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Publication/Creation

London : C. Arthur Pearson, 1902.

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SWEETMEAT -MAKING AT HOME

•
FILLED FRUITS • GLACÉ FRUITS
CHOCOLATES • CARAMELS
FONDANTS • MARZIPAN
BONBONS • PRALINES
ETC.



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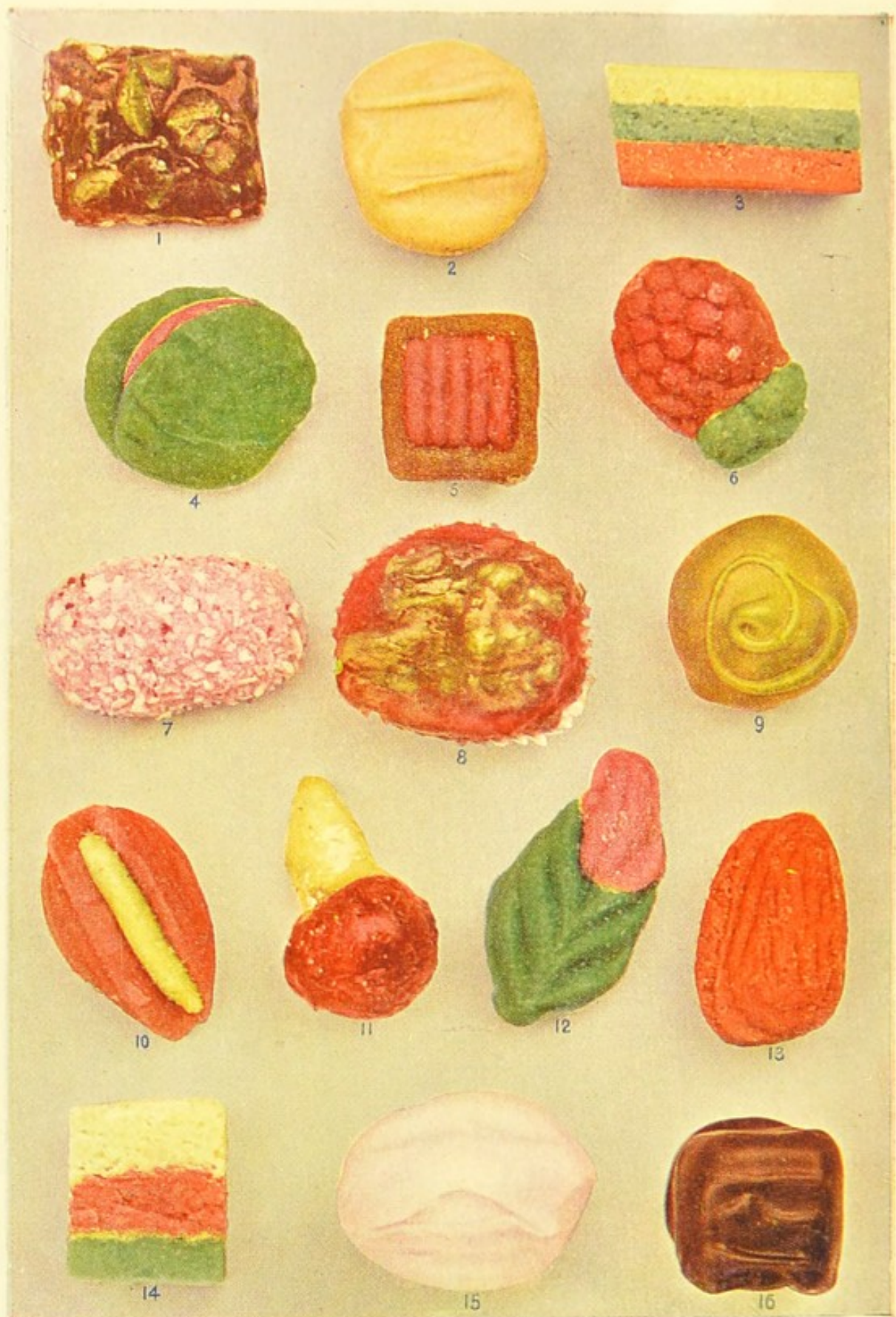


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SWEETMEAT-MAKING
AT HOME



- 1.—Clear Walnut Toffee
- 2.—Orange Cream Bonbon
- 3.—Neapolitan Cream Sandwich
- 4.—Shell Moulded in Marzipan
- 5.—Maple Cream
- 6.—Moulded Fondant
- 7.—Coconut Cream
- 8.—Walnut Cream

- 9.—Fondant-coated Bonbon
- 10.—Marzipan Moulded Almond
- 11.—Fruit Fondant à la Glace
- 12.—Moulded Fondant
- 13.—Marzipan Almond
- 14.—Striped Cream
- 15.—Peppermint Cream
- 16.—Chocolate coated Marzipan

SWEETMEAT-MAKING AT HOME

BY

Mrs. M. E. RATTRAY

FIRST-CLASS DIPLOMÉE NATIONAL TRAINING SCHOOL
OF COOKERY, LONDON

WITH ILLUSTRATIONS

THIRD IMPRESSION

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CONTENTS

	PAGE
INTRODUCTION	ix
CONFECTIONER'S UTENSILS FOR SWEET-	
MEAT-MAKING	17
CHAP.	
I. SUGAR AND SUGAR-BOILING	19
II. NUTS, FLAVOURINGS, AND COLOURINGS	33
III. UNCOOKED DESSERT SWEETS	45
IV. COOKED FONDANT SWEETMEATS	59
V. MARIZPAN	81
VI. BON-BONS AND AMERICAN CANDIES	91
VII. SWEETMEATS FROM SUGAR BOILED TO	
THE CRACK OR CARAMEL	99
VIII. MISCELLANEOUS RECIPES	131
IX. BON-BON BOXES AND THEIR FILLING	143
INDEX	148

LIST OF ILLUSTRATIONS

ASSORTED SWEETS *Frontispiece*

	PAGE
SUGAR SCRAPER	viii

CARAMEL CUTTER	viii
--------------------------	------

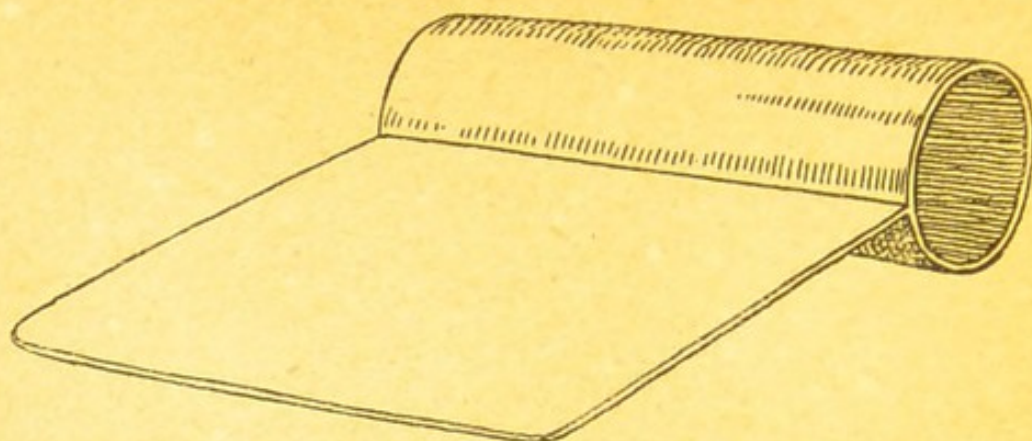
SWEETMEAT MOULDS	xi
----------------------------	----

THERMOMETER	xiii
-----------------------	------

SWEET FORK	xv
----------------------	----

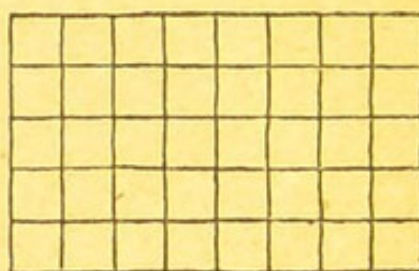
SPATULA	xv
-------------------	----

SWEET RING	xv
----------------------	----

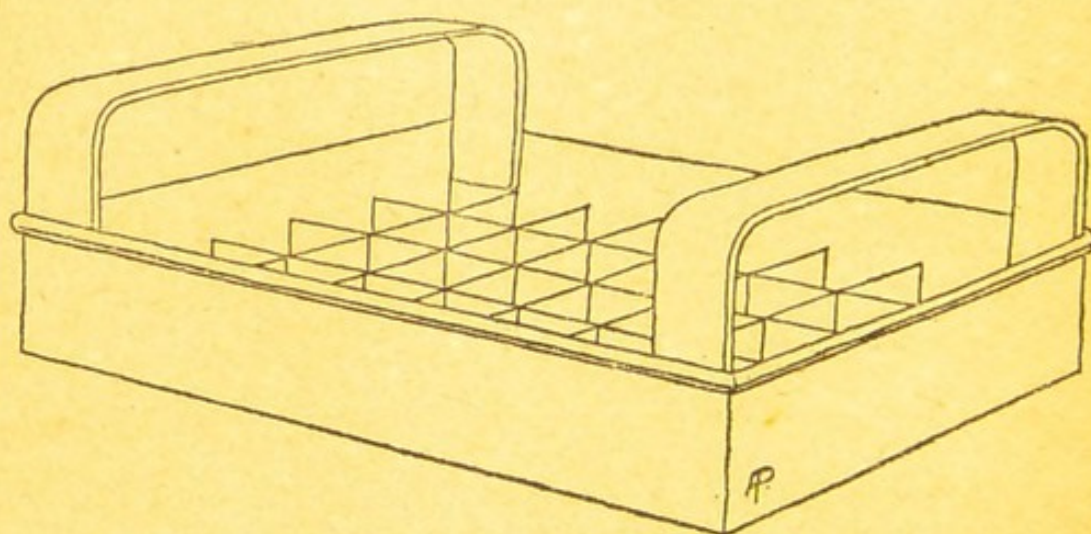


SUGAR SCRAPER

FIG. 1



DRAWING SHEWING
BOTTOM OF CUTTER



CARAMEL CUTTER

FIG. 2

INTRODUCTION

UNTIL quite recently the art of sugar-boiling and sweetmeat-making has been almost unknown to private individuals in this country. A few have made toffee, but it has been more by luck than by knowledge that it has turned out as expected ; and when by practice a certain amount of success has been attained, we may be sure that the fun of its production has contributed largely to the happiness of the young people interested in such welcome and toothsome dainties.

At first the skilled manufacture of sweetmeats was chiefly in the hands of French and Italian experts, who jealously guarded the secrets of their method and recipes.

Of late years the making of various delicate sweets and confections has gradually become better understood, thanks to our more scientific modes of cookery, the use of the thermometer, cheap cane-sugar, excellent essences for flavourings, and beautiful but harmless vegetable

Introduction

colourings. Besides these advantages, the superior culinary education of the middle classes had led to a wish to excel in the more artistic branches of the domestic art of cookery, which has thus become, in many cases, not only a pleasurable but a profitable source of home-employment for women.

Even as a mere pastime the making at home of delicious toffees and other sweetmeats, which contain nothing but materials of well-accredited excellence and purity, will be of benefit to family life. Not only children, but grown-up people of the present day have a taste for wholesome sweets, and it is well that they should have them unadulterated. Desserts must be daintily and artistically served, and many will welcome a means whereby those of limited income may feel themselves on a par with their richer neighbours, who can purchase what they want without the labour that after all brings its own reward. Amateur confectioners may also, when occasion offers, find a market for their handiwork amongst those who are glad to pay for good home-made dainties.

To those who have leisure and the means to indulge their innate love of cookery, sweetmeat-making can be carried to a fine art, for

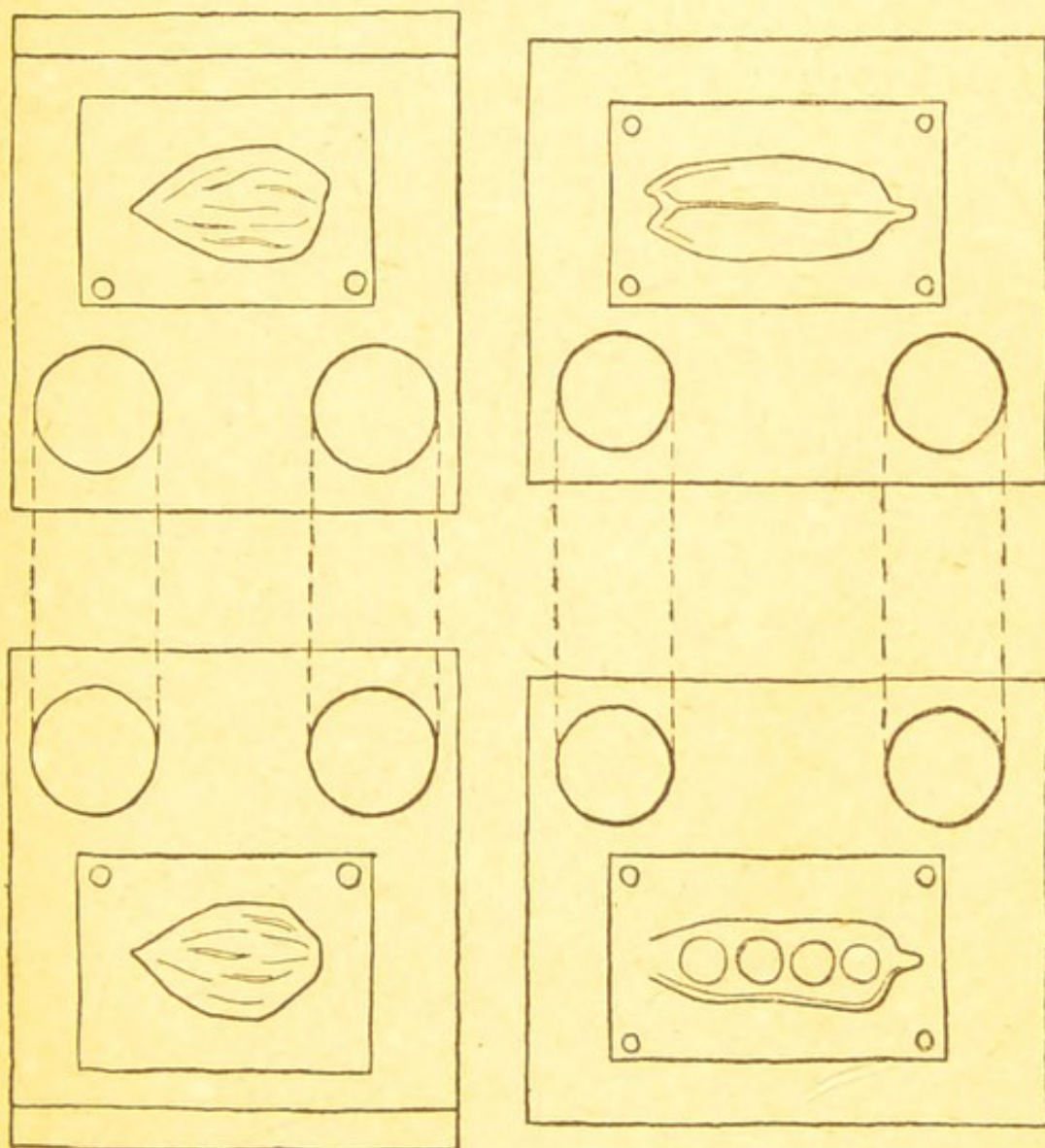
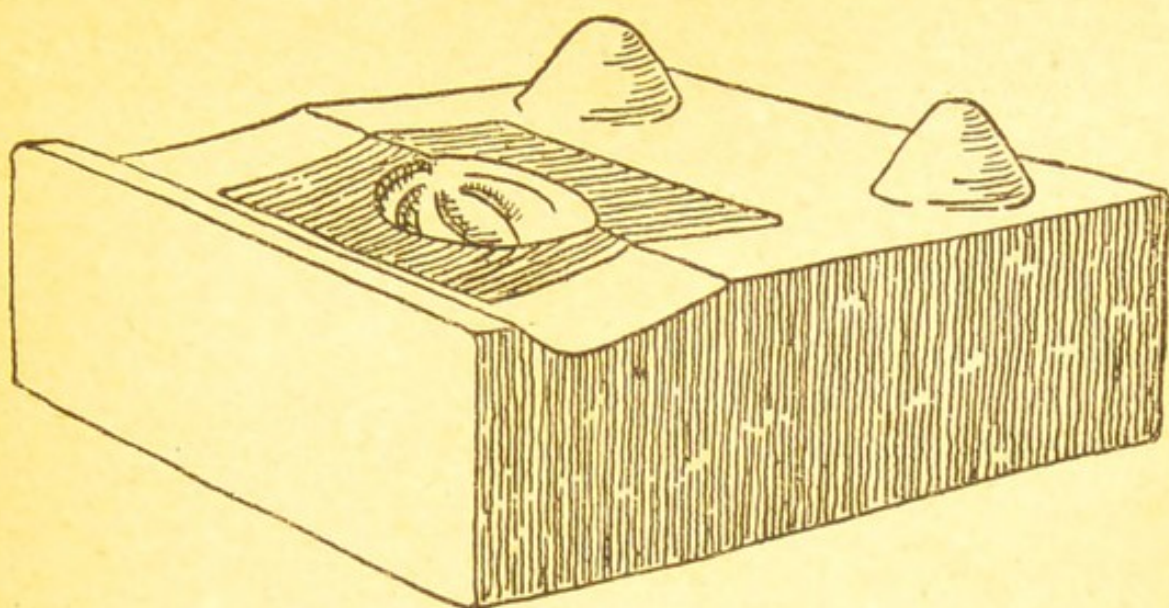
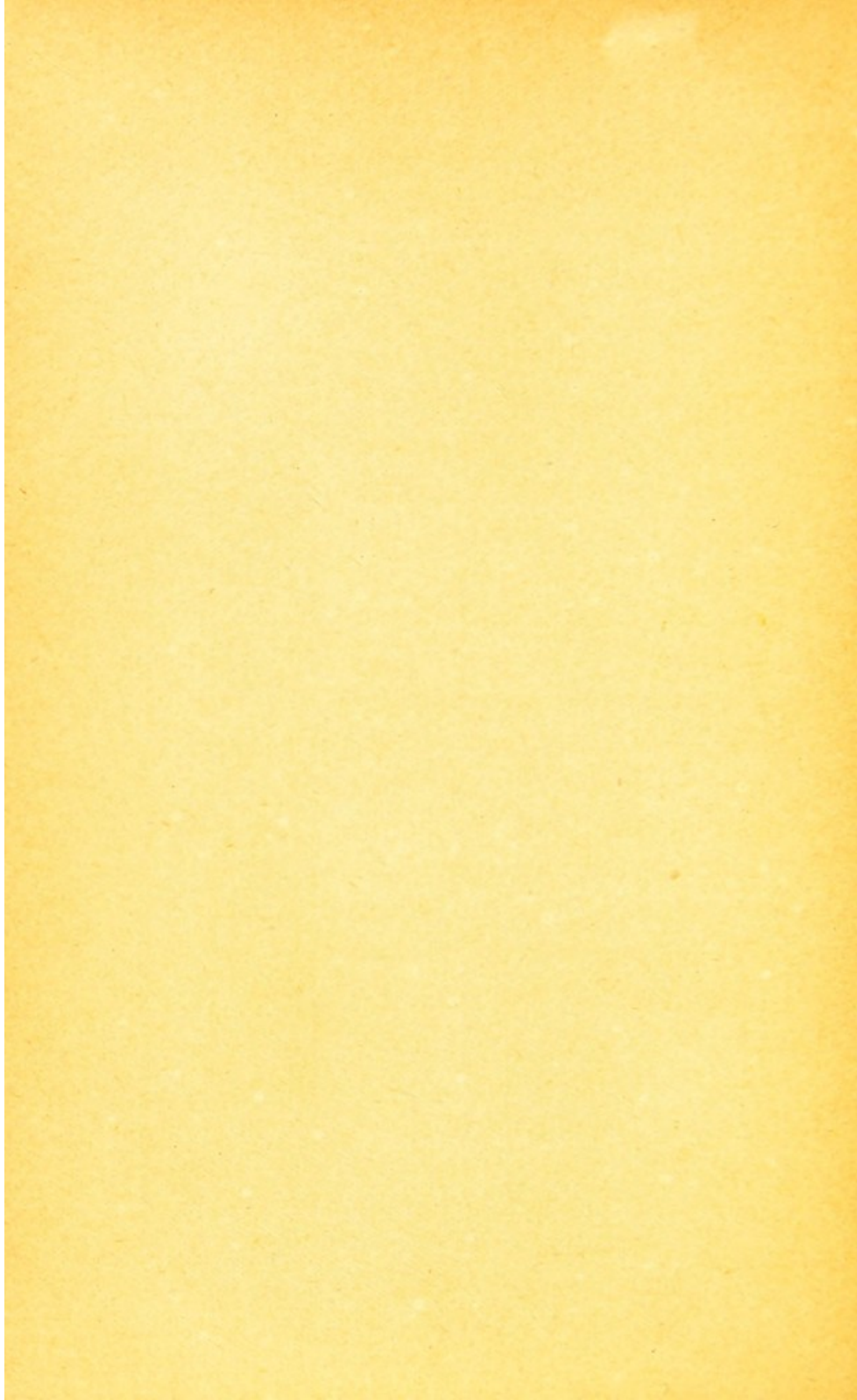


FIG. 3.—SWEETMEAT MOULDS



Introduction

wondrous are the productions made of spun sugar, and of boiled sugar in varied forms.

