The Tribune Institute

Housekeeping as a Profession

THE CANDIES THAT GROW ON THE CHRISTMAS TREE

Experts from Columbia University Give Exact Instructions for Making Simple and Wholesome Candies at Home

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INSTEAD of going to a candy shop this year and buying as many boxes of commercial sweets as you have friends to whom you wish to send this little remembrance at Christmas time, why not give an individual touch to the gift by making the candy yourself and putting it into the kind of little box or basket that will be both charming and useful long after the candy has vanished down appreciative throats?

Perhaps you dread the difficulty and uncertainty of candy-making at home. It is not difficult if you will give a little time and attention to learning how to do it; and, if your methods are scientifically exact, there is no uncertainty.

While it is true that there are many candies the manufacturer can produce more inexpensively, of better quality and much more professional appearance than the housewife, with her limited equipment and experience, it is equally true that some candies made in the home have never been excelled by the manufactured product. But in trying your skill at candy-making it is necessary to keep in mind a few general rules. One of the most important of these is to measure accurately all the materials. Another is to cook it to the exact degree required—no more and no less. A candy thermometer will be of great help in determining when the candy is done.

In all the recipes following the degree on the candy thermometer is first given and then the cold water test. Use fresh, cold water for each trial of candy. But, as the cold water test can never be very accurate, a thermometer is essential if you want to obtain uniformly good results. A good thermometer costs only a dollar or two, and can be bought at any large kitchen furnishings store or the kitchenware department of any department store. In selecting, choose one which registers Fahrenheit degrees, and test it in boiling water before using. It should register about 212 degrees when the bulb is covered with boiling water and not resting on the bottom of the pan.

Use a clean, smooth kettle for all candy work and enamel or silver spoons.

The cost per pound of the recipes given is computed from the following price list. No allowance is made for fuel or the candy-maker's time in the calculations:

PRICE LIST

Oleomargarine	.28	per pound
Butter	.47	" "
Sugar (granulated)	.08	" "
Sugar (brown)	.09	" "
Chocolate (bitter)	.40	" "
Baking soda	.15	" "
Cream of tartar	.55	" "
English walnuts	.60	" "
Raw peanuts	.12½	" "
Glucose	.15	" quart
(Housewife may substitute "corn syrup")		
Molasses	.20	" "
Roasted peanuts	.10	" "
Milk	.10	" "
Cream	.32	" pint
Eggs	.60	" dozen
Potatoes	.55	" peck
Vanilla	.03	" teaspoonful

Oleomargarine, at 28 cents per pound, may be substituted for the butter in all these recipes. The first three recipes are easily handled by children.

POTATO FONDANT

A very simple and useful fondant may be made from potato, egg white and confectioner's sugar.

Boil Irish potatoes until thoroughly done, drain carefully and rub through a fine sieve. Add the unbeaten white of one egg for each half-cupful of potato and about five cupfuls of confectioner's sugar. This will give a mixture the consistency of bonbon cream.

The fondant is now ready for use, and may be flavored, colored with any simple and harmless vegetable coloring and moulded in any desired shape, or it may be rolled with a rolling pin on a board dusted with confectioner's sugar and cut into fancy forms with vegetable cutters.

Flavored with almond and mixed with one-half to equal amount of almond paste, it makes a very good, inexpensive marchpane, and may be shaped into any number of forms. Apples may be made by shaping small balls, coloring them by brushing with a harmless red color solution—the vegetable colors sold with some high grade gelatines dissolved in water may be used—and sticking a clove, blossom end out, in the top, and a second clove, stem end out, opposite for the stem of the apple.

Potatoes may be shaped, with bits of blanched almonds or cocoanut stuck in for eyes, and the whole rolled in cocoa.

A speck of vegetable coloring paste kneaded into the fondant is a very satisfactory way to color.

One-half cupful strained potato, one egg white and five cupfuls confectioner's sugar yields about thirty-two ounces; cost per pound 7 cents.

