



CONFECTIONS
of a
Victorian
Lady



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By Suzanne Perfect

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Introduction

INTRODUCTION

From the handwritten files and receipt books of an amazing Victorian lady, Sarah G. Brown, comes marvelously delicious Confections - many of which we are quite unfamiliar.

No matter that the culinary sages of the day: ladies such as Fannie Merritt Farmer, Isabella Beeton and Catherine E. Beecher with Harriet Beecher Stowe, felt that "Confectionery" was "Ornamental Cookery" (ever so slightly frivolous - to cook more common things to perfection was perhaps more acceptable). Sarah's family loved sweets, especially the children.

"The cost of pure, first class Confectionery is such that many people never buy it. Children love sweets and may have them in moderate quantity. The making of successful Candy in the home depends upon the amount of care in every detail of the work and the purity of the materials."

And those delightful days of afternoon teas, parties with friends, progressive suppers and family dinners were not complete without a lacing of Confections.

Below is a typical dinner menu Sarah prepared for her family:

Tomato Soup	
Roast Turkey	Jellied Cranberries
Onions	Baked Sweet Potatoes
Squash	Conn
Doughnuts	Cheese
Queen Pudding	Tom Sauce
Bonbons	Coffee

The Victorians placed Confections in several classifications: fruits preserved in transparent Syrops were liquid Confections; dried fruit, following a Syrup bath, were dry Confections. Other categories were: Conserve; marmalades; jellies and jams. Flowers and herbs, when boiled in sugar, became Confections.

Candy is the last Classification. And because Sarah, through experience and genuine liking for Candy making, was so proficient and kept such excellent and detailed files, there is quite an assortment of receipts for this book.



FRUIT

Candied Apricots

Soak a pound of apricots for 2-3 hours, no longer. Then drain thoroughly. Take 2 cups of sugar and a cup of water and boil until it threads. Add apricots and cook slowly until almost all the juice is absorbed. Remove from fire, shape and roll in granulated sugar.

Candied Cherries

Use the best Morellos for this purpose. Weigh the cherries, stone them, and sprinkle half their weight in sugar. Let stand overnight in the ice chest. In the morning remove the cherries, pour off all liquid into preserving kettle. Let boil for half an hour. Divide the fruit into small amounts and cook each amount in syrup for 20 minutes. Remove all fruit from syrup and cook it until it is thick and ropy. Spread cherries on baking sheets, cover with cheesecloth, and place in the sun. Pour some of the heated syrup on the cherries daily, and turn them. When the syrup has all been absorbed and the cherries are well dried, pack in small jars. The whole process takes about 10 days.

Candied Orange Peel

Cut the peel into thin strips. Boil in clear water 2-3 hours, changing water until you can piece it with a straw. When boiled soft, weigh it. Add the same weight of sugar and

1/2 cup cold water to a pound. Let simmer 1/2 hour, then remove from stove and roll the peel in granulated sugar.

Date Creams

Take confectioner's sugar and moisten with a few drops of flavoring and sweet milk. When moist enough to shape, make small balls. Take the stones out of the dates and press in cream. Let a little come out at side and ends.

Fig Candy

1 cup sugar

1/3 cup water

1/4 teaspoon cream of tartar

Put first two ingredients in pan and put over the fire and boil to an amber color, but do not stir while boiling. Stir in cream of tartar just before removing from the fire. Split the figs open and lay them on a (flat) pan. Pour the candy over them.

Prunes are also very nice when prepared this way.

• ^{9.} Frosted Fruit •

Dip bunches of currents into the frothed whites of eggs, mixed with just a little cold water. Drain them untill nearly dry and roll in granulated sugar. Reroll in the sugar and lay them on white paper to dry. Plums, grapes and peaches are very nice frosted in the same way.

• Fruit Glaze •

Cook 2 cups of granulated sugar and 1 cup of water for half an hour without stirring. Then test by dipping a cold silver fork into the boiling syrup. If threads fall from the tines the syrup is ready to use. Prepare fruit by cutting figs in halves, rubbing the brown skin from English walnut meats, stoning dates, seeding raisins and dividing oranges into sections. Stick a new hat pin into the fruit and hold it in the syrup for an instant. Then lay on paraffin paper to cool. Keep the syrup warm while using.

• Orange Drops •

Take yolk of an egg, stir in 1 TBSP milk, add grated rind of 1 orange and squeeze the juice; add to this a pinch of tartaric acid; stir in Confectioner's sugar until stiff enough to form into balls the size of a small marble. This is delicious candy.

• Stuffed Dates •

Stone the dates, put $\frac{1}{4}$ English walnut meat, peanut, Castanea, preserved ginger, whichever is preferred, in each. Press together and roll in granulated sugar.