The object of this work is to teach the amateur how to make many varieties of delightful confections with her own hands, which will be pure, wholesome, dainty in appearance, and of excellent flavour and quality. The person who not only can make, but can successfully bake good cakes and pastry, and who is watchful and neat-handed, can soon acquire this kindred art of sweetmeat-making; but, as in all good cookery, there must be no haphazard work. Care, forethought, method, absolute cleanliness, and accuracy, with taste and energy, are required to carry it to perfection. When these are present the amateur may safely expect success, if the instructions here given are carefully followed.

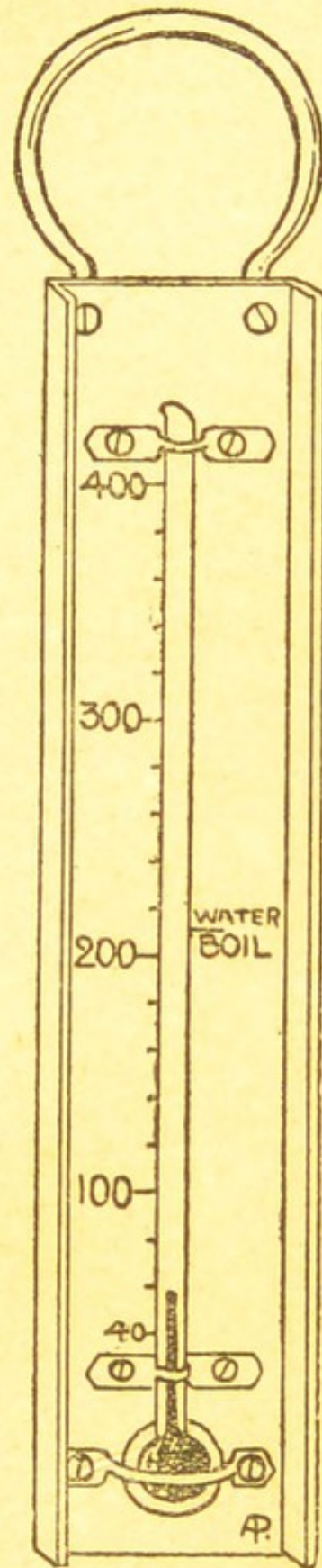


FIG. 4
THERMOMETER

Introduction

In studying sweetmeat-making, the amateur is advised at first to become proficient in making and moulding fondants, marzipan, and those sweets which only require boiled sugar at low temperature, and which are far more delicate than toffee; also those which reach the caramel stage, and which are more difficult to arrest at the right moment of cooking.

Recipes have been selected of various sweetmeats which do not take any length of time to cook. Wonderfully good results in sweetmeat-making may be achieved with a small gas ring-stove (cost 1s. 6d.) attached to a gas bracket by a piece of india-rubber tubing, and the marble top of a wash-hand stand, with similar makeshifts, which will be found hereafter described. It will probably surprise the ordinary reader to learn that a number of the sweets in the coloured frontispiece to this volume were made with these very simple appliances.



FIG. 5
SWEET FORK

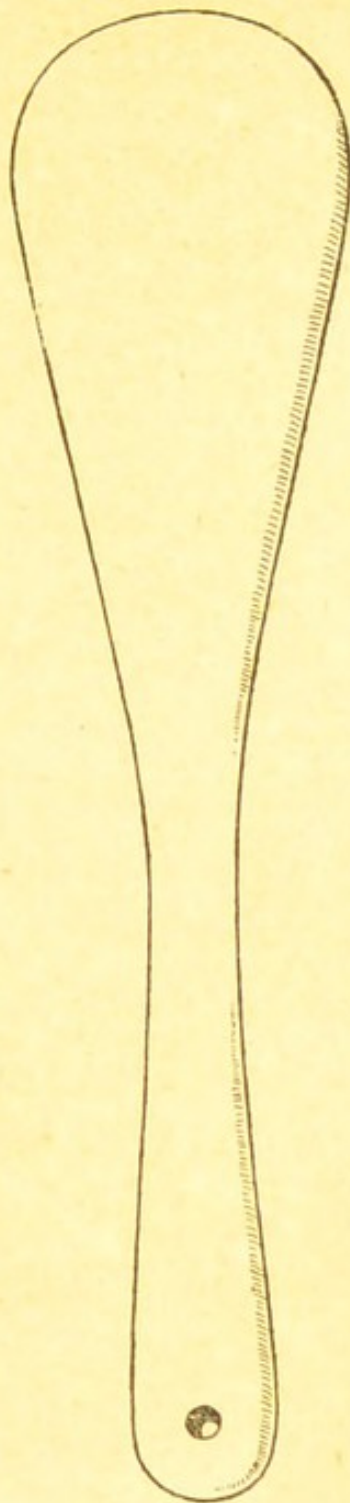


FIG. 6
SPATULA

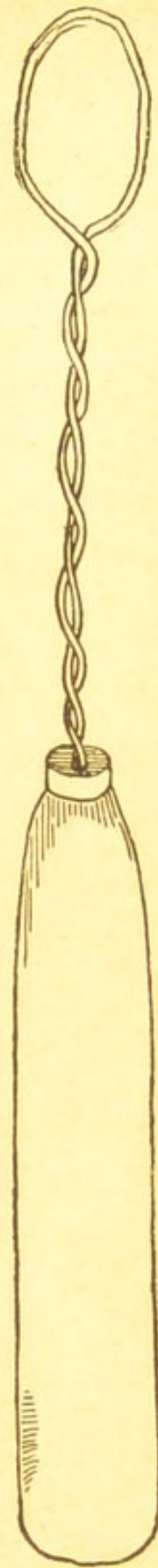
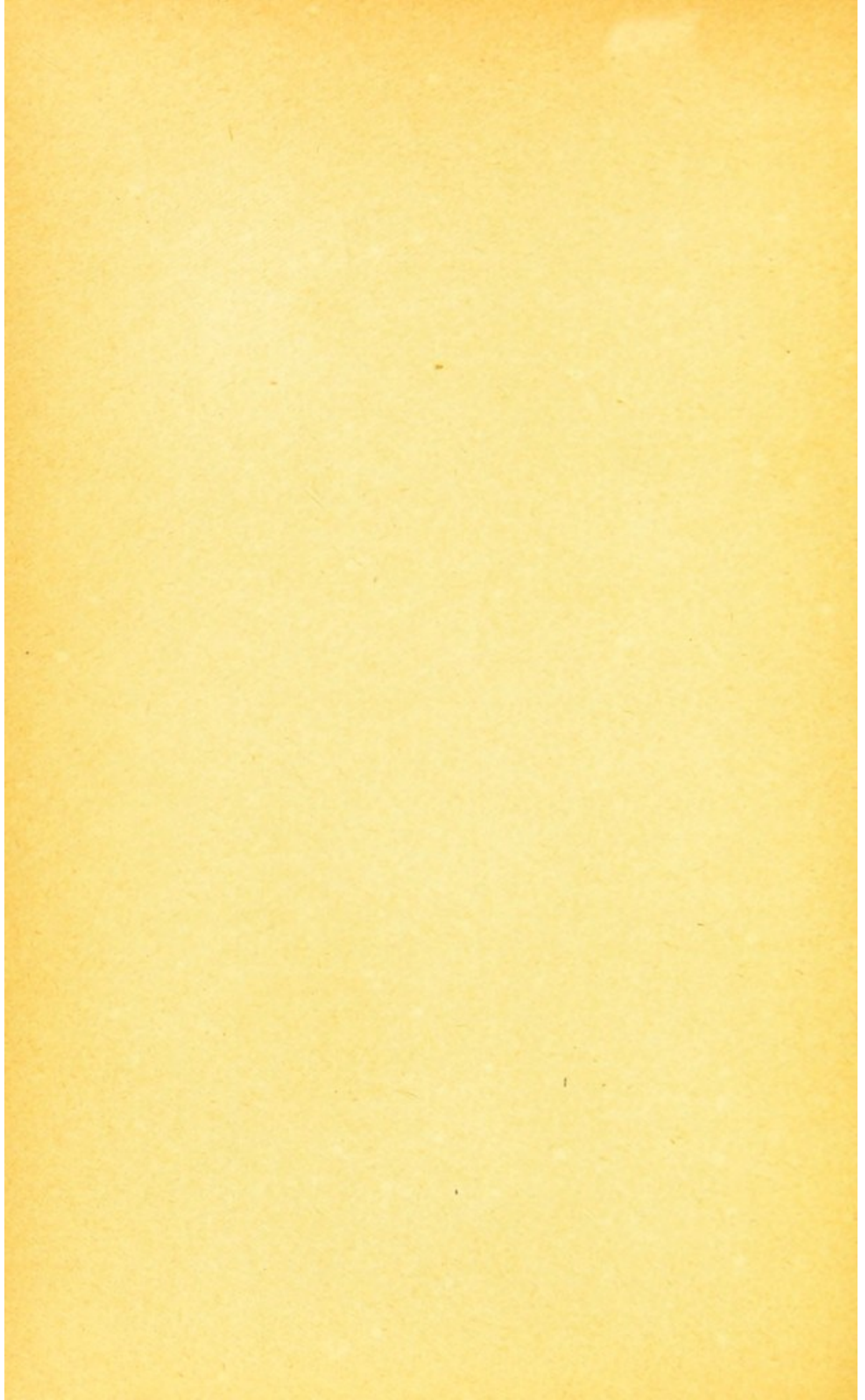


FIG. 7
SWEET RING

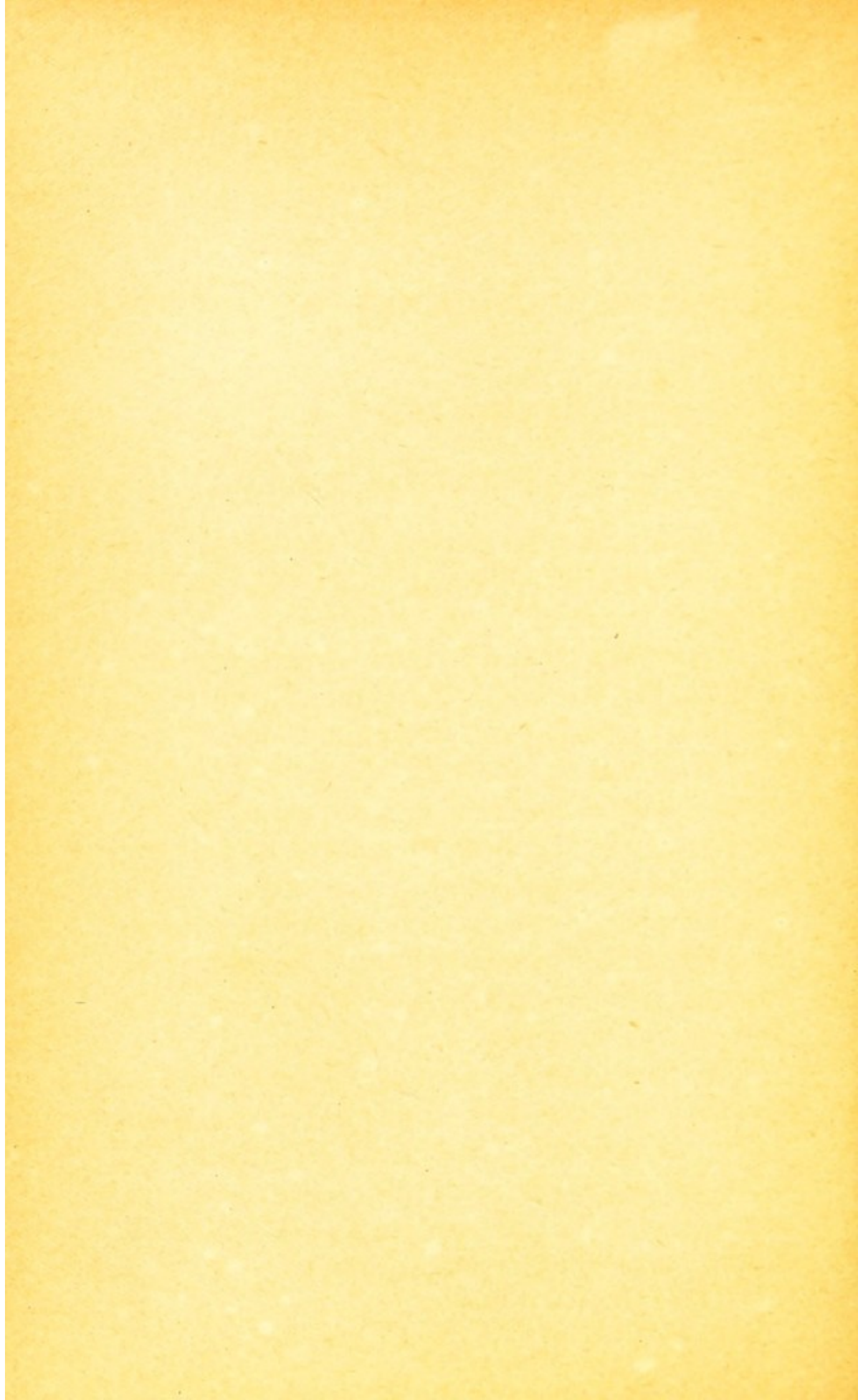


CONFECTIONER'S UTENSILS FOR SWEETMEAT-MAKING

Thermometer	7s. 6d.
Saccharometer or Syrup Gauge .	2s.
Marble Slab	7s. 6d.
Sugar Scraper	6d. to 8d.
Spatulas	6d., 9d., and 1s.
Brass Sweet-Forks and Rings .	1s. 3d.
Wire Forks	3d.
Caramel Cutter	3s. 3d. and 8s. 6d.
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Hair Sieve	1s. 10d.
Tin Sheet	8d.
Glass Roller	3s. 6d.
Essences, per 1 oz. bottle . .	9d. to 1s. 4d.
Colours, per 2 oz. bottle . .	1s.
Grease-proof Paper and Wax Paper	per quire 4d. and 6d.
Crimped Bon-bon Cases . .	from 6d. per 100.
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Corn Starch	per 7 lb. bag, 2s.
Starch Tray	2s. 6d.
Starch Moulds	from 2s. dozen.
Crystallising Tray and Wire .	1s. 9d.

CHAPTER I

SUGAR AND SUGAR-BOILING



Sweetmeat-Making at Home

CHAPTER I

SUGAR AND SUGAR-BOILING

THE amateur sweetmeat-maker should take into consideration the different kinds and qualities of sugar suitable for the work.

In fondant and all cream-sweets *prepared over the fire* the best cane-sugar will be found the most satisfactory in results, and in the end it is the cheapest, as there will be less scum. Tate's No. 1 cube-sugar, confectioners' A. sugar, and the best granulated cane-sugar are fit for this purpose.

In making sweets and fondants *without cooking*, XXX confectioners' icing sugar is required, and it must be free from lumps, soft, and as fine as flour.

For dark sweets, such as ordinary toffee, treacle-toffee, and dark caramel, the best West Indian brown or yellow sugar is suitable.

Maple sugar is used for delicious cream sweetmeats. In this case the best West Indian maple sugar will be found satisfactory.

Sweetmeat-Making at Home

When possible it is best to weigh the sugar ; but powdered sugars may be measured. An ordinary tumbler will hold half a pound, or two tablespoonfuls will go to an ounce.

Glucose

This is used to prevent the sugar from granulating, and it also is an improvement to those sweets which are not prepared for immediate use. *Pure glucose* is a rich, clear white syrup obtained from starch, honey, and grape-juice, and is quite harmless. To measure small quantities of glucose, dip the fingers into cold water, hold them closely together, and use them as a spoon to take sufficient out of the can or vessel in which it is sold.

Utensils

Not much expense need be incurred in the tools required for ordinary sweetmeat-making, though if the amateur finds that the work is to be carried on on a larger scale, she will do well to purchase aluminium boiling-pans in preference to any others, as they are very light to handle, clean in use, do not burn easily, and do not wear out with use.

An amateur who has never hitherto attempted sweet-making should buy as few implements as possible until she finds that the

Sweetmeat-Making at Home

work is congenial and that she succeeds in it. A few makeshifts will answer her purpose at first ; then, as she becomes expert, she can enlarge and improve her stock.

Sugar-boiling must be done in an absolutely clean pan, or the taste of whatever has been cooked in it will be evident. It is best to start with new ones, either block-tin, best tin-lined iron pans, or aluminium.

A FIRST LIST OF NECESSARIES

One saucepan with cover, to hold $3\frac{1}{2}$ pints.

One double saucepan with lip for pouring, to hold $1\frac{1}{2}$ pint.

One enamelled lined bowl or hand-basin.

Two wooden spatulas ; small and large size, 6d., 1s.

One chemist's spatula.

One glass roller, 3s. 6d.

One marble slab, 7s. 6d.

One wire fork, 3d.

One brass double-pronged fork and ring, 1s. 3d.

One sugar-scraper, 6d. to 8d.

These articles may be reduced in number by the use of makeshifts, such as are to be found in most households. The chemist's spatula is a *long* pliable knife used for mixing ointments on a slab and for clearing mortars of their contents without waste ; a long *thin*-bladed knife may answer this purpose. A glass wine-bottle with smooth surface can take the place of a glass roller.

Sweetmeat-Making at Home

A strong piece of wire with small loop at one end can be substituted for a ring fork.

A pastry-slab of marble or the marble top of a wash-hand stand will be sufficient, or for small quantities a stoneware dinner-dish with smooth surface. In very cold weather the marble may crack unless it has been in a warm room for some hours before the boiled sugar is poured on it.

A hair sieve, iron bars into which to pour toffee, or some small flat cake-tins, and a skimmer, will also be found useful.

A sugar thermometer, to be described hereafter, is strongly recommended.

Sugar-Boiling

Sugar-boiling and sweetmeat-making belong to a fascinating art which cannot fail to interest any one who loves the domestic art of cookery. It is well worth some practice to acquire the requisite skill, for to boil sugar is one of the niceties of cooking, and its uses when boiled are so various.

The boiling of the syrup for confectionery is a most delicate matter; a degree or so more or less will alter its consistency, and may spoil the whole quantity, and to be successful the atmosphere should be clear and dry.

The professional cook generally tests the

Sweetmeat-Making at Home

different degrees of heat of the syrup by dipping her wetted fingers into it, and judging by its consistency to what stage the heat has risen. This method is very unsatisfactory to amateurs, and unless considerable experience has been gained, the use of the thermometer is much to be preferred, for by it the sugar can be tested with less trouble, less danger of accidents, and with the great advantage of exactness. A sugar thermometer costs about seven shillings and sixpence. In buying one, choose a strong reliable article, or it may burst the first time it is placed in very hot syrup. A strong brass frame should hold the tube and bulb, which are guarded by metal bars back and front; the degrees on it should mark from 30° to 405° . It should always be gently lowered into the boiling sugar. When not in use, the thermometer should be kept hanging from a hook. By the use of the thermometer, fondant and many useful sweets can easily be made.

When no thermometer is at hand, the boiling sugar must be tested by means of a spoon, a small pointed stick a few inches long, and a bowl of ice-cold water. The syrup at first is tested by dipping a spoon into it; if it will form a thin thread, the first degree (220°) is reached; or the tip of the first

Sweetmeat-Making at Home

finger of the right hand may be dipped first into iced water, then into the syrup, and immediately dashed back into the water to prevent the finger being burnt. At this stage the syrup is very soluble, and must therefore be instantly withdrawn from the water and pinched between the finger and thumb. If on slightly separating them a thread is formed which breaks at once and returns to the drop, the first degree is reached. Continue the boiling, and the sugar will admit of a thread being drawn a little farther than the first: this is the second or large-thread degree.

The professional confectioner depends on eleven stages or degrees in sugar-boiling, but for ordinary purposes it is not necessary to learn more than the four which are generally used—viz. “the thread” for boiled icing, “the soft ball” for fondant, “the crack” for glacé fruit, and “the caramel” for hard-bake.

Of these we have already described “the thread” and its testing. The next degree is “the soft ball”; the thermometer in the syrup at this stage will mark 240° , while a stick dipped into the water, into the syrup, and back into the water will prove if the sugar on it can be rolled into a soft ball; if not, it must be boiled a little longer.

“The hard ball” at 252° is tested in the same manner.

Sweetmeat-Making at Home

"The crack" is reached at 260° . At 290° "the hard crack" will be very brittle, and will not stick to the teeth when bitten.

"The caramel" at 300° assumes a light colour, and, to prevent granulation, four drops of lemon-juice to a pound of sugar should be added. At 310° the syrup breaks sharp and is quite crisp when chewed and is yellow, and the greatest care must be used to prevent it from burning. As soon as the pan is taken off the fire, it should be held in a pan of cold water for a few minutes to arrest the boiling.

