

Women's Page



from the KITCHEN by Joan Adams

(EDITOR'S NOTE: If you have any questions on Christmas, preparations, recipes, gift-baskets, or entertaining, please write to Joan Adams, in care of this newspaper, enclosing a stamped, self-addressed envelope. She will answer you promptly.)

A CHRISTMAS GUM DROP TREE

A gay and comical "gum drop tree" for the Christmas table will provoke smiles, and it won't shed! It makes use of the vogue of cutting ordinary tin food-cans with scissors into long, pliable strips and twisting them into modernistic plant frames for artificial flowers. Cut each strip almost around the can. The length-wise section of the can that remains, to which the strips are attached, forms the base of the "tree." The strips are twisted artistically and to each swirling silver "branch" is speared a colored gum-drop. Christmas tree "icicles" will turn this centerpiece into a silver phantasy, accented charmingly with the many-colored candies.

By Christmas Eve, there should be a goodly store of glittering, colorful candies moulded in the shapes of Christmastime, to parade down the branches of the big tree. And there should be an abundance of chewy, fruity confections, stuffed dates, glazed fruits and bonbons, when the last gift-basket has been packed. In other words, "translucent syrups tinct with cinamon" should be bubbling on our stove right now.

Two simple foundation recipes which can be made now will just about complete the Christmas candy needs in any home. First is barley sugar, for making lollipops and moulded candies and for glacing

fruits and nuts. These can be stored in a cool place for two weeks or more, until needed. The second is fondant, for making Christmas bonbons, for filling prunes, dates and figs, and for dipping fresh popcorn. After fondant has been worked until it is smooth and creamy, it will keep for a long time in a covered glass jar in the refrigerator.

The simple combination of sugar, water and cream of tartar called "barley sugar" is the foundation of most of the variously colored and flavored hard candies at Christmas time, the lollipops and sugar toys. One reason is that it is safe for children to eat. It is cooked until it turns brittle when dipped into cold water, then poured into well-greased molds. For pull candy, it need only reach the soft-ball stage.

Simple molds can be bought for little. Lollipops can be made without molds, by shaping the mixture when it is partly set, on the end of each stick. Fondant, tinted red and green with vegetable coloring, can be moulded with the fingers into Christmas bells and other forms.

CREAMY CANDY BASE

- 3 cups sugar.
- 3/4 tablespoon vinegar.
- 1 tablespoon butter.
- 1/2 tablespoon salt.
- 1 cup boiling water.
- 1 tablespoon cream.

Combine sugar, butter, cream, vinegar, salt, and then add the boiling water. Mix thoroughly. Cook to 238 degrees F, or until the syrup forms a soft ball when dropped into cold water. (Stir occasionally until sugar is dissolved). During cooking wipe the sides of the saucepan with a piece of wet-muslin, wrapped around a fork, to remove the sugar crystals.

Take from fire and pour on an unbuttered plate. When cool, beat until mixture can be gathered into a soft ball. Knead until smooth and creamy. If mixture begins to harden before it is smooth, add a little cream and continue kneading.

This candy base can be used immediately, or put in a covered dish and kept in refrigerator for several days. If the mixture is too hard after it has stood, add a little cream and knead thoroughly; if it is a little sticky add confectioners sugar and knead.

FRUIT AND NUT ROLL

Flavor a portion of candy base with almond extract. Knead into it a mixture of chopped candied or dried fruits. Shape into a roll and cover the surface with chopped nut meats. Place in refrigerator and allow roll to become firm. Cut into thick slices. Such fruits as candied cherries, pineapple, and citron make a light colored roll, while dried prunes, dates, currants and raisins make a dark one.

SWEET CRISPS

Spread 1 cup California walnut kernels in buttered pan. Bring 2 cups strained honey to a boil; gently 5 minutes. Pour over nuts. Set in cool place. When hard, crack in small pieces.

WALNUT MINTS

- 1/4 cup sweetened condensed milk.
- 1 1/4 cup sifted confectioners' sugar.
- * teaspoon peppermint extract.
- 1/2 cup halves of walnut meats (36).

Slowly add the condensed milk to the confectioners' sugar while blending thoroughly. Add the peppermint extract, and continue mixing until smooth and creamy. Form the fondant into balls 1 inch in diameter. Then press half a walnut meat on each side of each ball. Delicious served as an after-dinner mint. Makes 18 walnut mints. By substituting an equal amount of vanilla extract for the peppermint extract, this fondant makes a delicious stuffing for dried fruits, etc.

VISITING SISTER

John Mosso, owner of the Musso & Frank Grill in Hollywood, is here in Las Vegas visiting his sister, Miss Anna Mosso.

