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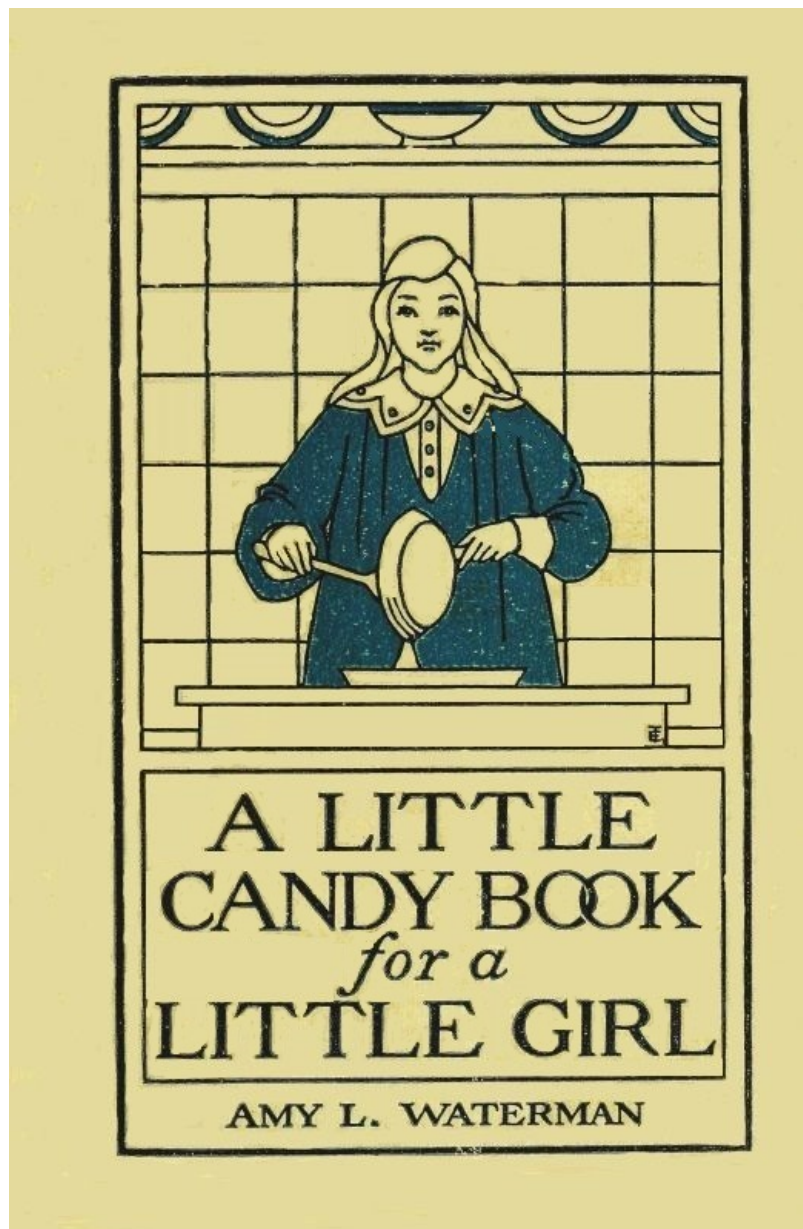
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A LITTLE CANDY BOOK FOR A LITTLE GIRL

[ii]



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[iii]



LITTLE CANDY BOOK FOR A LITTLE GIRL

BY
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HARRIET O'BRIEN*



BOSTON
COMPANY



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MDCCCXVIII

[iv]

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First Impression, May, 1918

TO

[v]

Elizabeth and Dorothy

PREFACE

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THE publishers wish to call the attention of the little candy maker to the Appendix in this book.

The United States Food Administration, while it does not object to a moderate use of sugar in candy making, strongly advises that it be used sparingly in order that our soldiers and allies may be provided with this energy-giving food that they require.

Accordingly, a number of recipes requiring a small quantity of sugar, or eliminating it entirely, have been prepared under the direction of this able Administration, and the publishers, glad to co-operate in every way, take pleasure in incorporating these recipes and suggestions as an Appendix.

It should be noted, however, that the author has furnished, throughout the book, a number of recipes that conform in every way to the suggestions made by the Government.

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A LITTLE CANDY BOOK FOR A LITTLE GIRL

[9]

CHAPTER I COOL WEATHER CANDIES

BETSEY BOBBITT was a little girl whose real name was Elizabeth, but who, whenever she had anything to tell, came rushing to her mother and bobbed about so much—just couldn't keep still—that she earned the name Betsey Bobbitt.

Now, the funny part about the nickname was that it was not always appropriate; it only fitted when she came bobbing in with "Oh, mother!" and back and forth she would bob, like—like—well, if you ever saw a restless tiger at the circus, or at the zoo, pace back and forth in his cage bobbing his head, you will know just how Betsey Bobbitt looked as she told her little story.

Like most little girls, Betsey Bobbitt would often run errands for the neighbors and nearly always they would insist upon giving Betsey Bobbitt a penny, saying: "Thank you, dear; now buy yourself a stick of candy."

[10]

Poor Betsey Bobbitt how she did wish she might buy the candy, because if there was anything

Betsey Bobbitt liked it was candy; and poor, poor mother how *she* wished the neighbors would not be so kind, or rather unkind, for she had tried ever since Betsey Bobbitt first tasted candy to let her eat only those candies that were pure and wholesome!

It truly was hard, because while mother had carefully explained that "penny candies" were unsafe for little children to eat, on account of the cheap, impure materials used in the making, as well as the bright, dangerous colors used upon the outside, to make them look attractive, still Betsey Bobbitt could not understand why other little girls and boys were allowed to eat them.

Mother said she was sure the other mothers of little children did not realize how harmful they were, because if they did, they would never allow their little girls and boys to eat them.

So Betsey Bobbitt tried to feel that mother was right about it, but she couldn't quite forget those "sticks of candy."

One afternoon in early September, Betsey Bobbitt and several little schoolmates, on their way home from school, were very busily engaged in talking, and what do you think they were talking about? They were discussing what they wanted to do when they grew up. [11]

At first Betsey Bobbitt was very quiet; this was most unusual, but she listened attentively to the plans of all the others. Just then they came to a candy shop in which was displayed a most tempting array of candies.

Like a flash Betsey Bobbitt made her decision, and when she said she wanted to be a teacher of "Domestic Science" the other little girls were so impressed that their own plans were forgotten; in fact some of them did not even know what "Domestic Science" meant and they were very eager to learn.

So Betsey Bobbitt explained as best she could, what she knew about it and how she ever came to think of such a future; she told them of her mother's friend who went to college to learn how to become a teacher of "Domestic Science," which included knowing how to cook just everything, the best of all being the most, *oh!* most delicious candies, and that was what she, Betsey Bobbitt, wanted to study.

The little girls were very much excited and looked first at the pretty candies wistfully and then at Betsey Bobbitt with awe as it seemed to them very wonderful for any one to be able to make such delicious candies. [12]

Betsey Bobbitt herself was so enthused that she could not wait for the others, so with another hasty glance at the candies and a hurried goodbye to her friends she left them and ran all the way home to tell mother about her wonderful plan for the future.

Mother knew at once that something very special must have happened and as soon as Betsey could gain her breath it all came out.

When Betsey Bobbitt finished her story she received the happiest surprise of her short life, for mother, seeing how earnest and eager her little girl was over her new plan, had been thinking rapidly, and so when all had been told Betsey's mother laughed merrily at her little daughter and said: "Why wait until you are old enough to go to college? Wouldn't you like to begin to learn now?"

Do you wonder Betsey Bobbitt nearly fell off her chair, for when she really understood that mother was to teach her to make candy, she bobbed about all over the room, exclaiming: "Oh! mother, may I really and truly?" and, again: "Oh! mother, I don't think I'll even want to look at penny candy again!" [13]

This pleased mother so much that she began at once to look up all the simple ways of making candy that she herself had learned when she was a little girl like Betsey, as well as many that had been given to her or that she had cut from favorite magazines and cook books.

When these recipes were all arranged, Betsey Bobbitt began her candy making, and a happy, busy winter and spring she had indeed.

Mother did not get any special outfit, but just let Betsey use the things she had in the house and which would generally be found in any ordinary home, some of which were as follows:—

Aluminum and agate saucepans, one, two and three quarts; a double boiler; two glass and one tin half-pint measuring cups (divided into quarters, thirds and halves); a set of spoons (measuring one tablespoon, one dessert spoon, one teaspoon, one half teaspoon and one fourth teaspoon); an old large steel knife that had become very flexible with constant use; scales; food-chopper; nut-cracker; corn-popper; a long handled wooden spoon; a small brush for buttering tins; a fine wire strainer for sifting confectioner's sugar; one large and one small egg-beater; and a pair of scissors kept specially for kitchen use. [14]

Mother also wrote out the following rules for measuring and weighing and hung them up so that Betsey could find them easily. These Betsey found very helpful.

Sugar, granulated,	2 cups	= 1 lb.
Sugar, brown,	2 ² / ₃ cups	= 1 lb.
Sugar, confectioner's,	3 ¹ / ₂ cups	= 1 lb.

Sugar, powdered,	2 ² / ₃ cups	= 1 lb.
Butter, packed solidly,	2 cups	= 1 lb.
Molasses,	1 ¹ / ₂ cups	= 1 lb.
Corn Syrup,	1 ¹ / ₄ cups	= 1 lb.
Chocolate,	16 squares	= 1 lb.

The hints for candy making that mother gave Betsey, and which she memorized, were as follows:—

FIRST. To butter with a brush the inside of the saucepan from the top about two inches down, to prevent the candy from boiling over.

SECOND. To use fresh, cold water each time she tried the candy.

[15]

THIRD. Any candy that is to be beaten is better if allowed to cool a few minutes by standing the pan in cold water and if when beaten it looks like smooth thick cream before pouring in pans.

FOURTH. To butter the hands well when pulling candies.

FIFTH. That "soft ball," "hard ball," "thread," and "brittle" mean the different stages sugar reaches while cooking.

When a little syrup dropped in cold water can be easily worked between the thumb and finger, it is a "soft ball;" when it is firm and solid, it is a "hard ball;" when it drops from the spoon into a fine thread, it is called "thread;" and when it becomes so hard it will break, it is called "brittle."

SIXTH. Never to stir hard candies (unless told to do so) after ingredients are well mixed and have reached the point where the syrup "threads."

SEVENTH. That uncooked foundation cream and fondant cream can be made into all sorts of candies.

EIGHTH. That pretty, harmless colorings may be made from the following: different shades of red and pink from the juice of raspberries, strawberries, blackberries, elderberries and cranberries; yellow from saffron; and green from spinach and beet leaves bruised and boiled in a very little water.

[16]

So Betsey followed every instruction carefully and these are the candies "Betsey Bobbitt" learned to make.

Betsey chose to make the hard candies first, and mother told her she had chosen well as the cool fall and cold winter weather were much better for these candies as they did not become so sticky and hard to handle as in warm weather. One thing in particular mother impressed upon Betsey's mind was this: it would be much easier to have all the materials and utensils, used in making the candy, ready, *before* the cooking began; and another equally important thing was to wash all the dishes and pans and leave everything tidy and in order when finished.

Butter Scotch No. 1

Sugar (brown),	2 ² / ₃ cups
Butter,	¹ / ₂ cup
Water (cold),	2 tablespoons

[17]

When Betsey put these all in the saucepan, she remembered to dip her brush in melted butter and brush the pan about two inches down from the top so that the candy would not boil over, then she let the syrup boil, without stirring, until a little which she dropped from the spoon formed a hard ball in cold water. It was then ready to pour (thinly) in buttered pans and mark, at once, in squares.

This was Betsey's favorite recipe for butter scotch although she found the following two recipes very nice.

Butter Scotch No. 2

Sugar (granulated),	1 cup
Corn Syrup,	1 cup
Vinegar,	1 teaspoon
Butter,	¹ / ₂ cup

Betsey put the sugar, corn syrup, vinegar and butter in the saucepan, then dipping her brush in melted butter she brushed the top of the saucepan two inches down, next she stirred the ingredients well together before putting the saucepan on the stove, because after the syrup began to cook it must not be stirred.

[18]

When it was boiling well Betsey tried a few drops in cold water every little while (each time remembering to use fresh water), and when it formed a hard ball she knew it was done.

The buttered pans were all ready and into these Betsey poured the candy (thinly) and marked it at once into squares.

Butter Scotch No. 3

Molasses,	1 cup
Sugar (granulated),	1 cup
Butter,	1 tablespoon
Flavoring (lemon),	½ teaspoon

After the molasses, sugar and butter were put into the saucepan and the saucepan had been well brushed two inches down from the top as mother instructed, Betsey let them cook until the syrup reached the hard ball stage when a little of it was dropped in cold water.