N.B.—During all stages after "the thread," the amateur must not attempt to test with the hand, but must use a thermometer and a small stick of wood.

For the convenience of those who wish to further continue the art of sugar-boiling, the Eleven Degrees are here enumerated and briefly explained.

The Eleven Degrees of Sugar-Boiling

First and second degrees $\left\{ \begin{array}{l} \text{Small thread, } 215^{\circ} \\ \text{Large thread, } 217^{\circ} \end{array} \right.$

On pressing a drop of syrup between the finger and thumb and separating them, a ring and a small thread will form, which will at once break and return to the drop; for the

Sweetmeat-Making at Home

second degree the large thread will draw a little longer than the first.

Third and fourth degrees . $\left\{ \begin{array}{l} \text{Small pearl, } 220^{\circ} \\ \text{Large pearl, } 222^{\circ} \end{array} \right.$

When the syrup presents the forms of large pearls or bubbles on its surface, and the thread will stretch long but breaks, the small pearl is reached. For the fourth degree the pearls gather closer on the syrup, and the thread will stretch without breaking.

The result of these degrees is syrup ; after this the sugar will crystallise.

Fifth and sixth degrees . $\left\{ \begin{array}{l} \text{The blow, } 230^{\circ} \\ \text{The feather, } 232^{\circ} \end{array} \right.$

Dip a twisted straw or wire, or dip the skimmer in the sugar ; a film will fill the hoop or hole ; *blow* through the hole, and the sugar will form into a small bubble or globule on the other side.

For the feather or sixth degree, dip the wire or skimmer into the sugar, shake it, and fine threads will fly off from the bubble or will shiver into a feathery edge on the skimmer.

Seventh and eighth degrees . $\left\{ \begin{array}{l} \text{Small ball, } 238^{\circ}-240^{\circ} \\ \text{Large ball, } 246^{\circ}-252^{\circ} \end{array} \right.$

On testing with cold water and immediately rolling between finger and thumb, the sugar

Sweetmeat-Making at Home

will readily form into a soft ball or hard ball, according to its degree.

Ninth and tenth degrees . . . $\left\{ \begin{array}{l} \text{Small crack, } 260^{\circ}-290^{\circ} \\ \text{Crack, } 290^{\circ}-300^{\circ} \end{array} \right.$

At the ninth degree a few drops of sugar tested by cold water will crack, but will go back to the hard ball.

At the tenth degree the syrup on testing will be hard, dry, and brittle.

Eleventh degree . . . The caramel, 300° to 352°

As soon as the sugar begins to colour, add a few drops of lemon-juice ; its flavour becomes acrid if longer cooked, and the sugar is fit only for colouring purposes.

Granulation

When the water which holds sugar in solution is evaporated, the tendency of the sugar is to resume its crystalline form, and the prevention of this is one of the difficulties of sugar-boiling. The sugar should be slowly soaked in a small quantity of cold water, gradually brought to the point when the crystals are dissolved, and after this the liquid must not be jarred nor stirred ; also the thermometer must not be lifted in and out, but must stay in untouched from the time it is put

Sweetmeat-Making at Home

in till the proper heat is reached, when it must be carefully laid aside.

When the sugar is dissolved, remove the spatula, and wash round the sides of the saucepan to the edge of the syrup with a brush dipped in cold water, or with a piece of rag tied to a stick; having removed all sugar and crystals, cover the pan and continue to boil till steam comes quickly from under the cover.

When this is removed, and a clear syrup is seen, put in the thermometer and continue the boiling till the right stage is reached, then arrest it according to the directions in the various recipes. To prevent granulation, a small half salt-spoonful of cream of tartar to a pound of sugar may be added at the beginning, or a few drops of lemon-juice may be added at the "crack."

There need be no waste whatever in sugar, unless it is burnt. If the heat rises above the right degree, let cool a little, add a spoonful of water, brush round, and once more continue the boiling. Should granulation begin, the whole process must be gone through again from the commencement.

It cannot be too strongly impressed on confectioners that their success will depend entirely upon boiling to the right degree; too little will not harden the sweet, too much will arrest it at a more advanced stage than is required.

Sweetmeat-Making at Home

Atmosphere

Successful sugar-boiling is much affected by atmosphere. A dry, clear atmosphere, with temperature under 70° , is best. The steam of kettles and saucepans is to be avoided, for it is impossible to spin sugar in moist air.

Clarifying

The best loaf-sugar will probably require no clarifying, and but little skimming; but some sugars may need it, especially brown and yellow sorts. The method is as follows: Dissolve two pounds of sugar in a pint of cold water in which the white of an egg has been thoroughly beaten, moderately heat the mixture until the scum rises, take the pot off the fire and skim it, repeating the process till the syrup is clear. White, soft sugar may be clarified in the same way, using less white of egg to the same proportion of sugar and water.

CHAPTER II

NUTS, FLAVOURINGS, AND COLOURINGS

CHAPTER II

NUTS, FLAVOURINGS, AND COLOURINGS

THE nuts generally used in confectionery are almonds (both sweet and bitter), walnuts, filberts, peanuts, and chestnuts.

The hard shells must be removed without breaking the nuts, for this would damage their appearance. The easiest way to remove the shell is to crack it gently in several places with nut-crackers, then with a lobster-pick pull off the shell in pieces. In walnuts the hard pith which partly divides the nut must be removed. Walnuts are used in confectionery either fresh or dried, generally the latter, and the skin is not removed. They may also be browned in the oven with a little butter like almonds, and used whole, halved, or chopped. Those who have walnut-trees should thus prepare the fruit in the early part of the winter, and secure a cheap substitute for almonds, which in many cases will be found equally good.

To Blanch Almonds

Shell the almonds; put them into a bowl, and pour quite boiling water over them; cover

Sweetmeat-Making at Home

and let them remain a few minutes, when the skins can easily be rubbed off between the finger and thumb; throw them into cold water with a little salt. When cool, rub them in a clean dry cloth.

To Split Almonds

Having blanched a sufficient quantity, insert a pointed knife at one end and the nut will split in two.

To Chop Almonds

Cut the blanched or roasted almonds across several times, collect the pieces on a chopping-board, and with a broad-bladed knife chop them as coarse or as finely as required.

To Shred Almonds

Almonds may be cut lengthwise into strips or shreds, or, if preferred, may be cut crosswise into short thin slices.

To Pound Almonds

Let the blanched almonds become quite cold in the water, dry them in a clean cloth, chop them on a board, then pound them in a mortar, occasionally adding a few drops of rose-water or orange-flower water to prevent

Sweetmeat-Making at Home

them from oiling. They will be rather a soft, pulverised paste when ready.

To Prepare Filberts and Peanuts

The peanut will be hardly recognised as such when treated like its more expensive companions in commerce, but will be found excellent for toffees, caramels, &c. Both filberts and peanuts should be taken from their shells, and the skins removed by boiling water; after drying the nuts, put them with a small piece of butter and a little salt into a shallow pan and place this in the oven, stirring them frequently to prevent them from burning.

To Colour Almonds

Having blanched and well dried the nuts, shred or chop them; add whatever colour is desired, and rub them together until all are saturated and coloured alike, then dry in a screen.

To Brown Almonds

Blanch a pound of almonds, let them get cold and wipe very dry; put them in a bowl or dish and pour over them two table-spoonfuls of olive oil, let them remain in this for an hour, stirring them gently occasionally, that all

Sweetmeat-Making at Home

may be equally coated. Put them in a shallow pan in a brisk oven until they are evenly coloured brown ; turn them on a paper to dry.

To Salt Almonds

Prepare them as in the last recipe, but sprinkle them freely with salt either before they are put into the oven or immediately they are taken out. Shake off the loose salt before serving.

To Prepare Chestnuts

Remove the shells from a score or so of chestnuts ; cover them with boiling water, and after a few minutes the skins can be removed ; put the nuts into boiling water and let them simmer slowly till tender, but not soft. Then put a pound of sugar and a pint of water into a saucepan, stir till dissolved, add the chestnuts and cook them in the syrup till they are clear ; turn them carefully on a sieve so that the syrup may drain through into a basin, and let the chestnuts remain till cold, when they are ready for coating.

Flavouring Essences

Highly concentrated fruit and flower essences of extra strength are specially prepared

Sweetmeat-Making at Home

for boiled sugar and confectionery ; this is necessary, for if more than a few drops of essence are added to fondant and some sweets, their consistency becomes too soft.

The following flavourings are particularly pleasant in sweetmeats :—Almond, apricot, cherry, chocolate, coffee, noyau, orange-flower, pear, peppermint, pine-apple, rose, fresh strawberry, wild strawberry, tangerine-orange, vanilla, and violet.

A small quantity of lemon-essence, lemon-juice, or finely powdered tartaric acid is occasionally added to some of the above essences to give piquancy to their flavour.

In using almond flavouring, it is advisable that it is guaranteed pure and free from prussic acid, the latter being poisonous.

Colourings

Pure vegetable colourings of brilliant tints are now prepared and sold at very reasonable prices, and so little is required of them that it is not worth while for amateurs to prepare them for home use, unless it is impossible to procure them otherwise, as might be the case in our colonies. The colouring of sweetmeats should correspond nearly to that of the flavouring and shape of the sweets : thus, for orange, flavour with tangerine - orange or apricot ;

Sweetmeat-Making at Home

green, pistachio-green, or brown-almond may be flavoured with, first, a little orange-flower water, then with almond; for red and pink, colour with cherry-red or carmine, and flavour with maraschino, pine-apple, raspberry, or strawberry; for mauve and violet, flavour with sweet-violet essence; for chocolate and brown, flavour with chocolate, vanilla, or coffee essence; for white, flavour with peach, noyau, almond, or any delicate white essence preferred. Coffee will completely overpower any other flavour, and chocolate brown any colouring; they are therefore both useful, and should be kept in stock.

FLAVOURING SUGARS FOR CONFECTIONERY

The following flavouring sugars will be found very useful and economical, and in many instances will take the place of essences which are more expensive, and which being liquid must be highly concentrated, or they will moisten the sweetmeats unduly. They are especially used in making French bon-bons. Flavouring sugars must be kept in a well-corked or stoppered jar or bottle, or they will lose their flavour, and become moist and insipid.

Sweetmeat-Making at Home

I. Orange Sugar, No. 1

INGREDIENTS

12 oranges.

|

1 lb. loaf sugar.

Wash a dozen oranges, wipe them with a soft dry cloth, rub the rinds off with lumps of sugar; as the sugar absorbs the oil or zest, scrape it off, dry it on paper, or on a plate in a warm place, pound, pass through a sieve, and keep in a well-corked bottle for future use.

2. Orange Sugar, No. 2

INGREDIENTS

12 oranges.

|

$\frac{1}{2}$ lb. loaf sugar.

Cleanse twelve oranges; cut off the thin yellow rind, taking none of the white peel; dry it thoroughly, then pound it with half a pound of best lump sugar, and pass it through a fine sieve. Keep it in air-tight jar.

Tangerine oranges may be used in the same way, and yield an excellent flavour.

3. Lemon Sugar.

Prepare as in either of the recipes for orange sugar.

Sweetmeat-Making at Home

4. Rose Sugar

INGREDIENTS

Two cupfuls dried rose-leaves. | One cupful pounded sugar.

Pound two cupfuls of dried rose-leaves to one cup of sugar, and pass through a fine sieve.

5. Vanilla Sugar

INGREDIENTS

1 oz. vanilla beans. | 1 lb. loaf sugar.

Chop up finely an ounce of dried vanilla beans ; pound them in a mortar with a pound of loaf sugar, and pass all through a fine sieve ; those coarse pieces which will not go through must be pounded again with a little sugar. It is advisable to keep a few lumps back for this purpose.

6. Orange-Flower Sugar

INGREDIENTS

$\frac{1}{4}$ lb. dried orange-flowers. | 1 lb. loaf sugar.

Pound quarter of a pound of dried orange-flowers with one pound of loaf sugar ; sift and store in an air-tight bottle.

7. Clove Sugar

INGREDIENTS

2 ozs. best cloves. | 1 lb. loaf sugar.

Pound two ounces of best selected cloves ;

Sweetmeat-Making at Home

add to them one pound best cane sugar, and proceed in the usual manner.

8. Ginger Sugar

INGREDIENTS

2 ozs. powdered ginger. | 1 lb. loaf sugar.

Use two ounces of ground ginger to a pound of loaf sugar; pound, sift, and store in a corked bottle; or better still pound three ounces of ginger-root, sift the powder through coarse muslin, then add it to a pound of lump sugar, and proceed as above.

9. Caramel

INGREDIENTS

$\frac{1}{2}$ lb. sugar. | $\frac{1}{2}$ pint warm water.

Put half a pound of granulated or lump sugar in a saucepan, stir till dissolved and turned brown but not black; when slightly cooled, add half a pint of warm water, let it simmer till the sugar is again dissolved and the liquid is cooked to a thin syrup. Keep in a corked bottle.

10. Coloured Sugars

For the coloured "granite sugars" in confectionery coarse granulated sugar may be used, or better still the best loaf sugar, broken

Sweetmeat-Making at Home

in small lumps with a rolling-pin on a dry marble slab without bruising it finely, which would spoil its bright crystals; sift the finest part of this through a fine sieve, and put it aside for other use; retain the evenly but coarser grained part which looks somewhat like fine gravel, and colour according to desire.

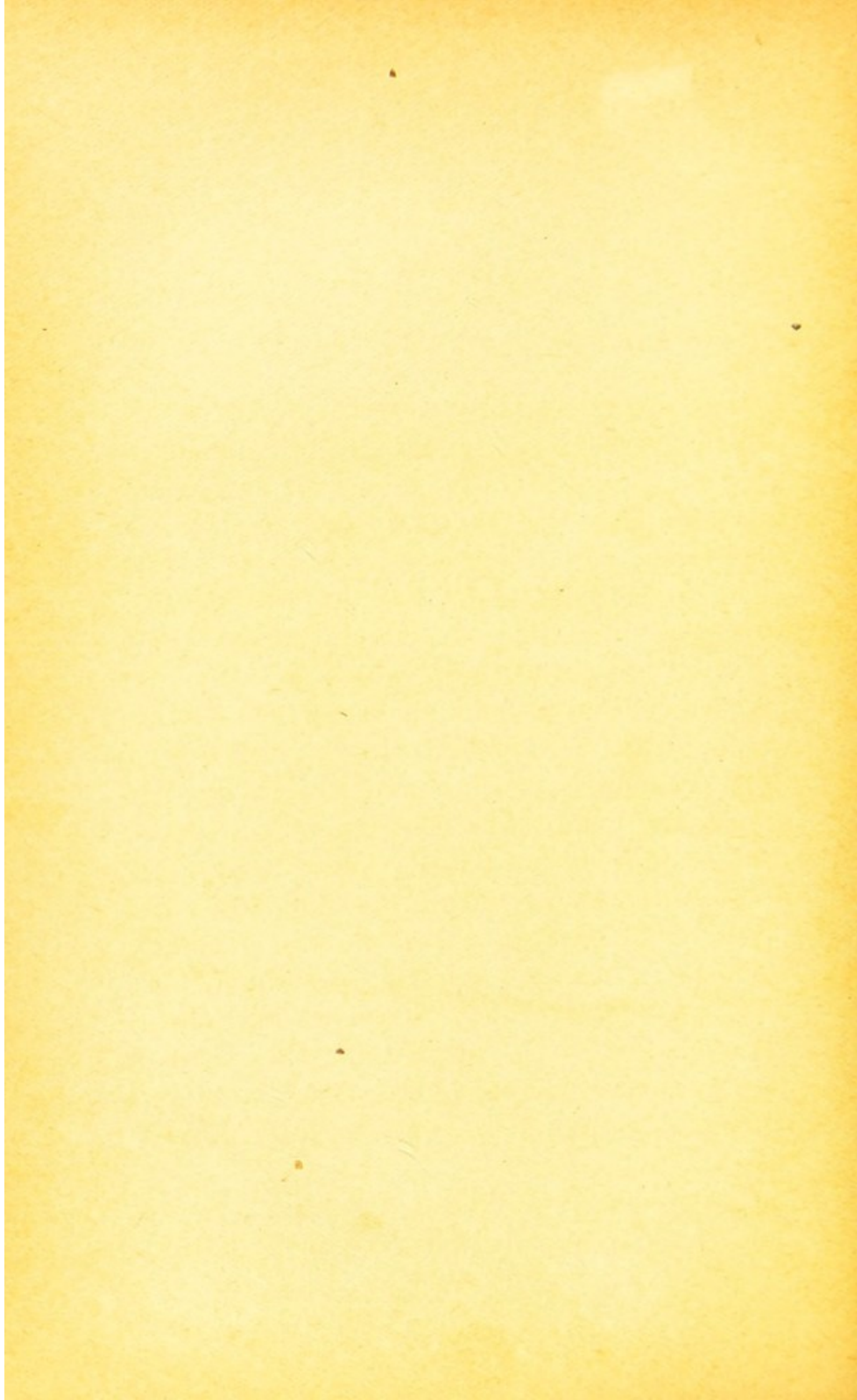
This may be done by spreading the grains on stiff paper and dropping on them a few drops of colouring liquid, then rub them between the hands till all are equally coloured; dry the sugar in a warm place—in moderate heat only—frequently separating the grains by rubbing them between the fingers, and store in a dry bottle or tin box.

II. Simple Syrup

A simple syrup should be kept in stock in an air-tight jar till required for softening fondant and other sugar-work; a few drops only should be added at a time. To prepare the syrup put three cups and a half of sugar and two cups and a half of cold spring water into a saucepan, stir it over the fire until dissolved; notice the time it boils, then let it boil gently over the fire for twenty-five minutes; at the end of that time take it off, and when cooled store it for use.

CHAPTER III

UNCOOKED DESSERT SWEETS



CHAPTER III

UNCOOKED DESSERT SWEETS

THERE are many pretty dessert sweets which can be prepared at home, and will impart a certain style to the table, which need no cooking apparatus, and therefore can be made in the privacy of the morning-room if one is disinclined to spend much time in the kitchen, where too often there is neither the space nor the clear atmosphere in which to carry on the artistic and pleasurable art of sweetmeat-making which is now becoming so popular.

It is sometimes very convenient to be able to prepare some "bon-bons" to suit a special scheme in regard to the colour of the table decoration, and the flavouring being fresh and of the best quality, the sweets will generally meet with great approbation. A recommendation, in addition to the convenience of no heating apparatus being needed for this class of sweets, is the fact that only a small *batterie de cuisine* is needed in the way of basins, knives, plates, &c.

The materials for these delicacies, in addition to sugar, are dried fruits, candied fruits,

Sweetmeat-Making at Home

almonds, ground almonds. essences or liqueurs, strong coffee, lemons and oranges, and harmless vegetable colourings. Paste-colours are best for royal icing, where transparency is not required; they also mix better and do not separate from the icing. Liquid colours are best when brilliancy and transparency are needed, as in soft sugar-icing, creams, and candies.

One great secret in making the following sweets is to use the X X X powdered or finest confectioners' sugar, which is so fine that when rubbed between the thumb and finger no grain is felt. It should be rubbed through a fine hair sieve before using.

The foundation for these sweets is French cream, or uncooked foundation cream, and almond paste filling; they should be set aside, when made, in a cool place for twenty-four hours to harden; they are intended for immediate use only.

12. To Prepare Uncooked French Foundation Cream

INGREDIENTS

One white of egg.		One tablespoonful liquid.
		Icing sugar.

Break the white of an egg into a basin and mix with it an equal amount of liquid, either

Sweetmeat-Making at Home

water flavoured with essence, strong coffee extract, liqueur, or fruit syrup; into this stir about a pound of finest icing sugar, adding it gradually till the mixture is sufficiently pliable to be moulded into balls with the fingers.

13. To Prepare Almond Paste Filling

INGREDIENTS

4 ozs. pounded almonds.		6 ozs. caster or icing sugar.
One white of egg.		Flavouring.

Mix together four ounces of ground or pounded sweet almonds, six ounces of caster or icing sugar, two teaspoonfuls of cognac, rum, or rose-water, or twenty drops of essence of vanilla; add the whites of one or two eggs as required; mix in a basin with a wooden spoon till a paste is made firm enough to mould with the fingers.

14. Royal Icing for Decorating Sweetmeats

INGREDIENTS

$\frac{3}{4}$ -lb. icing sugar.		One white of egg.
Lemon-juice.		

Pound and sift through a hair sieve three-quarters of a pound of best icing sugar, put it in a basin; mix with it the white of one egg and a small squeeze of lemon-juice; work it

Sweetmeat-Making at Home

into a smooth, thick paste with a wooden spoon ; colour if desired. Make the surface to be decorated quite dry by rubbing a small quantity of icing sugar over it ; spread the icing with a knife dipped in hot water ; or decorate with piping. For this make a cornet or conical bag of four-folded butter-paper, fasten it securely with a pin, make a small hole at the point, and into this put a metal forcing-pipe ; fill the cornet with the royal icing, and press the contents through the pipe whence it will fall so that it can be arranged in patterns, such as ribbons, rosettes, pearls, &c.

With these simple preparations a great number of sweetmeats may be formed.