QUICK PEPPERMINTS

1 cupful sugar
½ cupful boiling water
⅛ teaspoonful cream of tartar
¼ teaspoonful essence of peppermint.

Put the sugar, cream of tartar and hot water in a saucepan over the fire. Stir until the sugar dissolves; put in a candy thermometer and cook without stirring until the thermometer registers 234 degrees Fahrenheit—about five minutes after it begins to boil. Remove from the fire, cool slightly, add the peppermint, beat until creamy, and drop from the tip of a teaspoon on waxed paper or an oiled marble. If the mixture becomes too thick, add a few drops of hot water.

Yield of recipe, seven ounces (about four dozen mints); cost per pound, 9 cents.

Checkermints may be made by substituting wintergreen for the peppermint.

Cocoanut cakes may be made by substituting vanilla for the peppermint and adding one fourth cupful of shredded cocoanut when the candy first creams, and then quickly dropping by tablespoonfuls on a waxed paper or oiled marble.

UNCOOKED FONDANT

To the unbeaten white of one egg gradually add confectioner's sugar until stiff enough to knead. It will take about one and one-half cupfuls of sugar. The fondant is now ready for use.

Flavor with peppermint and flatten balls on waxed paper for peppermints.

Dates may be stoned and stuffed with small balls of fondant, flavored with vanilla.

Flavored with vanilla, and a half walnut meat pressed on each side of small balls, gives creamed walnuts that are simple and delicious.

This recipe yields about nine ounces; cost per pound, 16 cents.

PEANUT BRITTLE

1½ cupfuls sugar
½ cupful molasses
2-3 cupful water
½ pound raw shelled peanuts
1 teaspoonful vanilla extract
1 teaspoonful soda
1 tablespoonful cold water
2 tablespoonfuls butter

Blanch the peanuts by covering them with boiling water and letting them boil up once; then drain thoroughly and remove the skins.

Put the sugar and water over the fire; stir till the sugar is dissolved; cover and let boil three or four minutes, then remove the cover and let cook about ten minutes. Add the butter and peanuts, and stir constantly until the thermometer registers 300 degrees Fahrenheit. If you have no thermometer, cook until the peanuts are nicely browned, and a little of the candy, dropped into cold water and tested between the teeth does not cling to them. Remove from the fire, add the soda dissolved in the cold water and the vanilla, and stir vigorously. When the candy stops foaming, turn it on to a warm and well oiled marble or platter. As soon as it has cooled a little on the edges, take hold of it at the edge and pull out as thin as possible. Loosen it from the marble at the centre by running a spatula under it, then turn the whole sheet over to the other side and again pull as thin as possible. When cold break into pieces.

Yield of recipe, twenty ounces; cost per pound, 14 cents.

CARAMELS

2 cupfuls sugar
¾ cupful glucose ("corn syrup")
1-3 cupful butter
2 cupfuls cream
1 teaspoonful vanilla

Put the sugar, glucose, butter and cream into a saucepan and heat slowly, stirring constantly, until the mass boils. Put the sugar thermometer in; let the mixture boil, stirring often, until the thermometer registers 252 degrees Fahrenheit (a firm ball when tested in cold water). Remove from the fire, stir in the vanilla; turn into a well-buttered pan (5 by 9 inches) or into two pans each 4 by 6 inches, or on a well-oiled marble between steel bars, to make a sheet three-fourths of an inch thick. When cold cut into cubes. Wrap in waxed paper and keep in a cool place.

In summer the caramels will hold their shape better if boiled from two to four degrees higher.

Yield of recipe, two pounds; cost per pound, 27 cents.

DOUBLE FUDGE.

2 cupfuls sugar
2 squares chocolate (bitter)
2-3 cupful milk
1 tablespoonful butter
½ teaspoonful vanilla

Melt the chocolate by putting it into a saucepan over a pan of hot water, then add the milk and cook directly over the fire until thick; add the sugar and cook slowly to 234 degrees Fahrenheit (a soft ball when tested in cold water). Remove from the fire, add the butter without stirring and let it stand until cool; then add vanilla and beat until creamy. Pour quickly into a buttered pan (5 by 9 inches) and cool while cooking the panoche.