It was then time to add the flavoring and pour at once into the buttered pans, not forgetting to mark in squares.

Betsey found that butter scotch was much more tasty when thin, so that was why she buttered more than one pan and had it only a quarter of an inch thick.

[19]

Butter Taffy

Sugar (brown),	3 cups
Molasses,	½ cup
Vinegar,	¼ cup
Water (hot),	¼ cup
Butter,	2 tablespoons
Flavoring (vanilla),	1 teaspoon

Betsey put everything except the butter and vanilla into the saucepan and boiled these until the syrup formed a hard ball when a little was tried in cold water, then the butter and vanilla were added, and it was cooked three minutes more (Betsey counted up to one hundred and eighty) and poured into a large buttered pan.

Lemon Cream Candy

Sugar (granulated),	2 cups
Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (lemon),	⅔ teaspoon

Betsey dissolved the sugar in the water and let it come to the boiling point, then she added the cream of tartar, which she first dissolved in one teaspoon of hot water, and when the candy was nearly done she put in the piece of butter.

[20]

When a little of the syrup dropped in cold water formed a hard ball it was then time to add the flavoring and pour in a buttered pan to cool.

While the candy was cooling Betsey greased her finger-tips well, and when the candy was cool enough to handle Betsey began to pull it; at first she found it very awkward but mother showed her just how to do it and before long Betsey could do it very nicely. This pulling, as mother explained, was very *quick* work. Then when the candy was white Betsey cut it into small pieces with the scissors.

Vanilla Cream Candy

Sugar (granulated),	2 cups
Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (vanilla),	1 teaspoon

The sugar and water were put into the saucepan and let come to the boiling point, then the cream of tartar was dissolved in one teaspoon of hot water and Betsey added it to the sugar and water. She let these cook, and just before they reached the hard ball stage, added the butter.

[21]

When the hard ball formed, by dropping a little of the syrup in cold water, the vanilla was added and the candy was poured in a buttered pan to cool.

In the meantime Betsey greased her finger-tips, and as soon as the candy was cool enough to handle she began to pull it. Betsey had to work quickly and as soon as the candy was white she cut it into small pieces.

Peppermint Cream Candy

Sugar (granulated),	2 cups
---------------------	--------

Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (oil of peppermint),	4 drops

After Betsey let the sugar and water come to the boiling point she added the cream of tartar dissolved in one teaspoon of hot water and continued to boil until a little of the syrup dropped in cold water had nearly reached the hard ball stage, then she added the butter. [22]

When it had quite reached the hard ball stage Betsey took it from the fire, dropped in the four drops of peppermint and poured the candy into a buttered pan to cool.

Greasing her finger-tips just as she did for the lemon and vanilla cream candy, Betsey proceeded to pull until white and then cut it in small pieces.

Betsey's Orange Cream Candy

Sugar (granulated),	2 cups
Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (orange),	1 teaspoon

Betsey called this her own recipe, because, while it was made exactly like the "Lemon," "Vanilla," and "Peppermint Cream Candy," she said to mother one day, "Why can't I use orange flavoring and have still another change?" Mother told her there was no reason at all why she couldn't, and that she was glad to see Betsey thinking out new combinations for herself. [23]

So Betsey was delighted, and once more mother wrote it out, for, as Betsey said, "It was much easier to have it right before you under its own name than to keep turning back to the recipes that had gone before."

The sugar and water were brought to the boiling point, the cream of tartar was dissolved in one teaspoon of hot water and added; these she let boil until a little dropped in cold water was almost hard, then Betsey put in the butter. When it was quite hard she took it from the fire, added the orange flavoring and poured at once into the buttered pan to cool.

Betsey found she had time to wash her saucepan, spoon and other dishes before she needed to grease her fingers, and thus made the kitchen more tidy and attractive while she pulled the candy.

Lemon Cream Taffy

Sugar (granulated),	2 cups
Water,	1 cup
Vinegar,	¼ cup
Butter,	1 tablespoon
Flavoring (lemon),	½ teaspoon

After Betsey began to think for herself she acted in such an important manner that mother smiled to see how rapidly her little daughter was advancing. [24]

The sugar, water and vinegar were measured carefully into the saucepan, well mixed, then placed upon the stove to boil. One thing in particular that Betsey learned from her own experience was never to let any candy she was making boil too hard; an even steady boil made the candy much nicer, and, besides, it did not then "spit" all over the stove and make the unpleasant odor of burned sugar in the house.

Betsey tried the candy in cold water and just before it formed a hard ball she added the butter; when it formed a ball that was quite hard she removed the saucepan from the fire, added the lemon flavoring and poured into the buttered pan.

With fingers well greased she pulled the candy, as soon as it was cool enough to handle comfortably, until it was very white, then cut it into small pieces with a pair of scissors.

Orange Cream Taffy

Sugar (granulated),	2 cups
Water,	1 cup
Vinegar,	¼ cup
Butter,	1 tablespoon
Flavoring (orange),	½ teaspoon

Betsey let the sugar, water and vinegar boil until a little of the syrup, dropped in cold water, formed a hard ball. The butter was added just before it was done and the orange flavoring as soon as it was taken from the stove. [25]

Pouring the candy into the buttered pan, Betsey let it stand until she could handle it easily, then with well-greased fingers she pulled the candy white and cut it in pieces.

Vanilla Cream Taffy

Sugar (granulated),	2 cups
Water,	1 cup
Vinegar,	¼ cup
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon

The sugar, water and vinegar were boiled until a little of the syrup, tried by Betsey in cold water, formed a hard ball. Just before it reached this stage Betsey slipped in the butter. [26]

As soon as it was done Betsey took it from the fire, added the vanilla, poured into the buttered pan, let it cool until she could handle it, then greased her fingers and pulled until it was quite white and cut into small pieces.

Vinegar Candy

Sugar (granulated),	2 cups
Vinegar,	½ cup
Water,	½ cup

When the sugar, vinegar and water had boiled long enough so that a little of the syrup, dropped in cold water, formed a hard ball, it was poured into a buttered pan, let cool sufficiently and pulled. It was very simple, since Betsey did not have to stir this while cooking or add anything extra.

Cream of Tartar Candy

Sugar (granulated),	2 cups
Water (hot),	1 cup
Cream of tartar,	1 teaspoon

The sugar, water and cream of tartar were put in the saucepan and well stirred, then boiled until a little of the syrup, dropped in cold water, formed the usual hard ball. Betsey found this took about twenty minutes. Then she poured the candy into a buttered pan and let it cool so that she could handle it easily. [27]

With well-greased fingers she pulled the candy quickly, then cut into small pieces or short sticks with the scissors.

Chocolate Taffy

Sugar (granulated),	1 cup
Corn Syrup,	1 cup
Milk,	½ cup
Butter,	½ cup
Chocolate,	2 squares

This Betsey found to be delicious. She cooked all of the ingredients together, and when a little of the candy, dropped in cold water, was quite hard, she poured it into the buttered pan. When the candy was cool Betsey marked it into squares.

Most little girls like molasses candy and Betsey was no exception; she thought the recipes that follow were the best of the kind she had ever tasted.

Molasses Candy

Molasses,	1 cup
Sugar (granulated),	1 cup
Butter,	Size of an egg
Vinegar,	1 tablespoon
Baking soda,	1 teaspoon

Betsey put all the above named ingredients except the soda into her saucepan to boil. When a little of the syrup, dropped in cold water, became brittle, she took the saucepan off the stove, and added the soda; then she poured the candy into the buttered pan.

When it was cool enough to handle Betsey greased her fingers and pulled the candy until it was a shiny golden brown, then with the scissors cut it into short sticks.

Peanut Molasses Candy (not Pulled)

[28]

Molasses,	2 cups
Sugar (brown),	1 cup
Butter,	3 tablespoons
Vinegar,	1 tablespoon
Peanuts (shelled),	½ cup

After Betsey put the molasses, sugar and butter together in the pan she let them boil until they formed a hard ball when tried in cold water, then she added the vinegar and continued cooking until it became brittle. [29]

The buttered pan was ready with the peanuts in and the candy was poured over them. Before it became quite cool Betsey marked it in squares.

Betsey thought pulling candy the best kind of fun and after she learned perfectly how not to get all sticky, mother allowed her to invite a few of her little friends to have a "pulling bee."

This pleased Betsey and her little friends very much. One of the little girls said she knew what a "husking bee" was, for once when she was in the country at the time when the corn was full grown, all the friends and neighbors round about had been invited to come and help with the husking.

Betsey's mother told the little girl a "pulling bee" was the same idea exactly, for they were to come and help pull the candy after it was cooked.

Each little girl put on one of mother's big aprons and carefully washed her hands, then Betsey read the names of the different recipes out loud and mother said they might choose two to make. [30]

They chose "Betsey's Orange Cream Candy" on page [22](#) and "Molasses Candy" given on page [28](#).

Mother stayed with them in case they needed her help, although Betsey took full charge.

Betsey certainly managed well, for she kept each little girl busy doing her share, and when the candy was cooked and ready to pull the real fun started.

Despite Betsey's careful teaching, mother's help was much needed in assisting some of the little girls, who just could not help getting all sticky.

The afternoon passed so quickly and the candy was so good that the little crowd voted it to be the best time they had ever had.

The following week Betsey made:

Molasses Kisses

Molasses,	1 cup
Water,	¼ cup
Sugar (granulated),	¼ cup
Honey,	¼ cup
Corn Syrup,	1 tablespoon

The molasses, water, sugar, honey and corn syrup Betsey measured carefully into the saucepan, and cooked them until when tried in cold water the syrup formed the usual hard ball. Pouring the candy into the buttered pan, Betsey let it cool until she could handle it easily. With well-greased fingers she pulled the candy, then cut in pieces and wrapped in wax paper. [31]

Brown Sugar Candy (Pulled)

Sugar (brown),	1 cup
Corn Syrup,	1 cup
Butter,	2 tablespoons
Lemon juice,	1 tablespoon

Betsey put the sugar, corn syrup and butter in the saucepan and let them boil without stirring until a little of the syrup, dropped in cold water, became brittle. Taking the saucepan from the fire, she added the lemon juice and poured the candy into a buttered pan, greased her fingers well, and pulled when sufficiently cool. Then with the scissors she cut in small pieces.

Once when Betsey's mother was a young girl she visited a large farm in northern Vermont and it was there she had her first butternuts.

Betsey thought the recipes for butternut candy that follow were the best ever. [32]

Lemon Butternut Candy

Sugar (granulated),	2 cups
Water,	½ cup
Butternut meats (broken),	1 cup
Flavoring (lemon),	1 teaspoon

After Betsey boiled the sugar and water without stirring until thick enough to spin a fine thread, she added the flavoring, placed her pan in cold water, and then stirred it very quickly until it was white, added the nuts, and poured into a buttered pan.

When it was cold she cut the candy into small squares.

Orange Butternut Candy

Sugar (granulated),	2 cups
Water,	½ cup
Butternut meats (broken),	1 cup
Orange juice,	1 tablespoon

Putting the sugar and water in the saucepan, Betsey let them boil without stirring until it would spin a fine thread from the tip of the spoon. The orange juice was added, and the pan placed in cold water and stirred very quickly until it was white. Now Betsey added the nuts and poured into a buttered pan, and when cold she cut the candy into small squares. [33]

Vanilla Butternut Candy

Sugar (granulated),	2 cups
Water,	½ cup
Butternut meats (broken),	1 cup
Flavoring (vanilla),	1 teaspoon

Like the "Lemon" and "Orange Butternut Candy," Betsey put the sugar and water on to boil without stirring. When a fine thread spun itself from the tip of the spoon she removed the saucepan from the fire, added the vanilla flavoring and stood it in cold water.

Stirring the candy very quickly until it was white, Betsey then added the nuts and poured it into a buttered pan. When it was cold she cut the candy into small squares.

Another candy that Betsey was very fond of was peanut brittle, and she was eager to make some of her own.

Mother told her it was very easy to make if you were only careful not to let the sugar burn and worked quickly, so one day Betsey made this [34]

Peanut Brittle

Sugar (granulated),	2 cups
Peanuts (shelled),	1 cup

For this Betsey had to have a slow fire. Mother told her to put the sugar into the iron frying-pan, and explained how it would first lump, then gradually melt, and that when it was a clear pale coffee color it was ready to pour quickly over the nuts.

Betsey had put the peanuts in a buttered pan on the back of the range so as to be ready the minute the sugar was properly melted.

Here is another candy with peanuts that Betsey liked.