15. Walnut Creams (Vanilla and Coffee)

(Illustration No. 8 in Coloured Frontispiece)

INGREDIENTS

Almond paste.		Walnuts.
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Flavour some cream or almond paste as described above with coffee essence or vanilla ; form it into neat balls and press them into oval flat cakes ; carefully crack some walnuts, taking care not to break the kernel ; put half a walnut on each side of the cream and press them firmly into it. These walnuts can be bought ready shelled.

Sweetmeat-Making at Home

16. Cream Cherries

INGREDIENTS

Glacé cherries. | Fondant cream.

Slit some glacé cherries in two lengthwise ; mould the cream into small balls, press half a cherry on each side ; cut some angelica into strips to form the stalks, and stick a filled cherry on to each ; the cherries may then be tied in bunches of two or three. Two of these should represent whole cherries, the other one bursting showing the cream. Maraschino or kirsch is a suitable flavouring for this cream filling.

17. Almond Cherries

INGREDIENTS

Almond paste. | Glacé cherries.

Proceed as above, using almond paste instead of cream.

18. Hidden Figs

INGREDIENTS

$\frac{1}{4}$ lb. dried figs. | Almond paste.
Royal icing.

Cut some fine pulled figs into strips, wrap each strip completely in cream or almond paste, roll them on a marble slab dusted with icing sugar till smooth, cover with royal icing and set aside to dry.

Sweetmeat-Making at Home

19. Fig Rolls

INGREDIENTS

Four figs. | Fondant cream.

Cut some figs into neat strips, roll out some cream with a glass roller (or wine bottle), place the strips on it, press the cream round and roll it on a marble slab till the fig is not visible ; cut the rolls into inch lengths, and set them aside in a cool place to get dry.

20. Cream or Almond Dates

Remove the stone, and replace it with a small roll of cream or almond paste, roll the fruit in icing sugar, and decorate it with royal icing.

21. Striped Cream

(Illustration No. 14 in Coloured Frontispiece)

Take three pieces of cream, flavour each differently with chocolate or cocoa, lemon-sugar or lemon-juice, and vanilla ; colour suitably ; form each piece into a long thin strip on the slab or board, lay one over the other, cut into squares with a sharp knife, and place on waxed paper to harden. Other colours and flavours may also be used, provided the contrast is suitable.

Sweetmeat-Making at Home

22. Chocolate Creams

INGREDIENTS

Cream or almond paste. | 2 ozs. chocolate coating.

The cream and almond paste may be made into cones, balls, or any shape preferred, and after a few hours will be sufficiently hard to dip into chocolate coating, which is thus prepared: Grate two ounces of confectioners' unsweetened chocolate coating, put it into a cup and stand it in a pan of boiling water, and let it dissolve *without stirring*; take the fillings one at a time on a sweet-fork or wire ring and dip them in the chocolate till coated, then drop them on to a tin sheet or waxed paper and set aside to dry till next day, when they can be slipped off.

23. Nougat

Cut up some almonds, Brazil nuts, pistachio nuts, and dried walnuts, and knead them well into the cream; form into a thick cake and cut into strips and cubes; these may afterwards be coated with chocolate. Chocolate coating cannot be done in a damp atmosphere, or in a temperature over 70°.

24. Cocoa-nut Creams

(Illustration No. 7 in Coloured Frontispiece)

INGREDIENTS

One cocoa-nut. | Fondant cream.

While the cream is quite soft add some

Sweetmeat-Making at Home

freshly grated cocoa-nut to it, colour and mix in sufficient confectioners' icing sugar to mould into a flat cake or balls, which should afterwards be rolled in grated or desiccated cocoa-nut.

25. Almond Acorns

INGREDIENTS

Almond paste.		Cocoa or chocolate powder.
		Royal icing.

Make some acorns of almond paste ; form cream round to simulate acorn cups, dusting them brown by rolling them in dry chocolate powder, or better still, in cocoa prepared without starch ; the cups may be made separately, and the acorns fastened into them with a drop of royal icing ; the tops of the acorns look well if a little sugar is sifted over them, which can be browned by holding a red-hot poker over them for a moment.

26. Fruit Creams

While the French cream is still soft, before all the sugar is mixed in, stir in some strips of dried figs, chopped citron, stoned raisins, and a few carefully cleaned currants. Make into an inch-thick cake and cut into squares or oblong pieces.

Sweetmeat-Making at Home

27. Wedding Cake Slices

Make some French foundation cream and stir into it some chopped candied orange and citron peel, raisins, and currants. Flavour with nutmeg and other spices, knead it well and form into a thick cake; over this place a thin cake of white French cream flavoured with rose-water to appear like icing, press the cakes to make them adhere. Set aside till next day, then cut into slices.

28. Lemon Creams

INGREDIENTS

One lemon.		Pinch tartaric acid.
		Confectioners' sugar.

Grate the rind of a lemon, squeeze and strain the juice, add a pinch of tartaric acid, and work in sufficient confectioners' sugar to mould into small balls, then press them into lozenge shapes.

29. Orange Cream Drops

are prepared in the same way, using orange rind and juice instead of lemon, as in the preceding recipe. The cream should be faintly tinted with orange colouring.

30. Peppermint Creams

Flavour the French cream with concentrated essence of peppermint; make into round flat lozenges.

Sweetmeat-Making at Home

31. Neapolitan Creams

Make three portions of French cream of different flavours and colours; roll out on a marble slab or pat it into a flat ball with the hands; put it on a plate; prepare the other portions in the same way, and pile them one on the other, evenly, pressing all together into a compact mass; trim the edges, and cut into oblong slices or cubes. Layers of pink, white, and brown are pretty, the latter being flavoured with grated chocolate and coloured with caramel; or pink, orange, and green make an effective sweet. Each layer should be flavoured differently, but so contrived that the three combined are delicious.

32. Fruit Sweetmeats

These may be made from the pulp of fruit after some of the juice has been drawn off for jelly; a little practice will show ways of flavouring these cakes to suit various tastes. One instance will suffice to show how any fruit may be thus employed.

33. Damson Cheese Biscuits

This is a very old-fashioned but dainty sweetmeat, such as was used ere commerce provided us with a choice of fruits and candies

Sweetmeat-Making at Home

of all kinds ; it is thus prepared. A jar packed with carefully picked over and wiped damsons is set in the oven or in a large saucepan of water over the fire, till the fruit is become a pulp ; this must be rubbed through a coarse sieve and cooked gently in an open preserving-pan till the moisture has evaporated ; an equal amount of caster sugar is then added, and both are pounded in a mortar till the mixture becomes a stiff paste ; then press it flat, cut it into neat shapes, place them on paper in the oven and let them dry slowly, turning them occasionally. When quite dry, pack them in air-tight tins between layers of white paper. To prepare these biscuits for dessert, spread them with a thin layer of almond paste and cover with foundation cream.

34. A Spanish Dessert Sweet

Split some fresh-dried figs of best quality, "pulled figs" by preference, and arrange in each three or four split blanched almonds ; close the fruit and put it in layers in a screw tin, such as a small brawn tin, or into a jar in which increasingly heavy weights can be put ; between each layer put a few fresh bay-leaves ; when the whole mass is perfectly solid, the pressure having been daily increased, lift it out and cut in slices with a sharp knife. These

Sweetmeat-Making at Home

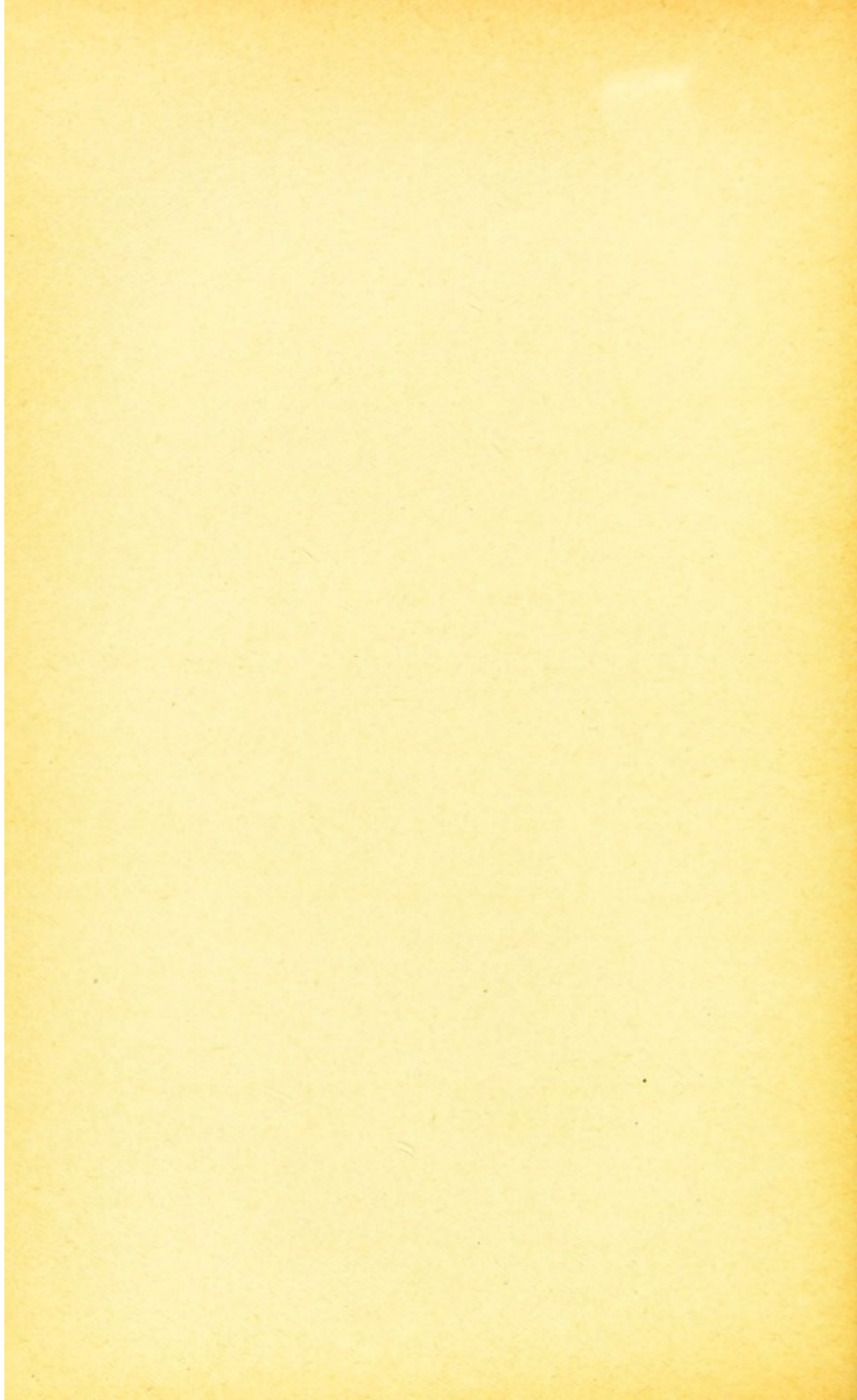
may be formed into the basis of a sweet, dusted with icing sugar, and decorated with royal icing.

35. Quince Cakes

These are prepared like damson biscuits, and should be prettily decorated with foundation cream or royal icing.

CHAPTER IV

COOKED FONDANT SWEETMEATS



CHAPTER IV

COOKED FONDANT SWEETMEATS

WE have hitherto treated only of those sweetmeats which can be prepared for immediate use without a heating apparatus; those which are produced by cooking the sugar are of a superior style and flavour, which entitles them to be termed cream sweets, and are of undoubted purity, as they can be made only of pure cane sugar, and not of the mixture called confectioners' sugar, which has a certain proportion of starch mixed with it to make it set hard after moisture has been added.

The basis of nearly all good cream sweets is known by its French name of *fondant*, or its English equivalent cream. It enters largely into the wonderful bon-bons of French sweets, and is obtained by removing boiling sugar from the fire just before the hard ball stage is reached.

When the amateur has once succeeded in making the fondant, there will be but little trouble in producing a great variety of cream sweets. Placed in air-tight jars it will keep good for a long time, especially if a small

Sweetmeat-Making at Home

quantity of glucose is used in its preparation. It will thus be ready for use when required, and found very handy for icing small cakes or making into a variety of bon-bons, and for filling fruits, which when dipped into glacé sugar form one of the most delicious of desserts, viz. "Fruits fondants à la glacé."

36. To make French Fondants

INGREDIENTS

2 lbs. loaf sugar.
1½ gill water.

Heaped teaspoonful glucose.
Colouring, flavouring.

A perfectly clean saucepan must be used for this purpose, as sugar absorbs the flavour of other materials which have been cooked in it.

The best *cane* sugar must be used, preferably Tate's No. 1 cube, or best granulated.

Rinse out the saucepan with clear cold water, and make sure that no speck of dust or remains of previous cooking clings to it. Place two pounds of sugar and a gill and a half of cold water into the saucepan, let it slowly dissolve, stirring occasionally with a wooden spatula until the crystals are dissolved. Then immediately remove the spatula, brush round the sides of the pan with a paste-brush dipped in cold water or with a wet linen rag, removing all crystals formed on it without touching the syrup. Put the cover on the pan and let boil quickly till

Sweetmeat-Making at Home

the steam issues very freely from the edges of the cover ; remove it, and if the syrup is clear lower the thermometer slowly and gently in the syrup and continue to boil until it registers 240° . During this time the pan must not be shaken nor the syrup stirred ; if there is no thermometer the sugar must be watched, and tested after the large bubbles rise, as after this the various stages pass quickly from one to another. To test it, dip a wooden skewer into ice-water, then into the sugar, back into the water for a second ; if the sugar adhering to it can be rolled into a *soft ball* between the fingers it is ready. Take out the thermometer, lay it aside ; have ready a marble slab very lightly and evenly rubbed over with olive or almond oil. If there is no slab, use a large dish with even surface ; pour the sugar on to it, let it cool a few seconds till the finger pressed lightly on its surface will leave a mark and yet no crust is formed. This precaution is necessary, for if stirred at its greatest heat it will grain. If a crust forms, the sugar is over-boiled and must be returned to the saucepan, a little more water added, and the process repeated. Now work the sugar well with a clean wooden spatula, and with a tin scraper held in the left hand keep the mass as much together as possible and prevent it running off the slab ; continue to work until it becomes a creamy,

Sweetmeat-Making at Home

thick, white paste ; rinse and dry the hands quickly, and knead the paste till it is fine and *creamy*.

If glucose is used, a heaped teaspoonful should be added when the sugar is nearly ready to be taken off the fire ; too long boiling is apt to give it an unpleasant taste.

For immediate use only, the fondant will be made richer if a dessert spoonful of cream is added whilst it is being worked with the spatula on the slab.

Having kneaded the fondant sufficiently, colour and flavour it whilst warm. Knead it again till very creamy in texture and even in colour, then put aside in jars for future use, or place it in grease-proof paper for at least six hours, after which it can be used for filling fruits, chocolate centres, &c.

The kneading of fondants on the marble slab is done in the same way as in making bread-dough, using the palms and wrists more than the fingers ; should the sugar become grained instead of creamy, it must be returned to the pan and reboiled with a small quantity of water, greater care being taken to remove it from the fire at the right moment. Unless the whole mass is very soft, it is advisable not to mix in any dry scrapings from the slab ; they can be made up afterwards with a few drops of syrup, or can be reboiled with fresh sugar.

Sweetmeat-Making at Home

When only small quantities of sweets are to be prepared, this amount of fondant may be divided into three parts, which should be coloured and flavoured differently. Cherry-red, pistachio-green, and orange are useful for this purpose. Any scraps from the three may afterwards be kneaded together, coloured brown, and flavoured with strong coffee essence.

37. Fondant No. 2

For the benefit of those readers who have no marble slab and who object to glucose, the following recipe is given, which, if very carefully followed, will produce good results.

Put three pounds of cane sugar and a pint of cold water into a saucepan with a quarter of a teaspoonful of cream of tartar to prevent granulation ; boil as directed in the preceding recipe till the "soft ball" (240°) is reached ; do not shake or stir the liquid after "steaming" ; remove it from the fire and let it get lukewarm, then stir till it looks white and begins to harden on the top ; remove the spatula and knead till creamy and smooth.

38. Fondant No. 3

Put two pounds of white sugar and a gill of hot water into a clean bright pan over the fire,

Sweetmeat-Making at Home

and let it boil about eight to ten minutes without stirring ; as soon as it begins to look thick test it, and if it “ threads ” take the pan off the fire and let a few drops trickle down a cold basin ; if creamy and easy to roll into a soft ball between the fingers, pour all into a bowl and beat quickly with a whisk or wooden spoon ; if not ready, cook it a little longer, add the flavouring and colouring when it has somewhat cooled. If in working the cream gets cold before it is creamy, warm it slightly by standing the bowl in another half filled with hot water.

Fondant without Cooking

(See page 48)

This fondant is for immediate use, and may be used for several kinds of bon-bons for which cooked fondant is generally employed, but it is not quite so deliciously smooth and creamy ; the shapes should not be coated until many hours after making.

39. Chocolate Fondant

INGREDIENTS

$\frac{3}{4}$ lb. fondant cream.		A little syrup and butter.
3 ozs. chocolate.		

This is used for dipping nut-centres mixed with fondant sufficient to hold them together ; to each three-quarters of a pound of cooked

Sweetmeat-Making at Home

fondant allow three table-spoonfuls of grated chocolate and a few drops of caramel or brown colouring; place the chocolate in a basin over hot water; when melted stir in the fondant, adding a little syrup and a small piece of fresh butter; work it thoroughly and carefully, and do not allow it to overheat. Dip the centres into it and drop them on tin sheets or on paraffin-paper to harden. Let this be done in a cool, dry atmosphere, away from the steam of kettles. Place the bon-bons when hardened in an air-tight box.

Cream Sweetmeats and Bon-bons made of French Fondant

French cream, fondant, or uncooked fondant of various shades of colour and appropriate flavourings may be divided into equal-sized portions and rolled into balls, or formed into the shape of filberts; if too soft a little finest confectioners' sugar may be mixed in, and the hands dusted with it, but only a very small quantity should be used, or it will impart a raw taste to the fondant. Having thus prepared the shapes, they may be rolled in finely chopped dried nuts, almonds, or desiccated cocoa-nut, and left to harden for a few hours.

If not rolled in nuts, the shapes may be coated with chocolate or other fondant coating.

Sweetmeat-Making at Home

40. Fondant Coating

(Illustration No. 9 in Coloured Frontispiece)

INGREDIENTS

2 lbs. loaf sugar.		1½ gill water.
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Put two pounds of best loaf sugar into a clean saucepan with a gill and a half of cold water ; dissolve slowly, wash the sides of the pan with a brush dipped in cold water, put the cover on till the steam issues in puffs, then remove it, and continue boiling till the thermometer reaches 245°, or the stage called medium hard-ball. A good test for this is to dip a wet wooden skewer into the sugar, then into cold water, and roll what adheres to it between the fingers ; the point between soft-ball and hard-ball is required. Dip the balls to be coated into the sugar one by one, throwing them on an oiled sheet of tin, and with the wire ring-fork held flat, twist the drop of sugar hanging from it in a curl on the top of the bon-bon.

41. Chocolate Creams

Roll fondant into balls or form it into cones with the fingers and hands, laying them on oiled paper to harden for twenty-four hours. Melt an ounce of unsweetened chocolate in a pan set in another pan of boiling water, when the chocolate is melted add to it a lump of

Sweetmeat-Making at Home

butter the size of half a filbert and a very little milk or cream, then stir till smooth and thick ; drop the balls into it and remove with a ring-fork.

Another method is to place an equal quantity of French fondant and grated chocolate in a bowl, flavour it with vanilla essence, and set the bowl over boiling water ; beat while the mixture melts, dip the creams in, and set them on paraffin-paper till cold.

42. Nut Creams

Mix chopped dried nuts of any kind with flavoured fondant, roll out and cut into three-quarter - inch squares. Serve separately in crimped papers.

43. Harlequin Creams

Take portions of several coloured fondants, roll them lightly between the palms of the hands and leave them to harden.

44. Maple Creams

(Illustration No. 5 in Coloured Frontispiece)

INGREDIENTS

1 lb. maple sugar.
1½ gill of water.

2 ozs. dried walnuts or
almonds.

1 teaspoonful of cream.

Take one pound of best maple sugar, place it in a saucepan with a gill and a half of cold

Sweetmeat-Making at Home

water, let it dissolve, remove the scum, wash round the inside edges of the pan above the syrup with a brush dipped in cold water or with a wet linen rag, cover the pan till it steams well, then uncover, and if the syrup is clear and free from scum continue the boiling, if not add another gill of water and repeat the process; boil to 240° or "soft ball"; throw the syrup on a wet slab and smooth it out with a spatula as for fondants; when cooling add a teaspoonful of cream and two ounces of finely chopped dried walnuts or almonds; knead well with the hands; roll out to half an inch thick and cut into squares with a caramel cutter. This looks best when rolled with a brass roller which will impress close lines on it. The creams when cold should be served in paper frills.