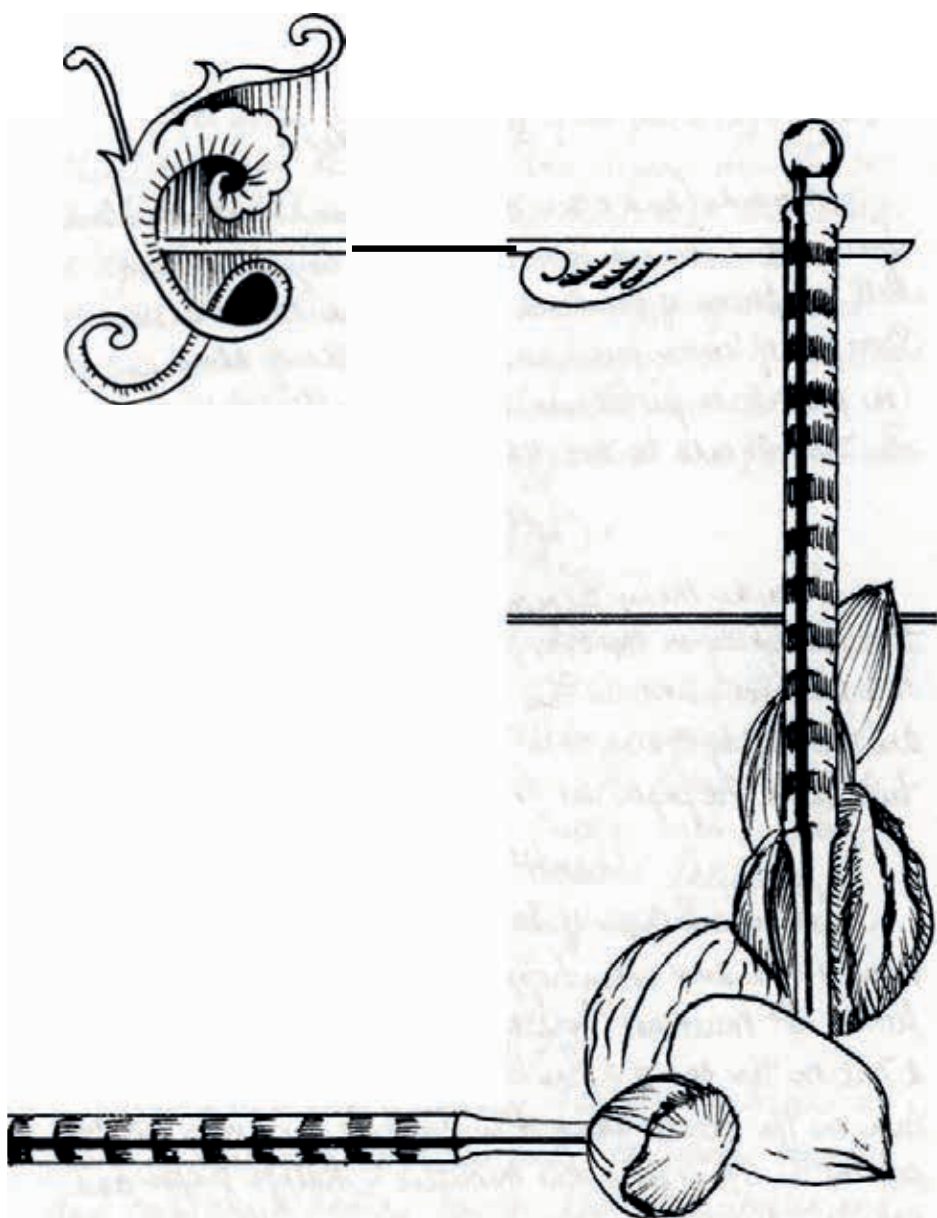
Stuffed Prunes

Cook good prunes until seeds can be removed only. Stuff with candied grapefruit and roll in confectioner's sugar.

Sultanas

$\frac{1}{4}$ cup butter	2 cups white sugar
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ cup milk
1 teaspoon vanilla	2 teaspoons raisins
$\frac{1}{2}$ cup chopped walnut meats	2 squares chocolate

Melt butter, add sugar, milk and molasses together and boil 7 minutes. Add chocolate and stir until melted. Take from fire, beat well, add raisins, nuts (and flavoring if desired). Pour in buttered tin and cut squares before cold.



NUTS

• Almond Nougat •

Almonds (and other nuts for nougat) should be blanched, drained and skinned some time before they are chopped. Melt one pound of powdered sugar, then add a dessert-spoonful of lemon juice and two pounds of almonds (or filberts or pistachias) and a little flavored Syrup. The nuts should be hot when put into the Syrup.

