

1931

EC991 Revised 1931 Christmas Sweets

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Nebraska

COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

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H. G. Gould, Acting Director, Lincoln

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CHRISTMAS SWEETS

Christmas, the season of "Peace on Earth, Good Will Toward Men", is one of the most joyous times of the year. It is the anniversary of the birth of the Christ Child. It is a sacred day and even though a joyous time, may the sacredness of the day never be forgotten! A house is not the ideal it ought to be until Christmas has been in it. If any holidays are to be spared from the home, Christmas should be the last one to go.

Christmas has developed into a season of gifts in which candy adds much to the pleasure. Candy making, candy buying and candy eating are enjoyed by all. A box of sweets, packed with care and attractively wrapped carries with it the Christmas spirit and cheer just as well as any other gift. It is enjoyed by both old and young.

Christmas morning comes with its happiness of expectancy, children scamper about in their nightgowns and thrill at the sight of bulging stockings and gaily wrapped packages. The sound of the early church bells reminds us that the tales of Santa Claus are symbols of that spirit of love and giving which was born upon earth for us nineteen centuries ago.

Sugar as a Food

Sweets are a temptation to all, and especially so for the children. One problem at the Christmas season is how to control the desire for too much sweets. Sugar is a valuable fuel food, but with its high flavor and rapid absorption by the body it is liable to satisfy the appetite before the body needs are really met, if given at the beginning of a meal. It is not only likely to disturb the normal appetite but it is apt to upset digestion seriously if taken between meals. Sweets taken in large quantities at any time irritate the stomach and displace foods which serve for building and regulating material as well as fuel. Have you ever held a piece of hard candy in your mouth until the mucous membrane becomes rough? Excess sweets will have the same effect on the lining of the stomach. This irritation interferes with good health. Excess sweets lessen or destroy the appetite for milk, vegetables, and other important foods and tend to crowd them partially or entirely out of the diet.

That too much of any concentrated sweet is to a considerable degree to blame for malnutrition of children is the conviction of many health workers. The common type of piecing tends to unbalance the diet; important foods being crowded out because the appetite has been dulled by sweets and other highly flavored foods.

Time to Eat Sweets

A small piece of candy eaten once a day after the noon meal becomes mixed with the food already eaten and is less objectionable than a piece of rich cake with a sweet icing, which will probably actually contain more sugar than a small portion of candy. However, if sweets are taken in large quantities after the noon meal it may cause much disturbance. Brushing the teeth immediately after eating sweets removes the craving for more which is due to the after taste of sugar. This also helps to prevent traces of sugar fermenting and injuring the teeth themselves. Candy eaten before going to bed is not always remembered or thought of as a possible

explanation when the next morning a child refuses his breakfast or is cross and creates an uproar. Candy is too concentrated to be an ideal food. However, the average child has a desire for some sweets because he sees older members of the family indulging. How often fond uncles and aunts place a premium on the eating of candy between meals when a sack of candy is brought to the niece and nephew. Or, perhaps it is encouraged by the gift of a nickel to be spent in buying candy. Dates or raisins in place of candy could well be used by parents as a reward.

Rich confections from chocolate and nuts are difficult to digest. Plain sweet chocolate is a good substitute for candy and so are the sweet fresh dried fruits. Only plain candies made from pure ingredients should ever be allowed for children. When making candy at home one is sure the ingredients used are pure, which may not always be true of the cheap varieties of candies often purchased.

Good health is such a big factor in a happy life that little children should be helped in every way to gain it and to keep it. The pleasure of eating sweets in excess is not worth the cost. We can give them happiness in so many other ways if we just think about it.

Cakes made of gelatin with different colored layers, hard cookies, sweet dried fruits and pastes of chopped fruits are all desired sweets for the children. In considering our sweets, let's not forget to consider the small child.

General rules.