45. Cream Dates

Choose nice glossy dates with unbroken skins; cut a slit in each about two-thirds of its length and remove the stone and white skin. Prepare and flavour a small quantity of cream fondant, dust the slab with fine icing sugar, corn starch, or flour, roll the fondant into a long strip, cut it into short pieces about an inch long, roll them in granulated sugar, place one in the opening of each date, press

Sweetmeat-Making at Home

the sides together a little to retain the fondant in place. These dates are very much prettier when the opening is hidden with a delicate ornamentation of royal icing.

46. Cream Cherries

Cut glacé cherries lengthwise almost in two, fill each with a small ball of fondant, close them, letting a little rim of fondant show on the split side. These may be served thus, or when quite set dipped into hard glaze (see page 101).

47. Peppermint Creams

INGREDIENTS

Fondant cream.		Essence of peppermint.
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Flavour some fondant with concentrated essence of peppermint; press small quantities into round flat forms, or roll with a glass roller and cut them out with a pastry cutter. Dry and keep from the air until required.

48. Cream Muscatels

Choose some fine muscatel raisins, divide them into small clusters of about five, not too closely together; cut each raisin open with scissors, remove the seeds, fill with a small flattened ball of fondant; close the sides and let dry, or dip into liquid fondant or hard glaze.

Sweetmeat-Making at Home

49. Layer Cream

Take four cupfuls of best granulated or loaf sugar, and one cupful of hot water ; put it in a bright place on the stove and let it boil unstirred for eight minutes ; if it looks thick, test it by letting some of it drop from a spoon, the thread degree is required, about 235° ; if it threads, take the pan off the fire, test it by rubbing a small spoonful against a cold bowl. If it is creamy and will easily form into a ball with the fingers, pour the whole into the bowl and beat quickly till a good cream fondant is made ; should the syrup be insufficiently boiled, replace the pan on the fire and carefully cook it a little longer. Flavour it when cooling according to taste, divide into three parts and colour respectively pink and brown, leaving one part white ; colour the pink with cherry-red, the brown with chocolate or coffee-brown, and into it mix some grated chocolate. Lay the white portion on a buttered dish, press it out flat until half an inch thick ; if there is any difficulty in working it easily, dip the hands in alcohol ; prepare and lay the chocolate layer on it, then the pink ; with a glass roller press them together ; trim the edges and cut the cake into slices or cubes. To be successful it is necessary to work all up as quickly as possible.

Sweetmeat-Making at Home

50. Coffee Creams

INGREDIENTS

$\frac{1}{2}$ lb. fondant cream. | 18 dried walnuts,
Coffee essence.

Flavour some cream fondant with strong extract of coffee, roll it into balls; press into cakes a quarter of an inch thick, and press half a dried walnut on each side. The cream may be coloured according to taste, but preferably that of *café au lait*.

51. Fruit Cream Bars

INGREDIENTS

1 lb. fondant cream. | Dried fruits to taste.

Chop some stoned raisins, glacé cherries, figs, and a little finely sliced candied citron, and while the cream fondant is still warm knead this fruit mixture into it; press it into a flat cake, roll slightly with a glass roller, trim the edges neatly, and cut into short bars.

52. Cream Almonds

Flavour and colour some fondant, form it into the shape of olives; hold one in the palm of the hand, nearly cut it in half, press an almond into it, form the fondant round it, leaving a strip of the almond uncovered, to make it appear as if the shell were cracked

Sweetmeat-Making at Home

open and the kernel showing. The almonds may be blanched or left with the skin on to contrast with the colour of the fondant.

53. Creamed Pralines

Take some little rings or "knots" or "brochettes" of candied fruit, such as are sold on straws; put a little flat cake of fondant between two, let them dry, then serve whole in crimped cases, or cut them in two or four pieces and mix them with other cream sweets.

LIQUID FONDANTS

54. Creamed Fruits and Nuts

INGREDIENTS

2 lbs. lump sugar.		1½ gill water.
Two teaspoonfuls glucose.		

These sweetmeats are most delicious, even more so than those made of boiled fondants, the further process giving them a peculiarly mellow taste.

Melt two pounds of best lump sugar in a gill and a half of water till dissolved over a moderate fire, remove the spoon, wash round the sides of the pan above the syrup with a wet brush or linen rag, cover the saucepan till the steam issues freely from under the cover, remove it, add two teaspoonfuls of glucose; boil

Sweetmeat-Making at Home

to 240° or "soft ball"; turn the sugar out on a marble slab, work it with a spatula till white, then knead it with the hands till very creamy in texture; flavour and colour it as desired.

Put one or two tablespoonfuls into a cup and set it in a saucepan of hot water, and stir constantly till it becomes soft and as liquid as cream or treacle; if not stirred it will return to clear syrup, but during the melting process it must not boil nor even simmer round the edge of the pan, or it will become hardened.

Nuts, walnuts, grapes, strawberries, cherries, and brandy-cherries may one by one be dipped into this fondant, turned in it till well coated, lifted with a ring-fork and placed on an oiled slab or oiled paper. The stems should be left on grapes and cherries, and the hulls on strawberries; brandy-cherries should be wiped dry before dipping. If the fondant gets too stiff, melt it again, and after twice melting a very few drops of syrup can be added; if by accident too much syrup is added, a little very fine XXX confectioners' sugar can be stirred in, but this gives a raw taste and should be avoided.

55. Peppermint Creams

(Illustration No. 15 in Coloured Frontispiece)

Prepare some liquid fondant as above described, flavour it with essence of peppermint,

Sweetmeat-Making at Home

and if liked add a drop or two of essence of lemon ; pour it in even amounts in lozenges on an oiled slab or on one covered with confectioners' sugar.

56. Tutti Frutti Creams

Prepare some liquid fondant, flavour it with essence of "tutti frutti" ; pour it thinly on a slab dusted with confectioners' sugar, let it set, then stamp it with a tin cutter into round lozenges ; melt the remnants, and if necessary add a few drops of syrup. Only a small quantity should be melted at a time, as the fondant sets very quickly on removal from the hot water.

57. Cocoa-nut Creams

Take some finely grated fresh cocoa-nut, mix with it sufficient fondant to bind it well, and flavour delicately with vanilla ; spread it in a thick layer, cut into squares or roll into oval shapes and dip them when set into liquid fondant, flavoured and coloured as desired.

58. To Make and Fill Starch Moulds

The casting of liquid sugar and melted fondant in starch moulds is a very interesting part of the art of sweetmeat-making ; it gives

Sweetmeat-Making at Home

the worker an opportunity to use her taste, dexterity, and ingenuity in producing good effects and combinations in coloured sugars, which when well executed are much admired.

The finest quality of corn-starch powder, or of potato starch, is required for this purpose ; it can be obtained at any confectioner's grocery supply stores, where also plaster moulds and starch trays may be procured. The trays are made of deal, and are generally about thirty inches long, twenty inches wide, and two inches deep ; the amateur worker can substitute the flat covers of boxes for this purpose.

The plaster moulds are fastened at regular intervals to a flat piece of wood like a ruler, being so arranged that one row of moulds may be pressed into the starch and removed carefully, then another row made and the process repeated till the tray is covered with indentations into which the liquid sugar is to be poured. A substitute for these plaster moulds may be made by fastening buttons with sealing-wax on a flat ruler.

The corn starch must be very dry, clean, warm, and well sifted before use ; then fill the trays, and shake it down to an even surface, smooth the top quite level with a stick, then press the moulds into it as above described, and fill the prints rapidly with liquid fondant

Sweetmeat-Making at Home

from a long-spouted sugar boiler or with a confectioner's funnel; thinly sift sugar over them and place the trays in a warm cupboard or screen to dry for about fifteen hours. The starch can then be dusted off the bon-bons with a long-haired brush, and the starch stirred lightly, sifted, and again placed in its frame.

A substitute for the confectioner's funnel can be made by using an ordinary wide funnel with a small hole at the bottom; to this must be adjusted a stick with a ball on the end; the sugar is poured into the funnel which is held over each print; the stick is then raised a little, and sufficient liquid allowed to escape to fill it.

When not in use the starch should be kept in air-tight tin boxes, as it quickly becomes damp if exposed to the atmosphere.

59. Syrup for Filling Starch Moulds

Stir together two pounds of best cane sugar, two large tablespoonfuls of glucose, and half a pint of water; boil as directed for French foundation cream till the syrup forms the soft ball (240°) when tested with cold water, or better still, to the "feather degree." This may be tested by dipping some fine tangled wire into the syrup; draw it out, blow through

Sweetmeat-Making at Home

the air bubbles, which should fly off like a thready fringe or small feathers. Pour it on a marble slab, work it with a wooden spatula, knead it with the hands till white and creamy; place it in a jar covered with a damp cloth, and after twenty-four hours dissolve it very gently in a copper or granite-ware kettle, stirring it constantly.

CHAPTER V

MARZIPAN

CHAPTER V

MARZIPAN

THIS is of all sweetmeats the richest and best, and the most suited for dessert, as it can be moulded to any form or made to represent fruit or nuts; will colour to any degree desired and take any flavouring, though the delicate flavouring of ground almonds must always be its distinctive attribute. Its richness will depend on the amount of fondant with which it is blended. From a third to a half of its bulk is generally used in French marzipan, but in Germany not more than a fourth.

Marzipan may be moulded into any shape required, and chocolate centres, bon-bons, fruits, walnuts, and chestnuts made of it are much appreciated.

60. To Prepare Marzipan

INGREDIENTS

1 lb. loaf-sugar.	One fresh egg or two
1 gill water.	whites of eggs.
12 ozs. pounded almonds.	Fondant cream.

Into a clean saucepan put one pound of loaf cane sugar and a gill of water; let it slowly

Sweetmeat-Making at Home

dissolve over the fire, take out the spatula, wash the sides of the pan with a brush dipped in cold water, put the cover on till the steam comes freely from under it; remove the lid, and if the syrup is clear and free from scum continue to boil to 240° , or "soft ball," when tested in cold water; take the pan off the stove, stir in twelve ounces of ground almonds, either sweet almonds or one-third bitter to two-thirds sweet; stir to a fairly stiff paste; slightly cool, then add one whole egg or two whites unbeaten if white marzipan is desired. Set the pan over the fire and cook gently till the mixture leaves the sides of the pan clean. Very little heat is required or the flavour will be spoilt; turn it out on a slab and knead to a smooth paste; put on grease-proof paper to grow cold, and leave it for twenty-four hours. Meanwhile dissolve two pounds of sugar and two teaspoonfuls of glucose in a gill and a half of cold water, and boil to 240° , or "soft ball"; turn it out on a marble slab and work well with a wooden spatula up and down, and at the same time beat the air into it till white and creamy; knead it with the hands, divide in three parts, colour and flavour suitably, place in jars and put aside till next day. Then divide the almond paste in three parts, mix with each a third to one-half of its bulk in prepared fondant, knead till very smooth and even

Sweetmeat-Making at Home

in colour, using a little sifted icing sugar if the paste is too soft, but avoid using much. Let the marzipan again get quite cold after handling, then make it up as required.

61. To Mould Marzipan

The moulds in which to form fruits, walnuts, almonds, pea-shells, mussel-shells, and a quaint variety of other small objects, are of foreign manufacture, but can be obtained through confectioners, price 1s. 9d. each. They are made of square blocks of white porous stone cut in two parts, in which is imbedded an imprint made of clay. On one side the two parts can be joined by a mortice, while at the other there is a small bar. These moulds must be soaked in clear cold water for twenty-four hours before using, after which they are wiped and require no further preparation. (See Fig. 3.)

For *Walnut* shapes partly fill both half moulds with marzipan, making a ridge in the centre. Close the moulds at the mortice end, press both together and open by the bar end or opposite side, raise it smartly, and the walnut will be found beautifully moulded. Lift it carefully out by a light touch of the finger, and place it on a slab or paper to dry till next day.

Almonds (Illustrations Nos. 10 and 13 in Coloured Frontispiece).—These can be made of

Sweetmeat-Making at Home

pistachio-green marzipan flavoured to taste; partly fill, put a small almond on the bar side of the mould, fill the other half mould, making the ridges as before; close at the mortice end and open at bar end. The moulded marzipan should now appear showing a narrow strip of the almond, the kernel shown as if the shell were burst open; and other colours can be used to give variety to a dish or box of candies.

Pea-pod, open.—Fill the part representing the shell with one colour; make a little roll of white or contrasting colour, lay it in the holes to represent the peas; close the mould as usual; on removing the marzipan, which should now look like an open pea-pod with a row of peas in it, gently press the sides together, and with the finger mould the stalk and edges of pod neatly.

Pea-pod, closed.—Fill both sides of the mould with marzipan, and on one put small cachous to represent peas, or mould them in a thin strip of another colour.

Mussel-shell (Illustration No. 4 in Coloured Frontispiece).—This design is pretty if conventionally treated in three colours of marzipan, brown, cherry, and yellow being arranged in oblique bars across the shells. If in two colours, the shells may be of green marzipan, with a lozenge of pink inserted between them

Sweetmeat-Making at Home

to represent the mussel; nearly close the shells, showing only a small piece of the pink paste.

62. Marzipan Rings

Take marzipan in two contrasting colours; roll one colour to the thickness of the little finger, flatten out the other into a strip of equal length, roll it with a glass roller to three inches wide, trim the edges with a knife, slightly wet the surface, place the roll on it and gently press the strip round it; roll the sausage gently with the palms of the hands on a marble slab, then cut it into half-inch lengths with a very thin sharp knife, wiping it clean between each slice, or else it will dim the colours. Cut from right-hand side of the roll to the left, so that the thumb and first finger of the left hand may hold the roll in position and keep the slices well rounded.

63. Chocolate Coating for Marzipan

(Illustration No. 16 in Coloured Frontispiece)

This being quite the queen of sweets, deserves the best chocolate coating. Suchard's unsweetened chocolate coating is very suitable, but any good confectioners' plain chocolate may be used.

Sweetmeat-Making at Home

Scrape finely or grate sufficient chocolate for your use : put it in a double saucepan over hot water (*not boiling*), and do not stir it till dissolved. The bottom of the chocolate saucepan should never be hotter than you can bear to touch with your hand, and the chocolate must not be prepared in a temperature of over 70° in the room.

When first dissolved, beat the chocolate for twenty minutes in a cool place : warm it three times, letting it cool between each time, and well beating it ; it may be stirred during the second and third warming.

Whilst coating the fillings of marzipan, fondant, or pralines, keep the chocolate warm over hot water ; dip each ball, &c., separately into it on a ring-fork for balls, or a prong-fork for pralines ; completely coat it, drain it against the edge of the pan, turn it over on a dry sheet of tin, lifting a strand of chocolate with the back part of the ring-fork or the points of the prong-fork, and let it fall over the chocolate to ornament it.

Beat the chocolate with the ring-fork between each coating of sweetmeats.

64. Marzipan Potatoes

Take some small lumps of uncoloured and unflavoured marzipan of similar size, make

Sweetmeat-Making at Home

them into the shape of small potatoes and rather rugged, form the eyes of the potatoes with a wooden skewer; when all are ready, place them on a wire sieve over hot water, and when well steamed toss them on a paper covered with any cocoa powder made without starch.

Edmund's pure essence of cocoa, Cleopatra trade-mark, is to be recommended.

65. Bride's Cake

Take a pound of freshly cut wedding-cake, or any very rich fruit-cake, cover one side with a thick coating of marzipan flavoured with rose-water, dust over the top with icing sugar, and spread it with royal icing or melted fondant; when this is set cut the cake, marzipan, and sugar in finger-lengths with a knife dipped in hot water; if preferred, the cake may be cut in slices and layers of marzipan put between them.

66. Harlequin Balls

Take two contrasting pieces of marizpan, roll them lightly between the palms of the hands, and the colours will blend very prettily, making a harlequin ball.

Sweetmeat-Making at Home

67. Neapolitan Sandwich Creams

(Illustration No. 3 in Coloured Frontispiece)

Roll out thin three pieces of marzipan, each coloured and flavoured differently ; place one on the other, lightly press them together with a glass roller, trim the edges, and cut the layers into oblong pieces or squares.

68. Chocolate Fillings

Any remnants of marzipan can be made into fillings for chocolates, and nothing is better or richer for this purpose.

69. Crimped Paper Cases

These should always be used for marzipan sweets, as they not only improve their appearance but call attention to the fact that the sweet is one worthy of special notice.

70. Marzipan Strawberries and Cherries

These may easily be moulded with the fingers, and the hulls, made from green cambric and stalks of green-covered wire, put into them; the fruit should then be rolled in coloured sugar, and placed on wax-paper to harden.

CHAPTER VI

BON-BONS AND AMERICAN CANDIES

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BON-BONS AND AMERICAN CANDIES

UNDER the title of Bon - bons many very delicious sweets are included, which will give an amateur much pleasure in turning out delicately and in good style. After a little practice she will no doubt invent many others which will be equally charming to herself and friends. Under Bon-bons we may include French bon-bons, pralines, dragées, and comfits such as sugared almonds, liqueur bon-bons, and a great variety of dipped sweets.

French bon-bons require very great care and considerable attention during the whole process of their making; being composed partly of finest gum-arabic, they are much valued by invalids, especially those suffering from chest and throat complaints, who find in them a relief to the strain of coughing. Pralines consist of burnt almonds, nuts, flowers or fruit flavours which, prepared in various ways, form the centres which are afterwards glazed with sugar, chocolate, glacé or crystals.

Liqueur bon-bons are so called from their

Sweetmeat-Making at Home

centres being flavoured with liqueur, although the name is also given to those flavoured with the juice of fruit. Dragées, sugared almonds, and comfits are nuts coated with layers of sugar.

71. Strawberry Cream Bon-bons, Chocolate-coated

INGREDIENTS

Icing sugar.		Two whites of eggs.
2 ozs. of gum-arabic.		Essence of strawberry.
4 ozs. coating chocolate.		

For this some icing sugar will be required, prepared as for royal icing. Pound and sift sufficient best icing sugar, which must be worked into a paste with the whites of two eggs and a little lemon-juice; the quantity of sugar cannot be accurately given, as it depends on the quality and on the temperature.

Take two ounces of finest gum-arabic, soak it in a gill of hot water and strain it through muslin, mix with it a few drops of essence of strawberry, and add as much finest sifted icing sugar as it will absorb. Work all these ingredients into a soft, elastic paste. Fill a paper cornet with metal sugar-piping tube inserted at the point; with this press the cream out in the usual way, cutting off in small pieces the size of a hazel-nut; let them fall

Sweetmeat-Making at Home

from the forcer on to a sheet of paper dredged thickly with fine sugar, and harden their surfaces by putting them in a warm place for a few minutes. Make some coating for these centres, thus : Dissolve quarter of a pound of plain chocolate with a tablespoonful of water over steam or in a cool oven, mix it smooth, add the royal icing to it, and thoroughly blend all ; then with a wire ring or fork dip each centre into it ; place it on a wire tray, set to dry, and pack between sheets of paper in boxes.

72. Liqueur Cream Bon-bons with Coffee Coating

INGREDIENTS

2 lbs. icing sugar		$\frac{1}{2}$ gill liqueur.
Two whites of eggs.		Coffee essence.
2 ozs. gum-arabic.		

The method of preparing these bon-bons is the same as for the previous recipe, except that the white cream is flavoured with two tablespoonfuls of good liqueur, and coffee is used to flavour and mix with the coating. The following ingredients will be sufficient : Two ounces of gum-arabic, one gill of water, half a gill of good liqueur, two pounds of sifted finest icing sugar, and the whites of two eggs.

Sweetmeat-Making at Home

73. Orange Cream Bon-bons

(Illustration No. 2 in Coloured Frontispiece)

INGREDIENTS

2 ozs. gum-arabic.	2 lbs. icing sugar.
$\frac{1}{2}$ gill orange-flower water.	Two whites of eggs.
1 oz. orange sugar.	

Work together two ounces of soaked and strained gum-arabic with half a gill of orange-flower water and enough icing sugar to make a nice elastic paste. This is for the centres. For the coating, mix the whites of two eggs with the remainder of the icing sugar and one ounce of orange sugar, and colour with orange colour; make this into royal icing, liquid enough to coat the creams when separately dipped into it. Dry as directed.

74. Lemon Cream Bon-bons

Prepare as in the previous recipes, flavouring the cream with maraschino and the coating with lemon-sugar and lemon-juice; colour a pale yellow.

Noyeau or cherry brandy, or essence of bitter almonds, rum, lemon-sugar, and lemon-juice may also be used; the colouring should correspond to the especial flavouring of the bon-bons.

Sweetmeat-Making at Home

75. Coating Syrup for Bon-bons

INGREDIENTS

1 lb. loaf or granulated sugar.	One small teaspoonful glucose.
1 gill water.	Lemon-juice.

Put a pound of granulated or loaf sugar into a clean saucepan with a gill of water and slowly dissolve it; wash the inside of the pan with cold water to the level of the syrup but without touching it, cover and steam well, then drop in a small teaspoonful glucose, or a few drops of lemon-juice; continue to boil till 245° and till a few drops will make a medium hard-ball when thrown into cold water; dip bon-bons separately in this and throw them on an oiled sheet, hold the ring flat over each and draw a strand of the sugar into a coil on the top of each.