• Chocolate Almonds •

Take as many almonds as you wish, blanch and brown slightly in the oven; have sweetened melted chocolate prepared, and in this stir the almonds. When they are thoroughly coated take out with a fork and drop on buttered white paper set to harden.

• Candied Nuts •

Combine 3 cups of sugar and 1 cup water; boil until it hardens when dropped in water. Flavor with lemon. It must not boil after the lemon is put in. Put a nut on the end of a fine knitting needle, take out and turn on the needle until it is cool. If the Syrup gets cold, set on the stove for a few minutes. Malaga grapes and Oranges, quartered, may be candied in the same way.



• Chestnuts à la Princesse.

Boil some chestnuts and when quite soft, pulp them and add lemon juice and sugar. Line the inside of a thickly buttered cake mold with this. Add a layer of pulped apples delicately seasoned with quince; over this spread another layer of chestnut paste, again an apple layer. Squeeze over more lemon juice and bake in a quick oven. Turn out and cut in diamond shapes. Glaze with egg white and powder with white sugar.

"Home Made Candy"

This is a simple and good receipt. This hard Candy is made by melting sugar in a saucepan at the back of the stove, and stirring it well as it begins to melt. The sugar may be white or brown. The crowning point is a liberal supply of peanuts crushed with a rolling pin after their skins have been removed. Delicious! It is very crisp and clear looking and breaks with a snap.

• Peanut Candy.

Combine 2 cups of molasses, 1 cup brown sugar, a rounding tablespoon of butter and 1 tablespoon vinegar and cook until nearly brittle. Pour over shelled and skinned peanuts that have been scattered in a buttered tin. When nearly cool mark in squares and when cold and brittle break apart at these places.

• Home-Made Macaroons.


Making macaroons is the simplest affair imaginable. The point to be kept in mind is that the oven must be slow. Buy a can of almond paste. It sells for 40¢ at the large grocery stores. To make 1 dozen macaroons, take a rounding tablespoon of the paste (about the size of an egg) and mix with $\frac{1}{2}$ cup of Confectioner's sugar. Then moisten with the unbeaten white of an egg or as much of the white as is needed to form balls about the size of large marbles. Place on buttered brown paper and bake. Remove from paper soon after taken from oven.

. . .

Blanch $\frac{1}{4}$ pound of almonds and pound them with a tablespoon of lemon, to a smooth paste. Add to them an equal weight of Confectioner's sugar and proceed as above.

• Chocolate Macaroons.

Take $\frac{1}{2}$ pound sugar, $\frac{1}{4}$ pound vanilla chocolate and mix with beaten whites of 3 eggs. Add one cup of walnut meats which have been crushed. Cover a tin with white paper, drop little cakes of the mixture upon it and bake in a moderate oven for 15 min.



• Peanut Brittle.

Put 2 cups of sugar in a saucepan and stir constantly until melted. Then add 1 cup peanuts and pour into pans. Break up when hardened.

• Peanut Taffy.

Take 1 pound of brown sugar, enough water to dissolve it, and 1 large spoonful of butter. Boil until it hardens in water. Stir in one quart of shelled and halved peanuts. Pour into pans and set to cool.

• Walnut Creams.

Here is a fine receipt for Walnut Creams. Shell 2 pounds of English walnuts in perfect halves. Take a large fresh egg and separate it in 2 glasses; set an empty glass beside the one containing the egg white; fill the empty glass until there is as much water as egg white. Mix them together, stirring slightly. Now add enough Confectioner's sugar to the consistency of bread dough; flavor half with vanilla and half with Strawberry, (using Cochineal to color it); break off pieces as large as a nutmeg, form in a round ball and press between 2 Walnut halves. Now take the yolk and proceed the same as with the white. Orange, lemon and pineapple are good flavors. For the white one could also use melted chocolate and/or a few drops of strong coffee.

TAFFY
&
FONDTANT

• Fondant.

Fondant, the foundation of all French candies, may be made and kept on hand for several weeks. This allows for an assortment of candies with variations in flavors, colors, etc.

2 cups (1 pound) granulated sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ tsp. Cream of tartar

Boil the sugar, water and cream of tartar without stirring, after boiling begins. Dip the hand or brush into cold water and wash down the crystals that stick to the sides of the saucepan. Let cook, until the syrup that adheres to the spoon, plunged first into cold water, then back into the syrup, and again in the cold water, will form a soft ball. Turn out onto an oiled marble slab. When cool, work with a wooden spoon or paddle until it becomes a soft smooth creamy paste. Then mould as bread. Pack solidly into a glass or earthen jar. Cover closely with oiled paper and let stand at least 24 hours before using.

All the following receipts are fondant based.

• French Bonbons.

In making these, the fondant is used for the outside. Juices, milk or water and Confectioner's Sugar (mixed to a stiff consistency) are the centers. Shape the inside mixture into small balls and let stand. They are then dipped in melted fondant.

