

1928

EC926 Revised 1928 Christmas Cakes, Cookies, and Candies

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COOPERATIVE EXTENSION WORK

IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating

W. H. Brokaw, Director, Lincoln

Extension

Circular

926-28

CHRISTMAS CAKES, COOKIES, and CANDIES

Measurements

c - cup

t - teaspoon

T - Tablespoon

All measurements are level

Temperatures for Cooking Candies

The following are different tests used in cooking candies:

- Soft Ball - When a little syrup dropped in cold water will form a soft ball between the fingers. 113 degrees C or 236 degrees F.
- Medium Soft Ball - When a little syrup dropped in cold water forms a ball between the fingers that will stand up well and still not be stiff. 123 degrees C or 248 degrees F.
- Firm Ball - When the syrup tested in cold water forms a hard ball and will break if pulled out thin. 120 degrees C or 248 degrees F.
- Light Crack - When the syrup becomes brittle as soon as placed in cold water. 145 degrees C or 290 degrees F.
- Hard Crack - When the syrup breaks very brittle and is quite hard in water. 150 degrees C or 300 degrees F.

Bitter Sweets

Melt bitter sweet chocolate, made from half bitter chocolate and half sweet chocolate. Beat well. Into this dip nuts or sweet fruits and place on oiled paper to dry.

Caramels

3 c. sugar	$\frac{1}{2}$ c. condensed milk
$1\frac{1}{2}$ c. syrup	1 t. butter
2 c. rich milk	$\frac{1}{2}$ t. salt

Cook the sugar, syrup, and $1\frac{1}{2}$ c. milk over fire. Stir constantly to prevent scorching until it gives a soft ball test. Add the other $\frac{1}{2}$ c. milk, pouring very slowly so as not to stop the boiling. Cook again until it gives the soft ball test, add condensed milk very slowly, then butter and salt. Cook until it gives firm ball test. Remove from the fire, add flavoring and nuts. Pour on greased pans. Cool and cut in squares. (For chocolate caramels, add 2 squares bitter chocolate).

Cream Chocolate Fudge

2 c. sugar	Pinch salt
1 T. Syrup	1 T. butter
1 c. milk	$\frac{1}{2}$ t. vanilla
2 T. cocoa	$\frac{1}{4}$ c. chopped nuts

Place sugar, syrup, milk, and cocoa in kettle on fire and cook until it forms a soft ball in water. Stir occasionally to prevent scorching. Remove from fire, stir in butter, salt, and vanilla and let cool. Beat until it is heavy, then add nuts and continue to stir. If desired this may be kneaded. Mold in greased pans.

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Chocolate Fudge

2 c. sugar $\frac{3}{4}$ c. milk or cream
3 T. butter 2 squares chocolate
 $\frac{1}{8}$ t. salt and $\frac{1}{8}$ t. cream of tartar
1 t. vanilla

Boil all ingredients except vanilla and butter to soft ball stage. Remove from fire, add butter and vanilla and allow to cool (without stirring) until almost cold, Beat until creamy. Turn into a buttered pan and cut into squares at once. This may be kneaded in the hands if inclined to be granular.

Note: Chopped nuts, candied fruit and nuts, or marshmallows may be added just before turning into pans. Chocolate may be omitted.

Opera Fudge

2 c. sugar $\frac{1}{8}$ t. cream of tartar
1 c. cream

Cook all ingredients to soft ball stage. Pour onto moistened platter, cool and work toward center with wooden spoon. When it becomes hard, cover with a damp cloth for thirty minutes or more. When again soft it may be molded and flavored as desired with melted chocolate, chopped nuts or candied fruit, cherries, pineapple, orange peel, citron, angelica, etc. Pat into oblong sheet $\frac{3}{4}$ inch thick and straighten edges with knives. Crease into squares or bars and wrap in waxed paper. One layer of fruit Opera Fudge placed upon a layer of rose Opera Fudge and cut in bars from the loaf is attractive. Opera Fudge may be kept for days if tightly covered.

