grain, then pour onto sheets of paper; shake and separate the flowers carefully with the hands, and, when dry, pick them from the granulated sugar. Rose petals and mint leaves may be candied in the same manner. Add a sup of water to the sugar when setting over the fire to cook.
PARISIAN SWEETS.

1 lb. figs.  1 lb. English walnut meat.
1 lb. dates. Confectioner's sugar.

Method-- Pick over and remove stems from figs and stones from dates. Mix fruit with walnut meat, and force through a meatchopper, work, using, the hands, on a board dredged with confectioner's sugar until well blended. Roll to one-fourth inch thickness, using confectioner's sugar for dredging board and pin. Shape with a small round cutter, first dipped in sugar, or cut with a sharp knife in three-fourths inch squares. Roll each piece in confectioners' sugar, and shake to remove superfluous sugar. Pack in layers in a tin box, putting paper between each layer. These confections may be used at dinners in place of bonbons or ginger snaps. A combination of nut meat may be used.

FIG-AND-NUT CONFECTIONS.

Method-- Cut choice pressed figs in halves through the blossom ends; sprinkle the inside of each half with thin slices of English walnuts or pecan nuts; roll up tightly; then roll again in powdered or fine granulated sugar.
STUFFED RAISINS.

Method—Cut open choice raisins on one side and remove the seeds; fill with bits of almonds, English walnuts, or candied cherries; close each raisin thus filled and wrap in another seeded raisin. Roll in finely granulated sugar.

STUFFED PRUNES.

Method—Soak large and perfect prunes in cold water several hours; steam until the skins are tender and the stones easily removed. Take out the stones and fill the open spaces with dates, figs or candied fruit, chopped fine with an equal bulk of pecan nuts or English walnuts. Press the prunes into symmetrical shape, then roll in finely granulated sugar. Let stand several hours before serving.

NUT- AND- FRUIT CONFECTIONS.

Method—Chop very fine one pound each of figs and English walnut meats, and half a pound, each, of dates and candied cherries. Work with the hands until well mixed. Roll out into a thin sheet on a board, well-dredged with confectioner's sugar. Shape with a small cutter, then roll in sugar.
STUFFED DATES 1.
Method—Make a cut the entire length of dates and remove stones. Fill cavities with Castanea nuts, English walnuts, or blanched almonds, and shape in original form. Roll in granulated sugar. Pile in rows on a mall plate covered with a doily. If Castanea nuts are used, with a sharp knife cut off the brown skin which lies next to shell.

STUFFED DATES II.
Method—Remove stones from dates and fill cavities with Neufchatel cheese.

SALTED PEANUTS I.
Method—Remove skins and fry same as Salted Almonds I or II.
In buying peanuts for salting, get those which have not been roasted.

SALTED PEANUTS II.
Purchase unroasted peanuts.
Method—Shell peanuts and set to cook in boiling water. Let boil until tender. Watch the cooking carefully, to remove them while they are whole. Wet the fingers in the white of an egg slightly beaten and strained; then with it coat the peanuts, a few at a time; sprinkle with salt and set in to the oven to dry.
SALTED ALMONDS I.

Method— Blanch one-fourth pound Jordan almonds and dry on a towel. Put one-third cup olive oil in a very small saucepan. When hot, put in one-fourth of the almonds and fry until delicately browned, stirring to keep almonds constantly in motion. Remove with a spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt; repeat until all are fixed. It may be necessary to remove some of the salt by wiping nuts with a napkin.

SALTED ALMONDS II.

Method— Prepare almonds as for Salted Almonds I. Fry in one-third cup fat, using half lard and half clarified butter with all cocoanut butter. Drain and sprinkle with salt.

SALTED PECANS I.

Shelled pecans may be bought by the pound, which is much the best way when used for salting as it is difficult to remove the nut meat without breaking.

Method— Fry same as Salted Almonds I or II. Care must be taken that they do not remain in fat too long; having a dark skin, color does not determine when they are sufficiently cooked.
SALTED PECANS.

Method— Beat an egg slightly; dip the tips of two or three fingers in the egg and with it moisten the nut meats a few at a time; drop them onto a gaking sheet, dredge lightly with salt and let dry in the oven.

ICE CREAM CANDY.

3 c sugar
¼ t cream-of-tartar.
1/2 c boiling water.
1/2 t vinegar.

Method— Boil ingredients together without stirring, until when tried in cold water, mixture will become brittle.

Turn on a well buttered plate to cool. As edges cool, fold towards center, As soon as it can be handled, pull white and glossy. While pulling flavor as desired, using vanilla, orange extract, coffee extract, oil of sassafras, or melted chocolate. Cut in sticks or small pieces.

VINEGAR CANDY.

2 c sugar.
1/2 c vinegar.

2 T butter.

Method— Put butter in kettle; when melted, add sugar and vinegar. Stir until sugar is dissolved, afterwards occasionally. Boil until when tried in cold water, mixture will become brittle.

Turn on buttered plate to cool. Pull, and cut in same as Molasses candy.

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CONCLUSION.

The boiling and spinning of sugar and the making of candies are classed among the "frills of cookery". But it though everyone cannot hope to master all the intricacies of this branch of the culinary art, there is no reason why young people should not become, with advantage to themselves, expert in making simple wreaths of spun sugar or candies from boiled sugar and fonder. In fact, what better training in habits of accuracy of observation and judgment can be had than that which is necessary in boiling sugar to the various degrees required in candy making. The sugar passes so quickly from one stage to another that nothing but the strictest attention to the business in hand will insure success.

Before undertaking to make candy, have all utensils and materials at hand. Use only the best of materials if wishing to obtain the best results. The quantity of sugar does not effect the degree to which it is to be cooked. Never stir syrup after it begins to boil unless directed. Do not scrape out the candy dish when pouring out the candy.

In hot weather cook all brittles and taaffies two degrees higher. When taffy is to be left in a mass, it should be cooked five degrees higher than when it is to be cut into pieces. In hot weather taffy should be used the same day it is made; otherwise it will become sticky and melt and look uninviting. If taffy is pulled while it is too hot, it will deaden the gloss.

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Always make fondant on a clear day with a cloudless sky and still air or a gentle breeze. Never jar fondant while boiling. Fondant must be at least twenty-four hours old before being used for centres, for it must undergo a ripening process which makes rolling a possibility. Fondant and centre cream are cooked to the same degree in all kinds of weather, and at all seasons. Heat the centre cream higher when making bon-bons in hot weather. Chocolate coated candies are liable to melt on a hot day unless put in a cool place.

The best candies for summer are fudge, Carmels, and summer taffies. When adding cream or milk in making caramels, add it slowly and stir, otherwise it will curdle. If the cream or milk curdles stir the syrup rapidly for a few moments.

Since the craving for candy by children is natural and moderate amounts are healthful, the homemade article should be enjoyed by all, and therefore should be considered in every home.
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