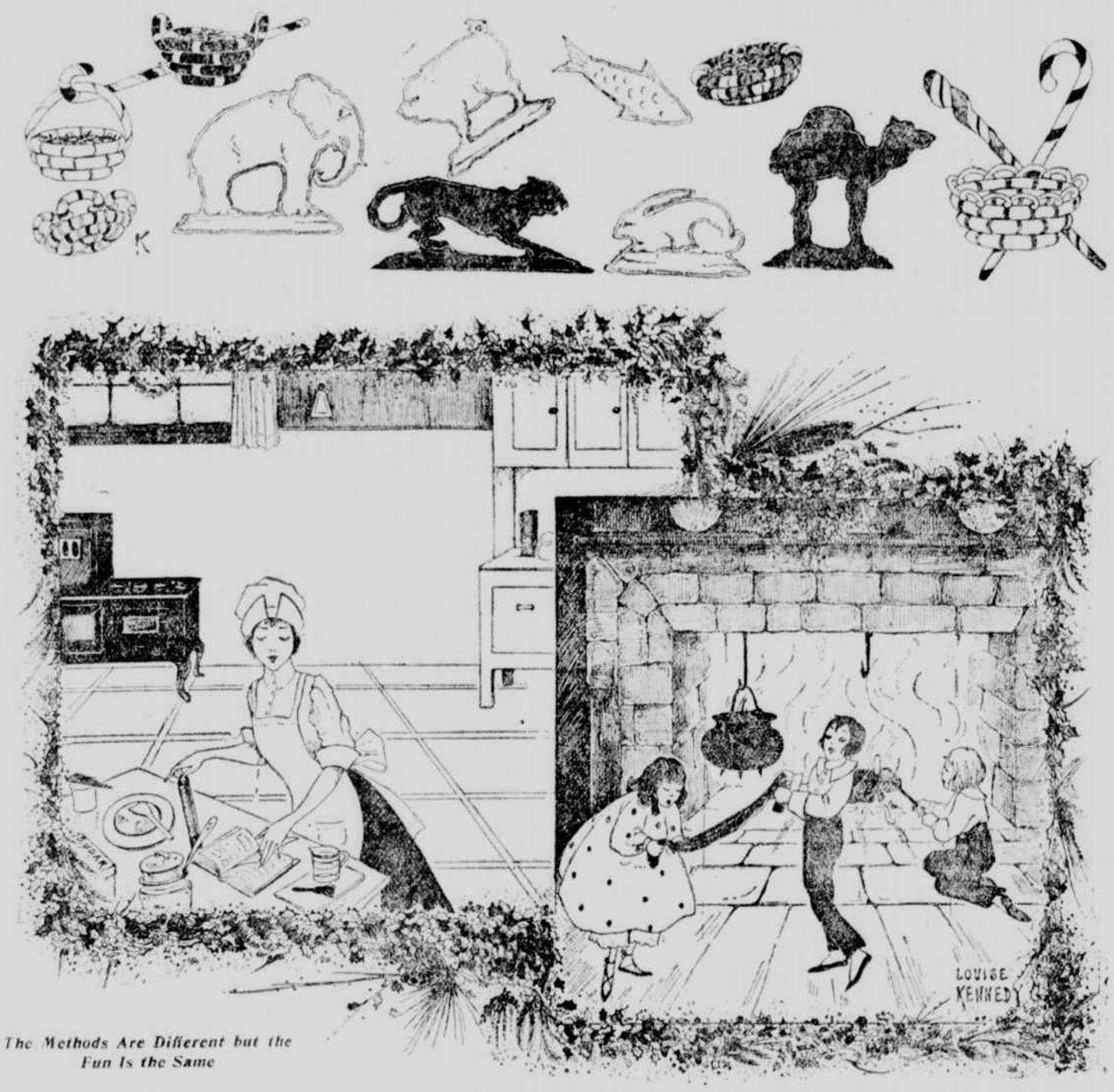
PANOCHE.