Calico Fudge

$1\frac{1}{2}$ c. sugar 2 T. butter
 $\frac{3}{4}$ c. brown sugar 4 T. peanut butter
 $\frac{2}{3}$ c. milk 12 marshmallows

Cook milk, sugar, and salt to soft ball stage, add butter and peanut butter. Beat at once until creamy. Pour over marshmallows on buttered pan. Cut when cold. This may be poured over a pan of chocolate fudge instead of marshmallows if desired. For puffed rice candy use crisp puffed rice instead of marshmallows.

Divinity

3 c. sugar 2 egg whites (beaten)
1 c. English walnuts $\frac{1}{3}$ c. corn syrup
 $\frac{2}{3}$ c. water

Boil sugar, syrup, and water to hard ball stage. Pour gradually on beaten whites, beating all the time. Continue beating until the mixture begins to harden. Pour into buttered pans and mark into squares.

Sea Foam

3 c. brown sugar Whites 2 eggs
1 c. boiling water 1 t. vanilla
few grains of salt

Boil sugar and water to the soft ball stage. Pour slowly onto whites, beating constantly. Beat until stiff. Add nuts and vanilla. Drop by spoonfuls on buttered plates.

Fondant

5 c. sugar $\frac{1}{4}$ t. cream of tartar
 $1\frac{1}{2}$ c. boiling water

Put above into a sauce pan. Stir until sugar is dissolved then heat gradually to boiling point. Boil without stirring until soft ball stage, Wash off

crystals which form on the sides of pan with a piece of cheese cloth wrapped around a fork. Pour on greased platter and when slightly cool beat until creamy. When it lumps knead with hands until smooth. Cover with oiled paper and let stand 24 hours. This may be worked up in various shapes, flavored and colored with fruit coloring.

Parisian Sweets

Put thru the food chopper 1 lb. prepared dates, figs, and nut meats. Add 1 T. orange juice, a little grated orange peel, and 1/4 c. honey or syrup. Mold into balls and roll in chopped nuts, chocolate, or cocoanut. This mixture may be packed in an oiled tin, put under weight until firm, then cut into any shape desired. Puffed rice and raisins may also be used in this mixture.

Peanut Brittle

2 c. sugar	1 1/2 c. raw peanuts, Spanish
1 c. corn syrup	1 T. butter
1 c. water	Pinch salt 1/5 t. soda

Place sugar, syrup and water in clean kettle, over fire and stir until dissolved. Then cook until the syrup will hold together in water to form a soft mass. Then add the raw peanuts, butter, and salt. Stir and cook until syrup is golden brown or the peanuts are well roasted. You can tell this by cooling a little in water and testing the peanuts. However, the color of the peanuts is a good indication of when they are done. As soon as the candy is cooked sufficiently, remove from the fire and stir in 1/5 t. soda. Then turn out on a greased platter and spread out as thin as possible. When it has cooled a little wet the hands in cold water, and turn whole mass of candy over. Mark off squares or let get cold and break into pieces.

Sauerkraut Candy

2 c. sugar	3/4 c. milk
1 1/2 c. corn syrup	Pinch salt
1 T. molasses	1 T. butter

As much shredded cocoanut as you can stir in.

Place all ingredients in kettle except butter and cocoanut and let cook, stirring to keep from scorching. When it forms a good medium ball in water remove from fire, stir in the butter and all the cocoanut it will take up. Set on fire to warm bottom of kettle and then pour on greased plate about 3/4 inch thick. Let cool and cut in squares. Let stand over night covered so as to keep out the air.

Sugarless Cocoanut Candy

2 squares unsweetened chocolate	1 can (15 oz.) condensed milk
1/2 lb. cocoanut	

Melt chocolate, add cocoanut, and stir into the milk. Drop on buttered and floured pans by teaspoonfuls and bake 15 minutes in a moderate oven. This recipe makes 40 pieces.

Stuffed Dates

Use the best dates. Wash in hot water. Place in a cloth to dry. Remove stones. Fill with any nuts available. Peanut butter makes a good filling. The sugarless cocoanut candy mixture in the above recipe also make a good filling. Press dates into shape and roll in chopped cocoanut or fine granulated sugar.

Stuffed Prunes

Wash and steam 1 lb. prunes and remove stones. The kernel from the stones may be chopped and mixed with other nuts or raisins or dates and figs and used for stuffing the prunes. Another good suggestion is to stuff the prunes with stiff orange marmalade.

