

CANDY-MAKING RULES FOR NOVICE

Equipment for successful candy-making includes: A pan large enough to allow for boiling and heavy enough to prevent ingredients from scorching, a two-tined fork for dipping, a wooden spoon for beating, a spatula, wax paper, metal baking sheets, a platter, standard measuring cups and spoons, and a candy thermometer.

In making candy, remember these rules: Use a dependable recipe and don't try to change it. Measure ingredients and follow directions exactly. Proportions and temperature have been carefully worked out to make the recipe successful. Testing candy in cold water for soft ball, hard ball, etc., is useful but not accurate. (It is much better to use a candy thermometer.) If cold water test is used, try only one or two drops at a time. When candy begins to test, remove gently from heat so that it will not over-cook while the test is being made.

ORANGE FRUIT PASTE.

Three-fourths cup ground, unpeeled oranges, 1-2 cup orange juice, 1-2 cups apple sauce or stewed fresh or dried apricots or peaches, 1-2 cup liquid pectin, 1-2 cup light corn syrup, 2 cups sugar.

Cook oranges, orange juice and spiced fruit for 20 minutes, stirring often. Use large kettle, preferably gallon size. Add pectin, corn syrup and sugar. Cook 15 to 20 minutes longer, stirring constantly. When mixture is consistency of a thick preserve, pour 1 inch deep in shallow pan. When cold cut into squares or other desired shapes. If wished, roll in powdered sugar. (Recipe makes 2 1-2 pounds).

ORANGE SUGARED WALNUTS.

A pleasing change from the more familiar salted nuts, are these Orange Sugared Walnuts.

One-half pound walnuts, 1-2 cups sugar, 1-2 cup orange juice, 1 teaspoon grated orange peel.

Cook sugar and orange juice together to 240 degrees Fahrenheit or soft ball stage. Remove from heat, add orange peel and nuts. Stir until syrup begins to look cloudy. Before it hardens, drop by spoonfuls on waxed paper. Separate into individual kernels.

GLACE ORANGE SEGMENTS.

A candy thermometer is required for success in this recipe. These orange segments are best served the day they are prepared. They are not suited for candy gift boxes.

Two cups sugar, 1-3 teaspoon cream of tartar, 1 cup water.

Mix ingredients in saucepan over a hot fire. Stir constantly until sugar is dissolved. Let syrup boil to the hard crack stage (310 degrees Fahrenheit) as determined by thermometer. This means syrup will begin to discolor. Remove from heat at once and check boiling by setting saucepan in a pan of cold water. Then remove from cold water and set in a pan of hot water, while dipping orange segments.

Prepare orange segments by peeling fruit and separating into sections without breaking fine membrane surrounding each one. Be sure each segment is dry and unbroken when dipped. Drop segments separately into syrup and place on metal sheet to harden. Remove segments from syrup, preferably with tweezers. A fork may be used but care must be taken not to pierce fruit and release juice.

Beefsteak With Onions Is Tasty

Slice onions thin. Place in spider with a little fat and season with salt and pepper, brown slightly, add steak, cover tightly. When meat is hot on one side turn and heat on the other. When ready to serve spread onions on top. A nice way to warm over steak.

TWINS BUY 'TWIN COFFEE OFFER'



Billie and Bobbie Bell, 9-year-old twins who live at 306 Bryan street, are shown buying the H and H "twin offer" from Miss Flora Grace Bolner in one of the local grocery stores. The "twin offer" includes two one-pound vacuum cans of H and H coffee at a special price. Grocery stores throughout the city and trade territory are featuring the deal. This special offer is good for a limited time.

How to Roast Ducks

Today, Blake W. Stevens, assistant manager of the Gunter hotel in charge of food, gives to readers of The Light his recipe for roasting ducks. Here is Stevens' exact recipe:

Don't wash your ducks, but wipe them thoroughly with a clean cloth, inside and outside. Rub the back (inside and outside) with a small piece of onion. Salt and pepper them the same way. Tie them up tightly so the juice does not escape. Rub the breast of each duck with a spoonful of olive oil. Lay in your dripping-pan a slice or two of bacon, one carrot, one leek, two bay leaves, a piece of celery. Place the ducks on this, and let them cook in a moderate oven twenty-five minutes. Put in any dressing you would make for a roast chicken.

Each week The Light publishes a famous recipe from the file of Blake W. Stevens. Clip them and keep them for future reference. Another famous recipe will be printed on these pages next week. This series of recipes from the Gunter hotel kitchens is prepared exclusively for The Light and each recipe printed is featured on the Gunter hotel menus.



Blake W. Stevens, Assistant Manager, Gunter Hotel in Charge of Food.