1. Candy is affected by atmospheric conditions. Taffies, glaces, or hard candies cannot be successfully made in damp or hot, sultry weather.
2. The aim is to gain a creamy mass of fine crystals. To accomplish this we use cream of tartar, lemon juice, vinegar, or corn syrup. Too much of these ingredients cause as serious troubles as a deficiency; that is, the candy will not crystalize at all. To gain a creamy candy watch the temperature closely.
3. Prepare all materials such as nuts, etc., before starting the cooking process.
4. The size and kind of pan used in cooking candy are important. Enough room should be allowed for the mixture to boil briskly without overflowing. Candy will not stick as readily in a heavy metal pan as in a thin one.
5. Dissolve all sugar before boiling begins.
6. Cook over a steady medium high fire.
7. Wash down all crystals that form on side of pan. This may be done with a small brush or swab made by wrapping a soft cloth around a fork. Dip in a cup of warm water and then wash the side of the kettle.
8. Add a small pinch of salt.
9. Use wooden spoons. The handles keep cool and there is no chemical reaction.
10. Use real butter. Butter substitutes will not heat to a high temperature.
11. In making caramels or butterscotch, butter substitutes will separate out on the surface when cooling.
12. Break or chop nuts.
13. Cool all candy mixtures before beginning to beat. This helps to make a fine texture.
14. Remove sauce pan from fire when testing candy.
15. When candies are poured from kettle into pan, be careful not to put the last that is scraped from the kettle in center of entire mass. Keep to one side so as not to grain the whole mass.

16. Beat mixtures vigorously until stiff. At first signs of stiffening turn quickly into a buttered pan. If turned out at the right instant, it spreads easily over the pan, stiffens quickly and has a glossy, roughened surface. If not turned out until it hardens, knead until smooth.
17. Keep candies covered in a cool place but not in a refrigerator. Tin boxes are excellent for keeping candies creamy.

Packing Candy Boxes

We want our Christmas gift of candy boxes to be attractive. Small tin boxes of different colors and shapes, can often be purchased if one does not have them on hand. Plain, white pasteboard boxes, tied with colored ribbon are also pretty. Bright-colored papers or cellophane also make attractive packages. Line the containers with oiled paper. Use oiled paper between the layers of candy and to cover the top. Lace paper doilies improve the appearance of the box. If you want your boxes to be very fancy, paste paper lace along the upper edges of the box.

Place the heavier and harder candies in the bottom layer. In the top layer have some of each kind of candy arranged artistically, as to color and texture. Stuffed cherries, dates, figs or candies wrapped in bright tinfoil add interest to the candy box.

Apple Confection

Cook down strained apple pulp, until it is thick. Sweeten it and cook until clear. Artificial coloring may be added if desired. Spread out on a platter and dry. When the apple paste is sufficiently dry, cut in strips and squares, dip in melted fondant, roll in cocoanut or chopped nuts. The mass may be rolled as a cinnamon roll and cut in thin slices. To make mint chips, flavor the paste with mint and color it green.

Apricot Snowballs

1 c. thick apricot pulp	$\frac{1}{2}$ c. nuts
$\frac{2}{3}$ c. sugar	1 T. lemon juice

Combine ingredients and boil rapidly until mixture is thick and clear. Add the nuts and turn into any small shallow mold being sure mixture is one inch thick. When firm turn out on board and mold into balls. Roll balls in cocoanut.

Children's Candy

1 c. shredded cocoanut	2 t. lemon juice
4 T. peanut butter	

Mix thoroughly. Roll into balls and place in cool place to harden. This mixture is also fine to use as a stuffing for dates.

Cocoanut Apricot Candy

$\frac{3}{4}$ c. dried apricots	$\frac{1}{2}$ t. grated orange rind
$\frac{3}{4}$ c. cocoanut	$\frac{1}{2}$ t. grated lemon rind
$\frac{1}{2}$ c. nut meats	1 T. lemon juice

Wash apricots and steam 5 minutes. Put apricots, cocoanut, and nut meats through food chopper. Add orange and lemon rind and lemon juice and knead mixture until blended. If candy is dry, add enough additional orange juice to moisten. If too moist, work in a small amount of confectioners' sugar. Shape into balls about $\frac{3}{4}$ inch in diameter. Roll in granulated sugar. Makes 18 to 20 balls.