2 cupfuls brown sugar
½ cupful milk
1 tablespoonful butter
1 cupful walnut meats
1 teaspoonful vanilla

Boil the sugar and milk to 236 degrees Fahrenheit (a soft ball when tested in cold water), add the butter and nuts and beat until creamy. Pour on top of the fudge in the pan.

When cold remove the entire sheet of candy and cut into squares with a large sharp knife. This method breaks the candy much less than marking in the pan and removing the separate pieces. If the candy sticks to the pan heat the pan slightly by placing it over a low flame for a few seconds.

Yield of recipe, two pounds; cost per pound, 23 cents.



The Methods Are Different but the Fun Is the Same

Let the Children Help in Making the Oldtime Sweets That Belong Especially to Christmas Time

Homemade Christmas Candies of To-day and Yesterday

By VIRGINIA CARTER LEE

PESSIMISTS who bewail annually the passing of the oldtime Christmas, with its simple, old-fashioned joys, ought to do penance for their lack of faith by visiting some of the little side street candy shops where you find the real Christmas candies. If they are lucky enough to spend the Christmas holidays in the country they won't have to hunt far. It is only in cities and smart suburbs that the little shops hide modestly in the side streets; in real towns and villages they sit proudly fronting the main thoroughfares, with each bright window gay with red-and-white striped candy baskets and canes, and with a regular Noah's Ark procession of lovely yellow and red candy animals; clear as crystal, brittle as icicles, and tasting deliciously of lemon, clove or cinnamon. The canes are a thick, creamy white, striped with red, yellow or purplish lines—and by these lines you know whether the first crisp, chewy mouthful will be redolent of peppermint, wintergreen, sassafras or merely the everyday lemon.

The candy basket should always be heaped with tiny caraway comfits. After these have gone the way of all sweets, the baskets follow—handle first. They are among the joys of Christmas Week, and with no aftermath of regret, for these are among the wholesome sweets that children—provided always they do not stuff—may eat without harm.

Also, they are among the candies that children may make without difficulty. There is no greater fun than a good oldtime candy pull. Let the children have one just before Christmas and make their own Christmas candies! Not only will they give a joyous sense of being able to help in the delightful task of making ready the tree, but they can be packed in Christmas boxes and sent out as little remembrances.

Mother or an older sister should supervise the candy making, for the testing—whether with thermometer or cold water—is a particular job. In fact, the actual making of the candy always calls for a fair amount of care and skill, and it is a proud child who proves responsible enough to be trusted with the whole process of measuring, boiling and testing the mixture. It is in the minor tasks—the beating, pulling, shaping, etc.—that small hands can learn experience without danger either to themselves or the candy.

Almost all confectioners use glucose in some of their candies, particularly the caramels and cream fondants, where a soft, "chewy" quality is desired. The glucose, which is made from cornstarch, gives the desired physical condition. The home candy maker may use so-called "corn syrup," which is largely glucose, to produce this effect.

CANDY BASKETS AND CANES

Place in a granite kettle two cupfuls of granulated sugar, half a cupful of glucose or "corn syrup," half a cupful of water and one-fourth of a teaspoonful of cream of tartar. Boil all together to the crisp or crack stage (280 degrees), and after removing from the fire flavor with a few drops of oil of peppermint, wintergreen or sassafras. Divide the candy into two portions and color one with red vegetable coloring. Pull each part separately; then twist the red candy around the white until you have it in the form of a stick. Cut into sticks and form into canes, or take slender strips of the red and white, braid and shape into baskets.

HARD, CLEAR CANDY

(Used for figures, small animals, etc.)

Mix two cupfuls of granulated sugar, half a cupful of glucose, or "corn syrup," the juice of one lemon and a quarter of a cupful of water. Place in a graniteware saucepan and cook to the hard crack stage (300 degrees). Divide the candy, color part of it red, using a simple vegetable color, and flavor with a few drops of oil of cloves. Color the remainder yellow, adding a little more lemon juice. Pour into tiny fancy moulds that have been slightly greased with butter and stand aside until cold and firm.

