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Christmas Sweets You Will Want to Make

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Why Not a Christmas Plum Pudding Sale?

By WILLETTE MOORE

CHRISTMAS time is recognized by many club and organizations, as a splendid time to swell a fund they are collecting for some activity they wish to carry out, in their year's program.

Each organization puts forth its efforts in different ways. So while the needle club is having its long planned for Christmas bazaar, why not the household science section step in with a unique sale of its own?

Christmas time being one of the busiest times of the year in most homes a regular baked foods sale is difficult to manage. However, a plan which has been carried out very successfully in a number of places is a "Christmas Plum Pudding Sale."

Last year the Y. W. C. A. at Waterloo, Iowa, cleared over one hundred and sixty dollars at a plum pudding sale where they made only a charge of five cents more than the actual cost on each pudding sold. Orders for these puddings were received from people all over the state and the supply did not begin to fill the demand.

Such a sale has a number of possibilities and advantages. In many places the Domestic Science groups find such a scheme just what they have been watching for, to prove their worth in a community. Another advantage at that busy season is that the puddings can all be made several weeks before and are much improved by being allowed "to ripen."

Then, too, these puddings almost sell themselves. In these busy times the true Christmas spirit is coming back to its own, and people are not spending so much time and money on gifts. However, something added to the pantry of a neighbor or friend, carries the Christmas greetings.

In making these puddings for sale different sized cans should be used as some will want small puddings and others larger ones. The puddings may be sold at a set price or they may be sold by weight.

They may be made to look attractive by wrapping them first in oiled paper, then in tissue paper napkins, tying the ends with red ribbon or yarn. One group of girls secured boxes, the right size, covered them with brown paper and painted designs on the covers.

More than one scheme can be used in advertising, such as attractive posters, newspaper ads and announcements made at different clubs and gatherings. Sometimes a popular tea room or cafeteria will serve them one day. This is a fine advertisement.

If the pudding is too short, one must have reasonably slim ankles and the limbs must be straight. If the skirt is too short it will emphasize any defects in the figure and the silhouette will be very bad.

Good design means striking a happy medium, finding that in fashion which is best for one's figure rather than approximating the obvious thing which first strikes one's fancy. When a girl dresses herself, plans a garden, hangs a picture, or writes a letter, she is a designer. The costume reflects the taste of the wearer as the home reflects the taste of the housekeeper.

So let the college girl in planning her wardrobe follow the standards of good taste, taught by the practical common sense application of the principles of color, form and line, harmony, contrast and proportion.

Christmas Sweets You Will Want to Make

By BETH BAILEY, Associate Professor of Home Economics

At CHRISTMAS time one naturally thinks of home made sweets. Most families have their favorite kinds and as this season comes around, the family joins with holiday spirit into the preparation of crystallized fruits, bonbons, chocolates, salted nuts, popcorn balls and fruit cakes.

There are certain principles that govern the making of any cream candy, whether it be fondant, fudge, penuche, or their variations. First the sugar must be dissolved in the liquid before the mixture boils. To hasten this process, stir thoroly and keep a cover over the pan as the syrup cooks slowly. The cover catches the steam, which drops back, washing down the sides of the pan. It is well not to add the chocolate until one is sure the sugar crystals are dissolved. In that way one can more easily see when all the crystals are fully dissolved.

If butter is added just before removing the candy from the fire, the syrup does not burn so readily and the flavor of the butter is more prominent.

To test candy, one may use a thermometer or the water test. In using water, one aims to cool a small portion of the syrup to see how firm it will be when cold. Therefore use a large amount of water, as in a bowl or pan, and only a few drops of syrup. Set the pan off the fire while testing, lest the syrup over cook.

When the syrup gives the right test, i.
THE FOUR MAIN POINTS IN CANDY MAKING

Your Christmas candies will be deliciously creamy and of just the right consistency if you—

1. Dissolve all sugar crystals before beginning to boil.
2. Test for a soft ball in plenty of water to make an accurate test.
3. Do not jar or move the syrup while cooling.
4. Beat thoroly when cold.

THE IOWA HOMEMAKER

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e, for cream candies 112° to 113°C., or a soft ball in water, remove from the fire and set to cool without any stirring what so ever. This is a super saturated sugar solution, and after several times will tend to make sugar crystallize out, resulting in a sugary product. If the syrup is turned on to a plate or a marble slab, and the slab is cool, do not drain the pan, as crystals form where these last drops touch the syrup. One may hurry the cooling process by placing the pan in a larger pan of water, changing the water every few moments to keep it cool. Do not beat the syrup until it is cooled to room temperature, i.e., it does not stick to the fingers and maintains an impression made by the finger.

This is the time to add the flavoring. If added when hot, one loses much of the volatile oils.