CHAPTER VII

SWEETMEATS FROM SUGAR BOILED TO
THE CRACK OR CARAMEL

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SWEETMEATS FROM SUGAR BOILED TO THE CRACK OR CARAMEL

THIS work can only be done on fine dry days and away from all steam of kettles or cooking. The sugar must be sufficiently boiled and the fruit quite dry, for if at all moist the sugar will drain off; candied fruits must be washed free from sugar and dried with a soft cloth. Unless these conditions are observed the work will not be successful.

To make Hard Glaze

This should be made in small quantities, as it quickly candies on removal from the fire.

Dissolve half a pound of loaf sugar in half a gill of water, and boil it as for French fondant, but continue the boiling to 300°. This glaze should be slightly coloured and quite crisp; remove the pan from the fire and place it in water for a moment to arrest it from further heating; with a two-pronged wire fork dip the filled fruits, &c., into the glaze one by one quickly, and throw them on a sheet of tin which has been slightly oiled.

Sweetmeat-Making at Home

76. Glacé Oranges

Divide an orange, preferably a tangerine, into sections, selecting those without pips; do not break the skin, for if at all broken the section must not be used; let them stand several hours, to dry the surface before dipping them with a wire fork into the glaze.

77. Glacé Grapes

Cut perfect grapes off a bunch, leaving a short stalk; with a pair of pincers take each grape by the stem and dip it into the glaze, thoroughly coating it, and place them separately on a slightly oiled tin sheet to dry.

78. Fruits fondants à la glace

(Illustration No. 11 in Coloured Frontispiece).

Prepare candied fruits by washing the sugar off them, or for choice use glacé fruits; cut slits in them and fill them with French fondant cream. Press the fruit together, showing only a little of the cream, let them dry for twenty-four hours, then dip each separately in the glaze.

79. Délices à la glace

Take some pieces of coloured marzipan, roll them into balls or cut them into shapes with a sharp knife, dip them in the hard glaze,

Sweetmeat-Making at Home

completely covering them with it; lift them with a ring-fork for balls, or a sweet-fork for shapes, wipe them lightly against the side of the pan. To take off any extra sugar, reverse the ring and drop them on an oiled slab. When cold, lift them with a pair of pincers or scissors to a clean sheet of blotting-paper to remove the oil. Store them in an air-tight canister lined with paraffin-paper.

TOFFEES AND SIMPLE CANDIES

Toffee may be made in various styles, from the old-fashioned treacle and Everton toffees, and butter-scotch, to pulled sweets. A copper boiler, thick granite, or tin-lined pan should be used for the boiling. Great care must be taken to prevent it burning, frequent testing being necessary when the liquid sugar is nearly ready to be removed from the fire. A marble slab or buttered dishes will be required into which to pour it. For pulled sweets a "candy-hook" made of iron about a quarter of an inch in diameter, or a strong warbrobe-hook, scraped, sandpapered, and greased, will do. A "candy-hook" is bent at one end and flattened at the other with holes for three screws. It should be fixed on a wall about five feet or so from the floor, according to the height a worker may

Sweetmeat-Making at Home

find it convenient for throwing the candy over it when "pulling." In making toffee, good pure West Indian treacle is best. Lyle's best golden syrup may also be recommended. A saucepan large enough to hold four times the amount of the materials should be used to prevent boiling over.

After pouring the sugar out of the pan, no scrapings should be allowed to fall on it, or it may candy; they should be put aside on a separate dish.

80. Plain Toffee

INGREDIENTS

$2\frac{1}{2}$ cupfuls of sugar.		Tablespoonful butter.
$\frac{1}{2}$ cupful cold water.		$\frac{1}{2}$ teaspoonful lemon-juice.

Put into a saucepan two cupfuls and a half of sugar and half a cupful of cold water; when the sugar has absorbed the water, put it over the fire and let it dissolve, stirring occasionally. Wash the sides of the pan as described for French fondant, and boil it unshaken and unstirred to the "soft ball" stage, 240° ; add a tablespoonful of butter and half a teaspoonful of lemon-juice and let it boil to the "crack," remove it from the fire, add a teaspoonful of vanilla (without stirring), and pour it into an oiled tin or on an oiled slab to cool; mark it in squares with a sharp greased knife or caramel cutter before it gets cold.

Sweetmeat-Making at Home

81. Everton Toffee, No. 1

INGREDIENTS

1 lb. Demerara sugar.	3 ozs. butter.
$\frac{1}{4}$ pint water.	A pinch of cream of tartar.
Lemon-juice.	

To a pound of best Demerara sugar add quarter of a pint of water, let dissolve, then add a pinch of cream of tartar; boil to the "hard ball" stage, draw it off the fire, add three ounces of butter, cut in small pieces, and boil till it hardens again at 300° ; flavour with lemon or Everton toffee essence; pour out on oiled tins to cool; when partly cold, mark it in squares, and when quite cold, divide, and wrap each square in paraffin-paper.

82. Treacle Toffee, No. 1

INGREDIENTS

$\frac{1}{2}$ pint brown sugar.	1 tablespoonful vinegar.
1 pint treacle.	1 tablespoonful butter.
1 teaspoonful carbonate of soda.	

Put into a large saucepan half a pint of brown sugar, a pint of treacle, and a tablespoonful each of vinegar and butter; mix these well, and boil till a few drops will harden and snap when dropped in cold water; then stir in a teaspoonful of carbonate of soda free from lumps, which will whiten it; turn it into a greased tin to cool, turn in the edges as they cool, and as soon as it can be handled pull it until firm and white, draw it into sticks, and cut into inch lengths.

Sweetmeat-Making at Home

83. Treacle Toffee, No. 2

INGREDIENTS

1 pint brown sugar.	1 tablespoonful of vinegar.
$\frac{1}{2}$ pint treacle.	$\frac{1}{2}$ teaspoonful of carbonate
1 gill water.	of soda.

Take a pint of brown sugar, half a pint of treacle, a gill of cold water, and a tablespoonful of vinegar ; boil together till nearly done, then add half a teaspoonful of carbonate of soda, free from lumps, and dissolved in a little hot water ; boil again until brittle when tested in cold water, and just as it is removed from the fire add any flavouring desired. When pulled as before directed this toffee should glisten beautifully.

84. Treacle Toffee, No. 3 (with glucose)

INGREDIENTS

1 quart treacle.	4 ozs. butter.
1 tablespoonful glucose.	$\frac{1}{4}$ teaspoonful carbonate of
2 tablespoonfuls vinegar.	soda.

Boil together over a slow fire two pounds of treacle and a tablespoonful of glucose ; stir to prevent boiling over, and when half done add two tablespoonfuls of vinegar and quarter of a pound of butter. When boiled thick, and a few drops in cold water retain their shape and are brittle, remove it from the fire, quickly stir

Sweetmeat-Making at Home

in quarter of a teaspoonful of carbonate of soda, pour out to cool, and pull till the toffee is golden brown.

85. Peanut or Barcelona Nut Toffee

Butter a square tin and fill it half an inch deep with shelled peanuts; boil some loaf sugar to "the crack," and pour it over the nuts, just covering them; cut it into squares before it is quite cold.

86. Almond Toffee

INGREDIENTS

4 oz. butter.	1 lb. granulated sugar.
$\frac{1}{2}$ lb. blanched almonds.	

Melt quarter of a pound of butter in a saucepan, add a pound of granulated sugar, boil to the "soft ball," add half a pound of blanched almonds, and continue boiling until the sugar will snap when tested; pour it into a buttered shallow tin, and when cool divide into squares.

87. Lemon Toffee, No. 1

INGREDIENTS

1 lb. granulated sugar.	$\frac{1}{4}$ teaspoonful tartaric acid.
1 gill water.	1 teaspoonful lemon ex-
$\frac{1}{2}$ teaspoonful cream of tartar.	tract.
	3 tablespoonfuls of vinegar.

Take a pound of granulated sugar, a gill of water, three tablespoonfuls of good vinegar, and

Sweetmeat-Making at Home

half a teaspoonful of cream of tartar; boil till crisp on testing, then add a teaspoonful of lemon extract in which a quarter of a teaspoonful of tartaric acid is dissolved; pour upon a buttered slab, fold in the edges, and pull with buttered fingers as soon as possible.

88 Lemon Toffee, No. 2

INGREDIENTS

3 ozs. butter.		Lemon-juice.
1 lb. granulated sugar.		Essence of lemon.

Put three ounces of fresh butter into a saucepan, and as soon as it is dissolved stir into it one pound of granulated sugar, heat it most carefully to prevent it burning on the sides or bottom of the pan; as soon as the mixture begins to boil, stir very quickly for a few minutes, till the colour of light coffee, add a squeeze of lemon-juice, drop a few spots into a basin of very cold water, and if it gets crisp immediately remove from the fire. Flavour with essence of lemon and a little more juice, and pour, at once, on buttered plates or a marble slab. If lemon-juice be not available, use vinegar; the acid will prevent the sugar candying. This toffee is quickly made, and is deliciously crisp; it is easier to remove it from the plate before it is quite cold.

Sweetmeat-Making at Home

89. Walnut Toffee, No. 1

INGREDIENTS

2 lbs. walnuts.	4 lbs. golden syrup.
$\frac{1}{4}$ teaspoonful of carbo- nate of soda.	2 tablespoonfuls glucose.

Take two pounds of fresh ripe walnuts, blanched and broken, and rub quarter of a teaspoonful of carbonate of soda into them; boil four pounds of syrup and two tablespoonfuls of glucose to the "snap" degree; take the pan off the fire and stir in the walnuts; pour on a slab to cool, smooth over the top with the wooden spatula, and when nearly cold cut into pieces with a well-buttered knife.

90. Clear Walnut Toffee, No. 2

(Illustration No. 1 in Coloured Frontispiece)

INGREDIENTS

4 ozs. dried walnuts.	$1\frac{1}{4}$ lbs. sugar.
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Well butter or oil a tin slab or dish; crush four ounces of dried walnuts into small pieces, and sprinkle them on the slab; boil a pound and a quarter of sugar to the "light caramel" stage (300°), so that it is very brittle when dropped in water and of a delicate yellow colour, and pour this over the walnuts; when nearly cold, mark into squares and cut with a buttered knife. Wrap each piece in paraffin-paper.

Sweetmeat-Making at Home

91. Almond-Wreathed Hardbake

Blanch some almonds, split them into halves, and dry without colouring them in a cool oven. Arrange them in long wreaths, or grouped like rosettes on an oiled tin; boil sufficient sugar to the "crack" or 305° to cover them, mark the hardbake in strips or rounds while warm, and break when cold into regular pieces.

92. To Clarify Sugar for Barley-Sugar

Put a quart of water and the white of an egg into a preserving-pan, beat it with a whisk till frothed, add six pounds of loaf sugar; mix all well together and slowly bring it to the boil over very moderate heat. When the sugar boils put in a little water; when it again boils add a little more, till half a pint is used. When the scum is thick on the surface, take the pan off the fire and remove the scum gently with the skimmer till it is fine underneath; if not clear, again add a little water and boil up. When quite clear pass it through a fine lawn sieve or straining-bag. It is then ready for heating to any degree required.

93. Barley-Sugar

Boil a pint of clarified sugar in a strong pan that has a spout to it over a good clear fire till

Sweetmeat-Making at Home

it is between the "crack" and the "caramel" degrees. To try when it is sufficiently boiled, wet the end of a wooden skewer or piece of clean clay tobacco-pipe, dip it into the sugar, put it quickly into very cold water for half a minute; if the sugar comes off brittle it is ready; if not, continue to boil it till it will do so. Then add six drops of essence of lemon and a good half teaspoonful of lemon-juice; heat again till brittle, 300°, and pour it in a sheet on a smooth marble slab slightly rubbed over with sweet oil. Cut the sugar with the scissors into strips six inches long and one inch wide; when cool, twist them and put them on tin sheets, where they will get quickly cold. Keep them in air-tight tins, or they will become sticky.

94. To Pull Candy, Twist, Bulls'-Eyes, &c.

Fix a strong iron staple or candy-hook in the wall, rub a little butter over it, throw the sugar on the staple and pull it towards you, continuing to do so till it is perfectly white. A wardrobe dress-hook may be used for this purpose if well sandpapered to remove the paint or rust, and rubbed with butter.

Sweetmeat-Making at Home

95. Common Twist

INGREDIENTS

1½ lb. moist sugar. | ½ pint of water.

Boil a pound and a half of moist sugar over a clear fire with half a pint of water, remove the scum, boil it to the "crack" degree, turn it out on an oiled slab, pour over it a few drops of any essence preferred, and colour to taste; fold it over, pull it, cut it into lengths, and twist the strands.

96. Candied Sugar

INGREDIENTS

2 lbs. granulated sugar. | ½ pint water.

Boil two pounds of granulated sugar in half a pint of water without stirring after it is dissolved until it reaches the "blown" degree; flavour it, rub it against the sides of the pan till it begins to grain and look white, pour it into a tin frame lined with buttered paper, placed on a hot slab or warm place.

97. Paradise Twist

Boil a pound of best loaf sugar or clarified sugar with half a gill of water till it is nearly brittle when tested, add a tablespoonful of vinegar and continue the boiling till it will snap;

Sweetmeat-Making at Home

pour it on a slightly oiled slab ; take up one part, lay it over the other and streak with cherry-red, pull it and cut it into lengths of twist.

98. Bulls'-Eyes

INGREDIENTS

1 lb. loaf sugar.	1 tablespoonful vinegar.
$\frac{1}{2}$ gill water.	Cherry-red colouring liquid.

Boil two pounds of best cane sugar to the "crack" degree ; test it as for barley-sugar ; when nearly boiled enough put in two teaspoonfuls of lemon-juice, and boil again till on testing it will snap ; pour it on a slightly oiled marble slab, put from twelve to fourteen drops of oil of peppermint or essence of lemon on the sugar, take the sides of the sugar as it cools and fold them into the middle, doing this as quickly as possible ; pull the sugar on the candy-hook and cut or stamp the bulls'-eyes to the form and size required. As the sugar soon becomes brittle, they should be cut as soon as cool. They may be coloured to taste.

99. Snow Rock

INGREDIENTS

1 lb. loaf sugar.	1 tablespoonful vinegar.
Flavouring essence.	

Boil a pound of loaf sugar to the "crack" degree, add a tablespoonful of vinegar ; flavour

Sweetmeat-Making at Home

with lemon or peppermint ; pour it on a slightly oiled marble slab ; while cooling put it on the candy-hook and pull it until quite white, when it may be twisted into any shape.

100. Rose Cake

INGREDIENTS

2 lbs. loaf sugar.		Oil of roses.
$1\frac{3}{4}$ gill of water.		Cochineal.

Boil two pounds of best loaf or clarified sugar with a gill and three-quarters of water; boil till it begins to candy round the edge of the pan and reaches the "feather" degree, take it off, flavour with oil of roses, and colour with cochineal. Mix it all well together, and pour it into small tin hoops or the covers of tin canisters ; these should be slightly oiled.

101. Pulled Toffee

INGREDIENTS

$1\frac{1}{2}$ lb. granulated sugar.		$\frac{1}{2}$ oz. of butter.
Vinegar and water.		Essence of vanilla.

To a pound and a half of granulated sugar, add vinegar one-third, and water two-thirds, to fill a half-pint measure ; boil them together until half done, then drop in half an ounce of butter, and stir only enough to mix it well with the sugar. Test the candy by dropping

Sweetmeat-Making at Home

a little into very cold water ; when it will snap it is ready. Then at once pour it on a buttered slab or dish to cool ; pour a little essence of vanilla on the top, fold in the edges, and as soon as it is cold enough, put it on the candy-hook and pull it well. Cut into short pieces and place them on a buttered dish or paraffin-paper.

102. Cocoa-nut Balls

INGREDIENTS

1 lb. sugar.		1½ gill water.
2 ozs. cocoa-nut.		

Boil together a pound of sugar and a gill and a half of water, washing the sides of the pan when it is first dissolved ; then boil without stirring till the sugar will crackle when a few drops are tested in water ; stir in two ounces of cocoa-nut, then roll into small balls.

103. Everton Toffee, No. 2

INGREDIENTS

6 lbs. Demerara sugar.		½ lb. fresh butter.
2 pints water.		½ lb. salt butter.

Put six pounds of brown sugar into a strong saucepan with two pints of water, let it boil quickly for twenty minutes, or to 285°, then add by small pieces half a pound of fresh

Sweetmeat-Making at Home

butter and half a pound of salt butter ; let it boil for ten minutes, or till 300°, by which time it should be quite crisp when tested ; pour it on a buttered dish ; when half cold mark diamonds on the top, and when quite cold break it up and store it in an air-tight canister.

104. Peppermint Toffee

INGREDIENTS

3 cupfuls granulated sugar.	1 tablespoonful butter.
1 cupful water.	Liquid carmine.
2 tablespoonfuls glucose.	Essence of peppermint.

Put three cupfuls of granulated sugar, one cupful of water, and two tablespoonfuls of glucose into a saucepan, and boil to "soft ball" ; add a tablespoonful of butter, and boil again till on testing the sugar will snap ; pour it on a buttered slab, drop some peppermint essence on the top, fold in the edges, and as soon as it can possibly be handled, pull it till white ; colour pink a portion of this pulled toffee by dropping some liquid carmine on it, pull till evenly coloured ; next pull the white toffee to a point and put stripes of pink toffee round it, and pull till the right thickness ; cut the stick into short lengths and put them on paraffin-paper to cool. This work must be done rapidly, as the sugar cannot be easily handled when cool.

Sweetmeat-Making at Home

golden syrup, and a teaspoonful of powdered cinnamon, boil till crisp and pour thinly over quarter of a pound of coarsely chopped almonds sprinkled on a buttered tin sheet.

108. Russian Toffee

INGREDIENTS

1 lb. white sugar.		$\frac{1}{2}$ lb. butter.
$\frac{1}{2}$ pint cream.		Vanilla essence.

Boil together a pound of white sugar, half a pint of cream, and half a pound of butter ; flavour with vanilla, stir till it leaves the sides of the pan clean, and pour thickly on a buttered plate. This toffee is boiled to the "hard boil," not to the "crack" (260° to 280°), according to the toughness of the substance preferred ; when nearly cold cut into squares, and wrap each piece in butter-paper.

109. Black or Red Currant Jelly Toffee

INGREDIENTS

2 lbs. brown sugar.		1 pot red-currant jelly.
1 tablespoonful water.		3 ozs. butter.

Boil together till crisp, two pounds of brown sugar, a tablespoonful of water, a small pot of black or red currant jelly, and three ounces of butter. Pour out on buttered tins, and when cold break into squares.

Sweetmeat-Making at Home

110. Lemon Sponge Candy

INGREDIENTS

1 pint clarified sugar.	1 tablespoonful sifted
Yellow colouring.	sugar.
1 white of egg.	Lemon essence.

Boil a pint of clarified sugar to the "crack" and colour it yellow ; while this is preparing, mix half of the white of an egg with a tablespoonful of fine sifted loaf sugar and about twenty drops of lemon essence ; stir it in briskly with a wooden spoon ; as soon as the sugar and icing is well mixed, and rises like froth, pour it into paper-lined moulds upon which you have sifted sugar. In making this sweet do not use any acid.

111. Ginger Sponge Candy

Prepare as for lemon sponge candy, but instead of flavouring the icing with lemon add a teaspoonful of ground ginger or some essence of ginger.

112. Cocoa-nut Ice Tablet

INGREDIENTS

4 lbs. loaf sugar.	1 tablespoonful cocoa-
Cold water.	nut milk.
1 cocoa-nut.	

Put two pounds of loaf sugar into a clean tin-lined saucepan with two gills and a half of clear cold water ; stir it till dissolved, which

Sweetmeat-Making at Home

should be before coming to the boil; wash round the inside of the saucepan with cold water to remove any crystals or dry sugar above the liquid, let it boil to the "soft ball," 238° . When tested by dipping a wet spoon or stick into cold water, then into the sugar, and back for a second into the water, that which adheres should feel tough and soft when you draw it off. Now stir in a tablespoonful of the cocoa-nut milk and three-fourths of a large cocoa-nut grated; stir till it begins to candy, then pour it into a tin or square formed by rods on a slab previously lined with buttered paper. Repeat the process, using two pounds of sugar and a gill and a half water; boil as directed, stir in the remainder of the grated cocoa-nut, colour it with cherry-red, and pour it over the first sheet or tablet, which by the time this is ready will be set. When quite cold turn it over, take off the paper, and cut into strips three inches long.

113. Ginger Slab

INGREDIENTS

2 lbs. Demerara sugar. | $\frac{1}{2}$ pint water.
1 oz. ground ginger.

Put two pounds of Demerara sugar into a clean saucepan with half a pint of cold water, stir till boiling, and remove the scum; boil till

Sweetmeat-Making at Home

the "soft ball" stage, then take it off the fire and stir in an ounce of finest ground ginger; stir till it begins to get thick, then pour it into a tin lined with buttered paper; when set, cut it into small squares.

114. Cinnamon, Rose, and Lemon Tablets

These are prepared in a similar way, but are nicer when made of loaf sugar, essence of cinnamon, rose water, or oil of roses, essence of lemon being used for flavouring.