Peanut Candy

Sugar (brown),	2 ² / ₃ cups
Corn Syrup,	1 cup
Water,	1 cup
Butter,	4 tablespoons
Peanuts (shelled),	1½ cups

The sugar, syrup and water Betsey boiled until it was crisp or brittle when tried in cold water. Just before taking from the fire she added the butter and nuts, then poured into buttered pans. [35]

Betsey also made

Plain Peppermints

Sugar (granulated), 2 cups
Milk, ½ cup
Cream of tartar, A pinch
Oil of peppermint, 4 drops

After the sugar, milk and cream of tartar were put in the saucepan Betsey set it on the back of the range until it looked clear and watery. Then she brought it forward and when the boiling point was reached, let it boil one minute, or while she counted sixty. Taking it from the fire, she added the oil of peppermint drops and beat until the candy was creamy, then quickly dropped from tip of spoon on waxed paper.

Sometimes this hardened before Betsey could get it all dropped, but putting the saucepan back on the stove, it would melt and she could finish the dropping.

Cocoanut Drops

[36]

Sugar (granulated), 2 cups
Water, ½ cup
Cocoanut (prepared), 1 cup

Betsey cooked the sugar and water until it formed a hard ball when tried in cold water, removed from fire, added the cocoanut and beat to a cream. Like the peppermints, she dropped quickly on waxed paper.

CHAPTER II POPCORN GOODIES

[37]

BETSEY was glad when mother decided on "Popcorn Goodies," for she found it such splendid fun popping the corn.

How Betsey loved to watch the kernels burst into the pretty white snowflakes!

Her first attempt was just plain hot buttered popcorn.

Mother was busily explaining this recipe to Betsey when Dorothy, Betsey's dearest friend, came over to spend the afternoon. Mother invited the little guest to share the fun of popping the corn, and on observing how well the little girls worked together then and there gave Dorothy a standing invitation to join in the candy-making whenever she could find the time, and, you may be sure, the invitation was eagerly accepted.

Hot Buttered Corn

[38]

Corn (not popped), ½ cup
Butter, ¼ cup
Salt.

Mother saw that the fire was just right, not too hot nor too cold.

She told Betsey that if it was too hot the kernels of corn did not heat evenly and you were apt to burn them; so Betsey followed every instruction, and as the corn popped so also did Betsey's eyes pop with excitement to see the little kernels turn inside out.

The half-cup of corn she found made about six cups of popped corn.

Betsey's mother was very particular about having her use only the corn that popped perfectly; the imperfect corn was thrown away.

While Betsey was popping the corn, the butter had been standing in a large bowl in the warm kitchen, so that it was soft and creamy (mother said it was not so nice if you let the butter melt to oil), and while the corn was still warm, Betsey added it to the creamy butter, stirring all the time, then with the salt shaker she shook the fine salt through the corn.

This buttered corn was so good it was quickly eaten, so Betsey often made double quantity, and many a cold winter's day she and her dearest friend popped corn. Sometimes Betsey made

[39]

Brown Sugar Popcorn Candy

Sugar (brown), 2 cups
Water, 6 tablespoons
Butter, 2 tablespoons
Corn (not popped), 1 cup

A saucepan containing the sugar, water and butter was placed on the back of the stove to melt the ingredients while Betsey popped the corn, one half a cup at a time. While the candy was cooking she carefully picked over the corn, using only the kernels that were perfectly popped, and put them in a large saucepan at the back of the stove.

When the candy became brittle as soon as a little was dropped in cold water, Betsey poured it over the corn, stirred and mixed it well, removed from fire and continued to stir until the candy cooled a little.

It was then poured into a buttered pan, a heavy weight placed on the top (mother had to show her how) and as soon as it was cold Betsey cut it into bars with a very sharp knife. Sometimes the knife would stick while cutting, but mother said if she would dip the blade in water now and then she would find it much easier. [40]

Popcorn Candy

Sugar (granulated),	1 cup
Water,	3 tablespoons
Butter,	1 tablespoon
Corn (not popped),	1 cup

First Betsey popped the corn, putting one half a cup in the popper at a time; after picking the corn over carefully she had about twelve cups or three quarts of popped corn.

Then the sugar, water, and butter were put in a saucepan and cooked until it was brittle, when tried in cold water; the popped corn, which had been kept in a large saucepan at back of the stove, was then covered with the syrup, stirred until it was well mixed, then taken from fire and the stirring continued till the mixture cooled a little. Now she poured it into a buttered pan, placed a weight over it, and when cold cut into bars with a sharp knife. If the knife stuck while cutting, Betsey dipped the blade in water now and then, as mother had taught her. [41]

Popcorn Balls

Molasses,	1 cup
Sugar (granulated),	½ cup
Butter,	1 tablespoon
Corn (not popped),	1 cup

The corn Betsey popped, picked over and put in a good-sized buttered pan, then shook just a little salt over it.

The butter, sugar and molasses she boiled until it became brittle when tried in cold water, then poured the candy slowly over the corn, stirring all the while.

Betsey then buttered her hands and shaped the corn into balls as soon as it was cool enough for her to handle.

Maple Sugar Popcorn Balls

Maple Syrup,	1 cup
Sugar (granulated),	½ cup
Butter,	1 tablespoon
Corn (not popped),	1 cup

As Betsey became more and more expert in making candy she found she could plan many ways to save time. [42]

Having everything ready to work with at the beginning made the work far easier.

So while Betsey popped the corn, the maple syrup, sugar and butter were busily boiling.

Of course Betsey had to work quickly and put her whole mind on what she was doing. By the time the corn was popped, carefully picked over and placed in a good-sized buttered pan, then sprinkled with a little salt, the candy was about done. She tried a little in cold water, and when it became brittle she poured it slowly over the corn, constantly stirring.

When it was cool enough to handle, Betsey, with well-buttered fingers, shaped it into balls, which she wrapped in waxed paper.

How to Sugar Popcorn

Sugar (granulated),	2 cups
Water,	½ cup
Butter,	2 tablespoons
Corn (not popped),	¾ cup

Betsey, after first popping the corn, put the sugar, water and butter in a saucepan. When the [43]

candy was boiling Betsey added the popcorn gradually, until all had been added that the syrup would cover, then stirred gently from the bottom until the sugar formed grains on the corn.

It was then turned into a dish to cool.

Frosted Popcorn

Molasses, 1 cup
Sugar (granulated), ½ cup
Butter, 1 tablespoon
Corn (not popped), 1 cup
Powdered sugar.

This was very pretty. After the popcorn was nicely popped and placed in a large buttered saucepan Betsey cooked the molasses, sugar and butter until it was brittle when tried in cold water, poured it over the corn slowly and mixed thoroughly. Over this she shook an abundance of powdered sugar and mixed it in until the kernels separated and rattled.

Pink Frosted Popcorn

Sugar (granulated), 2 cups
Water, ½ cup
Butter, 1 tablespoon
Corn (not popped), 1 cup
Powdered sugar.
Strawberry juice.

[44]

Betsey popped the corn, picked it over, then placed in a large buttered saucepan. The sugar, water and butter she cooked until a little of the syrup, dropped in cold water, became brittle, then she added enough strained strawberry juice (a few drops at a time) to make it just the shade of pink she liked best. This she then poured over the corn slowly, stirring all the while, next she shook an abundance of powdered sugar over it all and stirred it in until the kernels separated and rattled.

Red Frosted Popcorn

Sugar (granulated), 2 cups
Water, ½ cup
Butter, 1 tablespoon
Corn (not popped), 1 cup
Powdered sugar.
Cranberry juice.

The granulated sugar, water and butter were placed in a saucepan at the back of the range to melt while Betsey popped the corn, one half a cup at a time.

[45]

Picking it over carefully and throwing away all those kernels that were not properly popped, she placed the corn in a large buttered saucepan, then cooked the syrup until a little dropped in cold water became brittle. Adding the strained cranberry juice a few drops at a time until it became a brilliant red, Betsey slowly poured the candy over the corn, stirring constantly, then shaking an abundance of powdered sugar over the corn, she stirred it in until each kernel was separate.

Chocolate Frosted Popcorn

Sugar (granulated), 2 cups
Water, ½ cup
Butter, 1 tablespoon
Chocolate, 2 squares
Corn (not popped), 1 cup
Powdered sugar.

This Betsey made just as she did the other "Frosted Popcorn."

She popped the corn, one half a cup at a time, picked it over and placed the perfect kernels in a large buttered saucepan, throwing away the imperfect kernels.

[46]

The sugar, water, butter and chocolate were cooked until a little of the syrup, dropped in cold water, became brittle. It was then poured slowly over the corn and stirred constantly.

The powdered sugar Betsey shook over the corn in abundance and mixed until each kernel separated and rattled.

At Christmas time Betsey made a number of the different kinds of frosted popcorn. Some of them she strung for the Christmas Tree and others she used for filling little net bags.

The little net bags she made of different colors, some red, some green and others of dark blue and white net.

She put a few silver stars here and there on the outside of each bag and filled them with the frosted corn.

They were most attractive, and her little friends, to each of whom she presented one, thought they were wonderful, and marvelled at Betsey's original ideas.

CHAPTER III

FUDGE

[47]

WHEN the Christmas holidays were over and the excitement incident thereto had abated, Betsey was eager to continue her candy-making, and when mother suggested fudge Betsey just bobbed and bobbed, but finally said: "Oh, I know that I will enjoy all of the different fudges, but are you sure that you have them all, mother?" Mother smiled at her little pupil's enthusiasm and replied: "Well, Betsey, I may not have all of the fudge recipes, but I am sure I have a very large number, for fudge has always been one of my favorite candies, and I have always enjoyed making it in different ways." And as the weeks went on Betsey made the following fudges:

First mother explained to Betsey that to have fudge very creamy was all-important, and instructed her *not* to beat it until it became sugary, but only until it looked like thick heavy cream, then it was ready to pour at once in the buttered pan and mark in squares.

[48]

Cocoanut Fudge

Sugar (granulated),	2 cups
Milk,	$\frac{3}{4}$ cup
Butter,	Size of a walnut
Cocoanut (prepared),	$\frac{1}{2}$ cup

All except the cocoanut Betsey let boil ten minutes, took from the fire, added cocoanut, beat till it thickened and poured into buttered pan.

Chocolate Fudge

Sugar (granulated),	2 cups
Milk,	$\frac{1}{2}$ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon

The sugar, milk and chocolate were dissolved in the saucepan at back of stove, then brought forward and boiled until Betsey could form a soft ball between her thumb and fingers when a little was dropped in cold water; taking the saucepan from the stove, she placed it in a pan of cold water, added the butter and vanilla, beat until it was like heavy cream, then poured quickly into the buttered pan and marked in squares.

[49]

When Betsey found how many different "fudges" could be made she welcomed each new recipe with glee.

Chocolate Fudge with Molasses

Sugar (granulated),	2 cups
Molasses,	$\frac{1}{4}$ cup
Milk,	$\frac{1}{2}$ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon

Putting the sugar, molasses, milk, chocolate and butter in the saucepan, Betsey let them boil until they formed a soft ball when a little of the syrup was dropped in cold water, then she removed the saucepan from the fire, added the vanilla and placed the saucepan in a pan of cold water.

Beating the fudge until it looked about as thick as heavy cream, Betsey poured it into a

buttered pan and marked in squares.

Chocolate Fudge with Brown Sugar

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon

As before, Betsey put the sugar, milk, chocolate and butter in the saucepan and on to boil and let them cook until a little of the syrup dropped in cold water formed a soft ball between the thumb and finger, then adding the vanilla, she removed the saucepan from the fire and placed it in a pan of cold water. After beating the fudge until it was as thick as heavy cream, Betsey poured it into the buttered pan and marked in squares.

If mother happened to be out of chocolate, which sometimes occurred, Betsey made a fudge with cocoa or coffee.

Fudge with Cocoa

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon

Betsey melted the butter in the saucepan first, then added the cocoa gradually, and when it was very smooth included the sugar and milk. These she let boil until a little of the syrup dropped in cold water formed a soft ball, then removing the saucepan from the fire, she placed it in a pan of cold water, added the vanilla, beat the fudge until it was thick like heavy cream, and poured it in the buttered pan and marked in squares.

Fudge with Coffee

Sugar (granulated),	2 cups
Coffee,	1 cup
(Not too strong, and strained through cheesecloth.)	
Butter,	2 tablespoons

Let sugar, coffee and butter cook until a little dropped in cold water forms a soft ball, Betsey explained to a friend of mother's who happened in, remove saucepan from fire and stand in a pan of cold water, then beat until it looks as thick as nice heavy cream, when you pour at once into a buttered pan and mark in squares. The friend liked the coffee flavor so well that she went home and made some for herself.