Caramels

1 c. thin cream	1 c. thin cream
1 c. butter	1 c. nut meats
2 c. sugar	1 t. vanilla
1 $\frac{3}{4}$ c. corn syrup	

Put the first four ingredients in a sauce pan and bring to a boil for a few minutes. Add the second cup of cream slowly so the boiling does not stop. Cook to the hard ball stage. Add nuts and vanilla and pour into buttered pans.

Cream Caramels

2 c. sugar	2 c. evaporated milk
2 c. corn syrup	1 t. vanilla
$\frac{1}{2}$ c. butter	Few grains salt

Boil sugar, salt and corn syrup to firm ball stage. Stir occasionally. Add butter and milk gradually so that the mixture does not stop boiling at any time. Stir because mixture sticks easily at this stage. Cook rapidly until firm ball stage is again reached. Add flavoring and pour into a buttered pan. Cool thoroughly before cutting. Cut with a heavy sharp knife.

Variations -

- (a) Nut caramels: Add $\frac{1}{2}$ c. pecans or walnuts to cream caramels just before pouring into pan.
- (b) Chocolate caramels: Add 2 squares bitter chocolate unmelted to the hot candy mixture.

Peanut Butter Caramel

3 c. sugar	1 c. cream
1 c. Karo syrup	$\frac{1}{2}$ c. peanut butter

Cook sugar, syrup and cream until it forms a firm soft ball. Remove from the stove and add peanut butter but do not stir. Cool and then beat until it is creamy and heavy. Pour into buttered tins and cut.

Candied Orange Peel

Peeling from 2 oranges	1 c. sugar
$\frac{1}{2}$ c. water	

Remove peel in quarters. Cook until tender in boiling water. Drain, may or may not remove white portion, using a spoon. Cut in thin strips, using scissors. Boil sugar and water until short hair forms. Cook strips in syrup until it will spin a long thread, drain and coat with fine granulated sugar.

Date Loaf

3 c. sugar	1 pkg. dates
1 c. hot milk	$\frac{1}{2}$ c. chopped nuts or
1 t. vanilla	salted peanuts
$\frac{1}{2}$ t. (scant) cream of tartar	

Boil sugar, milk and cream of tartar until a firm ball is formed when tried in cold water. Remove from fire, let cool. Beat until creamy, add vanilla and chopped dates and nuts. Stir until thick. Set in a pan of cold water until cold enough to mold. Turn into a wet cloth and mold. When hard, slice and serve.

Divinity

3 c. sugar	$\frac{1}{16}$ t. cream of tartar
$\frac{3}{4}$ c. corn syrup (clear)	3 egg whites
1 c. water	1 c. nuts
$\frac{3}{4}$ t. vanilla	

Dissolve the sugar and cream of tartar in the water and syrup until it forms a hard ball or temperature of 120 degrees C or 252 degrees F. During the boiling, wash down the sides of pan. Near the end of the cooking period, beat the egg whites stiff but not dry. When the syrup reaches the proper stage allow it to cool 3 min., then pour gradually into beaten egg and continue beating until it becomes thick. Add flavoring and nuts. Drop from a spoon or pile on shallow pan and cut.

Variations - Dates, cherries, raisins, or cocoanut may be added with or without the nuts. Vegetable coloring or melted chocolate may be used if desired. Light brown sugar may be used. In any of these, cook syrup a little longer.