115. Caramels

The work of caramel-making requires some special utensils: a large saucepan made either of aluminium, iron with tin lining, or best granite ware; a slab of marble, which in very cold weather should be placed in a warm room for some hours before using, or it may crack; some bars with which to make squares on the marble for holding the candy, or failing this some shallow square tins which must be well buttered before use; some paraffin or butter paper, which should be cut neatly into strips and then across for wrapping the caramels in. A piece of sheet-iron about eight inches in diameter is needed to put over the gas-burner under

Sweetmeat-Making at Home

the sugar boiler, to prevent scorching at the last moment, and a pan of cold water with which to arrest the cooking at any moment. The water should be quite cold when used for testing, or very serious mistakes will be made.

116. Chocolate Caramels

INGREDIENTS

1 lb. loaf sugar.	2 to 3 ozs. chocolate.
$\frac{1}{2}$ pint cream.	1 tablespoonful glucose.
$\frac{1}{2}$ pint milk.	Essence vanilla.

Boil together till dissolved one pound of loaf sugar, half a pint of thin cream, and half a pint of milk; do not stir till the sugar has dissolved, then add a tablespoonful of glucose; let it cool a little, add some dissolved coating chocolate, or any plain eating chocolate dissolved in a little water, colour with cherry-red, flavour with vanilla, and stir as little as possible. Boil for forty minutes, watching carefully after 260° – 280° degrees, test by dropping into cold water; when it forms a hard stiff ball which will snap, it is ready; when quite ready pour it out, mark it in squares, and cut apart when nearly cold; a caramel-cutter should be used for this purpose, or a large sharp knife slightly buttered. Cut some sheets of paraffin or butter paper into neat pieces, and at once wrap each caramel separately in them.

N.B.—To avoid scorching protect the bottom

Sweetmeat-Making at Home

of the pan by a piece of iron or stove-mat over the gas-ring during the latter part of the sugar-boiling.

117. Strawberry Caramels

INGREDIENTS

2 lbs. granulated sugar.	$\frac{1}{2}$ pint cream.
3 tablespoonfuls glucose.	1 oz. butter.
$\frac{1}{2}$ pint water.	Strawberry essence.

Dissolve two pounds of granulated sugar and three tablespoonfuls of glucose with half a pint of hot water ; when well mixed set the pan over the fire, and stir occasionally till the caramel will harden in cold water, then add half a pint of cream and an ounce of butter ; boil again, stirring all the time till it will snap. Remove the pan from the fire ; flavour with wild-strawberry essence, colour with cherry-red, and pour out to cool on an oiled slab.

118. Orange Caramels

INGREDIENTS

1 lb. granulated sugar.	1 oz. butter.
2 tablespoonfuls glucose.	$\frac{1}{2}$ pint cream.
1 $\frac{1}{2}$ gill water.	Essence of tangerine.

Put a pound of granulated sugar into a strong saucepan with two tablespoonfuls of glucose and a gill and a half of boiling water ; stir well, boil the sugar till it will snap in water ; add half a pint of cream and a scant ounce of butter, boil again, stirring carefully

Sweetmeat-Making at Home

till it will harden in cold water ; remove from the fire, flavour with sweet orange or tangerine extract, and pour out on an oiled slab ; cut into inch squares, and wrap each in paraffin-paper.

119. Vanilla Caramels

INGREDIENTS

2 lbs. lump sugar.		$\frac{1}{2}$ pint water.
3 tablespoonfuls glucose.		$\frac{1}{2}$ pint cream.
1 oz. butter.		

Put two pounds of lump or best granulated sugar, three heaped tablespoonfuls of glucose, and half a pint of water over the stove to boil up soon, stir it frequently ; when it will harden when dropped into cold water, add half a pint of rich cream and an ounce of butter ; now boil again, stirring all the time, till on testing the drops falling into a basin of cold water they will snap ; remove it immediately from the fire. Flavour with vanilla essence, and pour on an oiled slab or tin. Cut into inch-wide strips, and these into inch lengths, and wrap each caramel in paraffin-paper.

120. Vanilla Caramels without Glucose

INGREDIENTS

1 lb. cane sugar.		1 oz. honey.
2 tablespoonfuls water.		$\frac{1}{8}$ oz. butter.
$\frac{1}{4}$ pint cream.		Essence vanilla.

For these boil together one pound of cane sugar, two tablespoonfuls of warm water,

Sweetmeat-Making at Home

quarter of a pint of cream, one ounce of honey, and quarter of a heaped teaspoonful of butter; test with ice-cold water; when a few drops crackle slightly on touching it the sugar must be removed. Flavour with vanilla, and pour out on the slab.

121. Walnut Caramels

INGREDIENTS

1 lb. granulated sugar.	1 teaspoonful glucose.
1 gill water.	12 walnuts.
2 tablespoonfuls fondant cream.	

Put a pound of best granulated sugar into a bright saucepan with a gill of water; when it has dissolved, take out the spoon with which the lumps have been crushed; remove any scum, well wash round the inside of the pan above the syrup with a brush or rag dipped in cold water, put on the cover till the steam issues fiercely and the liquid is clear. Should there be any more scum, remove it as lightly as possible without stirring; again wet the pan, and repeat this until the syrup is perfect; then continue boiling until a drop or two from the point of a wet skewer or spoon, falling into a bowl of quite cold water, will retain its shape and be so crisp that it snaps when broken or bitten, and does not stick to the teeth; just before this stage a teaspoonful of glucose or

Sweetmeat-Making at Home

a few drops of lemon-juice may be added to the middle part of the syrup without stirring. Have ready a tin sheet slightly oiled and a wire fork or piece of strong wire such as is used for bottling. Twist the middle of it into a loop or ring and put the ends through a cork, which will form a handle. The walnuts may be split and filled with fondant, or may be plain ; as soon as the boiling sugar is slightly coloured it will be ready ; then dip each walnut in the sugar, lift it with the wire and turn it over on the oiled sheet ; do this as quickly as possible, keeping the sugar warm over a very slight heat. When the liquid begins to candy, cease coating the walnuts, add water, and re-boil as before ; the colour will be a trifle darker when it reaches its correct height.

N.B.—As the sugar approaches the “caramel” stage, turn down the gas-stove to a small flame, or put a mat between the stove and the pan. The remainder of the sugar need not be wasted, but may be reboiled with a little fresh sugar and glucose, and made into toffee.

SPUN SUGAR

The climax of the art of sugar-boiling is to spin sugar, but as it is made at the cost of the sugar, and commands a fancy price for the decoration of glacé fruits and ice-creams, it is

Sweetmeat-Making at Home

worth attempting, and with practice the art can be acquired. Three requisites are absolutely necessary in spinning sugar ; the first is a *dry* atmosphere—a damp or rainy day or boiling kettles in the room spell failure ; secondly, the sugar must be boiled to the right degree ; and, thirdly, care must be taken to prevent graining.

Spun sugar readily gathers moisture, therefore should be made if possible the day it is to be used. It should be placed under an airtight glass globe as soon as made, with a small lump of quicklime. Confectioners carry the art of spinning sugar to perfection, and use the silken-looking threads for their designs, but it is unnecessary for an amateur to attempt more than that which will serve as a decoration for cold desserts.

122. To Spin Sugar

Only the very finest cane sugar can be used ; that from the upper pointed part of a sugar-loaf is the best. It is easier to boil three pounds than half a pound of sugar, from the fact that in a small quantity the sugar passes so quickly from one degree to another that it is most difficult to arrest it at the right moment. The sugar-boiler or a perfectly clean copper stewpan must be of moderate

Sweetmeat-Making at Home

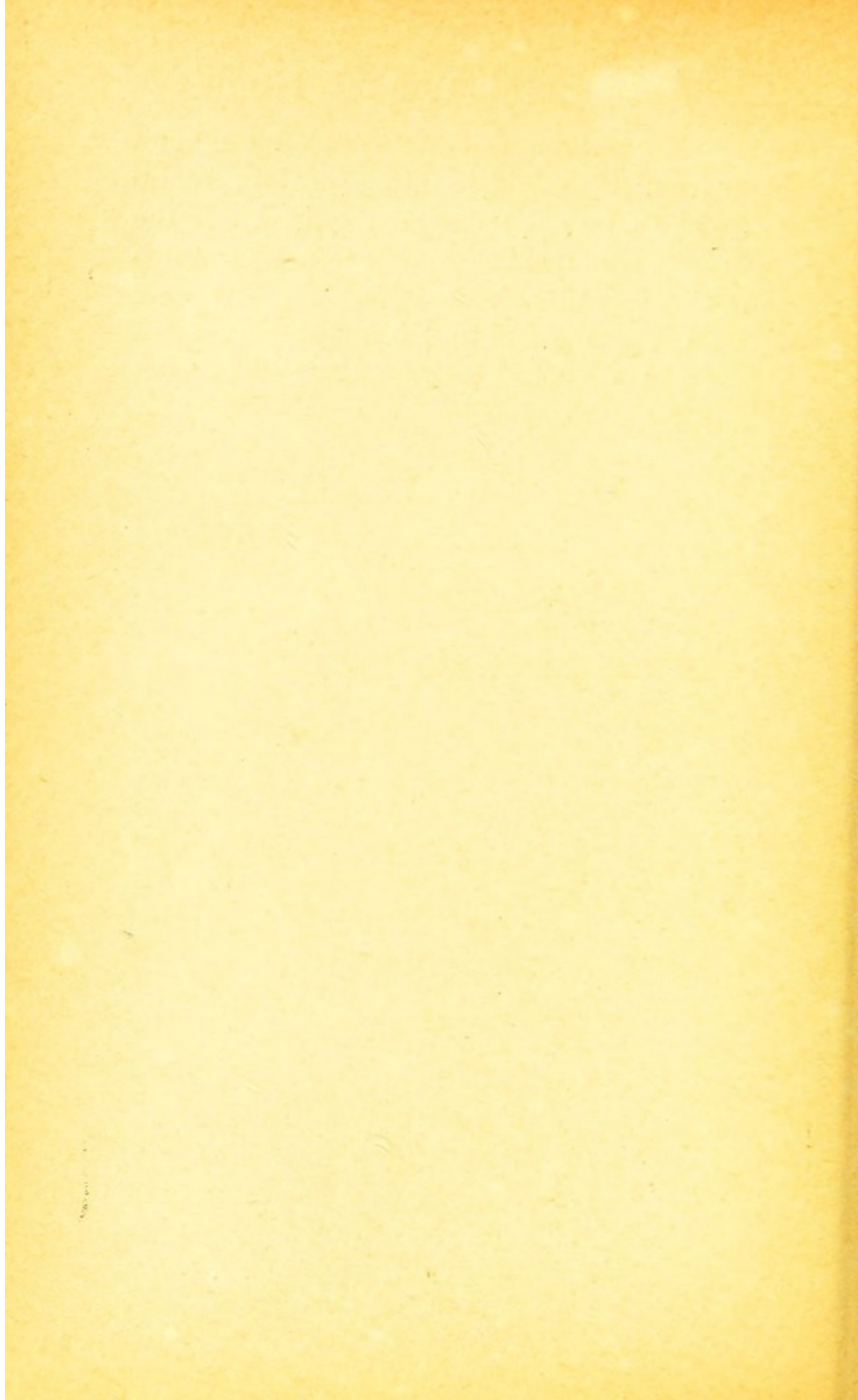
thickness and of upright shape ; the flame or heat must not come higher up the boiler than the sugar itself.

Break the sugar into small lumps ; to each pound allow half a pint of clear cold water and half a saltspoonful (a small pinch) of cream of tartar ; let the water saturate the sugar before putting it on the stove ; cover the pan, bring it to the boil, and continue boiling as directed for French fondant until the liquid forms a thick, bubbled appearance and reaches the degree of hard "crack," 290° to 300° . The greatest care must be taken as it reaches this stage, as it verges so closely on caramel ; to test it take a small portion on a knife or spoon, plunge it immediately in cold water ; if it is then quite brittle, breaking off sharp and crisp, it is ready. At this moment add a little acid or lemon-juice, and boil up again for a moment or two. Arrest the cooking by placing the pan in cold water for a moment, and then take it out. To spin the sugar, have two iron rods, pieces of broom-handle, or rolling-pins ; slightly oil them, place them over chairs so that the ends project ; protect the floor with papers ; take the pan in the left hand, two forks or some fine wires drawn through a large cork in the right ; dip them in the liquid sugar, and lightly throw it to and fro over the rods. The sugar will fly off the points of the wires and fall on the

Sweetmeat-Making at Home

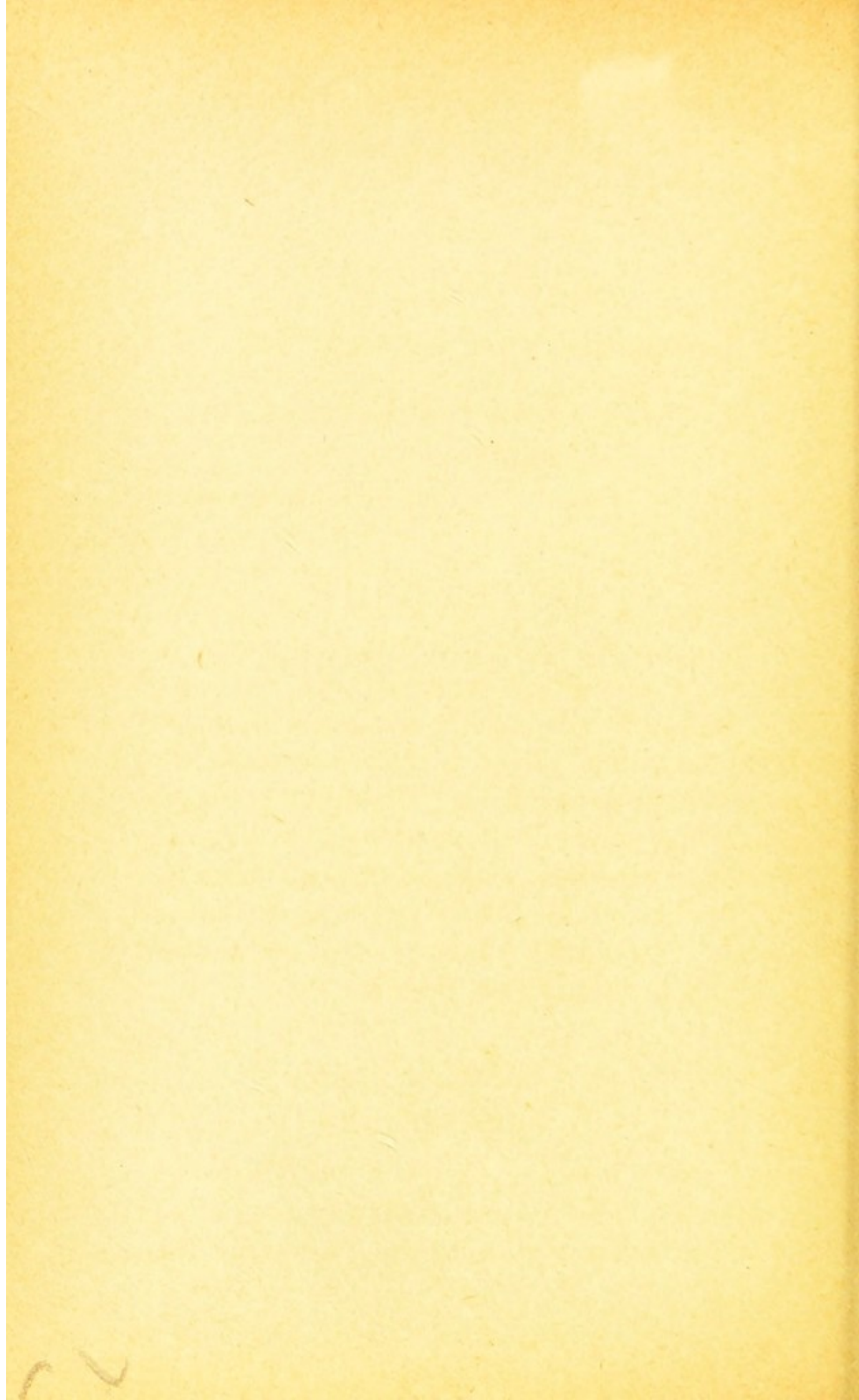
rods. From time to time take off the spun sugar from them, fold it into a nest, or round a mould, or into any design required. If the sugar gets cold it must be reheated. Continue until sufficient threads are spun.

A short person will find it more convenient to stand on a stool or kitchen chair while spinning sugar.



CHAPTER VIII

MISCELLANEOUS RECIPES



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MISCELLANEOUS RECIPES

123. Cocoa-nut Kisses

INGREDIENTS

1 lb. loaf sugar.
 $\frac{3}{4}$ gill water.

2 ozs. desiccated cocoa-
nut.

DISSOLVE one pound of loaf sugar in three-quarters of a gill of cold water over the fire, wash round the saucepan with cold water, put the cover on till well steamed, then remove it and boil to "soft-ball," 240° ; take it off, stir till cloudy, then throw in sufficient desiccated cocoa-nut to form into a ball with the fingers, colour and flavour to taste, and mould in a dessert or teaspoon with the fingers, making a ridge in the middle; slip them on to dry marble to dry. Should the candy get too dry, moisten it with a little syrup or fondant.

124. Cocoa-nut Cakes

INGREDIENTS

1 cocoa-nut.

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

Moisten half a pound of sugar with the milk of a cocoa-nut, boil it to the "soft-ball," then

Sweetmeat-Making at Home

mix in as much grated fresh cocoa-nut as the syrup will moisten, but do not stir it much ; drop it by spoonfuls on an oiled slab. If the candy granulates before all the cakes are made, add a little water and cook it again to the "soft-ball" degree.

125. Cocoa-nut Bars

INGREDIENTS

3 lbs. loaf sugar.	Flavouring essence.
$\frac{1}{2}$ pint water.	Colouring liquid.
6 ozs. cocoa-nut.	

Line an iron bar-frame or Yorkshire pudding-tin with oiled paper. Boil three pounds of loaf sugar with half a pint of water till it will form a "soft-ball" ; at 238° remove it from the fire, stir it about a minute, add a few drops of colouring liquid, then throw in enough desiccated cocoa-nut to give it a thickened appearance. When it cools a little, flavour with essence to taste and pour it into the lined frame ; the syrup may be coloured whilst boiling, and cocoa-nut will absorb any flavour. As soon as the candy is set remove the bars, pull off the paper and leave it till cold, then cut into bars with a sharp thin knife ; wrap each bar separately in butter-paper and label it according to its flavouring.

Sweetmeat-Making at Home

126. Milk Peppermint Lozenges

INGREDIENTS

1 lb. caster sugar.
 $\frac{1}{4}$ pint milk.

1 teaspoonful essence of
peppermint.

Boil together for about ten minutes one pound of caster sugar and quarter of a pint of milk or thin cream ; take the pan off the fire and stir in a teaspoonful of essence of peppermint or peppermint liqueur ; beat the mixture until it is cool enough to drop a teaspoonful at a time without running on waxed paper. Do this as quickly as possible, as it soon sets in the pan ; should this happen, warm it again for a moment.

127. Spanish Nut Creams

INGREDIENTS

$\frac{1}{2}$ lb. hazel or Barcelona nuts.
10 ozs. sifted sugar.
4 ozs. chocolate.

1 dessert-spoonful of boiling
cream.

Put the nuts into the oven and bake them until the skins can be rubbed off by shaking the nuts in a coarse wire sieve ; place the sugar and nuts in a saucepan over a slow fire and stir till they crack and are brown inside ; turn the mixture out of the pan, and when cool pound it finely in a mortar ; alternately add the melted chocolate and boiling cream until all is thoroughly mixed together ; form it into a

Sweetmeat-Making at Home

square slab. When nearly cold, cut into neat squares ; these may be coated with chocolate or wrapped in wax-paper ; or if preferred, whilst warm, the mixture may be pressed into metal bon-bon cases, then sprinkled with chopped pistachio nuts.

128. Burnt Almonds

(English method)

Put a pound of granulated sugar and a gill and a half of water into a clean saucepan, a round bottom one by preference ; stir till dissolved with a wooden spatula, let it begin to boil, then throw in a pound of shelled almonds which have been rubbed in a clean cloth and sifted free of all loose particles ; stir them steadily but lightly over a gentle heat until the kernels make a slight crackling noise, then take the pan off the fire and stir sharply until the sugar granulates like sand ; throw the almonds on a coarse sieve, separate any that have stuck together and sift the loose sugar off them ; gather them in a heap and keep them covered and warm. Take the sifted sugar, add three-quarters of a pound of granulated sugar and a gill and a half of water, boil to 240° or " soft ball " stage, remove the pan from the fire and throw in the almonds, stir as before, but do not leave them long enough to

Sweetmeat-Making at Home

stick together ; place them on a sieve. If insufficiently coated, repeat the process. The second coating of sugar may be coloured and flavoured just before coating the almonds a second time.

129. Burnt Almonds

(American style)

INGREDIENTS

1 lb. Demerara sugar.		1 gill water.
$\frac{1}{2}$ pint almonds.		