Turkish Delight

1 box gelatine (dissolved in water)	1 lemon (juice)
$\frac{1}{4}$ c. granulated sugar	1 orange (grated rind and juice)
$\frac{1}{2}$ c. cold water	1 c. chopped nuts

Boil sugar and water and add dissolved gelatine. Boil exactly 10 minutes. Add juice of lemon, juice and grated rind of orange and boil 10 minutes longer. Add nuts and pour into oiled pan. Let stand until firm. Cut in squares and roll in powdered or finely granulated sugar.

Cream Taffy

2 c. sugar	1 T. butter
$\frac{1}{4}$ c. syrup	$\frac{1}{2}$ t. vanilla
1 c. thin cream	

Cook sugar, syrup and milk until brittle when dropped in cold water. Add butter and again bring to boil. Pour on greased platter and let cool. Turn in edges until whole mass can be handled and pulled. Add vanilla. Pull without twisting so as to be porous. Spread on a greased pan and break in pieces. (Coloring may be added just before the syrup is poured from kettle)

Molasses Taffy

$2\frac{1}{2}$ c. sugar	$\frac{1}{3}$ c. butter
1 c. syrup	Pinch salt
1 c. molasses	$\frac{3}{4}$ t. soda
$\frac{1}{3}$ c. milk	$\frac{1}{2}$ t. flavoring
$\frac{3}{4}$ c. water	

Place first 5 ingredients in kettle over fire. Cook until it is brittle when dropped in cold water. Then add butter and salt and let cook until very brittle. Remove from fire and add flavoring. Add soda and while it effervesces then pour on greased platter and let cool. Fold in edges until whole mass is cool enough to pull. Pull out in narrow strips, dust with cornstarch and break in pieces. (If desired nuts may be added just before adding soda.)

Cracker Jack

2 c. sugar	$\frac{1}{4}$ t. soda
1 c. molasses	

Boil sugar and molasses until it gives hard ball test when dropped in cold water. Remove from stove, stir in soda and while effervescing pour over pop corn and stir. While stirring add peanuts or nuts. Spread out roughly and cool. Then break in pieces.

Brownies

1 c. brown sugar	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ c. melted butter	1 t. baking powder
$\frac{1}{3}$ c. milk	2 squares of chocolate
1 egg	1 c. nuts
$1\frac{1}{2}$ c. flour	1 t. vanilla

Cream butter and sugar. Add melted chocolate, milk and egg. Sift in baking powder, soda, and flour. Add nuts. Spread on greased pan. Bake and while hot mark off in squares or oblongs.

Fudge Brownies

2 oz. unsweetened chocolate	$\frac{1}{2}$ c. flour
$\frac{1}{4}$ c. soft butter	$\frac{1}{2}$ t. salt
1 c. sugar	$\frac{1}{2}$ c. chopped pecans
1 egg	

Grate or shave the chocolate and melt over hot water. Add butter and mix well. Add sugar, egg slightly beaten. Sift in flour and salt, stir all to a smooth batter and lastly add nuts. Spread on a greased pan and bake in moderate oven (350 degrees F.) for 25 minutes. The mixture will still be very soft and will look underdone but the pan should nevertheless be removed from the oven and its contents marked off in squares while still warm. Let the brownies stand in the pan until they harden as they cool. They will look and taste like fudge.

Butter Scotch Wafers

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. flour
1 c. light brown sugar	$\frac{1}{2}$ t. soda
1 egg	$\frac{1}{2}$ t. vanilla
	Pinch salt

Cream butter, add gradually the sugar, add one unbeaten egg and beat the mixture hard. Then add vanilla, flour, salt, and soda. Add the flour gradually. Chill the mixture and roll very thin. Place on baking sheet with a pecan nut meat on top of each wafer. There is no liquid in this recipe.

Chocolate Drop Cookies

1 c. sugar	1 t. soda
$\frac{2}{3}$ c. butter	2 t. baking powder
2 eggs	2 c. flour
1 c. sour milk	1 t. vanilla
2 squares chocolate	$\frac{1}{4}$ c. nuts

Cream butter and sugar. Add beaten eggs, then the melted chocolate. Mix well, then add milk, flour, soda and baking powder, nuts, and vanilla. Drop on greased pans and bake in moderate oven.

