

CHRISTMAS CANDIES

By MARGARET BOOHER, '27.

Some Pointers in the Preparation of Home Made Sweets; Receipts for Candy Not to Be Equalled in Any Confectionery

HERE is no other season in the whole year when one has a "sweet tooth" like the Christmas Holidays. People will often obtain enough calories from candy alone to enable them to do an enormous day's work, for every average size piece of candy adds 100 calories, and how many of us stop with just one piece. If a person is in a normal condition, the system can take care of an over supply of sugar without any ill effects for a reasonable length of time.

So, if we are going to have candy, let us make it as delicious and attractive as possible. To many people home made candy means fudge, which in many cases is nothing more nor less than a hard, creamy, "sugary" substance which does not satisfy our hunger for sweet. However, there is a way to make fudge which is very delicious. Melt $1\frac{1}{2}$ squares of chocolate, 2 cups of sugar and $\frac{3}{4}$ cups of milk. Stir until all crystals of sugar are thoroughly dissolved before the mixture is allowed to boil. Then just as the syrup begins to boil, wipe the sides of the pan with a dampened piece of cheese cloth tied around the prongs of a fork. This can be dipped into a cup of cold water to dissolve the sugar crystals which are wiped from the sides of the pan.

When the syrup has cooked until a soft ball is formed when dropped in cold water, remove from fire and place the pan in ice water. Add 1 tablespoonful of butter, 1 teaspoon of vanilla, and $\frac{1}{2}$ cup of nuts. Do not stir until the syrup is luke-warm, or is not too hot to burn the fingers, then beat until it becomes thick enough to pick up in the hands and knead, until very creamy and of a very fine texture. Then roll in waxed paper and leave until ready to slice, and every crumb is worked into the roll which does away with crumbs and corner pieces which are present when fudge is poured into a pan or plate.

Many people do not care for the chocolate flavor, but there are ways to substitute other ingredients for chocolate. Orange Fudge, Date Loaf and Penuche are similar to fudge but have different flavors.

Orange Fudge is made as follows: $1\frac{1}{2}$ cups sugar; $\frac{1}{2}$ cup milk; 2 tablespoons butter; 3 tablespoons orange juice; 1 tablespoon grated orange rind; $\frac{1}{2}$ cup nuts.

Boil sugar and milk for five minutes; then add butter, orange juice and grated rind. Cook until a soft ball stage is reached. Remove from fire, and set in pan of ice water until pan is cool enough to hold. Beat until creamy and then mold into roll. Candied orange peel can be layed across the top.

Date Loaf:

2 cups sugar; $\frac{3}{4}$ cup milk; 1 teaspoon vanilla; $\frac{1}{2}$ pound of dates, seeded; $\frac{1}{2}$ cup of walnuts; 1 tablespoon vanilla.

Cook sugar and milk until soft ball stage is reached. Remove from fire and pour into a clean pan placed in cold water. Add butter, vanilla, dates and nuts. When cooled beat until thick. If it is too sticky to mold in hand, roll in a slightly dampened piece of cheese cloth, and let stand overnight. This candy is better after it has set for several hours.

Penuche:

3 cups brown sugar; 2 tablespoons butter; 1 cup milk; $\frac{1}{2}$ teaspoon of vanilla; $1\frac{1}{2}$ cup nut meats.

Directions the same as for Chocolate Fudge.

Fondant is the basis for all fancy candies. It is made as follows:

2 cups granulated sugar; $\frac{1}{2}$ cup of water; $\frac{1}{8}$ teaspoon cream of tartar.

Put sugar, cream of tartar and water on fire and stir till sugar is dissolved. Let boil until it reaches the soft ball stage. Remove all crystals from the side of the pan with a dampened piece of cheese cloth, pour syrup onto a platter or marble slab and do not disturb until cool to the touch. Beat till creamy and finish molding in the hands. This should be set aside for a day or two. It can be used in many ways. Dates can be stuffed or covered. It makes delicious nut and candied fruit rolls. Bonbons can be made and dipped in melted chocolate.

For a hard candy, Nut Brittle is usually the favorite.

2 cups granulated sugar; 1 cup

brown sugar; $\frac{1}{2}$ cup corn syrup; $\frac{1}{2}$ cup of water; $\frac{1}{4}$ cup butter; $\frac{1}{8}$ teaspoon soda; $\frac{1}{8}$ teaspoon salt; $1\frac{1}{2}$ cups nut meats.

Put sugar, corn syrup and water in a sauce pan and cook, stirring until sugar is dissolved. Boil until it reaches crack stage (33 degrees F). Remove from fire and add salt, soda and butter. Stir only enough to mix well. Add nut meats and turn at once in a shallow greased pan. When cool crack into pieces with the sharp edge of a knife.

If one uses a candy thermometer, there is no danger of cooking candy too long or not long enough. The soft ball stage is 236 degrees F.

Some people add a small amount of corn syrup to their candy to give it a finer texture. This helps to bring about a change in the sugar which breaks it down into simpler compounds, which do not crystalize as readily as granulated sugar. Long, slow cooking, or addition of an acid such as orange juice, lemon juice or cream of tartar will bring about the same change.

These recipes given here have been tried out in cooking classes at the University of Arizona, and if followed closely good results should be obtained.

A

GOOD HEALTH NEEDED FOR EGG PRODUCTION

Hens cannot make efficient use of their feed if they are infected with intestinal round worms or tape worms. Watch the combs of the laying flock. If they turn dark, become pale or shrivel, kill one or two hens and examine for worms. If any are found use a standard treatment.

Duco for Farm Use-

Being absolutely waterproof, highly resistant to both heat and cold, and having exceptional lasting qualities, DUCO is recommended for general farm use. When subjected to weather conditions DUCO proves its worth. DUCO is easily applied and is available in 24 colors. DUCO is sold in Tucson by The F. Ronstadt Co.—Adv.