



CAKE & COOKIES  
AND  
CONFECTIONS



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"Salads and Vegetables"

# Cakes, Cookies *and* Confections



Compiled by the  
CALIFORNIA HOME ECONOMICS  
ASSOCIATION  
Southern Section



LOS ANGELES :: MLCCCCXX

Cakes, Cookies  
and Confections



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# Foreword



HIS new collection of recipes is added to the thousands of existing cook books, large and small, in the confidence that the plan of organization has struck a new note of simplicity which together with the many unusual recipes, will commend it, either for use in the home or to the teacher. It grew out of the assurance that in the ranks of those two groups, there is a demand for just such a book, organized for ready use and comprehensive understanding.

Each recipe might be stamped "Tested and Guaranteed." Our Association stands back of them. Both the preparation and "taste" have been thoroughly tested by a varied group. They have been prepared by inexperienced pupils, as well as by skillful home cooks and teachers. The sampling has passed the muster of man, woman and child.

This is only a beginning,—a sample, as it were. If it fills a want, if it meets with your approval, similar issues on varied subjects of interest to the home will be forthcoming. We shall be grateful if you will let us know your desire in the matter. Send us your suggestions, please.

The Book Committee of the  
California Home Economics Association,  
Southern Section,  
Grand Ave. School, Los Angeles, Cal.

For 1918

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California Home Economics Association  
San Diego, California  
Grand Ave. School, Los Angeles, Cal.

# C a k e s

## General Directions

INCE perfection in the completed cake does not depend alone on the ingredients and their proper proportions, it is advisable that all who use this booklet read the following suggestions.

## Utensils

A few well selected pieces of equipment are absolutely necessary to the best success of these recipes. It is true that edible cakes and cookies can be obtained with the make shift of the average kitchen, but not the successful product intended.

To insure success and enjoyment while working you should own the following:

Standard tablespoon (16 to 1 cup).

Standard teaspoon (3 to 1 tbsp.)

Wooden spoon for mixing.

Steel case knife for removing baked cakes.

(Spatula not best for this.)

Glass measuring cup.

Aluminum measuring cup.

Egg whip or wire whisk.

Egg beater of the wheel or Dover type. (Not a cheap one.)

Crockery bowls.

Limber spatula to remove cake batter. (Not

necessary, but a great convenience.)

Flour sifter.

Cake rack on which to cool cakes, bread, etc. The wire shelf of the refrigerator is a good substitute.

"Turk's Head" cake pan for large cakes, as fruit or sponge. (Has hole in center.)

Tin or aluminum cake pan about 7x11x2 inches. (Suitable for cakes of the "Novelty type.")

Square cake pan with removable bottom.

Loaf cake pan about 4x8x3 inches.

Layer cake pans.

Russian iron or aluminum cookie sheet.

Oven thermometer.

Syrup or candy thermometer.

Pair of scissors for cutting fruit, marshmallows, etc.

Brush for oiling pan, though a piece of clean paper may be used.

Double boiler, one quart size.

Collect all ingredients and utensils before starting the cake.

### Abbreviations

tsp.—teaspoon.

tbsp.—tablespoon.

c.—cup.

lb.—pound.

pt.—pint.

oz.—ounce.

### Equivalents

All measurements are leveled by knife moved forward at right angles to spoon or cup. Do not pack. Flour is sifted once before measuring. Use



no favorite "coffee" or "tea" cups or dessert spoons!

3 tsp. equals 1 tbsp.

16 tbsp. equals 1 cup.

(When measuring molasses, sour milk, or other liquids and fat, always remove surplus clinging to spoon before calling it a measured table spoon.)

2 c. liquid equals 1 pt.

2 c. sugar equals 1 lb.

2 c. fat equals 1 lb.

4  $\frac{1}{2}$  c. flour equals 1 lb.

16 oz. equals 1 lb.

### Mixing

With the exception of true sponge, cakes depend for their lightness upon the gas generated when the baking powder combines with liquid ingredients. Therefore do not beat the batter any longer than to thoroughly mix it, or the gas will be lost and a heavy, compact mass results. A better method is to reserve two tablespoons of the flour and to sift it with the baking powder into the well beaten batter before the whites are folded in. Long beating before addition of the leavener tends to make a more even grained texture.

### Flour

To obtain a fine even texture, use one of the especially prepared cake flours on the market, or make your own pastry flour by substituting two tablespoons of cornstarch for two of flour in each cup of sifted flour. This always gives better results than bread flour though the cake dries out more readily.

### Effect of Various Ingredients

In making an untested recipe for the first time it is interesting to know that:

1. If the cake has a gummy surface with a tendency to fall, an excess of sugar was used.
2. If there are heavy streaks and a friable crumb, too much fat was used.
3. A dry, bready cake is the result of too much flour.
4. An excess of baking powder makes a porous cake which falls easily.
5. An excess of egg gives tendency to toughness and produces "tunnels."

### Baking

If all else has been observed and the cake is carelessly baked, failure is usually the reward. One should learn the good and bad points of the oven used and act accordingly.

The cake is usually placed in the center of the oven. A large square of asbestos insures against burning on the bottom. The top shelf of the oven is used for browning.

An oven thermometer, purchasable for a small sum, does away with guess work if one records results of each baking.

### Temperatures

(Table given in Bulletin No. 8. Good House-keeping Series.)

Plain Cake (sheet or cup)—375°F.—30 minutes.

Plain Cake (loaf)—350°F.—45 minutes.

Plain Cake (layer)—375°F.—20 minutes.

Fruit Cake (cheap)—325°F.—1¼ hours.

## CAKES, COOKIES AND CONFECTIONS

- Fruit Cake (very large)—275°F.—3 to 4 hours.  
Sponge Cake—320°F.—1 hour.  
Angel Cake—320°F.—1 hour.  
Baking Powder Biscuit—450°F.—12 to 15 min.  
Muffins—400°F.—25 minutes.  
Corn Cake—400°F.—20 to 25 minutes.  
Pop-Overs—450°F.—30 min., and 350 °F. 15 min.  
Gingerbread—325°F.—45 minutes.  
Bread—350°F.—45 minutes to one hour.  
Biscuits (yeast)—400°F.—  
425°F.—20 minutes.  
Rolled Vanilla Cookies—450°F.—10 minutes.  
Filled Cookies—450°F.—11 minutes.  
Drop Bran Cookies—425°F.—12 minutes.  
Soft Molasses Cookies—375°F.—18 minutes.  
Ginger Snaps—350°F.—7 minutes.

### **Tests When Done**

A cake may be tested in three ways:

- b. When a straw inserted comes out without any dough adhering.
  - a. When it shrinks from the sides of the pan.
  - c. When lightly touched the dent does not remain.

Leave sponge cakes in pan till cold. Other cakes may be removed to cake rack to cool.

All cakes cut best with a wet knife.

### **CAKES WITH FAT**

Two methods may be employed in mixing.

Cake method of mixing:

1. Cream fat and sugar.
2. Add egg yolk well beaten.
3. Mix and sift dry ingredients and add alternately with liquid.

4. Fold in beaten whites.

Quick or Muffin method of mixing:

1. Soften fat and add to liquids.
2. Mix and sift dry ingredients.
3. Combine 1 and 2.

Both methods are satisfactory for plain cakes.

Most butter cakes are a reduction or slight variation of the One, Two, Three, Four Cake, which consists of:

1/2 to 1 c. fat	3 c. flour
2 c. sugar	4 tsp. baking powder
4 eggs	1 tsp. vanilla
1 c. milk	

This makes a satisfactory loaf or layer cake. Bakes to perfection as a loaf in fireless cooker in 1 1/4 hours with stones at 350°F.

### Standard Proportions

6 tbsp. fat	1 1/2 c. flour
1 c. sugar	2 tsp. baking powder
2 eggs	1 tsp. vanilla
1/2 c. milk	

Mix either method.

## VARIATIONS

### Boston Cream Pie

Bake in a thick layer in a round pan. Cut horizontally. Spread cream filling between and dust top with powdered sugar or flute it with meringue or whipped cream.

### Chocolate Cake

Add two squares or 6 tablespoons of ground chocolate plus one tablespoon molasses.

### **Caramel Cake**

Add  $\frac{1}{2}$  cup caramel syrup instead of milk. (Caramel syrup: Over a low fire melt  $\frac{1}{4}$  cup sugar in small pan, stirring constantly. When sugar has turned to a light brown syrup, remove from fire. Add 1 cup boiling water and cook to a syrup consistency.)

### **Date Cake**

Add  $\frac{1}{2}$  cup chopped dates, mixed with dry ingredients.

### **Marble Cake**

Make part plain and part chocolate and alternate by spoonfuls when putting into pan, drawing tip of spoon back and forth through each color.

### **Mocha Cake**

Flavor with coffee extract and use mocha filling.

### **Nut Cake**

Add 1-3 cup chopped nuts.

### **Orange Cake**

Bake in layers, using orange filling and frosting.

### **Raisin Cake**

Add 1-3 cup raisins.

### **Spice Cake**

Add coffee extract in place of milk and spices as desired.

## CAKES WITHOUT FAT

### Sponge Cakes

True sponge cakes are leavened only with air incorporated into the beaten eggs.

The yolks are beaten well with a Dover type of beater.

The sugar is gradually beaten with a wooden spoon into the yolks. Add flavoring.

The whites are beaten only till stiff and folded carefully into the yolks and sugar.

Sift the flour once and measure it. Sift it several times and fold it into the mixture, taking great care not to beat.

Bake in a Turk's Head cake pan in a slow oven. Invert and leave till cold. The pan for sponge cake is not greased.

### Standard Sponge Cake

6 eggs.