Put a pound of Demerara sugar and a gill of water into a saucepan and stir till it is dissolved ; wash round the edges of the pan with cold water, cease stirring, let the syrup boil for a minute or so, then throw in half a pint of almonds and stir vigorously till the sugar granulates and becomes a little browned ; as soon as the almonds are coated and before they get into a mass, turn them out on a sieve and pull apart any that have stuck together.

130. Chocolate Pralines

INGREDIENTS

2 ozs. almonds.		$\frac{1}{4}$ lb. icing sugar.
Chocolate coating.		

Brown two ounces of almonds in the oven, chop them finely and pound them ; put a quarter of a pound of icing sugar in a small

Sweetmeat-Making at Home

saucepan over the fire and melt it *without water* till slightly browned, then turn it out on the marble slab. When it is sufficiently cold to break, pound it with the almonds until the mixture is soft enough to roll into balls, or small rolls with square ends ; let them get quite hard, then coat them with melted chocolate, and turn out on a tin slab till set.

131. Panaché Caramels

INGREDIENTS

1 lb. walnuts.		$\frac{1}{4}$ pint cream.
1 lb. brown sugar.		Essence vanilla.

Chop one pound of walnuts. Boil together a pound of brown sugar and a quarter of a pint of cream for about a quarter of an hour, or until the mixture will form a ball when a few drops are sprinkled into cold water ; then remove it from the fire, add the walnuts, and flavour with essence of vanilla ; pour into oiled tins, and when setting mark into squares with a knife.

132. English Nougat

INGREDIENTS

1 lb. almonds.		1 $\frac{1}{2}$ lb. cane sugar.
		1 lemon.

Blanch and chop a pound of almonds, place them in the oven to get hot, and watch them

Sweetmeat-Making at Home

that they do not brown. It is best to leave the oven door open. Whilst they are heating place a pound and a half of pounded and sifted sugar in a saucepan with a squeeze of lemon-juice, and stir with a wooden spatula until it begins to melt ; stir more quickly as the sugar begins to form small white pearls on its surface ; add the heated almonds, gently stir till well mixed, then turn it out on to an oiled sheet, and press it out with a cut lemon ; mark into squares, and when cold break it into pieces. If required for lining moulds, press it while hot into oiled fancy moulds, and loosen them while warm, but let them remain in until cold.

133. Candied Chestnuts

Remove the outer shells of twelve large Spanish chestnuts ; cover them with boiling water and let boil for a few minutes, then take off the second skins, wipe them with a cloth, put them on again in hot water, and simmer them quite slowly till they are tender, but not soft ; drain them and put them on to cook till clear in a syrup made of equal parts of sugar and water ; place them carefully on a sieve and let them get cool. Boil the syrup to 245° , then add a little essence of vanilla or lemon-juice, stir till cloudy, and drop the chestnuts into it ; lift them when well coated with a

Sweetmeat-Making at Home

candy-fork on to an oiled slab or paper; if preferred, the syrup may be boiled to the "hard crack," and the chestnuts will then be coated with perfectly clear glaze.

134. Marsh Mallows

INGREDIENTS

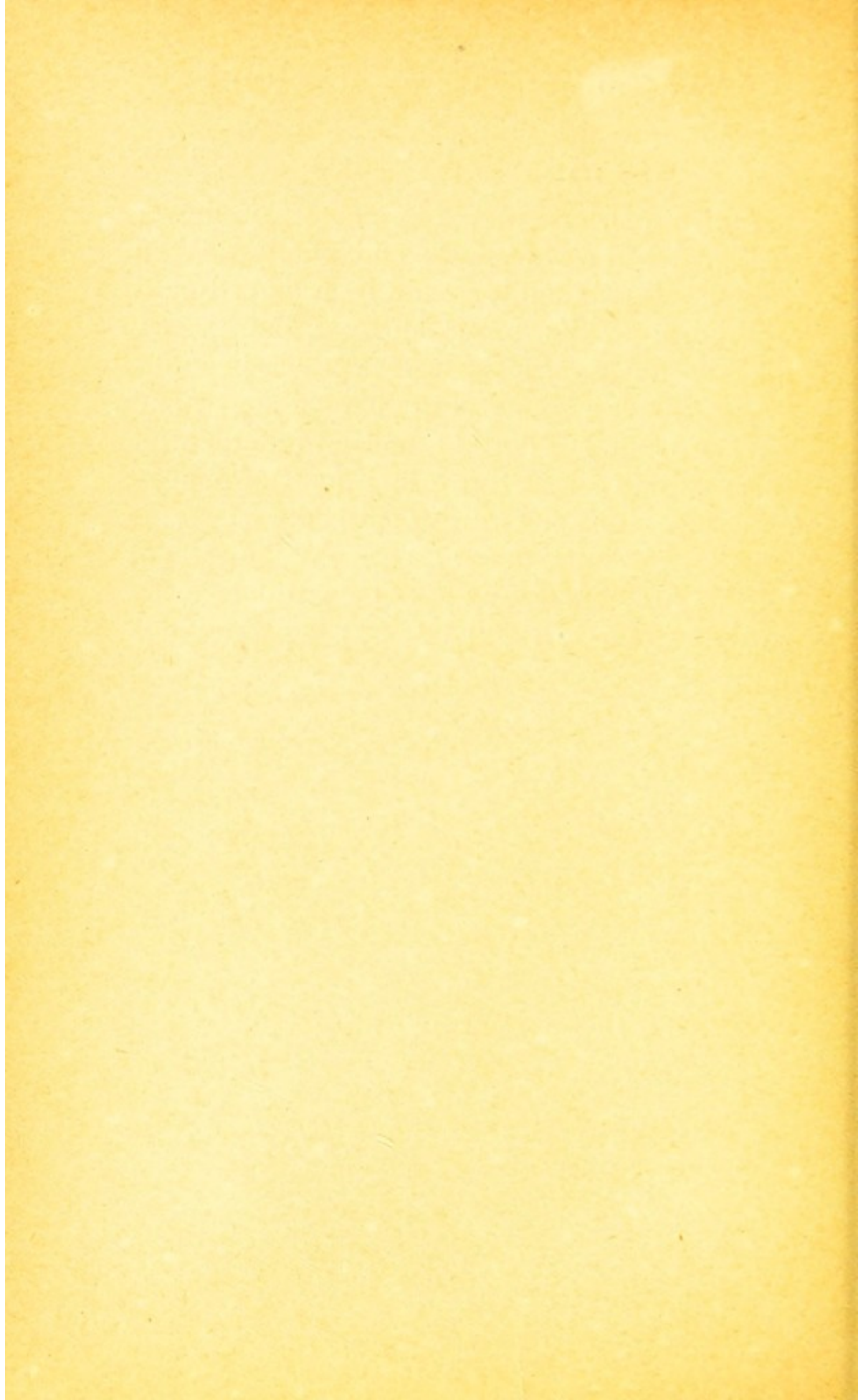
$\frac{1}{4}$ lb. gum-arabic.		$\frac{1}{2}$ lb. loaf sugar.
$\frac{1}{2}$ pint water.		3 whites of eggs.
Orange-flower water.		

Soak quarter of a pound of best gum-arabic in half a pint of cold water until dissolved; gently heat it, then strain it through muslin, and put it into a saucepan with half a pound of powdered loaf sugar, stir till it gets thick enough to form a firm ball when tested in water, then take it off the fire and stir into it the stiffly beaten whites of three eggs to make it spongy; flavour with orange-flower water, using about two teaspoonfuls. Thickly cover a small tin with corn starch or with confectioners' sugar, turn the paste into it in a layer of one inch thick, let it stand twelve hours, then turn out, cut into cubes, dust them thickly with corn starch or confectioners' sugar, and pack. These are best when as soft as can be handled, and their consistency depends much on the paste being more or less cooked; they also harden with keeping.

Sweetmeat-Making at Home

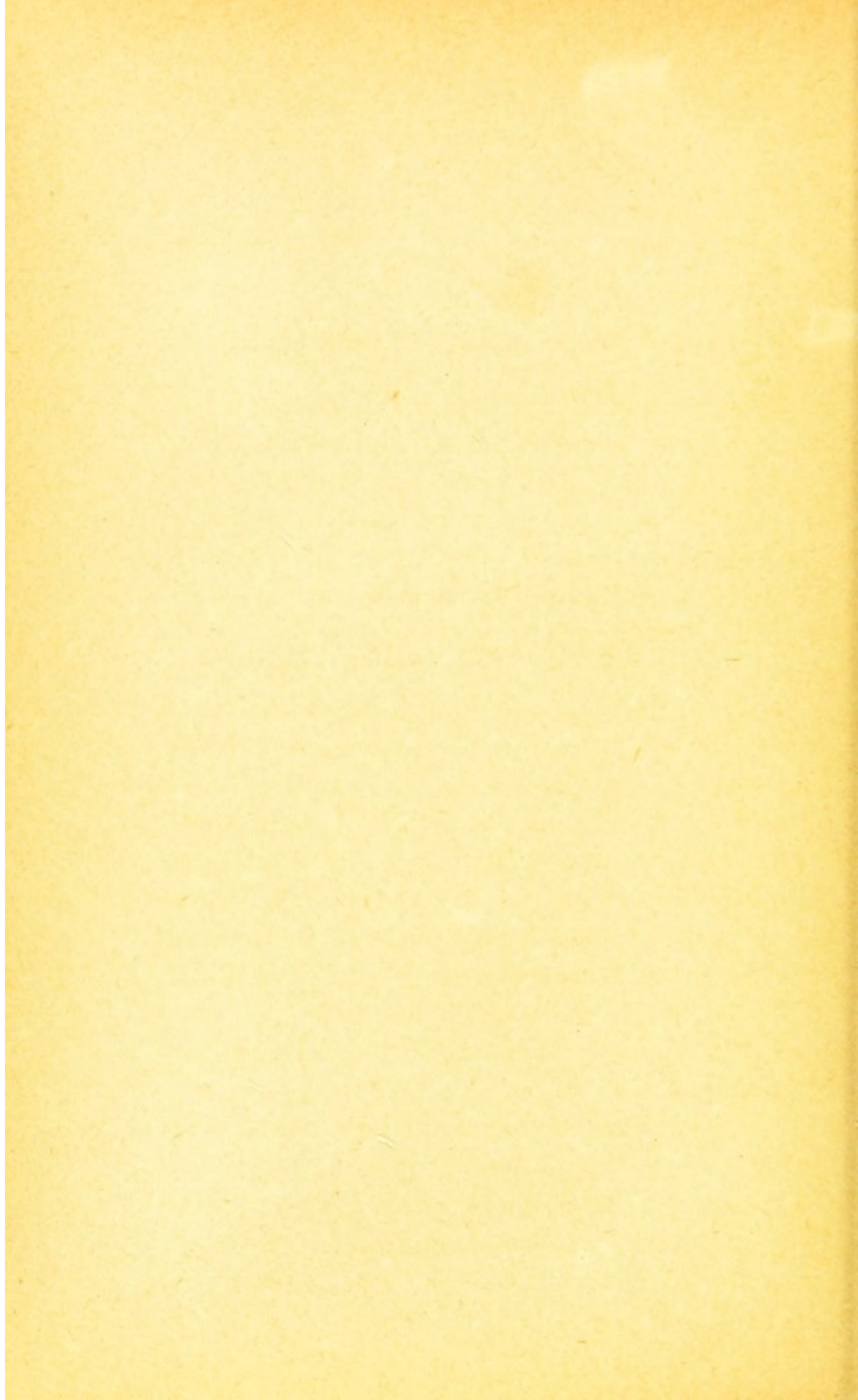
135. Pop-Corn

Indian maize is popped by being placed over a clear fire in a wire sieve and gently shaken until it pops, when it should be removed or it will burn. Take away all scorched pieces. Place in an iron saucepan three tablespoonfuls of water, half a pound of granulated sugar, and a tablespoonful of butter ; boil all together till it is ready to candy, throw in a quart of popped corn and stir vigorously until the sugar is evenly distributed over the corn. Take the pot off the fire and continue stirring till cool, by so doing the corn will be kept separated and well coated.



CHAPTER IX

BON-BON BOXES AND THEIR FILLING



CHAPTER IX

BON-BON BOXES AND THEIR FILLING

THE packing of dessert sweets in bon-bonnières affords a pleasant occupation, and one in which much ingenuity and taste may be employed. These fancy boxes may be bought retail of confectioners, but if any large quantity is required it is better to make some arrangement for buying them wholesale of one of the firms who supply the trade. Plain white boxes edged with lace paper and holding a quarter, a half, or a whole pound of sweets are perhaps the best suited for packing in rows. These should be lined with paraffin or butter paper, and each row separated from the next by a folded strip. This not only keeps the sweets from rubbing or chipping, but holds them in position in whatever design they are symmetrically arranged. Note-paper is sometimes used for this purpose, but quickly gets a greasy appearance.

Chocolate bon-bons should be covered with tinfoil, and to keep them in good condition it is essential to keep them away from anything wet or moist, for chocolate has a tiresome

Sweetmeat-Making at Home

tendency to absorb moisture from its surroundings.

A great variety of bon-bon boxes and bags may be home-made, especially by any lady who is neat-handed with her needle and who can paint. Crêpe paper lends itself to many useful purposes. For bags in which to sell loose sweets, it may be loosely gathered like a sack and tied at the mouth with ribbons, or made into a roll and tied at both ends. Little cardboard boxes such as one often gets when purchasing note-paper, jewellery, &c., can be ornamented with painting small playing-cards, artificial flowers or butterflies, little niggers and brownies, and any other fanciful designs.

When packing sweets it is well to have at hand some fine tissue-paper shavings. A few scattered under the paper lining of the box makes it easier to arrange them quickly.

Toffee and caramels soon deteriorate unless kept air-tight, and therefore should be packed in tin boxes lined with paraffin-paper, and it should not be forgotten thoroughly to dry the tins before using them.

Crimped cases of dainty shapes should be provided in which to place or serve large chocolates, caramel fruits, and moulded marzipan. Maple-sugar candies, not being pretty of themselves, are much improved when thus treated.

Sweetmeat-Making at Home

The price of these cases is from two shillings and sixpence a gross upwards. Unless a large supply is needed, it is best to get a mixed selection of white and coloured crimped cases of various sizes and forms.

Having taken the trouble to make good sweetmeats, it repays one to set them forth in the most attractive form.

INDEX

	PAGE
ALMOND-ROCK Candy	117
Almonds—	
To blanch	35
To brown	37
To chop	36
To colour	37
To pound	36
To salt	38
To shred	36
To split	36
BARLEY-SUGAR	110
Bon-bons—	
Boxes for, and how to fill them	145
Coating syrup for	97
Lemon cream	96
Liqueur cream bon-bons with coffee coating	95
Orange cream	96
Strawberry cream bon-bons, chocolate coated	94
Various styles of	93
Bulls'-eyes	113
Burnt almonds—English and American	136, 137
CANDIED—	
Chestnuts	139
Sugar	112
Candies, &c., to pull	111
Caramels—	
Chocolate	122
Orange	123
Panaché	138
Strawberry	123
To make	121
Vanilla (without glucose)	124
Walnuts	125
Chestnuts, To prepare	38
Chocolate pralines	137
Cinnamon, rose, and lemon tablets	121

Index

	PAGE
Cocoa-nut—	
Balls	115
Bars	134
Cakes	133
Ice tablets	119
Kisses	133
Colourings for sweetmeats	39
Common twist candy	112
Cooked fondants—	
Chocolate creams	68
Chocolate fondants	66
Coffee creams	73
Cream—	
Almonds	73
Cherries	71
Dates	70
Muscatels	71
Sweetmeats and bon-bons made of French fondant	67
Creamed pralines	74
Fondant coating	68
Fondant No. 2 and No. 3	65
French fondants	62
Fruit cream bars	73
Harlequin creams	69
Layer cream	72
Maple creams	69
Nut creams	69
Peppermint creams	71
ENGLISH nougat	138
FILBERTS and peanuts, To prepare	37
Flavouring essences for	38
Flavouring sugars—	
Caramel sugar	43
Clove sugar	42
Ginger sugar	43
Lemon sugar	41
Orange-flower sugar	42
Orange sugar (2)	41
Rose sugar	42
Vanilla sugar	42
GINGER—	
Slab	120
Sponge candy	119
Glucose for	22

Index

	PAGE
LEMON sponge candy	119
Liquid fondants—	
Cocoa-nut creams	76
Creamed fruit and nuts	74
Peppermint creams	75
Tutti frutti creams	76
MARSH mallows	140
Marzipan—	
Almond shape	85
Bride's cake	89
Chocolate coating for	87
Crimped paper cases for	90
Fillings for chocolates	90
Harlequin balls	89
Mussel-shell shape	86
Neapolitan sandwich creams	90
Pea-pod shape (open and closed)	86
Potatoes	88
Rings	87
Strawberries and cherries	90
To mould	85
To prepare	83
Walnut shape	85
PARADISE twist	112
Peppermint creams	135
Pop-corn	141
ROSE cake	114
SIMPLE syrup	44
Snow rock	113
Spanish nut-creams	135
Starch-moulds, To make and fill	76
Sugar-boiling—	
Atmosphere for	31
Best sugar for	21
Clarifying	31
Eleven degrees of	27
Four ordinary methods of	26
Granulation	29
The art of	24
The caramel	27
The crack	26
The soft ball	26
The thread	26

Index

	PAGE
Sugars—	
Coloured	43
To clarify for barley-sugar	110
To spin	126
Sweetmeat-Making—	
As a means of increasing the income	x
Confectioners' utensils for	17
Qualities required for	xiii
The growth of, at home	ix
Utensils for	22
Walnuts for	35
With a gas ring-stove	xiv
Sweets from sugar boiled to the crack or caramel—	
<i>Délices à la glace</i>	102
Fruits fondants <i>à la glace</i>	102
Glacé grapes	102
Glacé oranges	102
Hard glaze, To make	101
Syrup for filling starch moulds	78
TOFFEES—	
Almond Toffee	107
Almond-wreathed hardbake	110
Black or red currant jelly toffee	118
Cinnamon toffee	117
Everton toffee (No. 1) 105 ; (No. 2)	115
Lemon toffee (No. 1) 107 ; (No. 2)	108
Maple sugar toffee	117
Pea-nut toffee	107
Peppermint toffee	116
Plain toffee	104
Pulled toffee	114
Russian	118
Treacle toffee (No. 1) 105 ; (Nos. 2 and 3)	106
Walnut toffee (Nos. 1 and 2)	109
UNCOOKED dessert sweets—	
Almond—	
Acorns	54
Cherries	51
Paste filling, To prepare	49
Chocolate creams	53
Cocoa-nut creams	53
Cream cherries	51
Cream or almond dates	52
Damson cheese biscuits	56
Fig rolls	52

Index

	PAGE
Fruit—	
Creams	54
Sweetmeats	56
Hidden figs	51
Lemon creams	55
Materials for	47
Neapolitan creams	56
Nougat	53
Orange-cream drops	55
Peppermint creams	55
Quince cakes	58
Royal icing for decorating	49
Spanish dessert sweet	57
Striped cream	52
Uncooked French foundation cream, To prepare	48
WALNUT creams	50
Wedding-cake slices	55

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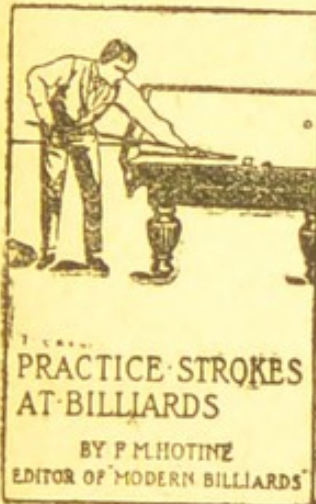
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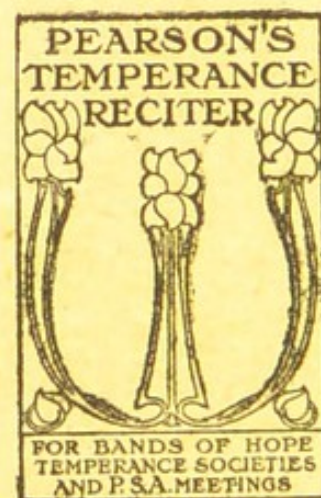
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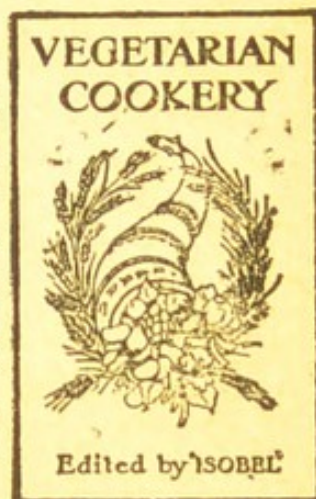
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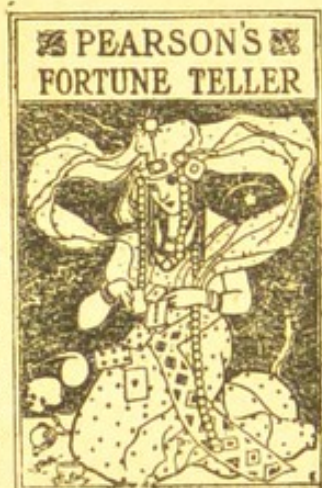
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