Candy should be beaten, rather than stirred, to incorporate as much air as possible. A larger period of beating means a creamier product.

Do not add fruits or nuts until one is sure that the candy will set up, since it is easier to beat without the nuts and it is better in case the candy must be recooked.

If the candy is creamy, it may be dropped by the teaspoonful onto oiled paper. One may beat until ready to handle, then knead thoroly and pat out onto a buttered pan and cut into squares. Cream candies keep moist for many days if kept in a box.

The proportions for the three standard cream candies and their variations are as follows:

For variation, use half brown or maple sugar, or add tablespoons cocoa.

For variation, use half brown sugar or omit the chocolate and add 2 tablespoons peanut butter.

For variation, use half maple sugar, or maple syrup instead of water, or add a few drops of mapleine with the vanilla.

Here are some recipes for sweets other than the more common kind:

**Cream Mints**

Melt fondant with water, then add a few drops of oil of peppermint, clove, cinnamon or wintergreen. Stir occasionally and when cool turn onto a marble slab colored with powdered sugar. Have the mixture \(\frac{1}{4}\) inch thick. Use a small cutter one inch in diameter to cut out the shapes. Cover and let stand 12 hours to dry out the edges.

**To Dip Cream Mints**

These mints may be dipped in chocolate or may be rolled in chocolate, melt one cake bitter chocolate and one cake sweet chocolate in a bowl over hot water. Beat until glossy and partially cool. Use a fork or candy dipper to lower the mint into the chocolate. Let drain. Cool on oiled paper. For dipping in fondant, melt the fondant colored a contrasting color from the mints. Keep the dipping fondant over hot water. If the fondant gets too stiff one may have to put the pan over boiling water or add a few drops of boiling water to the fondant.

**Marshmallow Mint Bonbons**

Cut marshmallows in halves or in quarters. Melt fondant as for dipping mints. Flavor with a few drops of oil of peppermint, clove or wintergreen and color as desired. Dip the pieces of marshmallow into the melted fondant and dry on oiled paper.

**Turkish Delight**

1 oz. gelatine
juice 1 orange
\(\frac{1}{4}\) c. cold water
juice 1 lemon
\(\frac{1}{4}\) c. sugar
red coloring
\(\frac{1}{2}\) c. boiling water
grated rind of 1 orange

Soak gelatine in cold water. Boil sugar and water, add gelatine and let simmer 10 min. Add flavoring and coloring. Strain, add nuts and turn into a bread pan to one inch in depth. When cold, remove to a board, cut in cubes and roll in powdered sugar.

**Turkish Mint Paste**

In the recipe for Turkish Delights omit orange and lemon juice. Add peppermint flavoring. Color green instead of red. One may omit the nuts. Proceed with the method as for Turkish Delight.

**Candied Grapefruit Peel**

Wipe 3 grape fruits and remove the peel in six sections lengthwise of fruit. Soak over night in 1 qt. of water to which has been added 1 tablespoon salt. Drain, put into saucepan, cover with cold water and bring to boiling point. Repeat 3 times and cook in the last water until soft and slightly thick. Grate when cold.

Use an equal weight of sugar to make a syrup with one-half cup water. Boil syrup and add strips, cover and cook until pieces are clear. Drain. Remove to plate. Cool. Roll in granulated or powdered sugar. Spread to dry. Store in covered glass jar.

**Candied Orange Peel**

Remove peeling in quarter sections. Cook in boiling water until tender. Let stand 24 hours. Make a syrup as for candied grapefruit peel and continue in the same manner.

**Chocolate Covered Candied Orange Peel**

Grape fruit peel and orange peel may both be used in this way. Melt confectioners dipping chocolate over hot water. Dip each piece of candied peel separately. Let cool on oiled paper.

**Parisian Sweets**

1 lb. figs
1 lb. English walnuts
1 lb. dates
powdered sugar

Clean. Remove stones from the dates. Mix fruit and nuts and put them all through a food chopper. Work with the hands on a board dredged in powdered sugar. Roll to the desired size, or roll with small cutter or make into a roll 1 inch in diameter and cut off in \(\frac{1}{4}\) -inch pieces. Roll each piece in powdered sugar. Store in covered tin box.

**Certain sweets are Christmas stand bys;** Christmas wouldn't be Christmas, at all, without fruit cake, butter scotch and popcorn balls. Here are some recipes which are reliable:

**Fruit Cake**

1 lb. butter
2 tsp. cinnamon
1 lb. brown sugar
2 tsp. mace
1 lb. flour
1 lb. nutmeg
1 lb. citron
1 lb. allspice
2 lbs. raisins
2 lbs. currants
2 lbs. almonds
2 lbs. salt
12 eggs

Method: Cream butter. Shave and chop peeled citron. Chop raisins, Blanch and cut almonds. Separate and beat eggs. Mix as butter cake. Line a pan with three layers of oiled paper. Spread three inches thick. Bake in moderate oven 2 hours. This makes a 9-inch to 10-inch cake or 4 bread loaf tins.