SALT WATER TAFFY

Place in a saucepan two cupfuls of granulated sugar, one cupful of glucose, or "corn syrup," and half a cupful of water. Bring to a boil, then add one teaspoonful of glycerine, one-fourth of a teaspoonful of cream of tartar, one tablespoonful of butter and one teaspoonful of salt. Boil to about 260 degrees, or a little more than the hard ball stage and not quite to the crack stage. Pour out on a greased platter or slab, fold over the edges as it cools and keep folding the batch up until it is cool enough to pull. The candy may be sub-divided when removed from the fire, and various colorings and flavorings added just before it is turned out. Dip the hands in cornstarch, and as soon as it is cool enough to handle pull until it is light colored and waxy. If a hook is used you can make better taffy. Cut when not quite cold into small pieces and wrap in paraffin paper.

MAPLE FOAM

Use two cupfuls of shaved maple sugar, one cupful of brown sugar, half a cupful of water and a quarter of a teaspoonful of cream of tartar. Boil to the hard ball stage (250 to 255 degrees) and add a dozen fresh marshmallows cut into small bits. Cover after removing from the fire and let stand for five minutes; then pour over the stiffly whipped whites of two eggs. Beat until very light and it begins to harden. Drop from a spoon on waxed paper and press a halved walnut meat into the centre of each candy.

TURKISH DELIGHT

Place in the upper part of the double boiler two cupfuls of granulated sugar and half a cupful of water and bring to a boil; then add one ounce of gelatine that has been softened in half a cupful of cold water. Bring again to the boiling point and let it simmer for twenty minutes. Remove from the fire, and add one scant cupful of orange juice, two tablespoonfuls of lemon juice, the grated yellow rind of one orange and the grated rind of half a lemon. Dust a pan with powdered sugar mixed with cornstarch, pour in the mixture and let stand for at least twelve hours; then cut into cubes and dust with powdered sugar. A few chopped nut meats may be added when the candy is poured into the pans, if desired.

CHOCOLATE MARSHMALLOWS

Soak two ounces of gelatine in half a cupful of water for one hour. Boil two cupfuls of sugar, half a cupful of water and one-fourth of a teaspoonful of cream of tartar for seven minutes after it begins to boil. Do not stir the syrup while cooking. Dissolve the gelatine over hot water and pour into a bowl, then pour the hot syrup over and beat steadily for half an hour. Add one teaspoonful of vanilla before beating. Pour into a square pan that has been dusted with a mixture of cornstarch and powdered sugar. When cold, cut in rounds or squares and dip in melted sweet chocolate. Be sure that the marshmallows are entirely coated, then lay on wax paper until dry.

HERE IS THE CHRISTMAS DAY MENU IN TIME TO HELP THE HOUSEWIFE PLAN THE FEAST

BECAUSE Christmas menus and recipes issued the day before Christmas would be about as useful as a last year's bird's nest, we give here the suggestions and recipes for the holiday feast and its satellites, the minor meals of the day.

ROAST GOOSE WITH SAGE DRESSING

In purchasing the bird be sure that it is a young one, as a tough old goose is almost uneatable. Wash out the interior of the goose first with a weak solution of baking soda and water, then with clear, cold water. Wipe off the outside with a damp cloth. For the dressing, add to three large cupfuls of grated stale bread crumbs pepper and salt to taste, two tablespoonfuls of finely minced celery, one tablespoonful of chopped onion, one tablespoonful of melted butter, half a tablespoonful of powdered sage, one tablespoonful of minced salt pork and one well beaten egg. Mix well; fill the goose, and also the incision in the breast, with the stuffing. Do not stuff the breast too full. Sew up the vents and truss the bird the same as turkey or chicken. Turn breast-side down in a large dripping pan; sprinkle with salt, and dredge lightly with flour. Place in a hot oven, and when the flour begins to brown pour in two cupfuls of boiling water. Baste frequently while roasting with the gravy in the pan. After it has cooked for one hour reverse its position and finish with the breast uppermost. Roast the bird, if a good size, about two and a half hours, and serve on a large platter, surrounded with a border of small spiced apples and garnished with celery tops.