Fondant

3 c. sugar

1½ c. boiling water

3/8 t. cream of tartar

(or 2 T. clear corn syrup)

Measure sugar and cream of tartar (or corn syrup). Add the water and stir until the sugar has dissolved. If the sugar does not dissolve readily, heat slowly. Do not stir after the sugar has dissolved. Bring the mixture to a boil and boil briskly. With a damp cloth wrapped around the tines of a fork, remove any crystals that collect above the syrup. Cook to soft ball stage, remove from the fire, let stand until all the bubbles have disappeared, then pour into the cooling dish. (Do not scrape the pan for such agitation will cause crystallization to start.) Set in a cool place and as soon as it forms a skin-like layer which does not break through when tested with the finger and feels comfortable when finger is inserted, begin to cream it with a wooden spoon. Cream thoroughly and knead until smooth and free from lumps. Fondant is better if allowed to ripen for several days. It may be covered with a damp cloth and put away in a cool place.

Fondant Creams

Knead fondant, flavor, and color with vegetable colorings;

Brown (coffee extract) for caramel

Pink for wintergreen

Yellow for lemon

White (omit coloring) for peppermint or almond.

Shape as desired into small balls, patties or squares with the hands. A nut meat or bits of candied fruits may be placed on top for decorations or knead into the fondant a mixture of chopped nuts, shredded cocoanut, peanut butter, or melted chocolate.

Fondant Wafers

Put a small portion of fondant into the upper part of a double boiler and melt, color and flavor as desired. Stir with a wooden spoon until it is creamy consistency. Do not let it even begin to boil. Pour into a pastry bag and force fondant through tube into small patties. Allow these to cool. If a tube is not available use a teaspoon and drop small amounts of the melted fondant on waxed paper.

Tutti-Fruitti

Knead fondant and flavor with cherry or almond extract. Knead into a mixture of raisins, dates, figs, candied cherries, angelica, citron peel or other candied fruits, all of which have been chopped together or put through the food chopper. Shape into a flat cake, cut into long bars and let stand several hours to harden. When ready to use, cut into squares.

Princeton Creams

Divide fondant into two portions. Flavor the first with orange and color it with yellow. Work into the second portion enough melted chocolate to color it a glossy black. Flavor with vanilla. Shape each portion into a flat cake and lay one on top of the other, pressing the layers firmly together. Cut into long bars and let stand several hours to harden.

Stuffed Fruits

Stone dates or stewed prunes and stuff them with fondant which has been flavored and colored as desired. A whole nut meat may be inserted with the fondant. Figs may be stuffed in the same way. May be rolled in granulated or powdered sugar.

Chocolate Bon-Bons

Melt chocolate in double boiler keeping the bottom almost full of lukewarm water. Refill boiler as necessary so as to keep water about 110 degrees F. Melt chocolate slowly (about 30 minutes for 2 lbs.) stirring frequently. Do not get too hot as this causes the chocolate to lose its gloss and to be streaked. Beat until thick.

To dip centers. Use a fork or hat pin or confectioner's dipper. Drop centers in one at a time, stir until covered, remove, allow to drip, place on oiled paper and bring end of dipper up over top of bon-bon. A second dipping may be necessary to give proper shape and size. These may be rolled in chopped nuts or coconut, if desired. Paraffin may be added if desired so as to harden quickly.

Cream Fondant

2 cups sugar

1/8 t. salt

1 T. corn syrup (light color)

1 c. cream

Follow directions for making fondant.

Chocolate Fudge

2 squares bitter chocolate 1 c. thin cream

2 cups sugar 1/4 t. salt

2 t. corn syrup 1/2 t. vanilla

1 cup nut meats (if desired)

Place the chocolate in a cooking pan, (3 quarts) and set this pan inside another containing hot water until the chocolate has melted. Mix sugar with the melted chocolate, then add the corn syrup and cream and stir until all are well blended. Bring the syrup slowly to boiling point, stirring until boiling point is reached. Cook to soft ball stage. Cool, then beat until the syrup has lost its shiny, sticky appearance and becomes soft and creamy. Pour into molding pan which has been previously buttered (at first stir the mixture occasionally, toward the end stir oftener so as to prevent sticking).

Variation (a) One-half cup evaporated milk plus 1/2 c. water plus 2 T. butter may be substituted for the cream.

(b) Cocoa may be used instead of chocolate, about 1 T. to each cup of sugar.

(c) Add dates and salted peanuts.