Icing for Cookies

2 squares melted chocolate	$\frac{1}{2}$ t. vanilla
2 c. powdered sugar	

Mix well together. Add enough hot water to make smooth paste, add vanilla, and spread on cookies. One cup raisins and 1 cup dates give variety if desired.

Cocoanut Cookies

1 c. shortening	2 t. baking powder
1 c. sugar	1 c. cocoanut
2 eggs	$2\frac{1}{4}$ c. flour

Follow directions for mixing cookies. Add flour to make medium stiff dough. Roll into a small ball in hand and flatten. Bake in a moderate oven at 400 degrees F.

Cocoanut Kisses

$\frac{1}{2}$ can cocoanut	1 c. sugar
$\frac{1}{4}$ egg whites	1 t. vanilla

Beat the whites of eggs very stiff and dry so that the bowl may be inverted without spilling the froth. Then add gradually the sugar and beat until the mixture will drop firm and solid onto the tin. Add vanilla. Drop with a teaspoon on ungreaased pans. Sprinkle with cocoanut and bake in a slow oven, 250 degrees F. until dry and delicate brown.

Cornflake Macaroons

2 egg whites 2 c. cornflakes
 $\frac{3}{4}$ c. sugar 1 t. vanilla $\frac{1}{3}$ c. nuts or cocoanut

Beat whites until stiff but not dry. Then add sugar gradually. Fold in carefully vanilla, chopped nuts, and corn flakes. Drop by teaspoonfuls onto a smooth baking sheet. Bake until a very light brown in a slow oven (300 degrees - 350 degrees F.) Remove from pan while hot.

Date Bars

3 eggs 1 c. flour
 1 c. sugar 1 t. baking powder
 1 pkg. dates $\frac{1}{8}$ t. salt
 1 c. walnuts 1 c. powdered sugar

Cream the sugar with the beaten egg yolks. Mix the chopped dates and nuts with the flour, salt and baking powder sifted together. Combine with sugar and egg mixture. Fold in beaten egg whites last. Spread $\frac{1}{2}$ inch thick on oiled sheet. Bake in moderate oven 15 to 20 minutes. When cool cut in bars. Roll in powdered sugar just before serving (serves 24).

Fairy Cakes

3 eggs $\frac{1}{4}$ t. almond or
 1 c. sugar $\frac{1}{4}$ t. annis oil

Mix unbeaten eggs and sugar. Stir (do not beat) one half hour or until very light. Flour enough to make a stiff mixture, about 2 c. Drop from spoon. Let stand in cake tins over night in a cool place. In the morning bake in a medium oven. Sugar should come out and look like frosting which is said to be the work of the fairies. Remove from pans while hot.

Filled Cookies

Cookies

$\frac{1}{2}$ c. fat $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ t. nutmeg $\frac{1}{2}$ t. baking powder
 $\frac{1}{2}$ c. brown sugar $\frac{1}{2}$ c. pastry flour
 1 egg 1 c. graham flour
 $\frac{1}{2}$ t. salt $\frac{1}{2}$ c. milk

Filling

1 c. seeded prunes 3 T. lemon juice
 $\frac{1}{2}$ c. stewed apricots $\frac{1}{4}$ c. sugar
 $\frac{1}{2}$ c. prune and apricot juice

Cook ingredients to a thick paste. Cream shortening, blend in sugar gradually, and add beaten egg. Sift dry ingredients together and add a small amount, then add the remainder alternately with the milk. Pat the dough out in a long roll, wrap in oiled paper and chill over night. When ready to bake, roll out very thin and cut into shapes. Drop a little filling on every other cookie. Moisten edges with water and press a second cookie on top. Bake on an oiled baking sheet for 10 minutes using hot oven.

Ice Box Cookies

1 c. butter 3 eggs 1 t. cinnamon
 1 c. brown sugar 4 c. flour 1 c. nuts
 1 c. white sugar $\frac{1}{2}$ t. soda

Cream together thoroly the butter and sugar. Then add the three eggs which have been well beaten. Add the flour. In the first cup of flour add the soda, and the spices. Lastly add the nuts. Then roll in three or four rolls, wrap in oiled paper and put in ice box. When wanted slice in $\frac{1}{4}$ inch slices and bake in a moderately hot oven.