• Coconut Bonbons •

Take 5 teaspoons of milk, half a cupful of Coconut and a cup of Confectioner's Sugar. These are Coconut Centers dipped in melted fondant as the receipt above.

• Orange Bonbons •

For orange centers, use orange juice, grated orange rind, Confectioner's Sugar and a little lemon juice. Roll out on a board sprinkled with Confectioner's Sugar (about $\frac{1}{2}$ " thick) and cut with fancy cutters. Dip as above.

• Maple Fondant •

Boil $1\frac{1}{4}$ pounds of maple sugar, $1\frac{1}{4}$ pounds of granulated sugar and $\frac{1}{4}$ tsp. of Cream of tartar in a cupful of water. This can be used for the outside of the Bonbons or rolled in balls for the centers, using a plain fondant for the outside.

• Bonbon Cream • (another Fondant)

1 egg white

1 TBSP. Cold water or milk
- Confectioner's sugar

1 tsp. Vanilla

Stir together egg, water and flavoring. Add Sugar to make mixture stiff enough to mold. Mold until it can be shaped easily. This Cream may be used as a foundation for the following bonbons:

Chocolate Creams

Mold above cream into desired shapes and sizes; place on white paper to dry. Then dip in melted chocolate and place on fresh paper to dry.

Chocolate Mints

Flavor with peppermint, mold, shape in rounds $1/4$ " thick, dip in melted chocolate, and place on white paper to dry.

Cream Wintergreens

Flavor with wintergreen, color with beet juice, mold, roll, cut in thin wafers, and place on white paper to dry. For fruit bonbons, enclose stiff jelly of any desired flavor in cream.

Coconut Balls

Fondant mixed with shredded coconut and worked into a ball with a raisin and some small bits of nut meats inside and then rolled in coconut.

— Flavorings for Fondant —

Chocolate, coffee, rose (with a delicate pink color) and vanilla and bitter almond are popular flavorings. Orange and lemon require Saffron coloring and are equally attractive to the eye and palate.

Use colored bonbons in tea instead of cube sugar. This is a festive and colorful idea for parties.

A good time, for people young and old, was to spend a cold winter's eve pulling taffy. The following receipts lend themselves to this fun - and delicious - event!

• Pull Taffy •

3 cups sugar
 $\frac{1}{4}$ cup butter

1 cup water
 a little Suet

Mix the above together and boil rapidly, without stirring, to the crack stage. Pour out on a marble slab and add desired flavoring and coloring. Allow to cool a bit. Pull (lightly with your hands) until it becomes opaque. Don't pull too long. Cut with scissors into small pieces and let harden.

• Velvet Molasses Candy •

1 $\frac{1}{2}$ pounds sugar
 $\frac{1}{2}$ pint water

$\frac{1}{2}$ pint molasses
 $\frac{1}{4}$ cup vinegar

Mix the above and heat. When boiling add $\frac{1}{2}$ teaspoon cream of tartar. Boil till it crisps in cold water. Stir. When almost done add $\frac{1}{4}$ pound butter and $\frac{1}{4}$ teaspoon Soda. Cool in buttered tins, then pull and then cut.

• Crisp Molasses Candy •

Put a piece of butter in a Spider, large as an English Walnut. Add a cup of granulated Sugar and a cup of molasses. Stir till it threads or crisps quickly in cold water. Remove from heat and stir in a pinch of baking soda. Pour out (on marble slab or buttered tin). When cool enough to handle pull till white and waxy; the longer you pull it the whiter and finer it will be. Break in sticks, and you will have brittle and nice tasting Candy as you could ask for.

• Sugar Taffy •

Take 2 cupfuls of the Sugar known to the trade as "Coffee Crust Sugar," $\frac{1}{3}$ cupful of good vinegar and $\frac{2}{3}$ cupful of water. Boil without stirring until it crisps in cold water, then turn onto a buttered platter with the desired flavor poured on it. When sufficiently cool, pull until white and light - pulling directly from you without twisting. Have the hands clean and dry (no butter!). This can be varied by using different flavorings and is excellent to pour over nuts and popcorn before the pulling process is begun.