(d) Add 1 c. shredded coconut.

Cocoa Fudge Recipe

2 c. sugar

5 T. cocoa

2 T. cornstarch

1 c. milk

2 T. butter

Vanilla

Mix sugar, cocoa and cornstarch. Add milk. Cook slowly, stirring until dissolved. When mixture reaches the firm soft ball stage, remove from fire. Add butter and flavor but do not stir. Set aside until thoroughly cool. Beat hard until the mixture creams and begins to stiffen. Remove to a bread board or to a marble slab and knead as bread is kneaded until the mixture can be worked into a roll. Roll out in a large or small roll, as desired, and when firm cut into slices. If fudge becomes too stiff to handle during the process of kneading, add a little cream. If using this fudge for a gift, send the roll or a section of it without slicing it. The roll will retain its creaminess for some time.

Cocoa Fudge (With powdered sugar)

1/2 c. milk

3 T. butter

2 1/4 c. powdered sugar

2 T. cocoa

Pinch salt

1 t. vanilla

Mix all ingredients together but vanilla; cook, stirring constantly until it begins to boil, then cook slowly, stirring occasionally, eight or ten minutes, or until it makes a firm ball when dropped in cold water. When cooked enough, add the vanilla. Cool and beat. Pour into buttered pan; when firm, cut in squares.

Chocolate Sour Cream Fudge

1 sq. chocolate	2/3 c. sour cream
2 c. sugar	1 t vanilla
1/8 t. salt	

Melt chocolate in sauce pan over hot water, add sugar, remove to direct heat and when blended slowly add the sour cream. Stir until the sugar is dissolved, wash down sides of the pan with a brush dipped in cold water, slowly bring to boiling point and boil without stirring to 230-234 degrees F. or until a soft ball is formed when a little candy is tried in cold water.

Pour out on marble slab or platter slightly moistened by having been wiped over with a piece of damp cheese cloth then leave undisturbed until cool. Add vanilla and salt and work with a broad spatula or wooden butter paddle until mixture is thick and creamy. Then knead with the hands until smooth. Roll one-fourth inch thick, cut with small fancy cutters, or melt slightly over hot water, pack into a cake pan and cut in squares; or melt, stirring constantly until almost liquid by putting in a sauce pan over hot water. Then pour into the pan. When melted in this way and poured over a loaf cake, it makes a delicious frosting. You may use sour milk and 4 T. butter if you have no sour cream, adding butter when fudge is removed from fire.

Peanut Butter Fudge

2 c. sugar	1/4 c. peanut butter
3/4 c. milk	1 t. vanilla
2 T. corn syrup	1/8 t. salt

Boil sugar, milk and corn syrup to soft ball stage. Let stand without beating until cool. Add peanut butter, vanilla, and salt but do not stir. Beat until creamy. Pour into a buttered pan and cut in squares.

Honey Fudge

1 sq. bitter chocolate	1/4 c. honey
2 c. sugar	1 t. vanilla
1/8 t. salt	1 c. nuts
1 c. evaporated milk	

Melt chocolate over hot water. Add sugar, salt and milk and boil 5 minutes. Add honey and cook to soft ball stage. Add vanilla and nuts. Cool thoroughly, then beat vigorously. Turn into pan for molding.

Brown Sugar Fudge

2 c. white sugar	2 c. cream
2 c. brown sugar	Nuts

Mix ingredients except butter, boil quickly to soft ball stage and add butter just before removing from fire. Partially cool and beat until creamy. Add 3/4 c. nuts. A very attractive layer candy may be made by pouring this when beaten to proper consistency onto a layer of warm chocolate fudge.

White Fudge

3 c. sugar	2 T. butter
1 1/2 c. cream	3/4 c. blanched almonds
1/8 t. salt	1/2 t. vanilla

Cook sugar, salt and cream to soft ball stage. Remove from fire, add butter and cool. Add vanilla and beat until stiff. Then add almonds. Turn into a buttered pan and mark into squares.