Ice Box Cookies

2 c. butter	1 T. vanilla
2 c. sugar	1 egg
6 c. flour	$\frac{1}{4}$ t. salt

Cream butter and sugar, add egg, flavoring and lastly flour and salt. Form in rolls, two inches in diameter. Chill two or three hours. Slice in thin slices and bake in moderate oven 10 to 12 minutes. (Makes 200 cookies).

Ice Box Chocolate Cookies

$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ t. salt
$1\frac{1}{2}$ c. sugar	2 sq. of melted chocolate
1 egg	$\frac{1}{4}$ c. milk
$2\frac{1}{2}$ c. flour	2 t. baking powder

Cream the shortening, add sugar, and mix thoroly. Add the well beaten egg, salt, and melted chocolate. Beat well, then add alternately the milk and the remaining dry ingredients sifted together. Shape into long rolls about 2 inches in diameter. Keep in ice box over night. Cut into thin slices and bake 10 min., in hot oven (375 degrees F.) Makes 50 cookies.

Lace Cookies

3 eggs well beaten	$2\frac{3}{4}$ c. oatmeal
1 c. sugar	$\frac{1}{2}$ t. flavoring
$\frac{1}{4}$ t. salt	1 T. melted fat

Mix in order given. Drop from teaspoon on buttered pans. Spread very thin. Bake in a moderately hot oven. Remove from pan while hot.

Macaroons

2 egg whites	$\frac{3}{4}$ c. granulated sugar
$\frac{1}{4}$ t. salt	1 $\frac{1}{3}$ c. cocoanut
$\frac{1}{2}$ t. vanilla	

Beat egg whites stiff but not dry, add salt, beat in sugar slowly. Add vanilla and fold in the cocoanut. Drop teaspoonful of batter on baking sheets. Bake in slow oven. Let stand a minute before removing from pan (if they stick to pan, oven is too hot.) Keep in covered metal box. A piece of fresh bread will help to keep them moist.

- Variations
- (a) Add one square of melted chocolate.
 - (b) Add one-half package diced dates.
 - (c) Add a nut on top of each macaroon.

Oatmeal Cookies

$\frac{3}{4}$ c. shortening	2 c. rolled oats
1 c. brown sugar	1 t. cinnamon
2 eggs	2 c. flour
$\frac{1}{2}$ c. sour milk	1 c. raisins
1 t. soda	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ t. nutmeg	

Melt shortening. Add sugar and raisins. Add beaten eggs and milk. Add dry ingredients sifted with flour alternately with the rolled oats. Bake in moderate oven about 400 degrees F.

Porcupine Cookies

$\frac{1}{3}$ c. fat	1 t. vanilla
$\frac{3}{4}$ c. sugar	$1\frac{1}{2}$ c. shredded cocoanut
$\frac{1}{3}$ c. sour cream	$\frac{1}{2}$ t. cream tartar
1 egg	$1\frac{1}{2}$ c. pastry flour
6 T. grated sweet chocolate	$\frac{1}{4}$ t. salt
1 c. bran	$\frac{1}{2}$ t. baking soda

Cream fat, add sugar gradually. Stir in beaten eggs, cream, add chocolate, bran, vanilla, and cocoanut, then sifted dry ingredients. Drop teaspoonful on oiled baking sheet and bake in moderate oven about 10 minutes.

Sugar Cookies

2/3 c. butter	1 1/4 c. sugar
2 eggs	1/2 c. milk
1 t. flavoring	4 t. baking powder
3 1/2 c. flour (approximate)	

Combine ingredients the same as for butter cakes. Place on a floured board and roll to 1/8 inch in thickness. Cut in round or fancy shapes, brush the top with slightly beaten egg white, and decorate with the following suggestive designs.

1. Poinsettias - Candied cherries cut for petals, candied orange peel for centers of flowers, pistachio nuts for leaves, and angelica or green gum drops cut in narrow strips for stems.
2. Edelweiss - Blanched almonds for petals, centers and stems same as for poinsettias.
3. Shamrock - Pistachio nuts cut crosswise for leaves and angelica or green gum drops for stems.

Filled Cookies

Use the recipe given for sugar cookies.