AT NATIONAL HOTEL

George Smith of the Public Service Commission is registered at the National hotel.

AGE ADS GET RESULTS

How To Be Sure Water Is Pure

Dr. Mahaffey Gives Rules For Avoiding Water-Borne Illness

By Dr. J. Lynn Mahaffey
Director, New Jersey State Department of Health

In these times, practically all public water supplies are clean and safe. Epidemics of typhoid and other water-borne diseases have convinced public officials of the importance of this and few indeed are the epidemic diseases now traced to this source. Even in times of drought, health and water officials usually succeed in ridding emergency water supplies of harmful bacteria.

The most common danger from bad water comes during the summer when people are away from home and must depend on wells and springs about which they know very little. The fact that local residents have used the water for years without being conscious of ill effects does not prove that it is safe for you.

Be Careful of Unknown Supplies
In general, never take a drink of water from a brook or larger stream in a thickly settled part of the country. Contrary to popular belief, streams do not purify themselves in a short time. Spring water may be cold and clear but badly contaminated and dangerous.

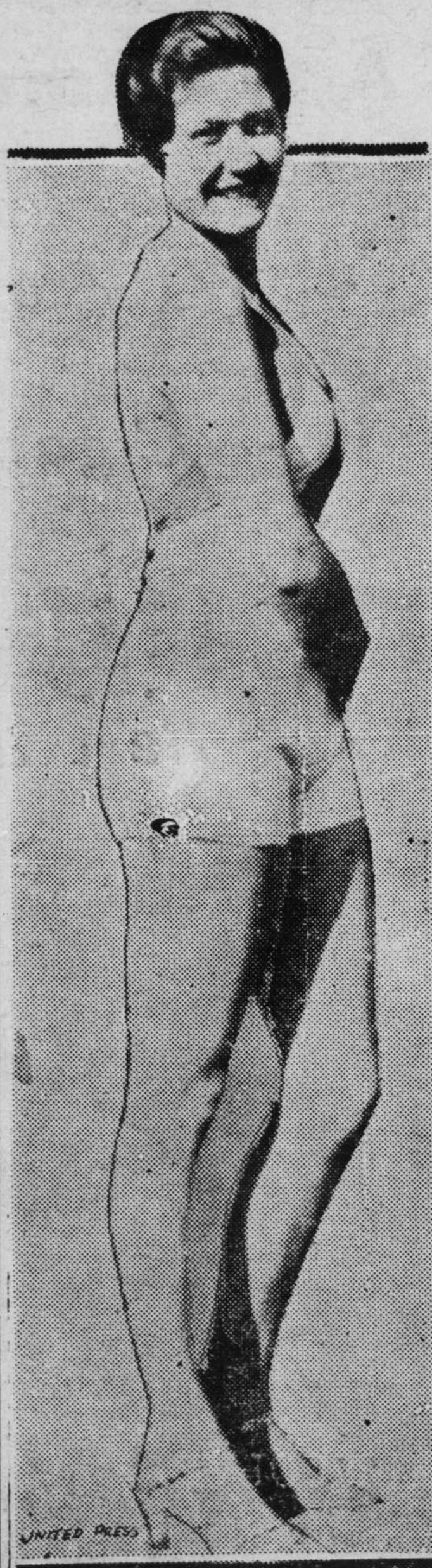
Many wells receive seepage from privies, cesspools, septic tanks and barnyards. If such sources of pollution are found within 100 feet or so of a well or spring, better be suspicious of the water and boil it before use.

The same is true if surface water can flow in during heavy rains, carrying filth with it. Splash and drip from a pump may wash dirt, brought on the feet, down through cracks in the well cover into the water below.

To be safe, boil water from strange sources before drinking it, using it in the mouth or on uncooked food.

This is the seventh of a series of articles on health and cleanliness prepared for this paper. Cleanliness in soda fountains is the subject of Dr. Mahaffey's next article.

Nevada's Choice



Miss Wilma Peraldo, 20, of Paradise Valley, is the Nevada delegate to the National 4-H Congress at Chicago. She has won the state home economics demonstration, won second place in the Pacific Coast states style revue and the state oratorical contest.

ALMANAC



"Many a thing whispered into one ear is heard over the whole town."

DECEMBER

- 10—Submarine Deutschland visits U. S. shores. 1916.
- 11—Mormons rebel against Brigham Young. 1869.
- 12—First radio signal sent across Atlantic. 1901.
- 13—Wilson lands in France on peace mission. 1918.
- 14—Roald Amundsen reaches the South pole. 1911.
- 15—Coal replaces wood on railway engines. 1835.
- 16—Serious earthquakes felt along Mississippi. 1811.

EARTH QUAKE