1 c. sugar sifted 5 times.

1c.pastry flour sifted 5 times.

Grated rind and juice of one-half lemon.

## SUGGESTED VARIATIONS

### Jelly Roll

Bake in a thin sheet. Spread with jam or jelly and roll while hot.

### Crescents

Cut with crescent cutter and ice with powdered sugar icing.

### Lady Fingers

Shape with pastry tube.

EXCLUSIVE RECIPES

DARK CAKES

**Devil's Food**

- |  |   |
|--|---|
| 1/2 c. shortening  | 2 eggs                                  |
| 2 c. sugar   | 2 1/2 c. flour                          |
| 2 sq chocolate in 1 c. boiling water; let simmer 2 minutes | 1 tsp. soda in 1/2 c. of very sour milk |

**Potato Chocolate Cake**

- |   |                      |
|---|----------------------|
| 2 c. sugar                                | 2 tsp. baking powder |
| 2/3 c. fat                                | 2 sq. chocolate      |
| 1 c. hot mashed potatoes (unseasoned)     | 1 c. chopped nuts    |
| 1/2 c. sweet milk or cold water or coffee | 1 tsp. cinnamon      |
| 2 c. flour                                | 1 tsp. cloves        |
|   | 1/2 tsp. nutmeg      |
|   | 4 eggs               |

Cream butter and sugar, add well beaten egg yolks. Add hot mashed potatoes, then alternately the flour, sifted with baking powder, cinnamon, cloves and nutmeg and milk. Add melted chocolate. Stir in nut meats and fold in stiffly beaten whites. Bake in two layers.

**Potato Torte**

- |                                     |   |
|-------------------------------------|---|
| 1 c. fat creamed                    | 1 c. finely chopped walnuts                               |
| Gradually beat in 1 1/2 c. sugar    | Grated rind of 1 lemon                                    |
| Add 3 beaten egg yolks              | 2 c. flour sifted with                                    |
| 1 c. cold riced potato (unseasoned) | 3 tsp. baking powder and lastly 3 egg whites beaten light |
| 3/4 c. ground chocolate             |   |

Bake in loaf about 45 minutes or in 2 layers about 20 minutes. Excellent baked in Turk's Head pan and frosted with Seven Minute Icing.

### Pomme de Terre Cake

2 c. sugar	$\frac{1}{2}$ tsp. soda
$\frac{3}{4}$ c. fat	2 tsp. vanilla
4 eggs	2 squares bitter chocolate (melted)
$2\frac{1}{2}$ c. flour	1 c. nuts
$\frac{1}{2}$ tsp. salt	1 c. raw grated potato
$\frac{1}{2}$ c. sour cream or milk	
2 tsp. baking powder	

Cream fat and sugar. Add sour cream and grated potato. Add flour sifted with baking powder and soda. Add nuts and melted chocolate.

Fold in the whites. Do not grate potato until ready to add to batter. Bake in a loaf. Cakes of this type are better after "ripening" twenty-four hours in a bread box.

### Occidental Fudge Cake

$\frac{1}{4}$ c. fat	$1\frac{1}{4}$ c. flour
1 c. sugar	$2\frac{1}{2}$ tsp. baking powder
2 eggs	$\frac{1}{2}$ c. milk
2 sq. bitter chocolate	1 tsp. vanilla

Cream one-half of the sugar with the fat and one half with the yolks. Combine, mix and sift dry ingredients. Add alternately to first mixture with milk. Fold in the beaten whites and then add the chocolate. Bake in a shalolw pan 7x11 in. in a moderate oven for forty minutes. Cover with Reliable Frosting and when cold pour over this melted bitter chocolate.



### Hamilton Chocolate Cake

1 c. brown sugar	1 tsp. vanilla
$\frac{1}{2}$ c. fat	2 eggs beaten separately
$\frac{2}{3}$ c. milk	$\frac{1}{2}$ c. ground chocolate,
2 c. flour	dissolved in 2 tbsp.
2 tsp. baking powder	hot water
$\frac{1}{2}$ tsp. soda	

Use cake method of mixing. Bake one hour in a loaf pan.

### Almond Torte

4 eggs	$\frac{1}{2}$ c. almonds blanched
1 c. powdered sugar	finely chopped
$\frac{1}{3}$ c. ground chocolate	$\frac{3}{4}$ c. fine cracker
1 tsp. baking powder	crumbs

Beat yolks of eggs until thick and lemon-colored; add sugar gradually, then fold in whites of eggs beaten until stiff and dry. Add chocolate, almonds, baking powder and cracker crumbs. Bake in a moderately slow oven. Cool, split, and put whipped cream, sweetened and flavored, between and on top. Garnish with angelica and candied cherries. This makes a most attractive dessert when baked in individual tins. When cool remove centers and fill with whipped cream.

### Prune Cake

1 c. sugar	5 tbsp. sour milk
$\frac{1}{3}$ fat	$\frac{1}{4}$ tsp. salt
2 eggs	1 c. cooked prunes, cut
$1\frac{1}{2}$ c. flour	into pieces
$\frac{1}{2}$ tsp. nutmeg	1 tsp. soda
$\frac{1}{3}$ tsp. cloves	$\frac{3}{4}$ tsp. baking powder
$\frac{1}{2}$ tsp. cinnamon	

Bake in a loaf or two layers.

### Santa Barbara Cake

1/2 c. fat	1 tsp. cloves
1 c. sugar	1 tsp. cinnamon
3 eggs	1 c. sour milk
2 c. flour	1/4 c. nuts chopped fine
1 tsp. soda	Nuts and raisins may be omitted
1 tsp. nutmeg	

### Apple Sauce Cake

2 c. flour	1/2 c. nuts chopped
1 c. sugar	1/2 c. raisins
2 tsp. soda	1 1/2 c. apple sauce (medium thick unsweetened)
2 tsp. spice	
3 tbsp. chocolate	1/2 c. melted fat
1/2 tsp. salt	
1 tbsp. cornstarch	

Sift all dry materials. Add nuts, raisins, apple-sauce, and lastly melted fat. Bake as a shallow loaf in moderate oven about 45-60 minutes. The nuts and raisins may be increased to 1 c. each for a richer cake. Apricot, prune or peach sauce of similar consistency may be used.

### Fairy Gingerbread

3/4 c. brown sugar	2 tsp. soda
2 eggs	1 c. boiling water
3/4 c. light molasses	1 tbsp. ginger
3/4 c. melted fat	2 tsp. cinnamon
2 1/2 c. flour	Other spice if desired

Sift dry ingredients, beat eggs, add molasses, softened fat, and lastly boiling water with soda in it. Makes a thin batter, but is very tender. Bake in gem pans.

### Honey Cake

- |                            |                               |
|----------------------------|-------------------------------|
| 1 c. sugar                 | 1 tsp. cinnamon and all-spice |
| 1 c. chopped citron        |                               |
| 1 c chopped nut meats      | 2 tbsps. honey                |
| 4 eggs                     | 2 c. flour                    |
| $\frac{3}{4}$ c. chocolate | 1 tsp. baking powder          |

Mix in order given. Bake in thin sheet. Cut in small rectangles when done. May be frosted with a white icing if desired.

### Dark Fruit Cake

(Makes 10 lbs.—keeps for years)

- |  |                                     |
|--|-------------------------------------|
| 1 lb. butter substitute                | 4 lbs. seeded raisins               |
| $1\frac{1}{4}$ lb. sugar               | 2 lbs. currants or seedless raisins |
| 10 eggs                                |                                     |
| $\frac{1}{2}$ c. brandy or grape juice | 1 lb. citron                        |
| 1 tsp. cinnamon                        | $1\frac{1}{4}$ lb flour             |
| 1 tsp mace                             | 1 tsp. soda                         |

Cream butter and sugar. Add egg yolks, spices and liquor. Mix flour and soda with fruit and add. Fold in stiffly beaten egg whites. Bake in slow oven about three hours.

### English Fruit Cake

- |                                |                                   |
|--------------------------------|-----------------------------------|
| $1\frac{1}{2}$ lbs. flour      | 1 lb. mixed candied fruit         |
| 1 lb. butter                   | 1 lb. blanched and sliced almonds |
| $1\frac{1}{2}$ lb. brown sugar |                                   |
| 1 c. brandy or substitute      | 4 tbsps. nutmeg                   |
| 2 tbsps. lemon juice           | Grated rind of 2 lemons           |
| 1 c. molasses                  | 3 lbs. raisins                    |
| 7 eggs                         | 2 tbsps. mace                     |
| 1 lb. figs                     | 4 lbs. currants                   |
|                                | 2 tbsps. cloves                   |
|                                | $\frac{3}{4}$ lb. citron          |
|                                | 1 tbsps. soda                     |

Bake 3 to 4 hours in slow oven (200°-250°)

## LIGHT CAKES

**Angel Food**

1½ c. sugar	1 c. flour
11 egg whites	1 tsp. vanilla
1 tsp. cream tartar	

Sift flour four or five times. Sift sugar the same. Beat whites until stiff. Add cream of tartar to whites when beating. Sift into the whites a little of the sugar at a time and beat. Fold in the flour a little at a time and fold just enough to mix flour. Do not beat. Vanilla may be added to whites. Bake in a Turk's Head pan in a slow oven for one hour. Invert to cool. Frost with any white frosting.

**Angel Sponge Cake**

3 eggs	1 1-3 c. flour
1 c. sugar	½ c. boiling water
½ tsp. baking powder	1 tsp. flavoring

Beat whites until stiff. Beat yolks, adding a pinch of salt. Add to whites and beat. Add sugar beating with egg beater. Add boiling water, then flour and lasting baking powder. Add flavoring. Bake in ungreased cake tin, in a hot, then moderate oven for 35-45 minutes. When done turn the cake tin upside down between two dishes until cold.