When Betsey began to add nuts, raisins, figs, dates, marshmallows or marshmallow cream to the different kinds of fudges, mother at first thought it unnecessary to re-write the quantities and directions, but Betsey exclaimed, "Why, mother, it will be so much easier if I have each recipe written out all by itself, then I won't need to keep referring back!" and mother found Betsey was right.

It saved all confusion, and, of course, Betsey was only a little girl, so mother continued to make each recipe complete in itself, regardless of how little it might vary from one previously given.

Chocolate Walnut Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Walnut meats (broken),	½ cup

The sugar, milk, chocolate and butter Betsey boiled until a little of the syrup dropped in cold water formed a soft ball. Removing the saucepan from the fire, she placed it in a pan of cold water, added the vanilla and nuts, then beat until it was thick like heavy cream. Pouring quickly into a buttered pan, she marked it into squares.

Chocolate Pecan Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Pecan meats,	½ cup

When the sugar, milk, chocolate and butter had boiled so that a little of the syrup dropped in cold water formed a soft ball, Betsey removed the saucepan from the fire, stood it in a pan of cold water, added the vanilla and nuts and beat the candy until it was as thick as heavy cream.

She poured it quickly into a buttered pan and marked in squares.

[54]

Chocolate Almond Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Almonds (blanched and broken),	½ cup

Mother told Betsey to shell the almonds and measure them in the measuring cup, then put them in a small bowl and cover with *boiling* water for about a minute. This she did, then drained off the water and the little brown skins peeled off very easily. Next she cut them into small pieces and they were ready for the fudge, which she proceeded to make in the usual manner.

The sugar, milk, chocolate and butter were boiled until they formed a soft ball, when a little of the syrup was dropped in cold water; removing the saucepan from the fire, it was placed in a pan of cold water and the nuts and vanilla added, then Betsey beat it well until it was thick like rich, heavy cream and poured at once into the buttered pan and marked in squares.

[55]

Chocolate Peanut Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Peanuts (shelled),	½ cup

Putting the sugar, milk, chocolate and butter into a saucepan, Betsey let them boil until they reached the "soft ball" stage, then removing from the fire she placed the saucepan in a pan of cold water, added the peanuts and vanilla and beat until it was thick like heavy cream. Pouring at once into a buttered pan, she marked the candy in squares.

Chocolate Raisin Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Raisins (seeded),	½ cup

After measuring out the sugar, milk, chocolate and butter, Betsey put them on to boil, and while these were cooking so the syrup formed a soft ball when a little of it was dropped in cold water, Betsey picked over the raisins and cut each one in halves. Sometimes she used the seeded raisins or the small sultana raisins, or again the "Not-a-seed" raisins. But whichever she used, she first found it necessary to put them in a bowl and cover with boiling water that she might soften and separate them easily.

It only took a minute, and after draining them carefully she turned them out on a towel so that the extra moisture might be absorbed.

Then when the candy was done she added the raisins and vanilla and placed the saucepan in a pan of cold water. Next she beat the candy well, and when it was as thick as heavy cream, poured it into the buttered pan and marked in squares.

[56]

Chocolate Fig Fudge

Sugar (granulated),	2 cups
Milk,	½ cup

[57]

Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Figs (cut in small pieces),	½ cup

Betsey let the sugar, milk, chocolate and butter cook until a little of the syrup, dropped in cold water, formed a soft ball; in the meantime she wiped each fig carefully with a damp cloth and cut out the hard little stem, then she cut them up into small pieces.

When the candy was sufficiently cooked she removed the saucepan from the fire and placed it in a pan of cold water, added the figs and vanilla, beat until it was thick like heavy cream, poured quickly into buttered pan and marked in squares.

Chocolate Date Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Dates (cut in small pieces),	½ cup

After the sugar, milk, chocolate and butter were on the stove cooking Betsey prepared her dates. She removed the large stone and cut each date into four pieces. By the time the candy had cooked so that a little of it when dropped in cold water formed a soft ball, Betsey removed it from the fire and placed the saucepan in a pan of cold water; then she added the dates and vanilla, beat the candy until it was thick like heavy cream and poured at once into a buttered pan and marked in squares. [58]

Chocolate Marshmallow Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Marshmallow cream,	2 tablespoons

When Betsey had cooked the sugar, milk, chocolate and butter until a little of the syrup when dropped in cold water formed a soft ball, she removed the saucepan from the stove and stood it in a pan of cold water. The vanilla and marshmallow cream were added and the candy beaten until it was as thick as heavy cream, then pouring at once into the buttered pan she marked it into squares. [59]

Sometimes Betsey added a half cup of walnuts or pecans with the marshmallow cream. This made a very rich and delicious fudge.

Chocolate Molasses Walnut Fudge

Sugar (granulated),	2 cups
Molasses,	¼ cup
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Walnut meats (broken),	½ cup

The sugar, molasses, milk, chocolate and butter Betsey measured carefully into the saucepan, put on the stove and let boil until a little of the syrup, dropped in cold water, formed a soft ball, then removing from the fire she placed the saucepan in a pan of cold water, added the nuts and vanilla and beat the candy until it was thick like heavy cream. Into the buttered pan she poured it quickly and marked in squares.

Chocolate Molasses Pecan Fudge

Sugar (granulated),	2 cups
Molasses,	¼ cup
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Pecan meats,	½ cup

[60]

The pecan nuts mother usually bought ready shelled so Betsey had only to measure them out with the other ingredients.

Putting the sugar, molasses, milk, chocolate and butter in the saucepan, she stirred them well together before cooking. These she boiled until a little of the syrup formed a soft ball when it was dropped in cold water.

Removing the saucepan from the fire, she stood it in a pan of cold water, added the nuts and vanilla and beat the fudge until it was thick and creamy. Pouring quickly into a buttered pan she marked it into squares.

Chocolate Molasses Almond Fudge

Sugar (granulated),	2 cups
Molasses,	¼ cup
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Almonds (blanched),	½ cup

[61]

Betsey blanched the almonds after she had shelled them just as she did before, by pouring *boiling* water over them and letting them stand about a minute, then draining off the water, she slipped off the little brown skins easily and divided the almonds in halves.

The sugar, molasses, milk, chocolate and butter she cooked to the soft ball stage, removed from fire, placed saucepan in a pan of cold water, added nuts and vanilla, then beat till it was thick like heavy cream, poured quickly into buttered pan and marked in squares.

Chocolate Molasses Peanut Fudge

Sugar (granulated),	2 cups
Molasses,	¼ cup
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Peanuts (shelled),	½ cup

When Betsey had cooked the sugar, molasses, milk, chocolate and butter so that a little of the syrup formed a soft ball when it was dropped in cold water, she removed the saucepan from the fire, placed it in a pan of cold water, added the peanuts and vanilla, beat well till it was thick and creamy, poured quickly into a buttered pan and marked in squares.

[62]

Chocolate Molasses Raisin Fudge

Sugar (granulated),	2 cups
Molasses,	¼ cup
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Raisins (seeded),	½ cup

Betsey measured out a half-cup of seeded raisins, put them in a small bowl and poured over sufficient boiling water to cover. Letting these stand a minute or two until they were easy to separate, she then drained off the water and spread the raisins on a towel, gently patting them, until all the water was absorbed. Next she cut them in halves.

In the meantime the sugar, molasses, milk, chocolate and butter had been cooking; when a little of the syrup dropped in cold water formed a soft ball, Betsey removed the saucepan from the fire, placed it in a pan of cold water, added the raisins and vanilla, beat the fudge till it was thick, then poured quickly into a buttered pan and marked in squares.

[63]

Chocolate Molasses Fig Fudge

Sugar (granulated),	2 cups
Molasses,	¼ cup
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Figs (cut in pieces),	½ cup

In preparing the figs Betsey took a damp cloth and wiped each one carefully, cut out the hard little stem, then cut each fig into small pieces.

The sugar, molasses, milk, chocolate and butter were boiled until a little of the syrup dropped in cold water could be formed into a soft ball between the thumb and finger; removing it from the fire Betsey placed the saucepan in a pan of cold water, added the figs and vanilla, beat till it was thick like heavy cream, poured quickly into buttered pan and marked in squares. [64]

Chocolate Molasses Date Fudge

Sugar (granulated),	2 cups
Molasses,	¼ cup
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Dates (cut in pieces),	½ cup

Removing the large stone from the dates, Betsey cut each one into four pieces. The sugar, molasses, milk, chocolate and butter she boiled to the "soft ball" stage. It was then ready to remove from fire and place the saucepan in a pan of cold water, add the dates and vanilla, beat till it was thick and pour quickly in buttered pan and mark in squares.

Chocolate Brown Sugar Walnut Fudge

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Walnut meats (broken),	½ cup

[65]

When Betsey had cooked the sugar, milk, chocolate and butter so that when she dropped a little of the syrup in cold water she could form a soft ball between her thumb and finger she removed the saucepan from the fire, stood it in a pan of cold water, added the vanilla and walnuts, beat the fudge till it was thick and poured quickly into a buttered pan and marked in squares.

Chocolate Brown Sugar Pecan Fudge

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Pecan meats,	½ cup

The sugar, milk, chocolate and butter Betsey cooked to the usual "soft ball" stage, removed the saucepan from the fire, stood it in a pan of cold water, added the vanilla and pecans, beat till it was thick and poured quickly into a buttered pan and marked into squares.

Chocolate Brown Sugar Almond Fudge

[66]

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Almonds (blanched),	½ cup

When the almonds were shelled Betsey liked to blanch them. After they had been covered with boiling water for about a minute she could remove the brown skins very easily and divided them in halves.

The sugar, milk, chocolate and butter were all ready to boil. Betsey let them cook till a little of the syrup dropped in cold water formed a soft ball, then removed the saucepan from the fire, stood it in a pan of cold water, added the almonds and vanilla, beat the fudge until it was thick like heavy cream, poured quickly into the buttered pan and marked in squares.

Chocolate Brown Sugar Peanut Fudge

Sugar (brown),	2 ² / ₃ cups
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Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Peanuts (shelled),	½ cup

[67]

While the sugar, milk, chocolate and butter were cooking, Betsey shelled the peanuts. When the candy was sufficiently cooked, so that a little of it, dropped in cold water, formed a soft ball between the thumb and finger, it was removed from the fire and the saucepan stood in a pan of cold water. Betsey next added the nuts and vanilla, beat the fudge till it was thick like heavy cream, poured quickly into the buttered pan and marked in squares.

Chocolate Brown Sugar Fig Fudge

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Figs (cut in small pieces),	½ cup

The sugar, milk, chocolate and butter were cooked until a little of the syrup dropped in cold water formed a soft ball.

The saucepan was then removed from the fire and stood in a pan of cold water.

Now Betsey added the vanilla and figs (the figs she had prepared by wiping each one with a damp cloth, removing the little hard stem and cutting into small pieces), beat the fudge till it was as thick as heavy cream, poured quickly into the buttered pan and marked in squares.

[68]

Chocolate Brown Sugar Date Fudge

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Dates (cut in four pieces),	½ cup

After Betsey had prepared the dates by removing the long stone and cutting each date in four pieces she put the sugar, milk, chocolate and butter on to boil. As soon as the syrup formed a soft ball between the thumb and finger when a little of it was dropped in cold water she removed the saucepan from the fire, stood it in a pan of cold water, added the vanilla and dates, beat the fudge till it was as thick as heavy cream, poured quickly into a buttered pan and marked in squares.

Chocolate Brown Sugar Raisin Fudge

[69]

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Raisins (seeded),	½ cup

While the sugar, milk, chocolate and butter were boiling Betsey poured boiling water over the raisins, let them stand a minute or two, then drained and spread on a towel to absorb all of the moisture. She then cut them in halves.

When a little of the candy dropped into cold water formed a soft ball Betsey removed the saucepan from the stove, placed it in a pan of cold water, added the raisins and vanilla, beat the fudge until it was thick like heavy cream, poured quickly into a buttered pan and marked in squares.

Chocolate Brown Sugar Marshmallow Fudge

Sugar (brown),	2 ² / ₃ cups
Milk,	½ cup
Chocolate,	2 squares
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Marshmallow cream,	2 tablespoons

[70]

The candies in which Betsey put marshmallow cream she considered her "very choicest" as she expressed it.

Cooking the sugar, milk, chocolate and butter until a little of the syrup, when dropped in cold water, formed a soft ball, then removing from fire and standing the saucepan in a pan of cold water, she next added the vanilla and marshmallow cream, beat the fudge till it was thick like heavy cream, poured quickly into a buttered pan, then marked in squares.