SPICED APPLES

Select small red apples; peel and remove the cores. Place the peelings with sufficient cold water to cover the apples in a granite kettle and add a broken stick of cinnamon, half a grated nutmeg, three or four whole cloves and a tiny piece of ginger root. Cook for ten minutes; remove the peelings, and add one large cupful of sugar for two cupfuls of the spiced liquor. Cook for five minutes longer; then put in the fruit; cover and simmer until tender. The fruit should be turned once during the cooking. Allow the apples to remain in the syrup until just before serving.

CHRISTMAS SALAD

Put four and a half tablespoonfuls of instant powdered gelatine into a saucepan and add one can of tomatoes, one slice of white onion, half a teaspoonful of sugar, one teaspoonful of salt, one bay leaf, one tablespoonful of tomato catsup, one blade of mace, two cloves, a stalk of chopped celery, one tablespoonful of vinegar and six whole white peppers. Beat over the fire, remove the whisk and allow it to boil up; then draw to one side, cover and let stand for five minutes. Pour boiling water through a jelly bag, then the jelly, adding a few drops of red vegetable coloring matter. Stir well and pour into a ring mould. At serving time unmould the jelly, surround with a border of small lettuce leaves and garnish with stars of mayonnaise, pressed through a pastry tube. If preferred, the centre of the jelly may be filled with a macedoine of chopped cooked vegetables or shredded lettuce and asparagus tips.

ICE CREAM SNOWBALLS

Occasionally at a Christmas dinner the plum pudding may be deemed too rich for some of the guests. For them, as well as for the children, the delicious ice cream snowballs will be just the thing. Almost any variety of light colored ice cream may be used in making them. The cream, however, must be frozen very firm and after freezing it should be repacked in ice and rock salt for two or three hours to ripen. When ready to serve take the cream out with a round scoop in the form of a ball, turn lightly and quickly with butter paddles that have been soaked in ice water and roll in desiccated cocoanut. Lay each ball on a tiny lace paper doily and ornament with a couple of tiny crystallized cherries and a holly leaf cut from angelica. The holly leaves should be cut the day before.

PLAIN FRUIT CAKE

Christmas without some kind of fruit cake would hardly seem itself, and yet it certainly seems out of place following a dinner in which the hearty plum pudding appears. The following recipe, although less rich in construction and much less costly in price, will be found a worthy substitute and, as it will keep with care for some time, it is excellent to have on hand during holiday week.

Seed and chop a quarter of a pound of dates. Mix them with one cupful of seeded raisins and dust the fruit with half a cupful of flour. Dissolve one level teaspoonful of baking soda in two tablespoonfuls of warm water; add it to half a pint of very thick sour cream, stir a moment and add one cupful of brown sugar, half a tumblerful of black currant jelly, one tablespoonful of cinnamon, one teaspoonful of allspice, half a grated nutmeg and two cupfuls and a half of sifted flour. Beat thoroughly, add the fruit, beat again and turn into a greased square bread pan. Bake in a very slow oven for one hour and a half. Keep in a cake box if possible for five or six days before cutting. To have this cake a perfect success the cream must be thick and well soured.

BREAKFAST

Malaga Grapes
Uncooked Cereal
Spanish Omelet Whole Wheat Muffins
Coffee

SUPPER OR LUNCHEON

Sliced Veal Loaf Celery Salad
Hot Buttered Toast
Plain Fruit Cake Vanilla Junket

CHRISTMAS DINNER

Halved Grape Fruit with Cherries
Julienne Soup Toast Squares
Celery Olives Salted Nuts
Roast Goose with Sage Dressing
Spiced Apples
Candied Sweet Potatoes
Escalloped Onions
Christmas Salad Cheese Crackers
Plum Pudding Ice Cream Snowballs
Nuts Raisins Homemade Candy
Coffee