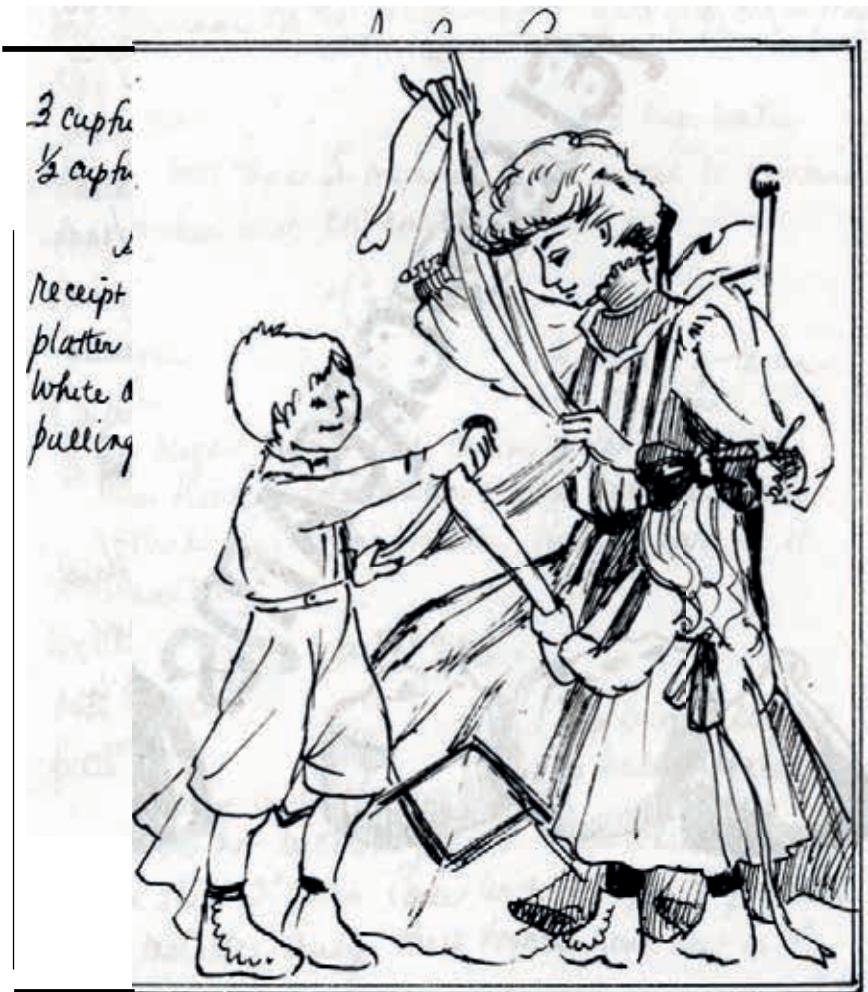
Vinegar Taffy

1/2 cupful vinegar

2 cupfuls of sugar

2 tablespoons butter

Melt butter in a pan. Add sugar and vinegar. Stir occasionally until sugar dissolves. Boil until mixture becomes brittle (when tried in cold water). Turn out on buttered platter until cooled. Pull and cut in small pieces.



• Twist Taffy •

3 cups brown Sugar
½ cup Cream

1 cup white Sugar
a little hot water

Small piece of butter

Boil all the above untill brittle. Pour out and let
Cool a bit. Pull untill quite white. Twist and cut in -
to sticks.

CARAMELS AND CREAMS



Caramels and Creams

Coconut Creams I

1 coconut

1 1/2 pounds granulated sugar milk of the coconut

Set the sugar and coconut milk on the fire and boil 5 minutes. Then add the coconut meat, grated. Boil 10 minutes. Pour on a sheet of paper which has been buttered. Cut when cool.

Coconut Creams II

2 cups sugar 1/3 cup water

Boil less than 5 minutes. Beat until it creams and then thicken with coconut.

Cream Candy I

2 cups sugar 1 teaspoon cream of tartar

1 cup water 1 teaspoon vanilla

Cook sugar, water, and cream of tartar until brittle when tried in cold water; add vanilla; pour onto buttered marble or platter. Pull as soon as it can be handled.

Buttercups

2 cups molasses

1 cup brown sugar

2 tablespoons butter

1/2 cup boiling water

Cook above until brittle.

Pour on hot buttered platter. Pull when cooled. Shape in a sheet 2 " wide. Cover with 1 layer of fondant, 1 layer of molasses candy. Press together and cut in 1 " pieces.

• Cream Candy •

1 pound of granulated Sugar
 $\frac{1}{2}$ tsp. Cream of tartar
 2 tsp. vanilla

1 cupful of water
 2 tsp. vinegar
 butter: Size of an egg

Boil this mixture until it hardens when dropped in water. Test it often enough to stop the cooking at the proper point. Pour onto a buttered platter and pull it, when cooled.

• French Creams •

Take 2 cupfuls of granulated Sugar and $\frac{1}{2}$ cupful of milk. Bring slowly to a boil and cook for 5 minutes. Remove from the fire and set in a pan of cold water, stirring rapidly until it creams. Shape into balls with hands and place nuts on the top. A variation can be secured by arranging the balls in layers with pieces of figs or dates between, then cut in squares.

This mixture can also be used for Chocolate Creams, the chocolate being applied in a melted form after the balls have become firm. They should be left on buttered paper until quite cold.