Cocoa Walnut Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Walnut meats (broken),	½ cup

After the sugar, milk, cocoa and butter were cooked so that a little of the syrup formed a soft ball when it was dropped in cold water, Betsey removed the saucepan from the fire, stood it in a pan of cold water, added the nuts and flavoring, beat till it was thick like cream, poured quickly into a buttered pan and marked in squares.

[71]

Cocoa Pecan Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Pecan meats,	½ cup

Mother forgot to write out in the previous recipes that it was better to first melt your butter and add the cocoa and sugar gradually, then the milk a little at a time, so that it would be smooth, but, fortunately, Betsey remembered. These she let cook until a little of the syrup dropped in cold water formed a soft ball, then removing the saucepan from the fire, Betsey placed it in a pan of cold water, added the vanilla and pecan meats, beat till it was thick like heavy cream, poured quickly into a buttered pan and marked in squares.

Cocoa Almond Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Almonds (blanched),	½ cup

Betsey shelled the almonds, covered them with boiling water for about a minute, then removed the brown skins and divided the almonds in halves.

Melting the butter in the saucepan she added the cocoa and sugar gradually, then the milk and let them boil until a little of the syrup dropped in cold water formed a soft ball. Taking the saucepan from the fire, she stood it in a pan of cold water, added the vanilla and almonds, beat till it was thick like heavy cream, poured quickly into a buttered pan and marked in squares.

[72]

Cocoa Peanut Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Peanuts (shelled),	½ cup

The butter was melted, the cocoa and sugar added gradually, the milk a little at a time, then all boiled until a little of the syrup dropped in cold water formed a soft ball. Taking from the fire, Betsey placed the saucepan in a pan of cold water, added the vanilla and peanuts, beat until it was as thick as heavy cream, poured quickly into a buttered pan and marked in squares.

[73]

Cocoa Fig Fudge

Sugar (granulated),	2 cups
Milk,	½ cup

Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Figs (cut in small pieces),	½ cup

When the figs were each wiped with a damp cloth, the hard little stems removed, and the figs cut into small pieces, Betsey then melted the butter, added the cocoa and sugar gradually, poured in the milk a little at a time and boiled until a little of the syrup formed a soft ball when dropped in cold water. [74]

Removing the saucepan from the fire and standing it in a pan of cold water, she added the figs and vanilla, beat the fudge till it was as thick as heavy cream, poured quickly into a buttered pan and marked in squares.

Cocoa Date Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Dates (stoned),	½ cup

Betsey removed the long stones from the dates, then cut each date into four pieces. The candy she made by first melting the butter, adding to that gradually the cocoa and sugar, then the milk a little at a time. These she let boil until a little of the syrup, when dropped in cold water, formed a soft ball. It was then ready to remove from the stove and place the saucepan in a pan of cold water; this Betsey did, then added the dates and vanilla; beating the fudge until it was as thick as heavy cream, pouring quickly into a buttered pan and marking it in squares. [75]

Cocoa Raisin Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Raisins (sultana),	½ cup

This time Betsey thought she would try the small sultana raisins in place of the regular seeded ones. Covering them with boiling water for a minute or two to soften, she then drained off the water and spread on a towel to dry.

These did not need to be cut, but any little stems that might be on them must be picked off.

After she had melted the butter, added the cocoa and sugar gradually, then the milk a little at a time, she let the mixture boil until a little of the syrup dropped in cold water formed a soft ball. Removing from the fire, she placed the saucepan in a pan of cold water, added the raisins and vanilla, beat until the fudge was thick like heavy cream, poured quickly into a buttered pan and marked in squares. [76]

Cocoa Marshmallow Fudge

Sugar (granulated),	2 cups
Milk,	½ cup
Cocoa,	4 tablespoons
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon
Marshmallow cream,	2 tablespoons

When the butter was melted, the cocoa and sugar added gradually, the milk poured in a little at a time, then all cooked until a little of the syrup, when dropped in cold water, formed a soft ball, Betsey removed the saucepan from the fire, stood it in a pan of cold water, added the vanilla and marshmallow cream, beat the fudge until it was thick like heavy cream, poured it quickly into a buttered pan and marked in squares.

Coffee Walnut Fudge

Sugar (granulated),	2 cups
Coffee,	1 cup
(Not too strong, and strain through cheesecloth.)	
Butter,	2 tablespoons

Walnut meats (broken), ½ cup

The sugar, coffee and butter were cooked until a little of the syrup, dropped in cold water, formed a soft ball. Betsey then removed the saucepan from the fire, stood it in a pan of cold water, added the walnut meats, beat till it was thick like heavy cream, poured quickly into a buttered pan and marked in squares.

Coffee Pecan Fudge

Sugar (granulated), 2 cups
Coffee, 1 cup
(Not too strong, and strain
through cheesecloth.)
Butter, 2 tablespoons
Pecan meats, ½ cup

Betsey boiled the sugar, coffee and butter until a soft ball formed when she dropped a little of the syrup in cold water.

Removing the saucepan from the fire, she placed it in a pan of cold water, added the pecan meats, then beat the fudge until it was thick like heavy cream. Pouring quickly into a buttered pan, she marked the candy into squares.

Coffee Almond Fudge

[78]

Sugar (granulated), 2 cups
Coffee, 1 cup
(Not too strong, and strain
through cheesecloth.)
Butter, 2 tablespoons
Almonds (blanched), ½ cup

While the sugar, coffee and butter were cooking, Betsey shelled and blanched the almonds. This was done by covering the almonds with boiling water for about a minute so that the brown skins might be easily removed. The almonds were then split in halves.

As soon as the candy formed a soft ball by dropping a little of the syrup in cold water, Betsey removed it from the fire, placed the saucepan in a pan of cold water, added the almonds, beat the fudge until it was thick like heavy cream, poured quickly into the buttered pan and marked in squares.

Coffee Peanut Fudge

Sugar (granulated), 2 cups
Coffee, 1 cup
(Not too strong, and strain
through cheesecloth.)
Butter, 2 tablespoons
Peanuts (shelled), ½ cup

[79]

Betsey shelled the peanuts while the sugar, coffee and butter boiled until a little of the syrup dropped in cold water formed a soft ball. Then she removed the saucepan from the fire, stood it in a pan of cold water, added the peanuts, beat the fudge until it became thick, poured it quickly into the buttered pan and marked in squares.

Coffee Raisin Fudge

Sugar (granulated), 2 cups
Coffee, 1 cup
(Not too strong, and strain
through cheesecloth.)
Butter, 2 tablespoons
Raisins (seeded), ½ cup

After measuring the sugar, coffee and butter, they were boiled until a little of the syrup, dropped in cold water, formed a soft ball.

While these were cooking Betsey poured boiling water over the raisins, let them stand for a minute or two, then drained off the water and spread on a towel to dry. When the moisture was all absorbed, Betsey cut each raisin in halves with the scissors.

[80]

As soon as the candy was sufficiently cooked Betsey removed the saucepan from the fire, stood it in a pan of cold water, added the raisins, beat the fudge till it was thick like heavy cream, poured into the buttered pan and marked in squares.

Coffee Fig Fudge

Sugar (granulated), 2 cups
Coffee, 1 cup
(Not too strong, and strain
through cheesecloth.)
Butter, 2 tablespoons
Figs (cut in small pieces), ½ cup

The figs were wiped, stems removed, then each fig was cut in small pieces.

When the sugar, coffee and butter were cooked so that a little of the syrup tried in cold water formed a soft ball, Betsey removed the saucepan from the fire, stood it in a pan of cold water, added the figs, beat the fudge until it was thick like heavy cream, poured quickly into a buttered pan and marked in squares.

Coffee Date Fudge

[81]

Sugar (granulated), 2 cups
Coffee, 1 cup
(Not too strong, and strain
through cheesecloth.)
Butter, 2 tablespoons
Dates (stoned), ½ cup

When the long stones were removed from the dates Betsey cut them each into four pieces.

The sugar, coffee and butter she cooked until a little of the syrup tried in cold water formed a soft ball, then removing the saucepan from the fire she placed it in a pan of cold water, added the dates, beat the fudge till it was as thick as heavy cream, poured quickly into a buttered pan and marked in squares.

Coffee Marshmallow Fudge

Sugar (granulated), 2 cups
Coffee, 1 cup
(Not too strong, and strain
through cheesecloth.)
Butter, 2 tablespoons
Marshmallow cream, 2 tablespoons

The sugar, coffee and butter were boiled until a little of the syrup when tried in cold water formed a soft ball, then removing the saucepan from the fire, Betsey stood it in a pan of cold water, added the marshmallow cream, beat the fudge till it was as thick as heavy cream, poured quickly into a buttered pan and marked in squares.

[82]

There were still other combinations in the fudges that Betsey could make, but she herself was satisfied, for the time being, anyway, and as she told mother, "On extra special occasions I can add nuts to any of my recipes with marshmallow cream."

Just before she started to make "Pinoche" or "Brown Sugar Nougat," as her mother's old recipe was called, mother received a letter from a dear friend, who was much interested in Betsey's candy making, in which she enclosed a new recipe; strange to say it was another one for fudge.

It was all written out on pretty pink paper. This was it.

Sour Milk Fudge

Sugar (granulated), 2 cups
Cornstarch, 1 tablespoon
Sour milk (not too old), 1½ cups
Chocolate, 1 square
Butter, 1 tablespoon
Walnut meats (chopped), ½ cup

[83]

Betsey first grated the chocolate and mixed it well with the cornstarch and sugar, then added, gradually, the sour milk.

These she cooked until a little of the syrup tried in cold water formed a soft ball.

Removing from the fire, Betsey beat the fudge until it began to sugar, then she added the butter and chopped nuts.

Betsey learned that the longer you beat this fudge the more creamy it became and it gave a high gloss when cold.

Of course it was poured into a buttered pan and marked in squares as usual.

Brown Sugar Nougat or Pinoche

Sugar (brown),	2 ² / ₃ cups
Milk,	³ / ₄ cup
Butter,	Size of a walnut
Flavoring (vanilla),	1 teaspoon
Walnut meats (broken),	¹ / ₂ cup

The sugar and milk Betsey cooked until a little of the syrup tried in cold water formed a soft ball, then standing the saucepan in cold water she added the butter, walnut meats and vanilla, beat till it was thick like heavy cream, poured quickly into a buttered pan and marked in squares. [84]

This was the candy that Betsey's father liked best of all, and no matter how many other delicious confections Betsey placed before him, as she did from time to time, that he might test the result of her earnest endeavors, he still persisted in preferring "Brown Sugar Nougat." He even insisted in preferring the old name though, as Betsey told him, "Pinoche" was more "up to date."

Betsey liked this recipe very much herself, and even more so when she added two tablespoons of the marshmallow cream, but as father liked it best without the cream she usually made it plain.

Mother thought she had lost a pet recipe until one day she came upon it unexpectedly. This was it.

Vassar Divinity Fudge

Sugar (granulated),	3 cups
Maple syrup,	1 cup
Water,	1 ¹ / ₂ cups
Vinegar,	1 tablespoon
Walnut meats,	2 cups
Whites of	2 eggs (beaten stiffly)
Flavoring (vanilla),	1 teaspoon

[85]

For this Betsey needed two saucepans. In one she put *two* cups of sugar, *one* cup of water, the maple syrup and vinegar, boiled these until they formed a soft ball in cold water, then removed from fire.

In the second pan she had boiling the other cup of sugar and the half cup of water; when they had boiled so that the syrup formed a thread from the tip of the spoon she poured it at once on the stiffly beaten whites of the eggs, beating continually, added *quickly* all this to the first mixture, stirred in the nuts and vanilla, beat until it was like cream and poured in buttered pan. Sometimes Betsey packed it in a deep, well buttered loaf pan and sliced like cake.

CHAPTER IV

CARAMELS

[86]

ONE Friday afternoon, as mother was sitting at the window engaged in her sewing, Betsey bobbed in and exclaimed: "Mother, I want to make caramels!"

"Right now?" asked mother, looking up from her sewing with a quizzical smile.

"Well, no, not just now," replied Betsey, "but I really would like to make caramels."

Just why Betsey wanted to make caramels puzzled mother, until Betsey told her of the delicious caramels Dorothy's uncle sent her for a birthday remembrance and which she had shared with her little friend. "They were wonderful!" sighed Betsey.

Mother looked at her daughter's wistful little face and said: "To-morrow, dear, I will start you on caramels, and I hope they will be just as 'wonderful' as the ones you had to-day; at least some of them."