**Feather Sponge**

(Made With Potato Flour)

4 eggs	2/3 c. potato flour (good
1 c. sugar	only with the best
1 tsp. baking powder	grade potato flour)
1 tsp. flavoring	

Beat yolks and whites separately. Beat one-

half of the sugar into yolks and one half into the whites. Pour yolks and sugar over sifted flour and baking powder. Mix well. Add the whites and sugar and flavoring. Bake in a loaf or in two layers. This is a very tender sponge cake and makes an excellent dessert served with sliced bananas and whipped cream or strawberries and whipped cream.

### Yellow Angel Cake

1 $\frac{1}{4}$ c. sugar	$\frac{3}{4}$ tsp. cream tartar
5 tbsp. water	4 tsp. cornstarch
7 eggs	$\frac{1}{8}$ tsp. salt
1 c. flour	1 tsp. flavoring

Sift dry ingredients four or five times. Beat yolks and whites separately. Boil sugar and water to a thread. Add syrup to stiffly beaten whites. Add yolks. Fold in the flour. Bake one hour in a slow oven. Frost with a white icing to which has been added a little grated rind of an orange.

### Novelty Cake

$\frac{1}{4}$ c. fat	2 tsp. baking powder
1 c. sugar	$\frac{1}{2}$ c. milk
2 eggs	1 tsp. vanilla
1 $\frac{1}{2}$ c. flour	

#### Filling

$\frac{1}{2}$ c. brown sugar	1 tbsp. melted butter
1 tsp. cinnamon	2 tbsp flour
$\frac{1}{2}$ c. chopped nuts	Mix well

Put half of the cake batter in the pan and cover with some of the filling. Then spread over the rest of the batter and then the filling. Bake in an

oblong shallow pan 7x11 inches for twenty-five minutes.

### Dorothy Cake

1/2 c. fat	2 tsp. baking powder
1 1/2 c. sugar	Flavoring:
3 eggs	Nuts, raisins, or cocoa-
1 c. milk	nut may be added
2 1/2 c. flour	

Mix as butter cake. Bake in layers in moderately hot oven. Use 2 tbsp. less milk and bake as loaf. A very fine-grained cake.

### Silver Cake

(Made With Whites)

2 c. sugar	3 c. flour
1/2 c. fat	1 tsp. cream tartar with
4 egg whites	1/2 tsp. soda, or
1 c. cold water	2 tsp. baking powder

Cream butter and sugar. Add beaten whites of eggs. Add cold water. Add sifted dry ingredients and beat briskly 5 minutes.

### California Cake

(Made With Yolks)

1/4 c. fat	7/8 c. flour
1/2 c. sugar	1 1/2 tsp. baking powder
5 egg yolks	1 tsp. orange extract
1/4 c. milk	

Cream fat and sugar. Add yolks beaten well and extract. Mix and sift flour and baking powder and add alternately with milk to first mixture.

**Mosaic Cake**

1 c. sugar	1 tbsp. melted, unsweet- ened chocolate
$\frac{1}{2}$ c. fat	
$1\frac{3}{4}$ c. flour	$\frac{1}{4}$ tsp. cinnamon
2 eggs	$\frac{1}{4}$ tsp. nutmeg
$\frac{3}{4}$ c. milk	$\frac{1}{4}$ tsp. allspice
$1\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ tsp. salt
1 tbsp. molasses	

Mix first six ingredients according to cake method number one. Separate into three parts. To one add spices, molasses and melted chocolate. To the second add pink coloring and  $\frac{1}{2}$  tsp. rose flavoring. To the third add  $\frac{1}{2}$  tsp. vanilla. Into a round cake pan put an outer ring of the white, then a ring of the pink, and the innermost ring of the black. On top of that put three more rings reversing the order and so on till all batter is used. This makes a Mosaic Cake.

For marbled effect drop into a loaf cake pan alternately a spoonful of each mixture, drawing the spoon through each color two or three times to make the colors lie in patterns. Bake in a moderate oven about  $\frac{3}{4}$  hour.

**Hot Lemonade Cake**

$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. almonds or wal- nuts ground fine
6 eggs	
Rind of 1 lemon	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{4}$ tsp. baking powder	$1\frac{1}{2}$ c. sifted bread crumbs
$\frac{1}{2}$ tsp. bitter almond flavoring	

Beat yolks; add sugar gradually; bread crumbs, baking powder, grated lemon rind and flavoring.

Fold the whites in last. Bake in a square pan in a slow oven one hour. When cake is removed from pan, pour over it one cup of very strong boiling lemonade.

### White Fruit Cake

2 c. flour	$\frac{1}{2}$ tsp. salt	1 c. almonds
$\frac{1}{4}$ tsp. soda	$\frac{2}{3}$ c. fat	2 tbsp. milk
6 egg whites	1 c. sugar	1 tsp. vanilla
1 tsp. baking powder	$1\frac{1}{2}$ c. candied fruits	
$\frac{1}{2}$ tsp. rose flavoring	$\frac{1}{2}$ c. cocoanut	

Cream fat and sugar. Add milk and flavoring. Add cocoanut and almonds. Add flour sifted with baking powder, and salt and soda. Reserve  $\frac{1}{2}$  cup of the sifted flour and dredge the candied fruits in it. Add this with fruits to mixture. Fold in whites. Bake in a loaf pan in a slow oven  $1\frac{1}{2}$  hours.

Any combination of the following candied fruits may be used:

Cherries, pineapple, citron, orange peel, lemon peel, apricot. The almonds should be blanched and shredded. Fresh grated cocoanut may be used or dessicated cocoanut soaked in milk and drained before adding to batter.

### English Tea Cake

$\frac{1}{2}$ lb. butter	$\frac{1}{3}$ lb. seedless white raisins
$\frac{3}{4}$ lb. flour	4 eggs
2 tsp. baking powder	Grated rind of 1 lemon
$\frac{1}{2}$ lb. sugar	
$\frac{1}{2}$ lb. currants or	

Cream butter and work in the flour, then the



sugar and currants. Beat eggs well and add to mixture with lemon rind. Bake slowly  $1\frac{1}{4}$  hours. Blanched almonds or candied cherries may be added. This is excellent sliced thin and served with ice-cream or with tea. It keeps well.

### Cream Puffs

$\frac{1}{2}$ c. butter	4 eggs
1 c. boiling water	1 c. flour

Put butter and water in saucepan. As soon as boiling point is reached add flour all at once and stir vigorously over a low fire. Remove from fire as soon as dough does not cling to spoon or pan (from 2 to 5 minutes). Add unbeaten eggs one at a time, beating until thoroughly mixed, between the addition of each egg. Drop by spoonfuls on a greased sheet two inches apart, piling mixture up high. Put in a hot oven for ten minutes, then reduce the heat and complete cooking in a slow oven. Time for baking 30 to 45 minutes, depending on size of puffs. When cold slit and fill with whipped cream or cream filling. See Boston Cream Pie Filling.

### Doughnuts

$1\frac{1}{2}$ c. sugar	$\frac{1}{4}$ tsp. cinnamon
$2\frac{1}{2}$ tbs. fat	$\frac{1}{4}$ tsp. grated nutmeg
3 eggs	$1\frac{1}{2}$ tsp. salt
1 c. milk	Flour to roll
4 tsp. baking powder	

Cream fat with one third of the sugar. Beat egg until light. Add remaining sugar, and combine mixtures. Add  $3\frac{1}{2}$  cups flour sifted with

baking powder, salt and spices; then enough more flour to make stiff enough to roll. Roll out about one-third of the dough at a time to one-fourth inch thickness. Shape with doughnut cutter and fry in deep fat and drain on clean soft paper. The temperature of fat for frying doughnuts is 360°F. This may be tested, if there is no thermometer, by a square of bread which should brown in 60 seconds.

### Snowballs

3 eggs	1/4 tsp. nutmeg
1 1-3 c. sugar	1 tsp. salt
1 tbs. melted fat	1/2 tsp. soda
1 c. sour milk	4 tsp. baking powder
1/4 tsp. cinnamon	3 c. flour

Beat eggs, add sugar, melted fat, sour milk and dry ingredients sifted twice. Then add enough flour to handle. Roll out 1/4 inch thick and cut with small round cutter about one inch in diameter. Fry in deep fat, turning as soon as it comes to top. When cool, roll in powdered sugar. Makes about 150 snowballs.

## INEXPENSIVE CAKES

### Raisin Cake

1 c. sugar	1 egg	1 c. sour milk
1/2 c. fat	1/2 tsp. soda	2 c. flour
1 c. raisins cut fine	2 tsp. cinnamon	
1 c. nuts chopped fine	1/2 tsp. cloves	
1 tsp. baking powder	1/2 tsp. nutmeg	

Mix as butter cake. Very satisfactory plain cake. Bake in moderate oven as loaf.

### Economy Cake

1 c. brown sugar	1 tsp. ginger
1 c. water	2 tsp. cinnamon
1 c. raisins	1 tsp. soda
$\frac{1}{2}$ c. fat	2 c. flour

Bring sugar and water to boil. Add raisins and cook 5 minutes. Add fat and spice. Cool and add sifted soda and flour. Bake in moderate oven. More fruit and nuts may be added.

