Sweets for the Sweet...

Ruth Ellen Lovrien

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation

Lovrien, Ruth Ellen (1931) "Sweets for the Sweet...," The Iowa Homemaker: Vol. 11 : No. 6 , Article 7.
Available at: http://lib.dr.iastate.edu/homemaker/vol11/iss6/7

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Sweets for the Sweet...

By Ruth Ellen Lovrien

"Christmas bells, Christmas trees, Christmas odors on the breeze,"

YES, and plenty of dainty Christmas candies, all packed away in waxed paper or tin boxes, ready for holiday entertaining. Aunt Alice's favorite divinity, peanut clusters for Uncle Will, stuffed dates for grandma and grandpa. And lots of fudge and peanut brittle for the children.

"Christmas is the only time I e-a have all the candy I want," says Cousin William, Junior, stuffing more and more candy into pockets already bulging with apples and nuts.

What could be better to serve at the Christmas tea than candied orange peel, or grapefruit peel colored green or red? Why not save your orange or grapefruit skins and make use of this favorite recipe of Miss Louise L'Engle, assistant professor of foods and nutrition, Iowa State College?

**Orange shells, thick, 6 to 8**

**Water, 1 cup**

Granulated sugar, 2 cups

Cut orange peel into strips one-fourth inch wide. Place in sauce pan, cover with cold water and bring to a boil. Drain off water and repeat process four times. Make syrup of sugar and water and cook the peel in the syrup until the peel is clear, being careful not to scorch. Roll the peel in granulated sugar and dry. Candied grapefruit peel is prepared in the same way. Green and red coloring may be added to the syrup to color the candy.

Nougat is the favorite Christmas candy of Miss Ida M. Shilling, assistant professor of foods at Iowa State. Here is her recipe.

Sugar, 2 cups
Corn syrup, ¾ cup
Water, 1 cup
Egg whites, 4
Vanilla, 1 tsp.
Nut Meats, 1½ cups
Candied cherries, ½ cup

Boil together half the sugar, half the water and half the corn syrup to the crack stage (280°F). Remove the syrup from the fire and pour it slowly over the well beaten whites, and continue beating until cool. While beating, add the remaining half of the ingredients to the crack stage. Remove and add at once to the first mixture, beating constantly. When cool, add the vanilla, nuts and candied cherries, and pour into buttered pans. Smooth over the surface and let it stand overnight before cutting. In the morning cut and wrap in oiled paper. Or the pieces may be dipped in chocolate before they are wrapped.

Divinity is always a favorite candy and is especially good with candied cherries at Christmas time. Miss Thelma Larkin, foods instructor, uses this recipe:

Sugar, 2 cups
Dark corn syrup, ¼ cup
Water, ½ cup
Egg whites, stiff, 2
Vanilla, 1 tsp.
Nuts, ½ cup
Salt, ¼ tsp.

Boil sugar, water and corn syrup until they form a hard ball in cold water (250°F). Pour the syrup into the stiffly beaten egg whites, beating constantly. When dull and stiff enough to hold its shape, add the vanilla, nuts and salt. Drop by spoonfuls on waxed paper, or press into a buttered pan and cut in squares.

Dr. P. Mabel Nelson, head of the Foods and Nutrition Department at Iowa State, has several favorite Christmas candy recipes, one of which is ordinary fudge dressed up with raisins and nuts. Here it is:

Sugar, 2 cups
Milk, 1 cup
Butter, 2 tbsp.
Grated chocolate, ½ cup

Cook, stirring constantly, until a soft ball forms in cold water. Then add 1½ pound chopped nut meats and 1 pound seeded raisins, chopped. Let come to a boil once and remove from the fire. Beat well and pour into buttered pans. Mark into squares when nearly cold.

Here is a substitute for candy, in which fruit is used. This is also a recipe favored by Dr. Nelson.

Evaporated apricots, ½ lb.
Evaporated nectarines or prunes, ½ lb.
Dates, ½ lb.
Figs, ½ lb.
Seedless raisins, ½ lb.

Minced pecan meats, ½ lb.
Powdered sugar and decretised coconut for rolling.

Run the fruits through the food chopper, keeping each kind separate. Combine as desired. Make part of it into small rolls, dust with coconut and pack in half-pound boxes, with waxed paper between the layers. Make part into flat cakes and roll in sugar.

There is nothing the children will like better than old fashioned molasses kisses, and they last so much longer than almost any other kind of candy! Here is Dr. Nelson's recipe:

Sugar, ½ cup
Syrup, ¼ cup
Dates (light) ½ cup
Gelatin, 1 lb.
Lemon extract, ½ tsp.
Salt, ¼ tsp.

Combine the sugar, salt and molasses. Cook, stirring constantly. When the mixture reaches the soft ball stage (248°F), add the gelatin soaked in cold water and the lemon extract. Pour into oiled pans and when cool pull with oiled fingers until light in color. Cut in small pieces with scissors and wrap in waxed paper, twisting the ends. Three drops of peppermint may be substituted for the lemon extract.

After the Christmas dinner the thoughtful hostess usually serves after-dinner mints of some kind. Here is a recipe for Turkish mint paste, which Dr. Nelson says is a very delicate after-dinner treat:

Gelatin, 2 tbsp.
Sugar, 2 cups
Lemon juice, 2 tbsp.
Green coloring
Salt, few grains
Peppermint extract, ½ tsp.

Soak the gelatine in two-thirds cup of cold water for five minutes. Put sugar and two-thirds cup of water in a saucepan and bring to a boil. Add the soaked gelatine and let boil 20 minutes. Remove from the fire, add the remaining ingredients and the green coloring. Turn into a pan previously rinsed in cold water, to an inch in thickness. When set, remove to board, cut in cubes and roll in powdered sugar.

With a goodly supply of these Christmas candies on hand, the holiday hostess should be prepared to meet almost any emergency.