**Cheap Butter Scotch**

1 c. brown sugar
\(\frac{3}{4}\) c. water
1 c. white sugar
2 tbsp. butter
\(\frac{3}{4}\) c. vinegar

Boil sugar, vinegar and water slowly till all the sugar is dissolved. Boil to hard crack stage. Add the butter and pour into buttered tins. When slightly cooled cut into squares.

**Pop Corn Balls**

1 c. corn syrup
\(\frac{3}{4}\) tsp. soda
\(\frac{1}{2}\) c. sugar
4 tsp. popped corn
1 tsp. cream of 1 tbsp. butter tartar

Boil sugar, syrup and cream of tartar together to soft ball test. Add butter and sour. Pour over freshly popped corn. Cool slightly and shape into 15 balls.

**A CHRISTMAS CAKE AND COOKIE BASKET**

My Eleanor Murray

Christmas is getting old. We are this very year celebrating it's twenty first centenary birthday. The wise men themselves started the custom of gifts so that Christmas wouldn't be Christmas, at all, without fruit cake, butter scotch and popcorn balls. Here are some recipes which are reliable:

**Candied Orange Peel**

Remove peeling in quarter sections. Cook in boiling water until tender. Let stand 24 hours. Make a syrup as for candied grapefruit peel and continue in the same manner.

**Chocolate Covered Candied Orange Peel**

Grape fruit peel and orange peel may both be used in this way. Melt confectioners dipping chocolate over hot water. Dip each piece of candied peel separately. Let cool on oiled paper.
sandwich baskets, and just baskets—or
baskets with a last moment filler of fruit,
nuts or candy. But how about a cake
basket with some cakes already in it for
a neighborly Christmas gift.

It's nearly as much fun to make a vari-
yety of cakes and assorted cookies as it is
to pack the basket and tie up all of the
packages afterward, so—if you want to
get a lot of personal enjoyment out of a
Christmas gift for someone else, present
some friend with a well filled cookie
basket. This time, the exception, choose
the friend for the gift.

Anyone with a spark of imagination
can't help getting enthused over fruit
cake. The spicy odor is almost as effec-
tive as incense for carrying one's thoughts
away.

Then, why not put a big square of fruit
cake in the center and build up around it
with cookies?

Dredge fruit, cream butter and add
sugar, add beaten egg yolks, then spices
and lemon juice last.

As an example of a nice cake for
the basket:

**Fruit Cake**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. sugar</td>
<td></td>
</tr>
<tr>
<td>1 lb. flour</td>
<td></td>
</tr>
<tr>
<td>½ lb. butter</td>
<td></td>
</tr>
<tr>
<td>7 eggs</td>
<td></td>
</tr>
<tr>
<td>½ lb. currants (washed and dried)</td>
<td></td>
</tr>
<tr>
<td>1 lb. raisins</td>
<td></td>
</tr>
<tr>
<td>½ lb. figs sliced</td>
<td></td>
</tr>
<tr>
<td>½ lb. dates seeded</td>
<td></td>
</tr>
<tr>
<td>¼ lb. citron sliced</td>
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</tbody>
</table>

The cherries, pineapple and nuts may be omitted.

Cream butter, add sugar, eggs well
beaten, milk and lemon extract. Mix and
sift dry ingredients, and add to first. Put
in ice box until thoroughly chilled and quite
stiff. Take out small portion on floured
cloth, roll thin as paper and shape as de-
sired. Bake eight minutes on greased
tin in moderate oven.

Sprinkle with coca-nut or cinnamon and
sugar or chopped nuts before entirely
rolled out.

Put a fat currant or half a nut meat in
the center.

Use maple sugar instead of white, and
sprinkle tops with maple sugar and pecan
meats.

Flavor with grated orange rind or choc-
olate.

**Crisp Cookies**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>½ cup butter</td>
<td></td>
</tr>
<tr>
<td>1 cup cold water</td>
<td></td>
</tr>
<tr>
<td>1 tsp. soda</td>
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</tbody>
</table>

"The strength of a nation depends on
the health and strength of its individual
members. It matters not how wealthy
a nation may become, how large its
cities, how vast its armies and navies, if
the health of its people is on the decline
it will rapidly perish and decay."—Ben.
Disraeli, Prime Minister of England.

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**The FAIR**

Christmas is quite near,
but we are ahead of it
all prepared with a large
variety of

- Hosiery
- Gloves
- Hankerchiefs
- Combs
- Brushes
- Collar and Cuff Sets
- Bags, Etc.

very reasonably priced