

Don't forget Candy!

Christmas time is definitely candy time, and what could be more fun than shopping for a supply of candy for the holiday season, except making it yourself?

One of the most popular of home made candies is fudge. Fudge falls into three main classifications. Besides the common garden variety you sometimes whip up of an evening, there's opera fudge and divinity fudge. Divinity fudge is made with beaten egg whites and opera fudge with cream, and therein lies the difference.

It wouldn't be possible to give recipes for even a quarter of the numerous variations based on these main types, but you have only to let your imagination wander to think up many delicious and maybe unusual recipes.

Two pieces of equipment most candy recipes call for are a candy thermometer and a marble slab. The candy thermometer can be dispensed with, but it eliminates the guess work from cooking candy, and likewise the failures

place of the vanilla, chopped almonds with almond extract, chopped candied, pineapple, or any kind of dried or candied fruit, candied ginger or nuts of any kind. For a very extra special fudge in both flavour and appearance, try dividing the recipe into five portions, adding artificial colouring, and a suitable flavouring to each and pressing each portion into a pan, layer by layer. When it has hardened cut in bars.

Divinity Fudge

- 2 cups sugar
- 2 1/2 cup corn syrup
- 1/2 cup water
- 1/2 cup white sugar
- 2/3 cup sugar.

Put first three ingredients into one saucepan, the second lot of sugar and water into another. Cook contents of first saucepan to 244 F., or soft ball stage. Twenty minutes after starting the first mixture, place the contents of the second saucepan on the stove and cook to 270 F. or hard ball stage. Beat egg whites until stiff, add first mixture, and beat until it's stiff. Then slowly add the second mixture, still beating. Add 1 teaspoon of vanilla and 2/3 cup of chopped nuts, turn into a buttered pan and leave until cold, then cut in squares. Add anything you fancy—dried or candied fruits, coconut, cut-up marshmallows, grape nuts, and so on, to vary the recipe.

At Christmas time the children like to get in the swing of things too, and there are several varieties of candy which need no cooking and are ideal for children to make. It could be that there are children home on Christmas vacation now, and this is one way to solve the "what shall I do now Mommy" problem, which sometimes arises during holidays.

Let the children make up several batches of these simple recipes, or prepare the basics yourself and then let imaginations wander. There will probably be more cleaning up than usual to do in the kitchen, but what's a little mess compared to an afternoon's fun for the children, to say nothing of the satisfaction they will gain by distributing "I made it myself" candy among their envious friends.

Uncooked fondant is an easy starting point. Put two tablespoons of heavy cream and one teaspoon of corn syrup in a bowl and gradually add one cup of confectioners' sugar (if there are lumps in the sugar always sift it beforehand) and stir until it is smooth, adding as much more sugar as is needed to make a stiff paste. Flavor and colour as desired.

Use fondant to stuff the cavities in pitted dates and prunes. Press blanched almonds, pecan or walnut halves, either side of a small ball of fondant. Roll it out, cut an eighth of an inch thick, cut in circles an inch and a half in diameter, and roll around candied cherries. Or cut candied cherries

into four sections, leaving them attached at the stem end, separate into petals, and place a tiny ball of fondant in the centre. The cherries may be cut almost in two, a ball of fondant placed inside, the whole pressed together again and rolled in granulated sugar.

Coffee fondant is easily made by boiling two tablespoons of ground coffee and 1/4 cup of water together for a few minutes, straining the liquid and adding enough confectioners' sugar to make it of such a consistency that it may be kneaded smooth with the hands. It may be cut into rounds, rolled in sugar and served simply as coffee creams, or used for filling or covering for nuts and fruits.

Fondant may be coloured in any way, flavoured in any way, made into any shape wanted, and decorated in a dozen different ways—very versatile stuff.

Uncooked Fudge

- 7 ounces of sweet chocolate
- 1 tablespoon butter
- 1 cup confectioners' sugar
- 2 eggs.

Melt chocolate over hot water, add the butter, sugar, and beaten egg yolks. Then add the stiffly beaten egg whites, 1 1/4 teaspoons vanilla, and, if desired, a cup of coarsely chopped walnuts or other nuts. Spread in a buttered pan, and allow it to stiffen before cutting in squares.