• Cream Chocolate Caramels

½ pint Sugar
½ pint molasses
1 TBSP. butter

½ pint thick cream
4 ounces chocolate

Stir above until it boils. When it hardens, pour into pans about 2" deep. Set in a very cold place to harden. Mark into squares. (It will take about an hour to cook, in a granite ware pan.)

• Tennessee Bonbons

Make the receipt for Cream Chocolate Caramels. Melt 6 ounces of chocolate and dip the Caramels in this. Set to cool in a cold place.

• Chocolate Caramels

Mix one cupful of grated chocolate with one cupful of brown sugar, one cupful of molasses and ½ cupful of sweet milk. Boil until it hardens when dropped into water. Add a piece of butter the size of an egg. Add a cupful of English walnut meats. Pour into a buttered pan and, when partly cold, cut into squares.

Coffee Caramels

1 cupful of molasses

2 cups of sugar

1 cupful milk

1/4 cupful strong coffee

butter the size of a hickory nut

Boil about 20 minutes. Pour into buttered platters or tins. Mark into small squares.

Maple Caramels

Put 1 1/4 cupfuls of pulverized maple sugar and 1 1/2 cups of granulated sugar into a preserving kettle and add 1 cupful of sweet cream. Stir until dissolved; put over a slow fire, and when mixture boils add 1/4 teaspoon cream of tartar, moistened with 1 teaspoonful of cream. Stir constantly. Test by dropping a little in cold water. When done pour on a large platter that has been slightly buttered. When nearly cold, score with a knife. Delicious!

FUDGES

• Chocolate & Vanilla Fudge •

Chocolate Fudge: 3 cupfuls of sugar, $1\frac{1}{2}$ cupfuls of milk, 4 teaspoons cocoa, butter the size of an egg. Let it boil about 10 minutes, then take from the fire and beat until it thickens. Pour on buttered pan and, when cool, cut in squares.

Vanilla Fudge: 3 cupfuls of sugar, $1\frac{1}{2}$ cupfuls milk, a spoon of butter, 1 tsp. vanilla. Let it boil 10 minutes, take from fire and beat until it thickens. Pour in pan and cut in squares.

For serving, place in a checkerboard effect. Very pretty.

◇ ◇ ◇

The following receipts are all different, and range in directions from vague to explicit.

Fudge •

Take 2 medium tumblers full of white sugar, 2 tumblers brown sugar, butter the size of a walnut, scant cup of milk and 1 generous spoonful of vinegar. Boil about 10 minutes. Take from fire, flavor with vanilla and whip until it begins to thicken. Pour in a buttered tin. Cut before it gets too hard. Also add chopped nut meats or chopped fruits if desired.

• Fudge II •

2 cups sugar

chocolate to taste

1/2 cup milk

butter the size of 2 walnuts

Boil just six minutes after it commences to boil hard all over.

Stir while boiling. This receipt can be made without chocolate. Nuts must also be added. After removal from fire, beat until thickened.

Pour out in buttered tin.

Fudge III

2 cupfuls sugar

4 squares grated chocolate

1 cupful thick sour cream.

Let all boil, stirring constantly. When it forms a soft ball in a cup of cold water, take from the fire. Beat well. Add 1 teaspoon and one cup chopped seedless raisins. Turn into buttered pan and cut in squares when cooled.

Caramel Fudge

Combine 2 cups brown sugar, a cup of thick cream, and 2 cups maple syrup in a large deep saucepan. Stir and bring slowly to boil. Stir rapidly. Reduce heat, cook to a soft ball consistency. Remove from heat, add 2 tablespoons butter and stand, undisturbed, til lukewarm. Add 2 teaspoons vanilla and 1 cup walnut meats. Beat until creamy. Pour into buttered tin and cut, when cool.

• Jutti Futti Fudge •

Take 3 cupfuls of granulated Sugar, 1 cupful of milk or cream; boil 5 minutes. Add butter the size of an egg; boil, stirring constantly until it hardens in cold water. Remove from fire and add 1 tsp. Salt, 1 tsp. vanilla, 1 cupful chopped walnut meats, raisins and candied cherries. Beat until it begins to thicken and pour into buttered tin. When cool, cut in squares.

• Pinoche •

4 cupfuls lightest brown Sugar
1 TBSP. butter
1 TBSP. vanilla

1 cupful milk
1 tsp Salt
1/2 cups walnuts

Boil about 15 minutes, stirring constantly. Test in cold water. When it forms a soft ball, take from fire and beat well, adding nuts and vanilla. Pour into buttered tins and cut, when cool.

• Chocolate Pinoche •

1/2 cups brown Sugar
1/3 cup milk

3 dessert spoons—Cocoa

Boil this hard about 10 minutes, or until tests form a soft ball. Add 1 large TBSP butter and 1 cupful walnut meats. Pour into buttered tin and cut when cool.