H & H COFFEE IN TWIN DEAL

Grocers in San Antonio and throughout South Texas are reporting a tremendous response to H and H's "twin offer," in which two one-pound vacuum cans of H and H coffee are being offered in a twin package banded together, according to G. P. Menger, president of Hoffmann-Hayman Coffee company.

"We are making our 'twin offer' on our H and H vacuum packed coffee to make new friends for this fine blend and to show our appreciation to the countless thousands of loyal users of H and H coffees throughout South Texas," Mr. Menger said. "Proof of the popularity of H and H blends was shown recently by a survey in which more than 5000 women were asked to name their favorite brands of coffee. Six out of every 10 women interviewed stated they preferred H and H blend. Such overwhelming preference is evidence, we feel, that our 40 years' experience in pleasing Texas tastes has helped us to produce the correct blends which South Texas families really like."

Menger explained that the coffees used in roasting and blending H and H coffees are of the finest grades obtainable, imported direct from tropic mountain regions and roasted by the most modern and latest methods.

"To further show our appreciation for loyalty to H and H products," Mr. Menger said, "we are offering five special appreciation offers, including silk stockings, Cannon towels, hard aluminum saucepans, self-sharpening shears and ice tea spoons."

Here's a new canape recipe, suggested by Carole Lombard. Spread small round slices of brown bread with pimento cheese. Garnish each with a slice of stuffed olive.

SAUCE IS TEST OF COOK'S ABILITY

When the hostess serves a good gravy with her dinner you invariably feel assured, immediately, that she is a competent cook.

Let us consider the important elements of a good gravy. There is consistency, smoothness of texture, color and flavor. A good gravy should have all of these characteristics.

The consistency of the gravy depends upon the addition of the thickening agent, generally flour. This may be added directly to the fat with part of the juices in the bottom of the skillet or roasting pan, or it may be mixed with water to form a smooth paste and added to the liquid proportion desired for the gravy.

This latter is the method used most frequently for stews and pot roasts, when we have a large quantity of meat liquor on hand. It is best done by blending the flour and water, in about equal portions in a small bottle, putting the water in the bottle first. Shake this vigorously and you will find you have a perfectly smooth blend.

Stir this gradually into the boiling broth, adding about two table-spoons flour per cup of liquid for the best thickness. Continue stirring and cooking a few minutes after the flour has been added to cook it through. If gravy made in this manner is not the desired flavor or color, add a beef cube, and stir until it is dissolved.

The other type of gravy, made with steaks and roasts, is made by the addition of the flour to the drippings in the pan. If there is a great deal of fat, part of it should be removed. The flour is then browned in the remaining fat, stirring constantly to have a smooth blend. The heat of the fat, being much above that of boiling liquid, cooks the flour very quickly.

Add water or beef broth to this, cold, all at once. Then stir constantly while bringing up to the boiling point. This will produce a smooth texture as the flour blends better with the cold liquid, before cooking in it.

This latter method requires a little more flour for the same degree of thickness than the first method, since browned flour will not thicken as much as that not reduced by the heat in this manner.

Fruit Sherbet in Mechanical Box

This is a rich sherbet and can be frozen smoothly in refrigerator pan. Squeeze the juice from 3 lemons, strain and mix with 1-4 cup of sugar. Let stand until needed. Soften 1-2 teaspoons of gelatin in four tablespoons of cool water. Put 1 pint of milk with 1 cup of sugar in top of double boiler. Stir to mix. When hot blend with softened gelatin to dissolve. When cold put in pan or freezer. When mixture reaches "mushy" stage, add lemon and sugar and mix thoroughly. Then add 1 pint of cream, measured and whipped. Finish freezing. Fruit pulp can be added to this cream sherbet.



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GEBHARDT LINE WINS PRAISE

"From all over the country letters of high praise for Gebhardt's Mexican foods are received daily," according to O. L. Whitehead, sales manager for the Gebhardt Chill Powder company. Mr. Whitehead gives as a typical example an unsolicited letter received by the local company from Harry Boyd of Pendleton, Ore. It reads in part:

"I'm quite a crank on chili and we have tried every kind we have ever been able to get, and I must say that we have never been able either to make or buy anything that can compare with Gebhardt's chili and sauce. We find the quality

Sandwich Loaf Party Treat

Remove crusts from large loaf of white bread, and slice bread lengthwise into five slices. Spread first slice with soft butter, prepared mustard and cheese; the second with creamed ham; the third slice with creamed eggs, and the fourth same as the first. Top with the fifth slice of bread. Brush top and sides of sandwich with melted butter and toast under a low broiling flame. Yield, 8 to 10 servings.

Creamed ham. One cup white sauce, 1 cup diced cooked ham, dash of pepper.

Creamed eggs: One cup white sauce, 3 hard-cooked eggs, diced.

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