### Inexpensive Devil's Food

1 c. sugar	$\frac{1}{2}$ tsp. soda
4 tbsp. fat	1 tsp. baking powder
1 c. boiling water	$1\frac{1}{2}$ c. flour
1 egg	$\frac{1}{4}$ tsp. salt
6 tbsp. ground chocolate	

Boil chocolate and  $\frac{1}{2}$  cup water together until creamy—about 2 minutes. Cool. Cream fat and sugar. Beat egg and add to above. Add chocolate mixture. Add flour sifted with baking powder and salt. Add soda to  $\frac{1}{2}$  cup boiling water. Stir into mixture and beat well. Bake in 2 layers. (A thin batter.)

### Lightning Cake

$1\frac{1}{4}$ c. flour	$\frac{1}{3}$ c. fat or oil
$\frac{3}{4}$ c. sugar	2 eggs
3 tsp. baking powder	milk
$\frac{1}{2}$ tsp. salt	

Sift dry ingredients. Put fat into a cup. Add

eggs unbeaten. Fill up cup with milk. Beat 3 minutes.

Vary with chocolate, cocoanut, nuts or spices.

### One Egg Cake

4 tbsp. fat	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ c. flour
1 egg	$2\frac{1}{2}$ tsp. baking powder

Mix quick or muffin method.

### Cup Cakes

Bake the above recipe or the standard cake recipe in muffin tins.

### An Old Recipe

This is taken from a cook book entitled, "American Cookery," by Amelia Simmons, "an American orphan," published in 1796 at Hartford, Conn. The book is now in the possession of Mrs. Hadasah Cheroske of Los Angeles.

### Plain Cake

"Nine pound of flour, 3 pound of sugar, 3 pound of butter, 1 quart emtins, 1 quart milk, 9 eggs, 1 ounce spice, 1 gill of rosewater, 1 gill of wine.

### Emptins

"Take a handful of hops and about three quarts of water, let it boil about fifteen minutes, then make a thickening as you do for starch, strain the liquor, when cold put a little emtins to work them, they will keep well corked in a bottle five or six weeks."

## COOKED ICINGS

### Reliable or Seven Minute Icing

$\frac{7}{8}$  c. sugar  
3 tbsp. cold water

1 egg white unbeaten

Put all ingredients in a one quart double boiler. When water in lower part of double boiler is boiling vigorously, set in the top part with the ingredients, and beat constantly with a Dover egg beater for seven minutes. Remove from fire and stir in one dozen marshmallows cut in fourths. Flavor and spread on cake. This icing will never fail to be of the proper consistency if the above directions are followed and the proper utensils used. The water in the lower part of the double boiler must be high enough to surround the icing. This will frost a large cake.

### Variations of Reliable Icing

Chocolate. Add 4 tbsp. ground chocolate when removing from fire.

Caramel. Flavor with 2 tbsp. caramel syrup. To make caramel syrup see directions under Cake Variations.

Pineapple. Use pineapple juice instead of water.

### Birthday Novelties

1. Sprinkle "hundred million" candies over icing as soon as spread on cake.

2. Make petals by cutting marshmallows into petals with scissors and arrange in flower shapes on frosted cake. Petals may be tinted with vegetable color pastes.

### White Mountain Icing

1 c. sugar	Flavoring
1/3 c. water	1 egg white
1/4 tbsp. cream tartar	

Bring sugar and water to boil and add cream of tartar. Boil till it spins a thread when dropped from tip of spoon. Pour slowly over stiff whites. Beat until it will stand. Add flavoring. If too stiff add a little hot water. Will fill and ice a medium sized two layer cake.

### Baking Powder Frosting

2 egg whites	1/4 tsp. baking powder
2 c. sugar	1/2 c. water
1/4 tsp. cream tartar	1/4 lemon

Mix sugar, cream of tartar, and baking powder and add water. Boil. Beat egg whites stiff and put in bowl over boiling water. Add spoonfuls of boiling syrup one at a time to egg whites, beating constantly. Add syrup (it is continually boiling) till 1/2 has been used. Add lemon juice to whites. Let syrup remain boiling to the thread test. Pour this now on whites and beat until it will stand alone when dropped. If too hard, add a little hot water. If not hard enough, continue to cook and heat over the boiling water.

### Marshmallow Frosting

1 c. brown sugar	1/4 c. butter
1/2 c. white sugar	1/4 lb. marshmallows
1/4 c. boiling water	

Cook all except marshmallows until it forms a soft ball, tested in cold water. Melt the marsh-

mallows over boiling water and add to first mixture and beat until thick enough to spread.

### Chocolate Icing

1 c. sugar	2 egg yolks
5 tbsp. water	3 tbsp. ground chocolate

Boil to thread the sugar and water. Beat yolks well and add the chocolate to these. Pour syrup over the egg and chocolate. Beat a little and pour on the cake. This is very good, and has a good glaze.

### Nut-Caramel Frosting

1¼ c. brown sugar	1/3 c. water
¼ c. white sugar	2 egg whites

Boil first three to thread. Pour gradually over the whites of two eggs beaten stiff. Beat till luke warm. Set back on stove in a pan of boiling water and boil till it becomes granular around the edge. Remove and heat till it holds its shape. Add 1/3 c. walnuts and 1 tsp. vanilla. Pour over cake using back of spoon and try to get a rough surface.

## UNCOOKED ICINGS

### Mocha Filling I

1 c. butter	2 tbsp. coffee syrup
Powdered sugar	1 egg white

Make two cups strong coffee. Strain and boil down until only a thick syrup remains.

Cream butter, add sifted powdered sugar until too stiff to stir. Add coffee syrup drop by drop while stirring. Add unbeaten egg white and sugar until desired consistency to spread on cake.

### Mocha Filling II

1 c. powdered sugar	$\frac{1}{4}$ c. butter or butter
$\frac{1}{4}$ c. chocolate	substitute

Mix ingredients well and thin as desired with hot coffee or cream. This keeps a long time. May omit chocolate.

### French Butter Cream

$\frac{1}{2}$  c. baked vanilla custard

Make one cup hard sauce. Add custard very slowly to this, beating well. If it curdles, add a tablespoon of melted butter. Canned milk may be added in place of the custard. For a mocha frosting flavor with strong coffee. For chocolate frosting add ground chocolate. This makes an excellent filling and is fine for the tops of cakes used with pastry tube.

### Chocolate Frosting

8 tbsp. cocoa or chocolate	2 tbsp. butter
	1 tsp. vanilla
$2\frac{1}{2}$ c. powdered sugar	Boiling water

Put cocoa, sugar, butter and vanilla in bowl. Add boiling water drop at a time stirring until of the desired consistency to spread. If it hardens before ready to spread stand over hot water until softened. Most satisfactory, easy frosting.

### Dark Chocolate Icing

Melt 3 squares chocolate	
Add 5 tbsp. powdered sugar	Add 3 tbsp. of boiling water



### Orange Frosting

Grated rind of 1 orange    1 egg yolk  
 ½ tsp. lemon juice        Powdered sugar  
 1 tbsp. orange juice

Add fruit juice gradually to egg yolk slightly beaten. Stir in sugar until of consistency to spread.

### Reed Whip

1 egg white, unbeaten    ½ glass of jelly

Put in bowl and beat with a Dover type egg beater until stiff enough to keep its shape. Use on top of cake or as a filling. Very attractive but must be eaten soon after it is put on cake.

### Powdered Sugar Icing

Add milk or water to powdered sugar to make the consistency to spread. Flavor.

### Ornamental Frosting

2 tbsp. powdered sugar    1 egg white, unbeaten

Beat this for two minutes then continue to beat in sifted powdered sugar until stiff enough to hold its shape. Test for this by drawing a case knife through the frosting. If cut remains it is stiff enough for the pastry tube. Flavor with one tbsp. lemon juice added as the sugar is beaten in. Color if desired. Use less sugar for plain icing.

## FILLINGS

### Variations of Reliable or Seven Minute Icing

The following fillings may be made by using the Seven Minute Frosting with the suggested variations. (See under Icings.)

Caramel Filling. Use brown sugar instead of white, or add 2 tbsp. caramel syrup. See Caramel Cake.

Cocoanut.  $\frac{1}{3}$  c. fresh or grated cocoanut added when taken from fire.

Chop Suey.  $\frac{1}{4}$  c. each of raisins, nuts and cocoanut.

Chocolate.  $\frac{1}{4}$  c. ground chocolate or 1 square of melted chocolate.

Date or Fig.  $\frac{1}{4}$  c. chopped dates or figs.

Jam. Add 2 tbsp. jam to filling.

Lady Baltimore. 5 figs, 1 c. chopped pecans, 1 c. raisins, cut.

Nut.  $\frac{1}{3}$  c. chopped nuts.

Orange. 2 tbsp. finely chopped candied orange peel.

Pineapple. Use three tbsp. of pineapple juice instead of water.

Praline.  $\frac{1}{2}$  c. of rolled almond, peanut or walnut brittle.

Prune.  $\frac{1}{2}$  c. finely chopped cooked or steamed prunes.

Prune-Almond.  $\frac{1}{2}$  c. finely chopped cooked prunes and  $\frac{1}{3}$  c. blanched, chopped almonds.

### Orange Filling

$\frac{1}{2}$  c. sugar

$2\frac{1}{2}$  tbsp. flour

Grated rind  $\frac{1}{2}$  orange

1 tsp. butter

$\frac{1}{4}$  c. orange juice

$\frac{1}{2}$  tbsp. lemon juice

1 egg, slightly beaten

Cook twelve minutes in double boiler, stirring constantly. Cool before spreading.



### Chocolate Filling

$\frac{1}{2}$ c. milk	1 c. sugar
2 squares unsweetened chocolate	Yolk one egg
	1 tsp. vanilla

Melt chocolate over hot water, with sugar and milk. When smooth add beaten yolk. Cook two minutes.