Peppermint Creams

Put the white of one egg, two teaspoons of cold water and two drops of oil of peppermint in a bowl, beat until it is very light, and add one tablespoonful of confectioners' sugar at a time, beating all the while, until the mixture holds its shape. Remove one third of the mixture to another bowl, and continue adding sugar to the remaining two thirds until it is stiff enough to knead. Place on a board, knead until smooth, roll out to one eighth of an inch in thickness, and cut into circles or whatever shapes you wish.

Divide the one third that was reserved earlier into several portions, colouring each a pastel shade (be sure to include green for leaves) and using a pastry tube, decorate the peppermints. (Here's where the children go to town.)

At this stage just one pastry tube is hardly enough, and you can make very satisfactory tubes out of paper, which many professional decorators use. Cut sheets of strong linen or typewriter paper

Christmas Dinner

(Continued from page 2)

you have all the cloves out, stir in the butter and serve with the main course. Make sure that it is served piping hot—nothing is so unappetizing as cold bread sauce. The cranberry sauce is one of the things that can be made well in advance. Here are two recipes—one is just plain cranberry sauce, and the other is a little unusual. To make cranberry sauce, add 1 quart of cranberries to 1 cup of boiling water, and cook until they pop. Strain and stir in two cups of sugar while hot. Turn into moulds and chill.

Cranberry Orange Relish has an unusual flavour, and "needs no cooking." Pour four cups of fresh cranberries and 2 oranges, seeded and quartered, through the food chopper. Add two cups of sugar, mix well and chill in the refrigerator for at least two hours before serving.

It's quite likely that you won't want to serve salad with the Christmas dinner. Even if you don't, a little crisp celery, with some carrot curls, made by placing strips of thinly sliced carrots in cold water for a short time, and olives, will add a finishing touch to the main course. A little lettuce, torn (by no means cut) into coarse pieces, and tossed with French dressing, made by shaking together 1/2 cup of salad oil, 2 tablespoons of lemon juice or vinegar, 1/2 teaspoon of salt, and a dash each of paprika and pepper, is equally good. Some time can be saved on Christmas morning by washing the vegetables the day before, so that they are already ready to peel and put on the stove, and setting the dinner table the night before if possible, and if not, by having silver, linen, etc., ready for the job next morning.

It is now time for dessert, and nearly everybody will be having plum pudding, with the family's favourite sauce.

Plum Pudding

- 1 cup suet; 1 cup brown sugar; 3 eggs, well beaten; 1 cup bread crumbs; 1/3 cup of flour; 1 teaspoon cloves; 1 teaspoon cinnamon; 1/2 teaspoon grated nutmeg; 1 cup chopped citron; 1 cup chopped apples; 2 cups raisins; 1 cup currants; 2 cups chopped, blanched almonds; 1 lemon, juice and grated rind; 1 orange, juice and grated rind; 1/2 cup milk.

Mix thoroughly in a large bowl. If the family are around when you're making the pudding (and this too should be done well in advance of the big day), invite them all to have a stir and make a wish for the coming year. Pour into greased moulds, filling them not more than three quarters full. Cover tightly and steam for three hours.

This recipe makes a lot of plum pudding, but it keeps indefinitely, and can be brought out and heated up whenever you want an excellent special dessert for dinner, with no more bother than making a sauce, and steaming the pudding until it is hot through.

Make hard sauce by creaming 1/2 cup of butter until creamy, gradually cream in 1 1/3 cups of sugar (fruit sugar makes the best sauce but is difficult to obtain) and gradually add the cream, beating constantly. Add the flavourings, 1/2 teaspoon each of almond flavouring and vanilla, or you may vary these as you wish. Beat until light and fluffy and chill thoroughly.

Jelly hard sauce is a rather unusual recipe. Along with the usual butter and sugar, there is some jelly in it, which lends a nice texture and unusual flavour. Cream 4 tablespoons of butter with one cup of icing sugar. Beat the jelly with a fork until perfectly smooth and add to the sugar and butter mixture. Beat until well blended. Tart jellies, such as cranberry or currant, are best for this recipe.