Filling:

1 1/2 c. chopped dates	1/4 c. sugar
1/2 c. chopped raisins	1/2 c. water
1/2 c. chopped nuts	

Cook together all ingredients, except nuts, until thick. Add nuts and cool. Place a teaspoonful of the filling on one cookie; cover with another cookie and press edges gently together. Bake in a moderate oven for 15 minutes.

German Christmas Cookies "(Pfeffernusse)"

2 c. granulated sugar	rind 1 lemon
6 eggs beaten with sugar 1/2 hour	3 oz. citron
1 c. nut meats	4 c. flour
1 nutmeg grated	

Drop or roll. Bake in moderate oven.

Pepper Nuts

4 eggs	Dash of pepper
2 c. powdered sugar	1 c. chopped nuts
1/4 c. butter	1 t. baking powder
1 t. cinnamon	
1 t. cloves	
1 t. nutmeg	

Cream butter and sugar, beat eggs and mix all together. Put in flour until the dough looks crumbly. Form into balls the size of a walnut or a little larger, and bake in a moderate oven for 20 minutes. These cakes are better after standing a couple of weeks, and will keep for weeks.

Gute Lebkuchen

One quart honey, let come to a good boil, then let cool so that you can hold finger in it. Stir in enough flour to drop off spoon. Let stand over night. Next morning take 1 pound powdered sugar, 7 eggs beaten lightly together, 1 pound chopped nuts, 3 t. cinnamon, 1 t. cloves, 2 grated nutmegs, grated rind of 1 lemon and 1 orange (also juice), 1/4 lb. citron cut fine, 1 t. soda, 1 T. hartshorn (powdered fine), flour enough to knead dough stiff with hands, roll out in large sheet pans, cut in small squares before taking out. Bake in hot oven.

Fruit Cake

1 lb. butter	1 t. nutmeg	2 lb. currants
1 lb. light brown sugar	1 t. allspice	1 lb. blanched almonds
10 large eggs	2 t. cinnamon	1 lb. citron
1 lb. flour	$\frac{1}{2}$ t. cloves	1 lb. candied pineapple
1 c. buttermilk	1 lb. candied cherries	2 T. molasses
1 t. salt	1 lb. figs	1 lemon (grated rind and juice)
2 t. mace	1 lb. Sultana raisins	1 orange (grated rind and juice)
1 t. soda	1 lb. seeded raisins	
	1 c. grape juice	

Wash raisins, currants, and dry, blanch, and cut almonds into pieces. Cut cherries into halves and figs, citron, and pineapple into small pieces. Sift flour twice and use amount needed for dredging fruit and nuts. Cream butter until light, then gradually add the sugar. Beat the whole eggs and add gradually to the creamed butter and sugar. If this begins to curdle, add a small amount of flour. Then add molasses, salt, and spices and buttermilk. Add the flour which has not been used for dredging the fruit and nuts, and then add fruit, nuts, and lastly the grape juice. Let ripen 24 hours then place in pans lined with waxed paper and steam from two to three hours. Put in oven to dry. These cakes will keep indefinitely. It is best to cover with a raw icing to help to keep moist, then before using any kind of an icing may be put on.

Raw Icing

1 egg white	1 c. powdered sugar	Juice from 1 lemon
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Beat egg white, gradually add sugar and then juice of lemon.

Date Pudding

1 c. dates	1 c. sugar
1 c. pecans	1 t. baking powder

2 eggs (whites and yolks beaten separately)

Dredge nuts and dates with flour, add baking powder to egg whites. Mix all together and steam about three hours. Serve with whipped cream.

Plum Pudding

2 c. bread crumbs	$\frac{1}{2}$ t. cloves
$1\frac{1}{2}$ c. suet	1 t. nutmeg
$1\frac{1}{2}$ c. raisins:	2 c. sugar
$1\frac{1}{2}$ c. currants:	4 eggs
1 c. citron	2 t. baking powder
1 c. walnuts or almonds	1 t. salt
1 t. cinnamon	$\frac{1}{2}$ c. brandy (fermented fruit juice makes good substitute)

Mix and steam three or four hours. The pudding may be kept and steamed again long enough to heat thoroughly.

Prepared by Florence J. Atwood, State Extension Agent, Foods and Nutrition,
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