So here are the different caramels that Betsey made, and some of them Betsey agreed were quite as "wonderful" as Dorothy's birthday candy. [87]

Vanilla Corn Syrup Caramels

Sugar (granulated),	1 cup
Corn syrup,	1 cup
Water,	¼ cup
Vinegar,	¼ cup
Butter,	2 tablespoons
Flavoring (vanilla),	1 teaspoon

After Betsey put the sugar, corn syrup, water and vinegar in the saucepan she let them boil six minutes before adding the butter, then let them continue to boil until they formed a soft ball when tried in cold water. Taking the candy from the fire, she stirred in the vanilla and sometimes one half cup of candied cherries cut in halves, reheated the candy, then turned into a buttered pan.

When the candy was cool Betsey marked it in squares but did not cut it until it was quite cold. She used a firm, sharp knife, then wrapped each caramel in waxed paper.

Plain Vanilla Caramels

[88]

Sugar (granulated),	3 cups
Condensed milk,	1 cup
Water,	1 cup
Butter,	Size of an egg
Cream of tartar,	½ teaspoon
Flavoring (vanilla),	1 teaspoon

Mother told Betsey she had heard that condensed milk was considered by some expert candy makers to give better results in caramels than cream.

To the condensed milk Betsey added the water and mixed thoroughly, then added the sugar. She let these boil, then added the butter and cream of tartar and continued the boiling until a little of the syrup, dropped in cold water, cracked between her thumb and finger.

It was then ready to take from the fire, add vanilla, pour in buttered pan, mark in squares when cool, cut with sharp knife when cold and wrap in waxed paper.

Rich Walnut Caramels

Sugar (granulated),	2 cups
Corn syrup,	1¾ cups
Cream,	2 cups
Butter,	1 cup
Flavoring (vanilla),	1 teaspoon
Walnut meats cut in pieces,	1 cup

[89]

When the sugar, syrup, *one* cup of cream and butter reached the boiling point Betsey added the other cup of cream a little at a time so that the candy did not once stop boiling.

After trying it in cold water, and it formed a firm ball between her thumb and finger, she added the vanilla and nuts, turned it into a buttered pan, marked into squares when cool, cut with a sharp knife when cold and wrapped in waxed paper.

Betsey found that these took a long, long while to make, nearly an hour, but my! weren't they worth it when she popped one into her mouth!

Plain Chocolate Caramels

Chocolate,	4 squares
Sugar (brown),	1 cup
Corn syrup,	1 cup
Milk,	1 cup
Butter,	1 heaping tablespoon
Flavoring (vanilla),	1 teaspoon

Betsey let the chocolate, sugar, syrup and milk boil until they formed a hard ball in cold water, added the butter just before removing from the fire, then the vanilla, and poured into buttered pan, marked in squares when sufficiently cool, cut with a sharp knife when cold and wrapped in waxed paper.

[90]

Chocolate Nut Caramels

Chocolate,	4 squares
Sugar (brown),	1 cup
Corn syrup,	1 cup
Milk,	1 cup

Butter, 1 heaping tablespoon
Flavoring (vanilla), 1 teaspoon
Walnut meats (cut in pieces), 1 cup

As soon as the chocolate, sugar, corn syrup and milk had cooked long enough so that a little tried in cold water formed a hard ball, Betsey added the butter to the mixture before removing from the fire. When she removed the saucepan she added the vanilla and nuts, poured into a buttered pan, marked in squares when sufficiently cool, cut with a sharp knife when cold and wrapped in waxed paper.

Betsey found that all candies worth eating took time, patience and care to make, yet she never seemed to tire of making them. Her enthusiasm was just as fresh at each lesson and mother felt well repaid for her time and trouble. [91]

To be sure, Betsey had some failures, as most little girls do, but she was never discouraged and kept on practising until she had mastered every recipe.

CHAPTER V [92]

CREAM CANDIES—UNCOOKED

THE candies that were made without cooking were a constant source of delight, for Betsey learned so many different ways of combining them.

Foundation Cream

White of 1 egg
Same amount of liquid.
Sugar (confectioner's), 1 pound
Flavoring.

Betsey put the white of the egg in the glass measuring cup, noticed carefully just how much it measured and then added the same amount of water, next she flavored it with a few drops of vanilla or almond or peppermint or strong coffee or fruit syrup of any kind, and mixed well.

The confectioner's sugar she thoroughly sifted through a hair wire strainer, then added a little of the liquid mixture at a time until the cream was sufficiently flexible to be molded with the fingers. This was then put in a covered bowl and set away in a cool place for twenty-four hours to harden. [93]

When this was ready to use Betsey made—

Almond Creams

Foundation cream.
Blanched almonds.

First Betsey shelled the almonds, then blanched them by covering with boiling water for about a minute (this made it very easy to slip off the brown skins), next she split them in two.

Taking some of the cream, she molded it into balls, pressed flat and put half an almond on each side.

Pecan Creams

Foundation cream.
Pecans (in halves).

Betsey's mother bought the pecans already shelled, as it was almost impossible to shell them without breaking them.

Taking some of the cream, she molded it into balls, pressed flat and put half a pecan on each side. [94]

Walnut Creams

Foundation cream.
Half walnuts.

The cream she molded into small balls, pressed flat and put half a walnut on each side of the cream.

Another time Betsey tried—

Cherry Creams

Foundation cream.
Candied cherries and angelica.

Betsey cut the cherries lengthwise in two, shaped the cream into small balls and pressed half a cherry on each side.

The angelica she cut into strips to form stalks, then stuck a cherry on each. Sometimes she simply put the cherry inside the cream balls.

The pretty combination that follows was called—

Neapolitan Cream Squares

[95]

Foundation cream.
Vanilla flavoring and color pastes.

Betsey's mother had a large marble slab which she used for rolling out pastry, and this slab Betsey sprinkled with confectioner's sugar that had been thoroughly sifted. To the cream she added a few drops of vanilla and kneaded it in thoroughly. This she divided into five portions, leaving one white and coloring the others pink, green, yellow and chocolate. (Mother always bought the best flavorings and the same concern which made these also had color pastes which were pure and harmless and made according to government regulations, so mother bought some for Betsey with directions for using.) Betsey rolled out each portion alike, placed one on top of another, pressed the rolling-pin lightly over them and cut in half-inch squares with a sharp knife, then placed on waxed paper to dry.

Chocolate Cream Peppermints

White of	1 egg
Water,	1 tablespoon
Oil of peppermint,	4 drops
Sugar (confectioner's).	
Chocolate,	3 squares

[96]

Betsey mixed the egg white, water and oil of peppermint drops in a bowl and added as much sifted confectioner's sugar as it would absorb.

The board she sprinkled well with the sugar, then rolled out the mixture to one fourth inch in thickness, and cut out with a small round cutter.

While she was busy with this the chocolate had melted; this she had placed in a good-sized breakfast cup, and the cup in a small shallow pan of hot water on the back of the stove.

Now Betsey took two silver forks and dipped each round of cream in the chocolate, carefully draining each one before placing on waxed paper. Sometimes she needed to melt a little more chocolate, as the eggs varied in size and so made more or less accordingly.

One of Betsey's schoolmates gave her a recipe for lemon and orange creams that her mother often made, so Betsey tried these.

Lemon Creams

[97]

Lemon,	One
Tartaric acid,	A pinch
Sugar (confectioner's).	

First Betsey grated the rind of the lemon into a bowl, then added the lemon juice (strained), the pinch of tartaric acid and sufficient sifted confectioner's sugar to mold into small balls which she flattened into cakes. These she covered with waxed paper and put in a cool place and they were ready the next day to eat.

Orange Creams

Orange,	One
Tartaric acid,	A pinch
Sugar (confectioner's).	

As for "Lemon Creams," Betsey grated the rind of the orange into a bowl, added the strained

orange juice, a pinch of tartaric acid and sufficient sifted confectioner's sugar to mold into small balls, which she flattened into cakes. Sometimes Betsey put a half cup of walnut meats or pecan meats through the meat chopper and molded them into the cream.

Then she covered with waxed paper, put in a cool place and they were ready the next day to eat. [98]

She also added the nuts to the "Lemon Creams" when she wanted a change.

CHAPTER VI

STUFFED DAINTRIES

[99]

ONE day Betsey's mother bought her a pound of nice fresh marshmallows to make

Stuffed Marshmallow Dainties

Fresh marshmallows,	1 pound
Preserved ginger,	or
Candied cherries,	or
Candied pineapple,	or
Pieces of figs,	or
Pieces of raisins,	or
Pieces of dates,	or
Walnut meats,	or
Pecan meats,	or
Blanched almonds,	or
Butternut meats,	or
Brazil nuts,	or
Pieces of uncooked	or
Cooked foundation cream.	

Betsey found these were very easy to prepare and most delicious. [100]

All she had to do was to cut the marshmallows in two, with the scissors, horizontally,—they look better this way when stuffed (Betsey learned in school about horizontal lines, so that she knew just what mother meant),—then place a piece of ginger or a candied cherry or a piece of candied pineapple or a piece of fig or raisin or date or part of a walnut, pecan, almond, butternut or brazil nut, or small flat balls of the uncooked or cooked foundation cream on the bottom portion of the marshmallow and then press the top piece over it.

Fruit Paste

Dates (stoned),	1 pound
Raisins (seeded),	1 pound
Figs,	1 pound
Candied cherries,	1 pound
Nut meats,	2 cups

All these Betsey put through the meat chopper twice, next she put the mixture on the board and kneaded it well with sifted confectioner's sugar until she could roll it out to one half inch in thickness, then she cut in pieces and dipped them in granulated sugar. [101]

Mother also showed Betsey how to stuff raisins and dates, and Betsey found mother's little sharp-pointed kitchen knife to be just the thing for this kind of work.

Stuffed Raisins with Walnuts

Large fancy table raisins.
Walnut meats.
Powdered sugar.

Betsey slit the raisins down one side carefully, removed the seeds and pressed in a piece of walnut cut just the right size, then pressed the slit together and rolled in powdered sugar.

Stuffed Raisins with Pecans

Large fancy table raisins.
Pecan meats.
Powdered sugar.

Slitting the raisins carefully on one side with a sharp-pointed knife, Betsey removed the seeds, pressed in a piece of pecan meat, squeezed the opening together, then rolled in powdered sugar.

[102]

Stuffed Raisins with Almonds

Large fancy table raisins.
Blanched almonds.
Powdered sugar.

After Betsey had prepared the raisins by slitting one side carefully and removing the seeds, she blanched the almonds she had shelled by covering with boiling water. Letting them stand about a minute, then draining off the water, she removed the brown skins easily.

The raisins were not always large enough to hold a whole almond so she cut the nut to fit it, then pressed the opening together and rolled in powdered sugar.

Stuffed Raisins with Peanuts

Large fancy table raisins.
Peanuts (shelled).
Powdered sugar.

Betsey made a slit in each raisin, carefully, with a sharp knife, removed the seeds and pressed in a peanut.

After pressing the opening together she rolled the raisin in powdered sugar.

[103]

Stuffed Raisins with Foundation Cream

Large fancy table raisins.
Foundation cream.
Powdered sugar.

Betsey had the foundation cream all made (see page [92](#)). She prepared the raisins as usual (slitting carefully on one side and removing the seeds), then made the cream into small balls and pressed into the opening, which she closed. Next she rolled each raisin in powdered sugar.

Stuffed Dates with Walnuts

Best fancy dates.
Walnut meats.
Powdered sugar.

Betsey found that these did not take nearly as long to prepare as the raisins.

With a sharp knife she cut one side of the date, removed the long stone, filled it with a piece of walnut the right size, then pressed and rolled in powdered sugar.

Stuffed Dates with Pecans

[104]

Best fancy dates.
Pecan meats.
Powdered sugar.

Making an opening into each date with a sharp knife, Betsey removed the stone and filled with a piece of pecan meat to fit, and rolled in powdered sugar.

Stuffed Dates with Almonds

Best fancy dates.
Blanched almonds.
Powdered sugar.

It was a quick job for Betsey to prepare the dates by cutting an opening and removing the long stone, but the almonds took longer. These she shelled, covered with boiling water a minute, drained them and removed the brown skins.

In each date she pressed an almond, then rolled in powdered sugar.

Stuffed Dates with Peanuts

Best fancy dates.
Peanuts (shelled).
Powdered sugar.

After Betsey shelled the peanuts she removed the long stone from each date by cutting an opening with a sharp knife, then she filled each one with a peanut and rolled it in powdered sugar.

[105]

Stuffed Dates with Foundation Cream

Best fancy dates.
Foundation cream.
Powdered sugar.

Taking the foundation cream from the refrigerator, where she had kept it since making the day before (see page 92 for recipe), Betsey made it into small balls. These she pressed into the openings of the dates which she had cut and from which the large stones had been removed, then she rolled them in powdered sugar.

Stuffed Figs with Walnuts

Small fancy figs.
Walnut meats.
Powdered sugar.