### Pineapple Filling

1 c. grated pineapple	1 egg yolk
$\frac{3}{4}$ c. sugar	1 tbsp. cornstarch
1 lemon, rind and juice	1 egg white

Cook in double boiler until thickened and add egg white beaten.

### Strawberry Whip

1 c. strawberries	1 egg white, unbeaten
1 c sugar	

Put all into a large bowl and beat with an egg whip until stiff. This is good for cake that is to be eaten as soon as whip is spread onto it. Also good for cream puffs and as a dessert.

# C o o k i e s

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# Cookies

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## ROLLED COOKIES

## Studio Teas

4 eggs	1 tsp. vanilla
2 c. sugar	4 c. flour or enough to roll
1 c. butter	
1 tsp. soda	

Beat eggs and sugar together, then add the butter creamed. Add flour and soda sifted. Roll very thin and cut with fancy small cutters. Sprinkle sugar and cinnamon over the top. These are delicious served with chocolate. A large recipe.

## Caddies

(With Steel Cut Oats)

2 eggs	1 c. sugar
1 c. fat	2 tbsp. milk
$\frac{1}{2}$ tsp. soda	$2\frac{1}{2}$ c. oatmeal put thru fine food chopper
2 tbsp. chopped candied orange or lemon peel	$2\frac{1}{2}$ c. flour

Roll very thin. Cut as desired.

## Ginger Snaps

1 c. light molasses	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. shortening	1 tbsp. ginger
$3\frac{1}{4}$ c. flour	$1\frac{1}{2}$ tsp. salt

Heat molasses to boiling and pour hot molasses over shortening. Add dry ingredients and chill twenty-four hours. Take one-third of the mixture, roll thin and cut carefully. Bake in a moderate oven. Vary the rest with candied orange peel and cut into fancy shapes.

May be iced when baked.

**Mysteries**

1 c. sugar	3½ c. flour
½ c. shortening	2 tsp. cream of tartar
1 egg	1 tsp. soda
½ c. milk	1 tsp. vanilla

Mix and roll thin and shape. Place cookies in greased pan and place a little filling on each, not allowing to spread over the edge. Place another cookie on top and press down edges. Bake in moderate oven.

Filling:

1 c. chopped raisins, figs, or dates	1 tsp. flour
	½ c. water

½ c. sugar

Cook until thick.

**Diplomas**

¼ c. butter	¼ c. milk
½ c. powdered sugar	⅞ c. bread flour
½ tsp. vanilla	

Cream the butter, add sugar gradually, and milk drop by drop; then add flour and flavoring. Spread very thin with a broad, long-bladed knife on a greased baking sheet or inverted rectangular pan. Crease in three-inch squares and bake in a slow oven until delicately browned. Cut squares apart with a sharp knife, and keeping dough warm, quickly roll into tubular or cornucopia shapes. If squares become too brittle to roll, place in oven to soften. If rolled in tubular shape and tied in bunches with narrow ribbon they are very attractive served at a graduation tea.

Tinted wafers may be made from this mixture



by adding vegetable coloring and different flavorings. If tinted wafers are made they must be baked in a very slow oven and turned frequently, otherwise they will not be of uniform color.

### Swiss Vanities

2 eggs	$\frac{1}{2}$ tsp. vanilla or cinnamon
$\frac{1}{8}$ tsp. salt	Flour to make a dough to roll
2 tbsp. cream	

Beat eggs well, add other ingredients. Roll very thin—almost transparent. Cut in two-inch squares. Gash like the top of pie crust. Cook in deep fat and sprinkle with powdered sugar. Handle with two forks when frying.

Serve with tea or chocolate.

### Lovers Knots

Roll the Swiss Vanity dough very thin and cut into strips one-half inch wide and four inches long. Tie into knots and fry in deep fat. Sprinkle with powdered sugar.

### Bavarian Christmas Cookies

$\frac{1}{2}$ lb. fat (butter preferred)	$\frac{1}{4}$ lb. sugar
$\frac{3}{4}$ lb. flour	3 tbsp orange juice

Roll very thin and cut into small round cakes. Spread a little well beaten yolk in the center of each. Sprinkle with sugar and a little cinnamon or finely chopped nuts and bake in a slow oven.

## DROP COOKIES

### Orange Favors

1 c. sugar	1 lemon, juice of this
1 c. flour	and 1 tsp. of grated
4 eggs	rind

Mix like sponge cake. Drop from tip of teaspoon on greased paper or pan. Bake in moderate oven. Spread with orange marmalade or lemon butter, putting two cookies together. Dust with powdered sugar. (See cake fillings for lemon butter.)

### Cornflake Macaroons

2 egg whites, beaten stiff	Cornflakes to make very stiff
$\frac{1}{2}$ c. sugar	Grated lemon or orange rind
1 tsp. vanilla	

Fold carefully together and bake as Meringues in a slow oven.

### Meringues

3 egg whites, beaten stiff	1 c. fine granulated sugar folded in
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Flavoring

Drop in oval shape onto wet letter paper tacked to a board or onto a greased paper. Bake one of two possible ways.

Either put into an oven warm enough to make Meringues hold their shape and take on a very delicate brown; then lower fire to just dry them out. This may take one-half to one hour. Or place them in a very slow oven to dry out for one hour.

**Variations**

1. Fill Meringue shells with whipped cream or frozen mixtures and press two together. Serve as a dessert.

2. Bake as small kisses.

3. Shape on a paper in a large circle. Bake. Remove from paper and place it around a mound of strawberries piled with whipped cream.

4. Shape into fancy forms as mushrooms, eclairs, etc., with pastry bag and tubes.

**Carmen Kisses**

2 egg whites	1 1/4 c. walnuts, ground
2/3 c. powdered sugar	fine
	1/2 tsp. vanilla

Beat whites stiff with Dover egg beater. Mix into whites with a spoon, the sugar and ground walnuts. Add vanilla. Bake in a little more than a moderate oven until shape is set, then reduce heat to a slow oven.

**Chocolate Macaroons**

3 whites of eggs, beaten	1 c. sugar
until stiff	1 c. nuts (broken)
1 c. ground chocolate	

Drop by small tsp. on greased tin. Put nut meat on top. Bake in moderate oven. Makes three dozen.

**Sour Cream Cookies**

1 c. sour cream	1 tsp. soda
1 c. sugar	1/4 tsp. salt
1 egg	1 tsp. vanilla
2 1/2 c. flour	

Drop from tip of tsp. into small mounds on

## CAKES, COOKIES AND CONFECTIONS

greased baking sheets and press a nut or raisin on top of each cookie. Sprinkle with sugar. Bake in a quick oven ten to fifteen minutes.

### P.-T. A's

2 tbsp. fat	1 egg well beaten
$\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ c. flour
$\frac{1}{4}$ tsp. salt	2 tsp. baking powder
1 tsp. vanilla	

Cream fat and sugar. Add egg, milk and flour sifted with baking powder. Add flavoring. If this amount of flour is not sufficient to make a very stiff batter, add more. Drop from tip of teaspoon on greased pan and bake in a quick oven.

A piece of nut or a raisin may be put on top of each before baking.

### Rolled Oat Cookies

$\frac{3}{4}$ c. fat	$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. raisins
2 eggs	$\frac{3}{4}$ tsp. soda	2 tbsp. Karo
$1\frac{1}{2}$ c. flour	$\frac{2}{3}$ c. nuts	
1 c. light brown sugar	2 c. rolled oats put thru	
1 tsp. cinamon	coarse food chopper	

Mix ~~in order given~~. Drop from spoon the size of a walnut and bake 15 minutes.

### Blimps

1 c. fat	1 c. flour	$\frac{1}{2}$ c. raisins
2 eggs	$\frac{1}{2}$ c. nuts	$\frac{1}{2}$ c. currants
1 c. brown sugar	3tbsp. chocolate	
2 tsp. baking powder	2 c. oats chopped	

Mix ~~in order given~~. Drop on greased pans and bake in moderate oven.

**Fillups**

2tbsp. fat	1 tsp. baking powder
$\frac{1}{4}$ c. sugar	$\frac{1}{4}$ tsp. salt
1 egg	2 tbsp. milk
$\frac{1}{2}$ tsp. lemon juice	$\frac{1}{2}$ c. finely chopped pean- nuts
$\frac{1}{2}$ c. flour	

Cream butter, add sugar and well beaten egg. Sift baking powder, salt, and flour. Add to butter and sugar, then add milk, lemon juice and nuts. Drip from teaspoon onto a greased pan and place one half peanut on top of each. Bake in moderate oven.

Makes about 36 small ones.

**Walnut Wafers**

1 c. brown sugar	1 tsp. baking powder
1 c. chopped walnuts	2 eggs
1 c. flour	

Mix in order given. Drop from spoon in very small drops on greased pan. Bake quickly.

Makes 80 the size of a dollar.

**Ginger Nuts**

1 tsp. cinnamon	$\frac{1}{2}$ c. melted fat
$\frac{1}{2}$ tsp. cloves	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ tsp. ginger	3 c. flour
$\frac{1}{2}$ tsp. salt	1 egg
$\frac{1}{2}$ c. molasses $\frac{1}{2}$ tsp. soda	1 c. chopped raisins

Mix muffin method. Makes a stiff dough. Shape in a long roll about  $\frac{3}{4}$  inch in diameter. Cut off sections and roll, making tiny marbles. Roll each in sugar and bake in moderate oven.

Good for Christmas time.

### Date Dillies

- |                                 |                         |
|---------------------------------|-------------------------|
| $\frac{3}{4}$ c. walnuts broken | 2 tsp. baking powder    |
| into coarse pieces              | 6 tbsp. flour           |
| $\frac{3}{4}$ c. dates          | 2 eggs, beaten together |
| $\frac{3}{4}$ c. brown sugar    |                         |

Bake in a very slow oven in muffin tins. Fill pans compactly one-half full. Pyrex custard cups bake these nicely. These may be wrapped and tied to imitate plum puddings for Xmas gifts.

