

# CHRISTMAS CANDIES

Enid Reese, '29

## Sugar Occupies Important Place In Diet. Methods Of Preparing Tasty Candy.

**C**HRISTMAS is the time when everyone wants candy of some sort. Besides being fun to make, candy really occupies an important place in diet. Sugar is the quickest source of energy on the whole list of available foods. No other food approximates sugar in the ease in which it can be formed into actual body energy. The current idea that sugar is fattening is wholly wrong. It is not sugar that is fattening, but too much sugar. Only when sugar is consumed in a quantity in excess of that which can be taken care of by the human commissary department, is it transformed into fat and stored as reserved material. It therefore should be eaten in moderate quantities. Here are a few recipes which you will find interesting to try.

### Date Loaf

2 cups sugar.  
1 cup milk.  
Butter size of a walnut.  
1 lb. stoned dates.  
1 lb. walnut meats.  
 $\frac{1}{2}$  ts. vanilla.

Cook sugar, milk and butter until the mixture will form a soft ball in cold water. Add the stoned dates and walnut meats. Beat until creamy, add the vanilla, place on a damp cloth and shape into a loaf. When cool it may be sliced into bars which may be neatly wrapped in oiled paper if desired.

### Pecan Caramels

2 cups sugar.  
 $1\frac{1}{2}$  cups corn syrup.  
 $1\frac{1}{2}$  cups cream.  
2 sqs. chocolate.  
1 tb. butter.  
1 ts. vanilla.  
1 cup pecan meats.

Cook the ingredients (except vanilla and pecan meats) to the firm ball stage. Remove from the fire, and add 1 ts. vanilla and the pecan meats. Pour into a buttered pan and when cold cut into inch squares.

### Fruit-Nut Bars

$\frac{1}{2}$  cup raisins.  
 $1\frac{1}{2}$  cups dates.  
1 cup figs.  
1 cup nuts.  
1 cup powdered sugar.

Grind the dates, which have been stoned, the raisins, and the figs in a

meat grinder. Add finely chopped nuts (any kind of nuts may be used), and mix thoroughly with powdered sugar which has been prepared as for cake frosting. This may be shaped into a loaf and cut into bars or squared. This is a delicious candy and it requires no cooking.

### Vanilla Caramels

2 cups sugar.  
 $1\frac{1}{2}$  cups corn syrup.  
 $\frac{1}{2}$  cup milk.  
1 ts. vanilla.  
4 tb. butter.  
1 cup cream or condensed milk.

Cook the ingredients, except the vanilla, to the firm ball stage, of 246° F. Remove from the fire, add the vanilla and pour into a butter pan. When it is cold, turn it out of the pan and cut into squares.

### Glaze Fruits

2 cups sugar.  
1 cup water.  
Fruit.  
2 tb. lemon juice or  
1-2 ts. cream of tartar.

Make a syrup of the sugar and water. Boil, without stirring, to the hard-crack stage, or 300° F. Remove the sauce-pan from the fire and set it in an outer pan of boiling water to prevent the syrup from hardening. Add the lemon juice. Dip the fruits one at a time, into the hot syrup. Remove and place on an oiled paper to dry.

### Fudge With Marshmallow Cream

2 cups sugar.  
2 squares chocolate.  
1 cup water.  
 $\frac{1}{2}$  ts. salt.  
4 tb. marshmallow cream.  
1 ts. vanilla.

Put the sugar, water, grated chocolate and salt into a saucepan and stir until the sugar is dissolved. Boil slowly to the soft-ball stage or 236° F. Remove from the fire, pour it over the marshmallow cream in a bowl, but do not stir. When it is lukewarm, add the vanilla and beat until it is creamy. Pour into buttered pans and when it hardens mark it into squares.

### Penoche

3 cups brown sugar.  
1 cup milk.  
1 tb. butter.  
1 ts. vanilla.  
1 cup nut meats.

Put the sugar and milk into a saucepan and cook to the soft-ball stage, or 236° F. Remove from the fire, add butter and vanilla, and cool without stirring. When it is lukewarm, beat until it is creamy. Stir in the broken nut-meats—English walnuts are especially good. Pour into a buttered pan and when it hardens cut into squares.

### Nougat

2 cups sugar.  
1 cup corn syrup.  
1 cup water.  
4 egg whites.  
1 ts. vanilla.  
 $1\frac{1}{2}$  cups nut-meats.  
 $\frac{1}{2}$  cup candied cherries.

Boil together half the sugar, half the water, and half the corn syrup to the crack stage, or 280° F. Remove the syrup from the fire and pour it slowly over the well-beaten whites and continue beating until it is cool. While beating, cook the remaining half of the ingredients to the crack stage also. Remove and add at once to the first mixture, beating while adding. When cool add the vanilla, nut-meats, and candied cherries and pour into buttered pans. Sooth over the surface and let it stand over night before cutting. In the morning cut it and wrap in oiled paper.

### Pop-Corn Balls

3 quarts popped corn.  
1 cup sugar.  
1-3 cup white corn syrup.  
1 cup water.  
1-4 ts. salt.  
1 ts. lemon or vanilla.

Discard all imperfect kernels of corn. Put the corn into a large pan. Cook sugar, syrup and water to the crack stage, or 280° F. Add flavoring and salt. Pour slowly over the corn, stirring with a spoon so that all kernels will be evenly coated. Shape the corn into balls and lay on waxed paper. Wrap in waxed paper, if desired.

### Pitiful Cases

The florist who was bitten by a snapdragon.

### Excuse It Please

Scotchmen don't have to be vaccinated. They never give anything to each other.