This was the only kind of stuffed figs that Betsey and mother liked.

The figs were prepared by removing the stem and cutting carefully down the side, then they were pulled apart and a *whole* walnut inserted. Next they were pressed together and lightly dusted with powdered sugar.

[106]

Betsey called these her "convenient sweets" because, as mother said, you could make the stuffed fruits at any time: winter, summer, spring or fall.

Betsey's grandmother was keenly interested in everything her little granddaughter undertook, and this was especially true of the candy-making. Grandmother admitted that she had a "sweet tooth," and Betsey often surprised her with delicious dainties.

Betsey learned that grandmother was particularly fond of "Stuffed Fruits," and a few days before her birthday Betsey prepared some of each kind, arranged them attractively in a large box, and on the morning of the eventful day gave them to a delighted grandmother.

Grandmother was very much pleased with the pretty box and its "sweet contents." She called Betsey's gift, "the sweet surprise," because, as she said, "I never know just what each dainty contains until I begin to eat it, and, therefore, I am always being surprised."

CHAPTER VII CREAM CANDIES—COOKED

[107]

BETSEY wanted to learn how to make the cooked foundation cream, or fondant as it was called, and mother gladly taught her.

Fondant—Plain

Sugar (granulated), 3 cups
Cream of tartar, ¼ teaspoon
Water (hot), ¾ cup
Vanilla, ½ teaspoon

The sugar, cream of tartar and water Betsey stirred thoroughly in the saucepan and let it slowly come to the boiling point, then she stopped stirring. After the syrup had been boiling a few minutes the sugar began to stick to the sides of the saucepan, but Betsey's mother took a piece of soft muslin, dipped it in cold water and showed Betsey just how to wash it carefully off so that not one grain, even, should fall into the syrup.

Then when Betsey tried the syrup by dropping a little in cold water she was very, *very* careful not to stir it. When it formed a soft ball it was ready to be taken off, and then mother told Betsey to add the vanilla and pour the syrup *slowly* on a large platter.

[108]

As soon as it was cool enough to handle Betsey began to knead it and work the cream until it was beautifully smooth, then she wrapped it in waxed paper, put in a covered bowl, in a cool place, for twenty-four hours.

It was then ready to make into candies just as she did with the uncooked foundation cream on

Chocolate Fondant

Sugar (granulated),	3 cups
Cream of tartar,	¼ teaspoon
Water (hot),	¾ cup
Chocolate,	2 squares
Flavoring (vanilla),	½ teaspoon

Putting the sugar, cream of tartar, water and chocolate into the saucepan, Betsey stirred them well together, then let slowly come to the boiling point.

After this she stopped stirring.

When the syrup had been boiling a minute or two and sugar began to stick to the sides of the saucepan, Betsey took a piece of soft muslin, dipped it in cold water and very carefully wiped off *every* grain, as mother had taught her. [109]

Even when Betsey tried the syrup in cold water she took particular pains not to stir it; when it reached the soft ball stage she removed the saucepan from the fire, added the vanilla and poured slowly on to a large platter.

This she let cool, sufficiently to handle, then kneaded and worked the cream until it was very smooth.

Next she wrapped it in waxed paper, put in a covered bowl in a cool place for twenty-four hours, when it was ready to use for making candies.

Coffee Fondant

Sugar (granulated),	3 cups
Cream of tartar,	¼ teaspoon
Strong coffee (hot and strained),	¾ cup

Betsey strained the coffee through a double thickness of cheesecloth, added the sugar and cream of tartar and let them slowly come to the boiling point; when the syrup had been boiling a few minutes the sugar began to stick to the sides of the saucepan. As this had to be removed very carefully so that not even a grain should fall back into the syrup Betsey took a soft piece of muslin, dipped it in cold water and with great care removed every bit. [110]

Even when she tried the syrup to see if it had reached the soft ball stage Betsey was very particular not to stir it.

When the candy was cooked Betsey poured it slowly into a large smooth platter, waited until it was cool enough to handle, then kneaded the cream until it was very smooth. Wrapping the fondant in waxed paper, Betsey put it in a covered bowl in a cool place for twenty-four hours. It was then ready to make into candies.

Maple Sugar Fondant

Maple sugar (broken small),	2 cups
Sugar (granulated),	1 cup
Cream of tartar,	¼ teaspoon
Water (hot),	1 cup

The maple sugar, granulated sugar, cream of tartar and hot water were all stirred well until they began to boil, then Betsey had to watch carefully, for sugar began to stick to the sides of the saucepan. This she had to remove, which she did by following mother's careful instructions. She was very particular not to let one grain fall into the syrup and when she tried the syrup to see if it would form a soft ball if a little were dropped in cold water she took care not to stir it. [111]

Then pouring slowly on to a large platter, Betsey let it cool until she could handle the cream, when she kneaded it till it was very smooth.

The fondant was wrapped in waxed paper, put in a covered bowl in a cool place for twenty-four hours and then made into candies.

Corn Syrup Fondant

Sugar (granulated),	1½ cups
Corn syrup,	½ cup
Cream of tartar,	¼ teaspoon
Water (hot),	⅓ cup

Betsey put all the ingredients in the saucepan and let them come to the boiling point, stirring

all the while, then she stopped stirring.

After the syrup had boiled a few minutes, Betsey noticed that the sugar began to stick to the sides of the saucepan. So taking a piece of soft muslin she dipped it in cold water and wiped all this sugar away so carefully that not a grain fell in the syrup. [112]

When Betsey tried a little of the candy in cold water she was again careful not to stir the syrup, and as soon as it reached the soft ball stage she removed the saucepan from the fire and poured the candy slowly into a large platter.

Then when it was cool enough to handle Betsey kneaded till it was very smooth and creamy, wrapped in waxed paper, and put in a covered bowl in a cool place for twenty-four hours.

Betsey found that the cooked fondant would keep a long while and she liked to have some on hand so that she could make a dish of dainty candies at any time.

The following are some of the candies made with the different flavored fondants.

Plain Fondant Almond Creams

Plain Fondant Pecan Creams

Plain Fondant Walnut Creams

Plain Fondant Cherry Creams

In each case Betsey made the small balls of the plain fondant, then pressed half an almond on each side, or half a pecan, or half a walnut or half of a candied cherry. [113]

Sometimes she put the nut or cherry inside and wrapped the fondant around it.

With the chocolate fondant she followed the same idea, making

Chocolate Fondant Almond Creams

Chocolate Fondant Pecan Creams

Chocolate Fondant Walnut Creams

Chocolate Fondant Cherry Creams

With the coffee fondant she made

Coffee Fondant Almond Creams

Coffee Fondant Pecan Creams

Coffee Fondant Walnut Creams

Coffee Fondant Cherry Creams

With the maple sugar fondant she made [114]

Maple Sugar Fondant Almond Creams

Maple Sugar Fondant Pecan Creams

Maple Sugar Fondant Walnut Creams

Maple Sugar Fondant Cherry Creams

It was with the plain fondant that Betsey could make the greatest variety of candies. Every combination that she had made with the uncooked foundation cream (see pages [92-94](#)) Betsey made with the plain fondant.

When she had made Neapolitan Cream Squares (see page [95](#)) Betsey's mother had bought some of the color pastes which came from an old established firm, were quite pure and harmless, and made according to government regulations.

So Betsey had these to use, and again she used the pretty harmless colorings as told on page [95](#).

These color pastes last for a very long time, since very small quantities are used, just a drop or two being sufficient.

Before Betsey finished her lessons in candy making, especially when she made the fondants, [115]

mother's stock of flavorings had very much increased, for Betsey used vanilla, orange, lemon, almond, oil of peppermint, wintergreen, violet, rose and peach.

In fact Betsey became such a little expert in her candy making that Betsey's father said it seemed a foolish waste of money for him to buy the usual box of Saturday candy when he much preferred his own little daughter's concoctions.

Mother thought this too good an opportunity to let pass and suggested that he give the amount he usually spent each week to Betsey, and leave his order with her.

Father was glad to agree and Betsey was delighted and proud to think he thought her capable enough.

This enabled Betsey to form a general supply fund with which to purchase extras in the way of different kinds of nuts, candied cherries, dates, figs, raisins, etc.

Cinnamon Cream Balls

Plain fondant.
Ground cinnamon.

Betsey made the fondant into small balls, then rolled them lightly in the cinnamon. She was careful not to have very much as it made the cinnamon taste too strong. [116]

Sometimes she would put a candied cherry inside the cream ball, or a piece of a walnut, or pecan or almond.

Cocoa Cream Balls

Plain fondant.
Cocoa.

These Betsey made like the Cinnamon Cream Balls by forming the fondant into small balls and rolling in cocoa or first putting a piece of any kind of nut or candied cherry inside the cream.

Cream Mints

Plain fondant.
Color pastes.

The plain fondant she divided into as many portions as she desired colors or flavors.

After coloring and flavoring to her liking she rolled them out on mother's marble slab until they were about a quarter of an inch thick—of course she first sprinkled the slab with sifted powdered sugar—then with a little round cutter Betsey would cut out the mints and place on waxed paper to dry. [117]

Sometimes she would use the different nuts, candied cherries, etc., with these by placing a piece on the top of each round.

Cream Chocolate Mints

Chocolate fondant, page [108](#).

Cream Coffee Mints

Coffee fondant, page [109](#).

Cream Maple Sugar Mints

Maple sugar fondant, page [110](#).

Cream Corn Syrup Mints

Corn syrup fondant, page [111](#).

Betsey made all of the different kinds of fondants into mints by simply rolling a portion of each to one fourth inch in thickness, then cutting them out with her little round cutter.

When she wanted them to be extra nice she added the candied cherries or any kind of nut by placing a piece on top. [118]

Betsey enjoyed celebrating any and every occasion. The days devoted to St. Valentine and St. Patrick were hailed with delight. For these gala days Betsey found the "Cream Mints" to be the

very best candies to make.

A tiny heart-shaped cutter, and another cutter in the shape of a shamrock, mother found one day while shopping and these she brought home to Betsey.

You may be sure that Betsey "bobbed" more than ever when mother gave them to her.

On St. Valentine's Day Betsey remembered each member of the family, also each of her little friends, with a "sweetheart" for a Valentine. These she made from the "Cream Mints" of different colors and cut with the heart-shaped cutter.

The little cutter in the shape of the shamrock Betsey used on St. Patrick's Day to cut the "Cream Mints," which she colored a pretty green.

Bon Bons

[119]

Fondant of any kind.
Color pastes.
Flavorings.
Nuts, candied cherries, etc., etc.

Here was another way in which Betsey used the fondants.

One portion of plain fondant she put on one side while the remainder was divided into as many different portions as she desired different colors or flavors. When these were shaped into balls, some plain and some with pieces of nuts or candied cherries inside, she placed them on waxed paper while she put the other portions of fondant in the small double boiler over hot water to melt.

Betsey did not let the fondant get hot, but *just warm*, then taking the candies she had prepared she dipped each one carefully into the melted fondant (using two silver forks) and re-placed on the waxed paper to dry.

In the same manner Betsey used the "Chocolate Fondant," the "Coffee Fondant," the "Maple Sugar Fondant" and the "Corn Syrup Fondant."

Chocolate Creams

[120]

Fondant of any kind.
Color pastes.
Flavorings.
Nuts, candied cherries, etc., etc.
Chocolate.

Sometimes Betsey liked the chocolate in which she dipped her creams left unsweetened, then again she would add a little of the plain fondant to the melted chocolate to take away the bitter taste. Betsey melted the chocolate by placing it in the double boiler over hot water. The number of squares she melted depended upon the number of creams she intended dipping. Usually she started by melting two squares.

The creams she prepared exactly as she did for "Bon Bons," coloring and flavoring as her fancy dictated, shaping into balls with or without the addition of nuts and candied fruits.

With two silver forks Betsey found she could handle the creams nicely, drain off all the extra chocolate and place on waxed paper to dry.

Chocolate Cream Mints

Fondant of any kind.
Color pastes.
Flavorings.
Nuts, candied cherries, etc., etc.
Chocolate.

[121]

These Betsey made like the plain cream mints and other cream mints.

She rolled out the fondant so that it was about a quarter of an inch in thickness, cut with the little round cutter, then dipped each round in the melted chocolate, with two silver forks, drained off as much chocolate as possible, then placed on waxed paper to dry.

One of the neighbors, hearing of Betsey's candy making lessons, sent over a recipe for "Cocoanut Cakes," and while they were not exactly candy, Betsey tried them and found them to be delicious.