### Date Bars

- |                    |        |                      |
|--------------------|--------|----------------------|
| 1 c. sugar         | 3 eggs | 1 c. flour           |
| 1 c. chopped nuts  |        | 1 tsp. baking powder |
| 1 c. chopped dates |        | Speck of salt        |

Beat yolks and add sugar. Beat whites and add alternately with dry ingredients. Add fruit and bake in a shallow pan in moderate oven about 30 minutes. Remove from pan, cut in bars 1 inch by 3 inches and roll in powdered sugar or frost with chocolate frosting.

### Sultanas

- |                         |                         |                           |
|-------------------------|-------------------------|---------------------------|
| $\frac{3}{4}$ c. fat    | 1 tsp. soda             | $\frac{1}{2}$ c. walnuts  |
| $1\frac{1}{2}$ c. sugar | $3\frac{1}{4}$ c. flour | $\frac{1}{2}$ c. currants |
| 3 eggs                  | 1 tsp. salt             | $\frac{1}{2}$ c. raisins  |
| 6 tbsp. hot water       |                         | 1 tsp. cinnamon           |

Cream the fat, add sugar gradually, and eggs well beaten; then dry ingredients and liquids, alternately. Add fruit, dredging with a small amount of the flour and the nuts, chopped. Drop by spoonfuls one inch apart on greased pans. Bake in a moderate oven.

Sufficient for  $4\frac{1}{2}$  dozen.

### Cloisters

$\frac{1}{2}$  c. Eagle brand condensed milk      Cocoanut  
 1 tsp. vanilla

Add all the cocoanut the milk will hold. Drop by teaspoon to slightly greased baking sheet. Bake to light brown. These burn easily.

### Hermits

$1\frac{1}{2}$  c. brown sugar       $1\frac{1}{2}$  tsp. cinnamon  
 1 c. fat       $\frac{1}{4}$  tsp. cloves  
 2 eggs       $\frac{1}{2}$  tsp. soda in  
 1 c. chopped raisins       $\frac{1}{2}$  c. hot water  
 1 c. chopped nuts       $\frac{3}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. nutmeg      3 c. flour

Mix as butter cake. Drop in small spoonfuls on greased tin. Bake in moderate oven.

### Brownies

1 c. sugar      3 tbsp. milk  
 2 tsp. baking powder      2 sq. chocolate (melted)  
 $1\frac{1}{4}$  c. flour      4 tsp. fat (melted)  
 $\frac{1}{4}$  tsp. salt      1 c. nuts (chopped)  
 2 eggs      1 tsp. vanilla

Pour into square greased pan and bake 10 to 15 minutes. Cut at once into strips one inch by three inches. Makes about sixty.

### Walnut Squares

1 egg, beaten creamy       $\frac{1}{8}$  tsp. salt  
 1 c. light brown sugar      5 tbsp. flour  
 $\frac{1}{8}$  tsp. soda      1 c. chopped walnuts

Stir sugar into beaten egg. Sift flour, soda and salt and mix with the nuts. Stir second mixture into first. Spread on a greased pan a layer one-

half inch thick or less. Bake in a moderate oven 20 minutes. Cut into squares.

### Chocolate Chips

$\frac{1}{2}$ c. fat	1 c. sugar
2 eggs	1 c. flour
2 sq. bitter chocolate	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla	

Mix like cake. Spread as thin as possible onto inverted, well greased pans. Bake in a moderate oven. Cut while hot into strips or oblongs.

Makes one hundred.

### Cheroqueets

3 tbsp. fat	Whites of 2 eggs
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. flavoring
$\frac{1}{4}$ c. milk	$\frac{1}{4}$ c. candied cherries,
1 c. flour	cut fine
$1\frac{1}{2}$ tsp. baking powder	

Mix butter cake method. Bake in shallow greased pan. Cut into tiny squares. Ice with a soft frosting and roll at once in shredded coconut. May bake in tiny muffin tins.

### Scotch Shortbread

$\frac{1}{2}$ c. sweet butter	3 tbsp sugar
2 c. flour	

Sift flour and sugar five times. Gradually work the flour and sugar into the butter. Use a fork or slit spoon for mixing. Roll one half inch thick or shape by hand into rounds. Score with tines of fork and bake in a slow oven about one-half hour.



# Confections

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# Connections

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ANNUAL-ORIENTATION FOR  
CASBY-STARBUCK



[The main body of the page contains several paragraphs of text that are extremely faint and illegible due to the quality of the scan. The text appears to be a formal announcement or program for an annual orientation event.]

## GENERAL DIRECTIONS FOR CANDY MAKING

Candy making is one of the keenest pleasures to all concerned, but it requires for its success accuracy, and some knowledge of the materials with which one works. The following suggestions are offered the amateur so that he may better understand what he is trying to produce and how best to get the desired results.

White granulated sugar is the basis for almost all candy. When heated slowly without water it gradually changes to a colorless syrup, but as the heat increases this changes to a light brown and then a dark brown syrup. This latter is known as caramel sugar and is less sweet than the original sugar. It is used in cooking for flavoring syrups, desserts, and candy, the melted sugar usually being boiled with water until it is completely dissolved.

Sandy or coarse grained candy is produced by short boiling, stirring or agitating the syrup, or by beating while the candy is yet warm.

Creamy, velvety candy is produced by long, slow boiling; the addition of an acid such as cream of tartar, molasses, brown sugar, vinegar, etc., cooling before handling; or the addition of a simple sugar such as glucose, caramel sugar or honey.

As crystals spread from one to another, never

scrape a kettle where a non-crystalline candy such as taffy, butter-scotch, etc., is desired.

Milk is often used by the home candy maker, but excellent candy is made with water and it is much easier to handle. The casein of milk has a tendency to stick and hence burn to the bottom of the kettle, while if water is used this is avoided and a slight increase in the amount of butter makes the product as rich as with milk.

The success of candy making depends largely upon careful testing so as to know when to remove the syrup. A sugar thermometer is desirable, but if one is testing with a spoon even greater care should be given. Have pans greased and nuts prepared before beginning to cook the syrup so that undivided attention can be given to testing. Test only a small amount, one or two drops at a time, in cold water. When it begins to test remove gently from the flame while testing so that the candy will not over cook while the test is being made.

Tests:—	The thread—216°F.-218°F.
	The pearl—220°F.
	The blow—230°F.
	The feather—232°F.-235°F.
	Soft ball—238°F.-240°F.
	Large or firm ball—248°F.-250°F.
	The crack—290°F.-310°F.
	Caramel—350°F.

### The Soft Ball

Test a few drops of the syrup in cold water. When the small ball will hold its shape enough

so that it can be picked up and rolled between the thumb and forefinger without sticking it has reached the soft ball test.

### Hard or Firm Balls

Test as for soft ball, but the syrup should be firmer and hold any shape it is pressed into. It should not be brittle or crack, but firm between the thumb and forefinger.

### The Crack

This is slightly harder than the firm ball. The test should ring against the side of the cup, and some of it should break with a slight snap. It should not stick to the teeth.

The hard crack will quickly set hard and easily snap.

### The Caramel

The caramel stage is reached when all the water has boiled out and the syrup begins to discolor slightly. It should be removed from the fire at once to prevent burning and set in a pan of cold water to stop its cooking.

### Fudge

1 c. brown sugar	2 sq. chocolate or
1 c. white sugar	1/2 c. chocolate
1 c. milk or water	2 tbsp. butter
2 tbsp. Karo	1 tsp. vanilla
1 c. nut meats	

If white sugar only is used, 3 table-spoons of good molasses may be added. Stir mixture until it boils, cook slowly until "soft ball" is formed

when tested in cold water. Add butter, vanilla, and allow to cool. When cool stir until it begins to thicken, add nuts and pour into well buttered pan,  $\frac{3}{4}$  in. deep. Cut in squares.

### Marshmallow Fudge

2 c. sugar	1 tsp. vanilla
$\frac{2}{3}$ c. milk	$\frac{3}{4}$ c. nut meats or raisins
2 sq. chocolate, or	
$\frac{1}{2}$ c. cocoa	1 c. marshmallows, cut in quarters
1 tbsp. butter	
Speck salt	

Cook sugar, cocoa and milk slowly, stirring only until it boils. Cook until it forms a firm soft ball in cold water or  $240^{\circ}\text{F}$ . Add butter remove from fire and let stand until cool. Add vanilla and beat until the mixture begins to thicken. Add the prepared nuts and marshmallows, pour at once into well buttered pan and mark in squares.

### Caramel Fudge

3 c. sugar	3 tbsp. butter
1 c. boiling water	1 c. nut meats
1 c. milk or cream	

Smooth flat pan best to use, such as iron or aluminum frying pan. Caramelize (melt)  $\frac{1}{2}$  cup sugar, stirring constantly to prevent burning. Add 1 cup boiling water and when cooked until smooth, add remainder of sugar and milk alternately. Cook quickly until a firm ball, or  $248^{\circ}\text{F}$ . Add butter, allow to cool, beat until creamy. When it begins to thicken add nuts. Pour into buttered pan and mark in 1 inch squares.

**Date Fudge**

1 c. brown sugar	2 tbsp. butter
2 c. white sugar	1 tbsp. glucose or honey
1 c. milk or cream	1 tbsp. lemon extract
$\frac{1}{4}$ lb. (1 c.) stoned dates	1 tbsp. vanilla extract Speck salt

Put sugar, butter, milk and glucose into saucepan. Boil slowly to soft ball or 240°F. Remove from fire and add extracts. When cool beat until creamy. Add chopped dates. Pour into greased tins.