Here is a foamy sauce which also requires no cooking: 1 egg yolk, 5 tablespoons sugar, 1 egg white, dash of salt, 1/2 teaspoon of flavouring.

Beat the egg yolk until very thick and lemon coloured, then slowly beat in half the sugar. Beat the egg white until stiff but not dry, and add the remaining half of the sugar. Fold the two mixtures together carefully. Add a dash of salt and the flavouring.

Don't forget the fruit, nuts and candy which go with the coffee, and can be arranged in bowls the day before.

"Silent Night" Born In Beauty

(By RAYMOND A. LAJOIE)

High in the Austrian Alps, in the region known as the Tyrol—"the land of the mountains"—is to be found the birthplace of "Silent Night, Holy Night."

Here, the towering Tyrolean peaks, centuries-old and famed for their snow-capped grandeur, rise in lofty simplicity into the cool, clear air, guarding smiling, peaceful valleys.

Far up in these Alpine mountains, where love of music is nature's gift to every child, nestled the town of Oberndorf, Austria. Here in 1818 lived a devout young Austrian priest named Father Joseph Mohr. With his friend, the village schoolmaster and church organist, Franz Gruber, he was destined to give the world this most famous of all Christmas hymns.

The two men, both lovers of great music, had often talked of the fact that "the perfect Christmas song had not yet been found." Thinking about it, Mohr sat in his church study on Christmas Eve, 1818. Outside, the hushed silence of the night heightened the snow-covered beauty and stillness of the mountain scene.

The purity and calmness of the high peaks filled his heart with radiant joy as he recalled those first Christmas tidings, "Jesus, the soft, flowing air we now use came to him. It sang itself, your song," he cried to the delighted priest. Gruber's real contribution to music lies in the beauty and simplicity of the tune, in its perfect blending with Mohr's verses. The two men sang the new hymn together, to have it ready for the church devotions that night.

Later in the same evening, when the villagers were gathered in the gray little mount church, Mohr and Gruber sang their Christmas song before its first audience. It touched the listeners deeply, and after the service, they thanked the two friends with tears of joy in their eyes. A new hymn had been born.

The story of how the song spread from its mountain home in the Tyrol to become one of the Christmas favorites in all parts of the world is an enchanting one. Only very slowly did it come into fame. For nearly a year after its first rendition, the song lay almost forgotten in Gruber's desk.

Then, in November, 1819, the church organ had to be repaired and the repair man, when he had finished with his work, asked

Gruber to play something to test the organ. The beautiful melody of "Silent Night" came back to Gruber's mind and he played it with all its powerful yet simple beauty. So entranced was the organ-builder that he begged to take a copy of the song home with him to his own town across the mountains.

From one music lover to another the hymn was passed on. Still it was without a name and was known simply as "The Tyrolean Song," because it had first come from the Tyrolean Alps. With that title it was printed in 1842 for the first time, 24 years after it had been composed.

From that time on, the song has been put into countless other languages and carried to all parts of the world to become the best loved of all Christmas songs and hymns. It touches a heartfelt need, and to all who hear it, it brings the Saviour's calm and peace in its strains of beauty and joy!



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Poinsettia Made Statesman Famous

Although he was a brilliant statesman, and the friend of four American presidents, Joel Roberts Poinsett is famous chiefly because he introduced the Mexican plant known as the "Painted Leaf," or "Mexican Fire Plant" into the United States.

Poinsett, then U.S. ambassador to Mexico, called the plant to the attention of American botanists and grew the plant himself as a hobby at his South Carolina home after he left Mexico.

The plant grew heavily in American favor—especially popular at Christmas time—and was renamed poinsettia, in honor of the man who brought it to this country.

Contrary to popular impression, the flaming red bracts of the poinsettia are not flowers, but leaves, and it is for these bracts that the plants are grown.

It is possible to have variations of either pink or white varieties, as well as of the more usual red, popular because it carries out the holiday color scheme of rich bright red with a contrast of the dark green of the leaves.