Misc

The following receipts are a hodge-podge of unclassified candies. Some are made with herbs, spices, while others rely on oils and extracts. In this section we learn how to make marshmallows and sugar plums (you'll be surprised!). And marzipan (or Marchpane as it was once called) is found in this section as well.

Also found here are simple candy receipts for children to help make. For beginners:

College Goodies

Wellesley Marshmallow Fudge

Heat 1 cup rich milk (cream is better) and 2 cups granulated sugar. Add 2 squares chocolate and boil until it hardens in cold water. Just before it's done, put in a small piece of butter and begin to stir in marshmallows, crushing them with a spoon. After removing from the fire, continue stirring them in until 1/2 pound is used. Cool in sheets 1/2" thick and cut in squares.

Passar Straw Sticks

Cut orange peel into narrow strips with scissors and boil a few minutes, when they will have lost the bitter taste. Wring as dry as possible with a napkin. Drop into boiling syrup made from 2 cups sugar and 1/4 cup water. As soon as it threads, remove from fire and stir to coat the orange peel. Lay each piece on a platter.

Smith College Fudge

Melt $\frac{1}{4}$ cup butter. Have ready 1 cup brown sugar, 1 cup white sugar, $\frac{1}{4}$ cup molasses, and $\frac{1}{2}$ cup cream. Add this to the hot butter and boil $2\frac{1}{2}$ minutes, stirring rapidly. Add 2 squares chocolate, scraped fine. Boil for 5 minutes, stirring briskly at first and then more slowly. Remove from fire. Add 1 $\frac{1}{2}$ teaspoons vanilla and stir until it thickens. Pour into buttered tins, cool and cut.

"No form of amusement is more popular than Candy making. It is pleasant for a small party or on stormy days, and furnishes entertainment for all ages... While children are making Candy they are learning some fundamentals in cooking, such as accuracy in measurements and dexterity in handling mixtures."

- Candies For Children To Make - - 1879

• Easy Kisses.

Put a dot of butter on top of marshmallows and put on butter-thin crackers and bake 5 minutes; do not let stay in too long or they will spread.

-Candies For Children To Make, Cont.

-Cocoanut Macarons.

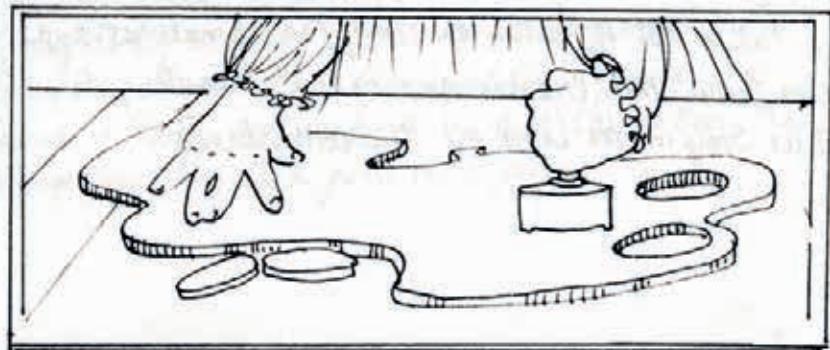
One freshly grated Cocoanut, whites of 2 eggs,
two cups Confectioner's Sugar.

Put the ingredients in a pan and stir over the fire
until the mixture is thick enough to show the bottom of
the pan as you stir. Drop the mixture onto oiled paper,
leaving an inch between the drops. Brown in a very
hot oven.

-Wafers.

1 level tsp. gelatine	2 TBSP cold water
Confectioner's Sugar	oil of peppermint
oil of wintergreen	

Mix the water with the gelatine and let stand
for 20 minutes, then place over hot water until
dissolved. Add enough Confectioner's Sugar to make
a stiff dough. Divide in two and flavor one with
wintergreen, the other with peppermint. Knead.
When cold, roll out thin on a board dredged with
Confectioner's Sugar. Cut with assorted cutters.
Let them stand to dry.



The following receipt is a simple sugar candy, which "satisfies the sweet tooth without hurting the stomach."

Candy for Children

To 3 cups of granulated sugar, add 1 1/2 cups of cold water and stir until dissolved. Put on fire and when it starts to boil, add 1 tablespoon of butter in small pieces. Let boil, slowly, without stirring until it will snap in cold water (about 20 minutes). Flavor with vanilla and pour onto marble slab. Pull, when cooled, until white. Cut with scissors.

Butter Scotch I

Take 3 pounds of good brown sugar, 1 pint of water, and 1/2 pint of molasses. Boil together until it hardens if dropped in cold water. Add 1/2 pound of fresh butter, boil again until it hardens, flavor with lemon, add 1 teaspoon glycerine, and pour into buttered tin. Cut into small pieces and wrap each in prepared paper.