**Panocha**

2 c. brown sugar	1 tbsp. butter
1 c. white sugar	1 tbsp. vanilla
$1\frac{1}{2}$ c. milk	$\frac{3}{4}$ c. nut meats
Speck salt	

Boil slowly to "soft ball" or 240°F. Add butter and vanilla. Cool slightly and beat until creamy. Add nuts. Pour at once into a buttered pan and mark in one inch squares.

**Divinity**

3 c. sugar	$\frac{1}{2}$ tsp. almond extract
$\frac{3}{4}$ c. Karo	Whites 2 eggs
$\frac{3}{4}$ c. water	1 c. nuts or candied fruits
1 tsp. vanilla	

Cook sugar, karo and water slowly until "cracks" in cold water or 290°F. Add slowly to stiffly beaten egg whites, beating constantly until stiff enough to hold imprint of beater. Add vanilla and nuts and pour one inch deep in buttered pans. Cut in squares.

### Sea Foam

- |                   |                           |
|-------------------|---------------------------|
| 1½ c. white sugar | Mapeline or coffee        |
| 1½ c. brown sugar | 1 c. nut meats if desired |
| 1½ c. hot water   | flavoring                 |
| White 1 egg       |                           |

Cook sugar and water until it forms a hard ball in cold water or 250°F. Add slowly to beaten white, beating constantly. Beat until thick, drop from teaspoon on wax paper or buttered tins.

### Nougat

- |                         |                       |
|-------------------------|-----------------------|
| 2 c. sugar              | 2 tsp. glucose        |
| ¼ c. water              | 1 tsp. vanilla        |
| 2 egg whites            | 1 c. mixed nut meats  |
| ½ tsp. almond extract   | (Brazil, pecans, wal- |
| ¼ c. candied cherries   | nuts and almonds)     |
| 1 c. corn syrup (light) | 1 stick angelica      |

Boil sugar, corn syrup, water and glucose until brittle when tested in cold water or about 270°F. Add slowly to very stiffly beaten egg whites, beating constantly. Add flavoring and fold in nuts, cherries and angelica and cut into small pieces. Pour at once into well buttered pans. When cool cut and wrap each piece in wax paper.

### Caramels

- |                 |                            |
|-----------------|----------------------------|
| 2 c. sugar      | 2 c. milk or cream         |
| ¾ c. glucose or | 1 c. nut meats if desired  |
| 1½ c. Karo      | 1 tsp. vanilla             |
| ¾ c. butter     | 2 sq. chocolate if desired |

Put sugar, glucose, butter and ½ milk over fire. Stir until mass boils thoroughly. Add gradually second cup of milk. Let mixture boil, stirring every 3 or 4 minutes till it reaches "hard ball"



stage 252°F. or for hard caramels a "brittle" at 265°F. about 2 hours' boiling.

Stir in vanilla (and nuts if used) and pour into well buttered brick shaped pans to cool (about  $\frac{3}{4}$  to 1 inch in depth). When nearly cool mark in cubes. Cut, roll in wax paper. Let stand 24 hours to dry..

If cream is used, less time is required in cooking—about 1 $\frac{1}{2}$  hours. If chocolate is used, melt it over hot water; add a little of the hot syrup gradually, then add to the mass after the second cup of milk is added.

This recipe makes about 1 $\frac{3}{4}$  pounds of candy.

### Chew Chocolate Caramels

1 c. good light N. O. molasses	2 sqs. chocolate
$\frac{1}{2}$ c. sugar	2 tbsp. butter
$\frac{1}{2}$ c. milk	$\frac{1}{8}$ tbsp. cream of tartar

Boil ingredients until a hard ball is formed when tested in cold water or 250°F. Pour in well buttered pan. When cool cut in squares.

### Butterscotch

1 $\frac{2}{3}$ c. sugar	$\frac{2}{3}$ c. water
$\frac{2}{3}$ c. brown sugar	$\frac{2}{3}$ tsp. lemon extract
$\frac{1}{8}$ tsp. cream of tartar	Speck of salt
$\frac{1}{2}$ c. butter	

Put sugar and water into saucepan, stir occasionally until it boils, then add cream of tartar. Boil covered ten minutes, remove cover and allow to boil until almost done, then add the butter. Boil to about 300°F. or the hard crack, add

the lemon extract and pour at once into well buttered tins. Do not stir syrup while boiling. Do not scrape pan. Mark into small squares.

### White Taffy

2 c. sugar                      Flavoring                      2 tbsp. vinegar  
    1 c. water                      1 tbsp. butter

Cook slowly until "small crack" or until cracks against cup, forming glass-like threads in cold water at 290°F. Never stir after mixture boils. Cover the kettle from 2 to 3 minutes to dissolve crystals on sides of the pan. Pour in buttered platter to cool. Do not scrape kettle.

When cool enough to handle pull until porous. Have hands cool. Wash in cold water frequently and dry thoroughly. Use only tips of fingers to touch candy. Pull in long rope and cut with shears.

Pull over gas flame if candy cools before it is porous.

### Molasses Taffy

1 c. molasses                      2 tbsp. butter  
 1 c. sugar                              1 tbsp. vinegar

Mix ingredients and boil slowly until it reaches the small crack 290°F. Pour at once onto buttered platter, but do not scrape kettle. When cool pull until porous. Cut in pieces with buttered shears. Only the best light molasses should be used.

### Cream Taffy

2½ c. sugar                      1 tbsp. butter                      ½ tsp. glycerine  
 ½ c. glucose                      ½ tsp. salt                      1 c. water

Put sugar, glucose, butter and water in kettle.

Boil to very firm ball or 258°F. Add glycerine, salt, flavor and color as desired. Pour on well greased slab. When cool enough to handle, pull until porous. Cut with shears.

### Oriental

3 c. sugar	1/2 tsp. almond extract
1 tbsp. butter	(if desired)
1 egg white	1/4 c. honey
1/2 c. candied pineapple	1/2 c. walnuts meats
1 c. milk	1/2 c. shaved citron

Boil the sugar, milk and butter. When almost boiled to the thread, add honey and boil until it forms a soft ball when tested in cold water or 240°F. Remove from fire and add slowly to very stiff egg white, beating constantly. Beat a few moments then add the chopped walnuts, cut pineapple and citron. Pour into buttered pan and when cool mark in squares or drop by teaspoonfuls on buttered plates.

### Popcorn Balls

4 quarts, sifted, salted corn or crisped puffed rice or corn	2 c. molasses, light gold- en N. O.
1 tbsp. vinegar	1 c. brown sugar
	2 tbsp. butter

Boil rapidly, being very careful it does not burn. When brittle when tested in cold water or about 270°F. pour immediately over the corn and stir until evenly mixed. Press with hands into balls, keep in cold, air-tight place.

### Sugared Popcorn I

2 qts. popped and sifted corn	$\frac{1}{2}$ c. water
2 c. brown sugar	2 tbsp. butter
	1 tsp. vanilla

Boil sugar, water and butter until it forms a firm ball when tested in cold water or 250°F. Add flavoring and pour slowly on popped corn while stirring corn vigorously until all is well coated and the syrup sugars.

### Sugared Popcorn II

2 qts. popped corn	$\frac{1}{3}$ c. water
1 c. sugar	$\frac{1}{2}$ tsp. pink coloring

Boil sugar and water slowly until it forms a firm ball when tested in cold water. Add coloring, stir well, and then pour very slowly over popped corn while stirring corn vigorously. Each kernel should be coated with sugar. This is an excellent recipe for making sugared popcorn in large quantities for Xmas stockings. The coloring may be varied, or larger proportion of corn to syrup if desired.

### Candied Orange Peel

Peel of 6 oranges. Cover with cold water, bring to boil, change water and boil until tender. Drain thoroughly. Remove excess white with spoon, cut in strips with scissors. Boil 2 c. sugar and 1 c. water until it threads. Add peel and let boil until syrup is boiled away. Watch carefully. Add 1 c. sugar and stir with fork until crystallized. Spread on wax paper to dry.

**Grapefruit Novelties**

1 lb. grape fruit peel      2 c. water

1½ lbs. sugar

Select bright fruit with thick peel. Wash with brush. Grate very lightly with an ordinary grater to break cells. Cut the peel in quarters, remove from fruit and weigh.

Cut again into strips or fancy shapes. For each quart of peel add 3 pints of cold water. Boil ten minutes and pour off the water. Repeat six or eight times or until as much of the bitter flavor is removed as is desired. Dry peel between folds of cloth, pressing gently.

To each pound of peel take 1½ lbs. sugar and 2 cups water. Bring syrup to a boil and cook until sugar is dissolved. Add prepared peel and cook until syrup is absorbed. This may be told by the formation of sugar crystals in the clear peel. Sometimes, however, there is danger of cooking too long and the resulting product is hard and unattractive. When the peel begins to cook thick like a preserve, try rolling a piece in granulated sugar after draining well. If this stiffens on cooling the whole product is ready to drain and roll in the granulated sugar.

The pulp may be removed from the whole grapefruit shell and it crystallized—or various heart, lozenges or other shapes cut out and different vegetable colorings added to the syrup.

**Turkish Delight**

½ c. cold water

3 tbsp. gelatine

Let stand till water is absorbed. Pour ½ c. cold water over 2 c. granulated sugar. Heat to the

boiling point. Add gelatine and cook twelve minutes after boiling begins. Stir constantly, since it burns easily. Remove from fire and add 2 tbsp. lemon juice and 4 tbsp. water. Flavor with peppermint or other flavoring and color green. Pour  $\frac{3}{8}$  inch deep into a wet pan. Cut and roll in granulated sugar just before ready to serve.