Cocoanut Cakes

Cocoanut (grated), $\frac{1}{2}$ pound

Sugar (granulated), ½ cup
Whites of 2 large or 3 small eggs
Flavoring (vanilla), ½ teaspoon

Betsey beat the egg whites until very stiff, added the sugar and vanilla, then stirred in the cocoanut gradually.

Mother had a large tin sheet upon which Betsey placed waxed paper. Taking a teaspoon she dropped a spoonful of the mixture at a time, shaping each cake with the spoon to a point at the top, then baked in a moderate oven until they were a golden brown. This made about three dozen tiny cocoanut cakes. [122]

It happened to be along the latter part of March when Betsey was making the "Cocoanut Cakes" and her "dearest friend" Dorothy was helping too.

Just as Betsey was taking the large tin sheet full from the oven, the door-bell rang.

Mother had a caller, and as she came in, she exclaimed, "My, what is it that smells *so good!*"

Mother, with a twinkle in her eye, escorted her caller to the kitchen, where Betsey and Dorothy, all flushed and excited, were in the act of piling the cocoanut cakes on a pretty dish covered with a piece of waxed paper.

Mother's caller could hardly believe it was possible for little girls of such tender years to be capable of making the delicious confections.

When she was told of the many kinds that they really and truly could make, she remarked, "Well, I certainly have come to just the right place." [123]

Then mother's caller explained that she belonged to a patriotic society that was planning to have a sale in a few weeks. If Betsey and Dorothy would make her some candy she would be very grateful.

The little girls were only too delighted and mother promised to furnish the materials if they would do the work.

To this they readily agreed and many happy, busy spare moments they spent in preparing for (to them) the great occasion.

It would take too long to tell you about the different candies they made, but every bit was sold, and when, one morning, they received a *written* "vote of thanks" from the patriotic society, Betsey and Dorothy felt fully repaid for all their efforts.

CHAPTER VIII

SALTED NUTS

[124]

ONE day Betsey said, "Mother, I should like to know how to prepare salted peanuts and salted almonds," and, as usual, mother was glad to comply with her request and teach her.

Salted Peanuts

Peanuts (shelled), 1 cup
Butter, or
Olive oil.
Salt.

Betsey bought the peanuts that were not cooked. These she shelled, then covered with boiling water for a minute or two. Draining off the water, she removed the little brown skins easily.

Using a shallow cake tin, Betsey poured in a little olive oil (for those who do not like olive oil, a small piece of butter may be used), added the peanuts, put in a hot oven and cooked to a light golden brown. [125]

When done she emptied the peanuts on to a piece of brown paper (this soaked up the extra oil or butter) and sprinkled lightly with salt.

Salted Almonds

Almonds (shelled), 1 cup
Butter, or
Olive oil.
Salt.

These Betsey blanched as she did the peanuts by pouring boiling water over the almonds for at least a minute.

Draining off the water, she was able to remove the brown skins very easily.

The almonds were then placed in a shallow pan in which a little olive oil or butter had been melted, then baked in a hot oven to a light golden brown.

Betsey needed to watch these constantly and shake the tin occasionally that the almonds might be evenly browned.

The next step was to pour them on brown paper and sprinkle lightly with salt.

The brown paper soaked up all the extra oil or butter and made them much nicer.

[126]

Next Betsey tried

Glacé Nuts and Fruits

Sugar (granulated), 1 cup
Corn syrup, 1 cup
Water, $\frac{1}{3}$ cup
Walnut meats.
Pecan meats.
Butternut meats.
Brazil nuts.
Filberts.
Almonds.
Peanuts.
White grapes.
Raisins.
Pieces of orange.
Pieces of grapefruit.
Prunes.

The sugar, corn syrup and water Betsey boiled until the syrup became brittle the minute she dropped a little in cold water. Lifting the saucepan from the fire, she placed it in a larger pan of cold water to stop the boiling immediately, then she placed it in another pan of hot water and dipped the nuts and fruits one at a time.

[127]

Betsey used a long hat pin to pick them out with, then placed on buttered plates or waxed paper.

These were always made in cold weather and eaten while crisp. If they were kept any length of time they became sticky. This, however, never happened in Betsey's home, for they went too quickly.

It took Betsey a long time, months in fact, to learn all these different ways of making candy, but she was so earnest in her work that the results were better than many "grown ups" obtained.

Mother felt fully repaid for the time and care it had required to teach Betsey and father was a much "puffed up" man.

He never failed to tell any guests that might be present when a dish of the home made confections were being passed that "Betsey made these" and his pride and pleasure were doubly increased when they invariably exclaimed, "Impossible! Surely a little girl so young as Betsey could never have made them."

[128]

Naturally, Betsey felt glad to have these nice things said about her candies, and mother felt still more glad that in spite of all praise Betsey was not spoiled.

CHAPTER IX BETSEY'S PARTY

[129]

WHEN Betsey learned to make Cherry Creams (on page 94) she said, "Mother, do you suppose I could have a Washington's Birthday Party? I could make such pretty things with these cherries." And mother was so pleased with her little pupil that of course she said "Yes."

So Betsey invited five of her little friends: Dorothy, her very special friend, and Christina, Isabella, Amy and Adelaide, making six in all, counting herself.

It was to be very simple; mother made the cake and ice cream and peanut butter sandwiches, while Betsey made the candies.

For some days before, Betsey was very busy making little paper hatchets for favors. On each of these she wrote one of her little friends' names.

She made a number of Cherry Creams like those on page 94 with the angelica, and on the day of the party she tied three cherries to the handle of each hatchet with narrow red, white and blue ribbon. [130]

Mother made a delicious cake in the large angel cake tin and covered it with a thick white frosting; before it hardened Betsey pressed half cherries here and there all over it. Then Betsey had secured a piece of a fir tree and placed it in the centre of the cake. On this she hung little bunches of cherries.

It made a most attractive decoration for the centre of the table.

Betsey also made "Brown Sugar Nougat" or "Pinoche" with nuts (see page 83) and "Chocolate Fudge with Marshmallow Cream" as on page 58; she also had a dish of the Cherry Creams on the table.

The six little girls had a very happy time, but they did wish they could learn how to make candies, too, so Betsey's mother wrote this little book in order that other little girls might learn the easiest and best ways of making candies.

THE END.

APPENDIX [131]

Recipes endorsed by the UNITED STATES FOOD ADMINISTRATION

Chocolate Dainties

PUT through the meat chopper one-half cup each of dates, figs, and nut meats. Add one tablespoon orange juice, a little grated orange peel, and one square of melted unsweetened chocolate. Mold into balls and roll in chopped nuts or granulated sugar. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired.

Old-Fashioned Molasses Candy No. 1

Boil down molasses until it reaches the hard crack stage. Pour on oiled plates and cool. Oil the hands and pull portions of the candy until it becomes light colored.

Old-Fashioned Molasses Candy No. 2 [132]

Molasses,	2 cups (1 pint)
Vinegar,	1 tablespoon
Butter substitute,	2 tablespoons (1 ounce)
Baking powder,	½ level teaspoon
Vanilla or Ginger extract,	1 teaspoon

Put molasses, vinegar and butter into a saucepan. Bring to a boiling point, and boil, stirring all the time until the mixture is brittle when dropped into cold water. Stir in baking powder and extract and pour into a buttered tin. When nearly cold pull until glossy. Cut into small pieces and lay on a buttered plate or wrap in wax paper. Sufficient for one pound of candy.

Popcorn Candy

Syrup,	1 cup
Vinegar,	1 tablespoon
Popped corn,	2 or 3 quarts

Boil together the syrup and vinegar until syrup hardens when dropped in cold water. Pour over freshly popped corn and mold into balls or fancy shapes for the Christmas tree. Little popcorn men will please the children. Mark in the features and outlines with melted chocolate.

Either honey, maple syrup, molasses, white cane syrup or corn syrup may be used. [133]

Crystallized Fruits

Use your own preserves. Peach, pear, apple, quince or watermelon rind will do. Drain from the fruit all syrup possible. Cut any size desired, sprinkle with sugar, and dry in the warmer or a very slow oven. It may be necessary to sprinkle the fruit again with sugar during the drying. When dry

enough not to be at all sticky, sprinkle with sugar and pack in layers with wax papers between. This fruit may be used for dipping in bitter chocolate for bitter-sweets.

Fruit Paste

Put through the meat chopper enough cherry, peach, or quince preserves to make a half-pint with the juice. Heat fruit and add two tablespoons of gelatine, previously softened in a very little cold water. Stir well, and continue stirring until it begins to cool and thicken, then pour into oiled dish to make a layer one inch thick. Let dry slowly, sprinkle with sugar and place in box with wax paper between the layers. A mixture of dried apricots and dates may be used for this paste. Wash apricots and soak over night in enough water to cover. Pour off water, bring it to a boil, pour over apricots, and let stand until cool. Put apricots and dates through meat chopper and proceed with the proportions as given. [134]

Fruit Butter

Chop together equal parts of stoned raisins, dates and figs and add (after weighing) nuts equal in weight to the whole. The nuts may be mixed according to convenience and taste, as one part of black and white walnuts, pecans, almonds, peanuts, hazel or Brazil nuts. In general nuts grown in the locality should be used. Mix thoroughly and pack in a mold for slicing.

Bitter-Sweets

An attractive variety of candies may be made by dipping sweet fruits in bitter chocolate. Use for this purpose dates, citron, candied orange peel or crystallized fruits. Melt unsweetened chocolate in a double boiler. Keep the chocolate just warm enough to prevent solidifying. With a silver fork drop pieces of fruit in chocolate. See that each piece is completely coated, then remove to wax paper to harden. [135]

Maple Sugar Candy

Soft maple sugar,	1 pound
Top milk,	$\frac{3}{4}$ cup
Boiling water,	$\frac{1}{4}$ cup
Nut meats cut in pieces,	$\frac{2}{3}$ cup

Boil together until soft ball forms in water. Remove from fire, beat until creamy, add nut meats and pour into greased tin. Cool slightly, mark into squares.

Quick Nougatines

Marshmallows,	1 cup
Almond paste,	$\frac{1}{2}$ cup
Nuts,	$\frac{1}{4}$ cup
Candied cherries,	$\frac{1}{4}$ cup

Put marshmallows and almond paste in double boiler and stir until melted and well blended. Add nuts and cherries cut in small pieces and spread half an inch thick on a pan or slab sprinkled with confectioner's sugar. When firm, cut in bars $1\frac{1}{2}$ inches long and $\frac{1}{2}$ inch wide. If desired, dip in melted chocolate.

Substitutes for Christmas Candies

"What would Christmas be without Christmas candies!" Can't you hear that wail going up from children all over the land? And from many a grown-up, too. [136]

A Christmas shorn of all its sweets isn't necessary at all. But with a little forethought and some substitutes in the way of fruit and nut sweetmeats, we can do much to lessen the pull on sugar at just this time.

A decrease in our annual Christmas candy consumption of, say, even one-tenth (and that isn't asking very much of the "home fighter"), when multiplied by 100,000,000 of us will provide much energy-giving food to our army boys and our needy allies.

And what more acceptable Christmas gift could we make to those "over there?" Remember this when you are planning for their Christmas and your own. It is splendid to make comfort kits and pack hampers of gifts for the soldier-boys, but saving the sugar used to make your Christmas candies and in your own home is not only making them a Christmas gift but is putting punch into the right arm of your country's defenders. And their right arm is of more importance just now than your sweet tooth. [137]

There are all sorts of substitutes such as stuffed dates, candied ginger, fruit pastes and salted nuts. Not only dates, but prunes, stuffed, are delicious. Wash them thoroughly, take out the seed and slip in a big, fat, sweet almond, and see how eagerly the children eat it. It is a food as well as

a sweetmeat. Dried fruits like dates, figs, prunes and raisins have not only sugar but are highly nourishing. Raisins with nuts will delight any child and if given with moderation will not prove indigestible.

A combination of dates, figs and English walnuts, run through a grinder, softened with lemon juice, and cut into cakes like caramels, makes both a wholesome and a toothsome substitute for candy.

Use more home salted nuts this Christmas than in previous years. Peanuts, pecans or almonds, if prepared in olive oil, will not go begging.

To candy orange or grape-fruit peel means the use of some sugar, it is true, but less than for its equivalent in candy, and you are using up what would otherwise be thrown away.

A wider use of maple sugar as a sweet this fall and winter will be a helpful conservation measure. Every one with even one maple tree in his yard should tap it and boil his own syrup. Every little bit helps. [138]

Any of these substitutes, if arranged in fancy box or dainty basket, will serve the same purpose as candy for gifts; left on table or tabourette they will give the same festive Christmas air and fill the munching needs of a holiday gathering; and best of all, their use will insure more sugar and therefore more power to those fighting our war.

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