

CANDY MAKING IN THE HOME

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Candy Making in the Home by Christine Terhune Herrick

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CHRISTINE TERHUNE HERRICK

**CANDY MAKING
IN THE HOME**

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IN THE HOME

By

CHRISTINE TERHUNE HERRICK

*Author of "The Little Dinner," "The Chafing-Dish
Supper," "First Aid to the Young Housekeeper,"
"Sunday Night Suppers," and "Like
Mother Used to Make"*



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CANDY MAKING

COUNSEL ON CANDY MAKING

The American people have been called the most excessive candy eaters in the world; and the national fondness for sweets has been termed a crime. There can be no doubt that in many cases the habit approaches perilously near danger.

Yet there is a degree of reason in the practice. Sugar is a force-maker; Americans are conceded to be exceptionally energetic and restless; the output of nerve and muscle strength must be constantly renewed, and the craving for sweets is one of Nature's efforts to repair waste.

The fault does not lie so much in our consumption of candies as in the kind we eat and the way in which we eat them. Rank carelessness of our sources of supply brings punishment in impaired digestion and decayed teeth. Children are allowed to buy and eat

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candy as they please, and parents who would shrink in dismay from permitting a child to touch labeled poison, give no thought to the character of the coloring matter with which cheap candies are tinted, much less to the materials used in compounding confectionery sold at little more than the price of the sugar of which the candy claims to be composed, to the place and conditions in which it is made, and to the persons who make it. The small child is given his penny or nickel, when he begs for candy, and is turned loose to buy where he will. As he grows older he continues to spend money on sweets, purchasing more of them but generally bestowing no greater attention on the purity of the confectionery than he did in early childhood.

Sometimes the evil wrought by this ill-directed love of sweet stuff is subtle and shows itself principally in the advance of dyspepsia in one form or another, in the decay of the teeth, in the offensive breath that indicates a

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disordered stomach. Occasionally we find more striking illustrations of the adulteration and even poisoning of the candies we buy at random.

Within the past week a knot of girls employed in a factory, while strolling out at the noon hour, bought some gay colored gumdrops at a little candy shop. Common sense might have told them that confectionery sold at the price they paid for it—ten cents a pound!—could not be either pure or wholesome, but with the heedlessness of young people they made their purchase, ate some of the candy themselves, and passed the bag around among their friends when they returned to the factory. In all, seven girls shared the gumdrops. Within an hour each one of them was ill, doubled up with pain, nausea, and intestinal trouble. All had to stop work; four of them had to be sent home.

This is a single instance; examples of the same sort could be multiplied indefinitely. Experience is said to be