### Mint Delight

2	tbsp. gelatine	Green coloring — pep-
	( $\frac{1}{2}$ pkg.)	permint
$\frac{1}{2}$	c. cold water	Red coloring — winter-
2 $\frac{1}{3}$	c. sugar	green
$\frac{3}{4}$	c. cold water	

Soak gelatine in  $\frac{1}{2}$  c. cold water 10 minutes. Cook sugar and  $\frac{3}{4}$  c. water to brittle stage—or about 270°F. Add gelatine to syrup and stir until well dissolved. Color half green and flavor with peppermint. Color half red and flavor with wintergreen. Pour into shallow pans to depth of  $\frac{1}{4}$  inch. When set cut into squares with hot knife. Roll in powdered sugar.

### Cinnamon Nuts

1	c. sugar	$\frac{1}{2}$	tsp. vanilla
$\frac{1}{4}$	c. water	$1\frac{1}{2}$	c. nut meats—wal-
$\frac{1}{2}$	tsp. cinnamon		nuts best
$\frac{1}{8}$	tsp. cream of tartar		

Boil sugar, water, cream of tartar and cinnamon until it has reached the firm ball stage. It will just spin a thread when tested with a spoon. Cool slightly, add vanilla and nut meats and beat until it sugars and the nuts break apart.

### Glaze Nuts

$\frac{1}{2}$  c. boiling water                       $\frac{1}{3}$  tsp. cream of tartar  
1 c. sugar

Put ingredients in smooth sauce pan and stir until it begins to boil. Boil slowly until the syrup begins to discolor which is 310°F. Remove saucepan from fire, place in pan of cold water to stop its cooking and then place in a pan of hot water while dipping. Skewer nuts separately on hat pin and dip in syrup, being careful each is well covered. Place each on well greased dish to harden.

### Candied Figs

5 lbs. figs                      1 pt. water                      1 lb. (2 c.) sugar

Wash figs and add to the syrup made from the sugar and water. Cook slowly 1 hour. Repeat the cooking the second day. On the third day cook until figs are dry, shaking the pan rather than stirring. Lay the figs on plates and place in warm oven. Turn out fire. Leave over night. Repeat for several days until figs are quite dry. Better dried in the sunshine.

### Horehound

3 c. sugar                                      1  $\frac{1}{3}$  c. water  
1 tbsp. horehound                       $\frac{1}{2}$  tsp. cream of tartar  
 $\frac{2}{3}$  c. boiling water

Pour boiling water over horehound and steep 5 minutes. Strain through fine cloth. Add sugar and remaining water and cream of tartar. Boil to 300°F. or hard crack. Pour at once into buttered pans. Do not scrape kettle. Mark in small squares.

### Molasses Brittle

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 c. molasses             | $\frac{1}{2}$ tsp. lemon extract |
| 1 c. sugar—brown or white | 1 c. peanut meats                |
|                           | $\frac{3}{4}$ tsp. soda          |
| 1 tbsp. vinegar           | 1 tbsp. butter                   |

Boil molasses, sugar, butter and vinegar slowly until when tested in cold water it is brittle or cracks 290°F.-300°F. Add extract and soda and beat for one minute or until it foams up well. Add half of peanuts and pour at once onto well buttered slab and roll out very thin. Stick the remaining peanuts on top. When cool break into pieces.

### Peanut Brittle I

- |                 |                          |
|-----------------|--------------------------|
| 2 c. sugar      | $\frac{1}{4}$ tsp. salt. |
| 1 qt. nut meats |                          |

Shell, skin and chop coarsely the peanuts. Sprinkle with salt.

Melt sugar in perfectly smooth kettle such as an iron or an aluminum fry pan, stirring constantly so that it caramelizes evenly. Add nuts and pour at once into well buttered tins.

Other nuts may be used instead of peanuts such as pecans, almonds or walnuts.

### Peanut Brittle II

- |                          |                                |
|--------------------------|--------------------------------|
| 3 c. sugar               | $\frac{3}{4}$ c. glucose       |
| 4 tbsp. butter           | 2 level tsp. soda              |
| 1 $\frac{1}{3}$ c. water | $\frac{3}{4}$ lb. peanut meats |

Boil sugar, glucose and water to hard crack or 275°F. Add butter and soda. Beat well, pour over peanuts scattered in well greased pans.



### Scotch Kisses

- |                  |                     |
|------------------|---------------------|
| 1 c. brown sugar | 1 can dry marshmal- |
| 1 tbsp. butter   | lows                |
| ½ c. water       | ½ tbsp. vinegar     |

Boil sugar, water, butter and vinegar to soft crack when tested in cold water or 290°F. Remove from fire, drop in marshmallows one at a time, cover with the syrup and remove with fork to buttered marble or buttered plate.

### Parisian Sweets

- |                      |                          |
|----------------------|--------------------------|
| 1 lb. raisins—seeded | 1 lb. walnut meats       |
| 1 lb. figs           | 1/3 lb. crystalized gin- |
| 1 lb. almond meats   | ger                      |
| 1 lb. dates          |                          |

Prepare fruit by removing seeds and cutting off stem ends when necessary. Put all fruit and nuts through meat grinder with the coarsest cutter. Roll out on board to ½ inch in thickness. Dust with powdered sugar, cut in squares.

Almost any dried fruit may be used in making this wholesome dainty, such as prunes, pears, peaches, citron, candied orange peel, etc. The squares may be dipped in chocolate if so desired.

### Marshmallows

- |                      |                |
|----------------------|----------------|
| 1 envelope (2 tbsp.) | 1 tsp. vanilla |
| gelatine             | 1¼ c. water    |
| 2 c. sugar           | Speck salt.    |

Soak gelatine in ½ the water for 5 minutes. Put remaining water and sugar in saucepan, bring to boil. Boil until syrup will spin a thread when

dropped from tip of spoon. Add soaked gelatine and let stand until partly cooked. Add salt and flavoring and beat until the mixture becomes white and thick. Turn into granite pans thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in cold place until thoroughly chilled. Turn on board, cut in cubes and roll in powdered sugar.

This recipe makes about one hundred marshmallows.

### Fondant

2½ c. sugar  
1¼ c. water

⅓ tsp. cream of tartar

Put ingredients in smooth saucepan and stir until sugar is dissolved and mixture begins to boil. Boil without stirring until soft ball is formed when tested in cold water or 240°F. During boiling cover 2 minutes so as to dissolve crystals on the sides of the kettle. When cooked pour fondant in clean bowl, do not scrape kettle, as scrapings will "sugar." When almost cold beat with wooden spoon until white and creamy. Knead with hands until perfectly smooth. Pack in jars to ripen, about 24 hours—or cover with cloth dipped in hot water and wring dry.

If cooked too long or not long enough, if grainy and not creamy, add water and cook over again as if fondant were sugar.

This fondant lends itself to endless ways of making up and is the basis for all French creams. It is used to stuff dates, figs, prunes, etc., as centers for chocolate creams, etc.

### Commercial Fondant

6 c. sugar    2 c. water     $\frac{3}{4}$  tsp. acetic acid No. 8  
 1 tbsp. glycerine                      (stock solution about  
 2 egg whites                              28-30%)

Bring water and sugar to boil. Cover when boiling. Add glycerine and acid. Boil to soft ball or 240°F. Pour out in large platter—cool to luke warm. Put the two stiffly beaten egg whites in the middle and knead them in with spatula or wooden paddle. For gloss, add one tablespoon gloss starch; work until the mass is creamy and smooth. Pack in glass jars and allow to ripen for 24 hours.

### Strawberry Delights

Melt fondant in double boiler until creamy. Coat large ripe strawberries with this melted fondant, holding onto the stem and calyx. Allow to dry on wax paper. These dainties must be eaten within 3 or 4 hours after making, but are well worth any trouble.

### Buttercups

1 c. sugar                              Speck of cream tartar  
 $\frac{1}{2}$  c. water                              1 tbsp. butter  
 $\frac{2}{3}$  tbsp molasses                       $\frac{1}{2}$  lb. prepared fondant

Mix and stir until it boils. Boil slowly to soft crack 265°F. Pour from kettle slowly in long strip on buttered marble. Have colored, flavored and warmed fondant rolled in long rope one inch in diameter. Place fondant on slightly cooled strip of brittle, lap edges of brittle and roll rope gently to the desired diameter. Cut off butter-

cups with buttered shears, turning rope at each cutting so that one cut of the candy is at right angles to the other cut.

The filling may be varied and colored to suit, and the outside may have more or less molasses used to lend variety.

### Chocolate Creams

The chocolate used for dipping has more of the cocoa butter left in than the commercial bar chocolate and is often sweetened. The home candy maker may buy bars of dipping chocolate at most groceries or candy kitchens. Baker's "Dot" chocolate is very satisfactory for this purpose.

Melt the chocolate slowly over hot water, being very careful to get no water into it, and remove from fire as soon as thoroughly melted. If water gets into the chocolate it thickens and lumps. If it gets too hot, it streaks and grays as it cools.

The centers of chocolate creams are usually made from fondant, colored, flavored and shaped. After the shapes have hardened and dried a few hours exposed to the air, they are dipped in the melted chocolate with a fork, hat pin, or the fingers, and allowed to dry slowly on wax paper. Soft fondant centers may be made by adding more cream of tartar as the centers are shaped, and after dipping allow them to ripen 3-4 weeks before using.

Raisins, roasted almonds, peanuts, oyster crackers, etc., may be dipped in the chocolate and give a very delicious variation to a box of chocolate creams.

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