Maple Syrup Fudge

2 c. brown sugar	1 T. butter
2 c. maple syrup	1 t. vanilla
1 c. cream and milk	1 lb. nuts

Boil first three ingredients to soft ball stage. Remove from fire, add butter and cool. Add vanilla and beat until stiff, then add the nuts. Turn into a buttered pan and mark into squares.

Chinese Fruit Candy

1 cocoanut	$\frac{1}{2}$ lb. raisins
3 c. sugar	$\frac{1}{2}$ lb. almonds or pecans
1 box dates	$\frac{1}{2}$ c. walnuts

Heat slowly the sugar and cocoanut milk and then cook for five minutes. Add grated or ground cocoanut and boil 10 minutes stirring constantly. When a firm ball is formed, when dropped into water, remove from fire. Pour half in a buttered pan. To the remaining half, add chopped fruit and nuts. Pour over the first layer. When cool, cut into squares.

Nougat

Part I

1 c. sugar Boil to soft ball stage. Pour on the beaten whites of three eggs.
 $\frac{1}{2}$ c. water

Part II

2 c. sugar Boil to the crack stage. Add to rest of mixture. Beat until it begins to harden. Add nuts and flavoring. Dip hands in cold water, shake off excess water but do not dry hands. Take about a fourth of this recipe and shape in a loaf. Repeat until all is gone. Leave until entirely cold. Slice.

Peppermint Straws

Put into a sauce pan 1 c. sugar, $1\frac{1}{2}$ T. vinegar, 2 c. corn syrup, and $\frac{1}{4}$ c. water. Stir only until the sugar is dissolved and then cook without stirring until the thermometer reaches 276. Add a very small amount of green color paste, let mixture boil to 288, and pour on oiled marble. Pull as soon as it can be handled, the sooner the better, using only the thumbs and tips of fingers and stretching as long as possible each time. While pulling, flavor with a few drops of oil of peppermint. When it begins to "string" that is, when threads come away from the batch, rest the candy on the marble and pull out to the desired thickness. When cool and hard, snap it into irregular lengths, using a knife. If fingers are used in the center of the batch when pulling, all air will be pressed out and the candy will not be porous. This makes a fine center for chocolate dipping. For that purpose it should be cut into even pieces, this can be done easily by first heating a steel knife in a gas flame.

Panocha

$1\frac{1}{2}$ c. granulated sugar	1 c. clear syrup
$1\frac{1}{2}$ c. light brown sugar	$\frac{1}{4}$ c. butter
1 c. cream	1 t. vanilla
1 c. nuts	

Cook sugar, syrup, cream and butter until a firm ball forms when tested in cold water. Cool and add vanilla and beat. Add nuts. When heavy and creamy, turn on a platter and knead until soft and creamy.

Sugarless Cocoonut Confection

2 squares unsweetened chocolate
3/4 lb. shredded cocoonut
1 c. (15 oz.) Bordens condensed milk (sweetened)

Melt chocolate, add cocoonut and stir into the milk. Drop on buttered and floured tins by teaspoonfuls and bake 15 minutes in a moderate oven.

Peanut Brittle

2 c. sugar	1 t. butter
1 c. white corn syrup	Pinch salt
1 c. water	1/8 t. soda
1 1/2 c. raw peanuts	

Dissolve sugar in water and syrup and boil until a soft ball forms in cold water. Add raw peanuts and salt and cook until a golden brown. Stir in the butter and cook to a crack stage, 300 degrees F., or until a brittle ball forms in cold water. Remove from the fire, add soda and pour into a greased pan. When it hardens, wet the hands and turn the entire layer. Break in pieces when hard.

Peanut Cluster

Melt down any quantity of sweet chocolate, the same as for dipping creams, and then mix in the roasted shelled peanuts. Pick up small clusters of the chocolate covered peanuts and place on waxed paper to harden. Other nuts may be coated in the same manner.

An easy way to control the temperature of chocolate is to melt it in a double boiler, the bottom of which is kept almost full of lukewarm water (110 degrees F.) Refill boiler as necessary to keep water at same temperature, but do not put over flame. Stir while melting. The chocolate should be melted slowly.

