

# Club

## Christmas Confections

Most of us have a "sweet tooth," in fact when we visit our cities and observe the number of candy shops and the crowds of purchasers we are led to believe that many people have more than one "sweet tooth." In this cold country one craves sugar more in winter than in summer. Sugar has a high fuel value for the human body, yielding as high as 1,860 calories per pound. If one is much in the open air a comparatively large amount of sugar may be consumed without serious injury. With those of sedentary habits it has a tendency to put on fat.

Successful candy making is an art and one acquired only by experience. But keep at it and some day you may become as expert as the Rodgers of Vancouver. Their recipes are veritable gold mines and their candies wonderful. They cannot make candy fast enough to supply the demand so every once in a while they close up shop until they can get a little stock ahead.

There are a few points that go a long way toward making home-made candies attractive—coloring, shaping and combining flavors. Vegetable colorings are best to use in coloring candies, a three or four ounce bottle costs ten or fifteen cents and lasts for years. Candies too highly colored are disagreeable, so use very sparingly. Shape the candies carefully and do not make the pieces too large. Small ones are more dainty. Combining flavors often produces an agreeable effect. Lemon and vanilla, for instance, but be careful of the amount, too much flavoring is worse than too much coloring.

Last week we considered the making of fondant, and its uses are innumerable, both for candies and as icing. I am going to give another recipe for fondant for those who missed last week's.

**Fondant**  
2 cups sugar. 1/4 cup boiling water.  
1/4 teaspoon cream of tartar. 1/4 teaspoon glycerine.  
1 pint peanuts.

Put into a smooth graniteware kettle, stir, then put on range and bring to the boiling point. Boil rapidly without stirring, until when tried in cold water a jelly like ball may be formed. Turn into bowl, cool slightly, and stir and beat until white and creamy. Turn onto a platter and knead until smooth. Return to bowl, cover with waxed paper and let stand for twenty-four hours. Heat until melted in a dish placed in a stew pan containing boiling water or in a double boiler. Flavor and use as desired.

### Cocoonut Bonbons

Melt a small quantity of fondant in a double boiler, flavor with vanilla and work in as much shredded cocoonut as possible. Shape into small balls and let stand over night. Melt a large quantity of fondant in a double boiler, flavor with vanilla, and with a two tined fork dip the bonbons one at a time in the fondant, when they are well covered lift out on paraffin paper and make a sort of "pig's tail" with the fondant on the top of the bonbon, this shows that they are hand dipped. During the dipping keep the fondant over the hot water that it may be of the right consistency. Stir the fondant between dippings to prevent a crust forming.

### Dipped Brazil Nuts

Candies with nut centres are much in demand and very expensive to buy. If the fondant is ready the dipping is a small matter. Take shelled Brazil or walnut meats. If the Brazil nuts are used remove the brown skin with a sharp knife. Dip in the melted fondant as the cocoonut bonbons are dipped.

### Cream Mints

Cream mints add the finishing touch to a dinner, they are wholesome and children usually like them. Melt the fondant over hot water, flavor with a few drops of oil of peppermint or a larger quantity of the essence. (In using the oil of peppermint be careful not to use too large a quantity, it is very strong). Drop on an oiled paper from the tip of a spoon. For rose mints color a pale pink and flavor with rose water. To make chocolate mints dip the peppermints in melted chocolate.

### Peanut Brittle

2 cups brown sugar. 1 cup water.  
1 cup Domino molasses. 1/2 lb. butter.  
1/4 teaspoon cream of tartar. 1 teaspoon soda.

Boil all the ingredients except the last three to the hard ball stage. Add the peanuts and boil to the hard crack stage, add the butter and when this is dissolved

remove from the fire and add the soda dissolved in a tablespoon of water, and stir vigorously. When the mixture begins to rise pour on a platter and spread thin. Be sure and use raw peanuts.

### Stuffed Dates

There are endless ways to stuff dates. Remove the stones and fill with fondant. Or the cavity may be filled with walnut or pecan meats and the dates rolled in sugar. Peanuts make a very good filling.

### Popcorn Balls

Popcorn balls make very good Christmas tree decorations, the outside may be colored pink with a little vegetable coloring matter added to the sugar.

4 quarts popcorn. 2 cups sugar.  
1/2 cup water. 1 tablespoon butter.

Pop the corn and keep only the perfect grains. Boil the sugar, water and butter over the fire until the syrup forms a hard ball when dropped into cold water. Pour this over the popcorn, slowly stirring all the while. Press into balls and set aside to cool.

### Buttercups

These are even better than the buttercups one purchases at the stores.

2 tablespoons butter. 2 cups molasses.  
1 cup sugar. 1/4 teaspoon cream of tartar.  
1/4 cup boiling water.

Put the butter in a saucepan and when melted add the molasses, the cream of tartar and the water. Bring to the boiling point and let boil, stirring as little as possible until mixture will form a firm ball when tried in cold water. Pour on a buttered platter and as mixture cools fold toward centre. When cool enough to handle pull until light colored. Shape on a slightly floured board, having strip wide enough to enclose a piece of fondant one inch in diameter. Pull candy into a long strip and cut in small pieces. Each one will consist of fondant encircled with molasses candy. The candy must not be cooked too long as it should be rather soft than brittle.

### Moulded Nut Candies

These are very easy to make and, if one can get good confectioners' sugar, very good.

2 tablespoons milk. 1/4 tablespoon melted butter.  
Confectioners' sugar.

Heat the milk, add the melted butter and gradually the sugar, sifted, until mixture is of the consistency to mould. Add flavoring and shape into small balls, press halves of pecan or walnut meats on top.

### Fudge

Fudge is a fine thing for beginners in the candy business to practice on.

1 cup white sugar. 1 cup brown sugar.  
1/4 cup syrup. 1/4 cup sweet milk.  
1/4 cup melted butter.

Boil two and one-half minutes and add two teaspoons cocoa. Boil five minutes longer, then take from stove and add one teaspoon vanilla. Beat until creamy, pour in buttered pans and mark in squares.

### Fudge Again

2 (small) cups granulated sugar. 1 cup milk or water.  
2 squares chocolate. 2 tablespoons butter.  
Pinch of salt.

Put all except the chocolate into a saucepan and boil until it will form a soft ball in cold water. Add the chocolate and as soon as it is melted remove from fire, flavor with vanilla, beat well and pour into greased tin. When partly cool mark in squares.

### Maple Cream

Maple cream is a very popular candy and pretty sure to turn out well.

1 cup brown sugar. 1/4 cup granulated sugar.  
1/4 cup milk or cream. 1/4 cup butter.

Cook without stirring until it will form a soft ball in cold water. Remove from fire, beat until creamy. Put in shallow pan and mark in cubes. This is very delicious if walnuts are added.

### Butter Scotch

1 cup sugar. 4 tablespoons molasses.  
2 tablespoons vinegar. 6 tablespoons butter.

Boil together until brittle when tried in cold water. When done turn into a well buttered pan.

### Cream Candy

The young folk enjoy making cream candy because it can be pulled.

1 lb. granulated sugar. 1/4 teaspoon cream of tartar.  
1 teaspoon flavoring. 1 cup water.  
1 teaspoon vinegar.

Boil all but the flavoring until it snaps when tested in cold water. Add flavoring, pour on greased platter and when cool enough to handle pull until white. Cut in small pieces.

*The Country Cook.*



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