Quick Butter Scotch II

One cup brown sugar, 1/2 cup water, 1 teaspoon vinegar, small piece of butter. Boil for 20 minutes.

Best Butter Scotch III

1/4 cup molasses

2 tablespoons boiling water

1 cupful sugar

2 tablespoons vinegar

1/2 cupful butter

Boil the above until mixture becomes brittle when tested in cold water. Turn into buttered tin. When cool, mark in squares. Try using a small bit of vanilla bean with the other ingredients.

Maple Sugar Candy

Take maple sugar. Boil it until it strings, using half a cup of water to a pound. Then stir in chopped walnuts or any other desired nut and pour on buttered tin. Cut in squares when nearly cold. Pecans made with No. 2 brown sugar and treated in the same way make fine candy. The candy is not cut, but dropped by spoonfuls on a buttered dish to cool in cones.

Marshmallows

This is a very easy, inexpensive way to make marshmallows which taste just like those in the stores: One tablespoon of granulated gelatine dissolved in $\frac{1}{2}$ cup of cold water, a pinch of salt. Put $1\frac{1}{2}$ cups of sugar and $\frac{1}{2}$ cup of water over fire. When it begins to boil, pour over gelatine, let mixture cool until it begins to stiffen. Add 1 tsp. vanilla. Beat with eggbeater til stiff. Pour into a 6" square pan dusted thickly with confectioner's sugar. When firm dust confectioner's sugar over top and cut in squares. Spread the squares out on a platter and let stand over night. Nuts may be added to this confection or a little pink vegetable coloring matter and rose flavoring.

Marzipan (Marchpane)

$1\frac{1}{2}$ cupfuls blanched, ground almonds

2 egg whites

1 cup sugar

Angelica

$2\frac{1}{2}$ cups confectioner's sugar

coloring

flavoring

Make an almond paste by pounding almonds with a mortar and pestle. Mix in the egg whites with some granulated sugar. Mix equal amounts of confectioner's sugar and almond paste on marble slab (or large platter). Add flavoring (suggested: vanilla or rose) and knead

until smooth. Mold into shapes (like fruit), tint with coloring, decorate. Or, marzipan may be frosted with thin fondant or rolled in sugar.

Parisian Confections

1 pound dates

1 pound English walnut meats

1 pound figs

confectioner's sugar

Mix dates and figs (after removing stems and seeds) with walnut meats. Force through a meat grinder. Work using hands, on a board dredged with confectioner's sugar, until well blended. Roll out ($\frac{1}{4}$ " thickness). Shape with small cutters first dipped in sugar. Cover each piece with confectioner's sugar.

• Peppermint Drops.

2 Cupfuls Sugar

Boil that above for 5 minutes. Remove from fire; add small $\frac{1}{2}$ tsp. Cream of Tartar, Flavor to taste with oil of peppermint or checker mint and drop quickly on buttered paper. This also works well with oil of Wintergreen, (or oil of lemon).

• Lemon Drops.

Upon 1 cupful of Confectioner's sugar pour enough lemon juice to dissolve it, and boil it to a thick Syrup; drop on buttered plates and set in a warm place to harden.

• Malines.

2 scant cups Confectioner's Sugar
1 Cup maple Syrup
 $\frac{1}{2}$ Cup cream

2 cups nutmeats

Boil first 3 ingredients until soft ball is formed when tried in cold water. Remove from fire and beat until creamy. Add nuts and drop onto buttered paper by small Spoonfuls.

Horehound Candy.

$\frac{3}{4}$ square inch pressed horehound

2 cups boiling water

$\frac{1}{2}$ tsp Cream of tartar

3 cups Sugar

Pour boiling water over horehound which has been separated into pieces. Let stand (approximately a minute). Strain. Place in kettle with other ingredients and boil until mixture becomes brittle, when tried in cold water. Turn out into buttered platter, cool and cut in squares.

Note: Small packages of horehound can be purchased for 5¢.

Sugarplums.

Sugarplums aren't plums at all! They are popcorn and sugar formed into flat cakes. Below is a crystallized sugared popcorn used to make sugarplums:

1 cupful Sugar

1 TBSP. butter

3 TBSP. water

Boil the above in a large kettle. Stir in a large panful of popcorn. Stir till all the corn is covered. Take off the fire and when sufficiently cooled enough to handle, shape into round flat cakes.

Boiled Sugar Tests for Confections

Small thread— 215° F

Large thread— 217° F

Pearl— 220° F

Large Pearl— 222° F

Blow— 230° F

Feather— 232° F

Soft Ball— 238° F

Hard Ball— 248° F

Small Crack— 290° F

Crack— 310° F

Caramel— 350° F

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