Persian Sweets

Grind or chop equal parts of dates, raisins, figs and nuts. Add some lemon juice for flavoring and put through chopper enough graham crackers to make the mixture hold together. Dredge a board with powdered sugar and knead until well blended. Form into rolls, balls or pats and roll in cocoonut or shaved peanuts or dip into melted fondant. May be rolled in granulated or powdered sugar.

Variation - Prunes or apricots may be added.

Marshmallows

1 box sparkling gelatine soaked in 1 c. cold water	
4 c. sugar	1/8 t. salt
1 1/2 c. water	1 c. nuts

Flavoring

Soak gelatine in cold water. Cook sugar and water until it forms a long thread when held from spoon. Then pour over the soaked gelatine and beat 30 minutes. Add nuts and flavoring. Have powdered sugar on table, pour on marshmallow mixture, cover with powdered sugar and let stand a few minutes before cutting. Dust sides with sugar, also.

Chocolate Nut Toffee

2 c. sugar	1 t. vanilla
$1\frac{1}{2}$ c. light corn syrup	2 c. blanched almonds broken
$1\frac{1}{2}$ c. thin cream	and toasted
$1\frac{1}{8}$ t. salt	6 sq. sweet chocolate melted
3 T. butter	

Combine sugar, corn syrup, cream and salt in sauce pan. Place over low flame and cook to 244 degrees F. (firm ball). Add butter and continue cooking until a small amount of mixture forms a hard ball in cold water (240 degrees F.) This will need to be stirred after cooking for a short time so as to prevent sticking. Remove from fire. Add vanilla and one-half of the nuts. Pour into greased pan. Cool. Pour melted chocolate over toffee and sprinkle rest of the nuts over top. Let stand until cold. Turn out. Break into small pieces.

Turkish Delight

3 T. gelatin	$\frac{1}{2}$ c. hot water
$\frac{1}{2}$ c. cold water	2 T. lemon juice
2 c. sugar	2 T. orange juice

Soften gelatin in cold water. Bring sugar and hot water to a boil. Add softened gelatin and boil 15 minutes without stirring. Add orange and lemon juice. Remove scum. Rinse a pan in cold water and pour this hot syrup into it an inch thick. When it has hardened, cut into squares and roll in sugar.

Variation (a) Use red or green coloring.

(b) Add nuts or maraschino cherries when nearly hard.

Pulled Molasses Candy

1 c. molasses	1 T. vinegar
2 c. sugar	2 T. butter
1 t. soda	

Boil molasses, sugar and vinegar to hard ball stage. Add butter and soda and let boil to crack stage. Pour into a buttered pan. When cool enough to handle, pull until light and porous using tips of fingers and thumbs. Cut in small pieces using scissors and place on buttered plates to cool.

Pop Corn

General directions for popping corn:

1. Pop in wire popper or iron frying pan. Care should be taken not to put in too much corn at one time. When using a frying pan, salt may be used. Cover bottom of pan with lard. Heat very hot then add corn and shake constantly. After the corn is popped it may be salted and buttered. Melt the butter and pour it over the corn stirring the corn as you pour. The amount of butter to be used depends upon the personal taste.
2. If the corn does not pop well, it may be covered with water for a few minutes, drained and dried between towels. Having the kernels cold also helps in popping. One cup of pop corn makes about 5 cups after it is popped.

Pop Corn Balls

2 c. molasses	2 T. butter
1 c. sugar	1 T. vinegar
6 qts. popped corn, freed from hard kernels.	

Boil molasses, sugar and butter to the hard ball stage. Add vinegar and boil it to the crack stage. Pour over corn, stirring until evenly coated. Shape into balls.

Variation - Peanuts or other nuts may be added after the cooked syrup has been poured over the pop corn.

(Prepared by Florence J. Atwood, State Extension Agent, Foods, Approved by Foods Division, Home Economics Department)