The beautiful poinsettia, almost a "must" as far as Christmas decorating is concerned, is one of the most temperamental of plants.

The poinsettia thrives in its native Mexico, but elsewhere must be handled carefully—perhaps pampered slightly. However, the brilliantly colored flowers it has at Christmas time is reward enough for any efforts needed to make the plant thrive.

Constant warmth is needed by poinsettias. Temperatures should be kept between 70 and 80 degrees during the day and no less than 65 degrees at night. Any sudden change in temperature and drafts will cause the plant to drop its leaves.

Abundant water is also a necessity, but it should be applied but once a day so that the plant may become moderately dry between waterings. This permits needed oxygen to reach the roots.

Try to give the poinsettia the sunniest spot available. It is wise to fertilize it occasionally with a good commercial food tablet.



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that sometimes occur as a result of guessing wrong, and can be obtained quite inexpensively. For candy making on a small scale, a large platter will do just as well as a marble slab.

Chocolate fudge is probably the favourite, and here are two basic recipes for it, one made with chocolate, and the other with cocoa.

Chocolate Fudge I

- 2 squares unsweetened chocolate
- 2 cups sugar
- 1/2 cup top milk
- 1 tablespoon butter
- 1 teaspoon vanilla or 1/4 teaspoon cinnamon.

Melt chocolate in saucepan over hot water, add milk and sugar and stir gently until the sugar is dissolved. Boil to 236 degrees F. or until it forms a soft ball in cold water, stirring occasionally while it is cooking. Remove from fire, add the butter and let it stand without stirring until it's cold. Then add the flavouring and beat with a wooden spoon, or pour on slab or platter and work with a spatula, until it begins to get sugary. Turn at once into a buttered pan approximately seven inches square, and mark in squares with a knife.

Chocolate Fudge II

- 1 1/3 cup cocoa
- 2 cups sugar
- 1 tablespoon corn syrup
- 1/2 cup milk
- 2 tablespoons butter
- 1 teaspoon vanilla.

Put all the ingredients except the vanilla in a saucepan, bring to the boiling point, and boil without stirring to 240 F. or until the candy forms a soft ball in cold water. Remove from the fire, cool, add the flavouring and work candy to right consistency as in previous recipe.

For variation, add to either recipe, a cup of coarsely chopped Brazil nuts, chopped walnut meats or raisins, or fold a dozen marshmallows, cut in quarters, into the fudge before turning it into the pan, or arrange in the pan and pour the fudge on top. To make coconut fudge, substitute 1/4 cup shredded coconut for chocolate in Chocolate Fudge I.

Here's an unusual fudge, and it's so very appropriate for Christmas.

Plum Pudding Fudge

- 2 squares unsweetened chocolate
- 3 cups sugar
- 1 cup sour cream.

Melt the chocolate in a saucepan over hot water, add sugar, mix well, then add the sour cream gradually and stir it in very carefully. Put pan on the stove, stir, dissolve sugar and boil without stirring until it forms a very soft ball in cold water or reaches 230 degrees F. Pour onto large platter, and when it gets cool, work until it becomes stiff. Put in a bowl and soften candy over boiling water, and add a few grains of cinnamon, 1 teaspoon of vanilla, 1/3 cup of glace cherries, 1/3 cup of Sultana raisins and 1 cup of chopped nut meats. Pour into a mould or deep pan, such as a bread pan, leave it for several

days to ripen. When ready to use it, remove from the mould and cut in slices.

Opera Fudge

- 2 cups sugar
- 1 cup heavy cream
- 1/2 teaspoon cream of tartar
- 1/2 teaspoon vanilla.

Put sugar and cream in saucepan, stir to dissolve, add cream of tartar and boil, stirring to prevent burning, to the soft ball stage or 238 F. Pour on platter which has been moistened with cloth, leave until cool, and then work it with a spatula until it is creamy (which may take a bit of patience). Cover with a damp cloth for half an hour, and then work the vanilla in with the hands. Press into a small tin lined with wax paper, and cut in squares when hardened. A few of the many possible variations are made by adding, in

