

WATERMAN AMY (LANE)

A LITTLE CANDY BOOK
FOR A LITTLE GIRL

Amy Waterman
A Little Candy Book
for a Little Girl

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A Little Candy Book for a Little Girl:

Содержание

PREFACE	5
CHAPTER I	6
Butter Scotch No. 1	12
Butter Scotch No. 2	13
Butter Scotch No. 3	14
Butter Taffy	15
Lemon Cream Candy	16
Vanilla Cream Candy	17
Peppermint Cream Candy	18
Betsey's Orange Cream Candy	19
Lemon Cream Taffy	21
Orange Cream Taffy	22
Vanilla Cream Taffy	23
Vinegar Candy	24
Cream of Tartar Candy	25
Chocolate Taffy	26
Molasses Candy	27
Peanut Molasses Candy (not Pulled)	28
Molasses Kisses	30
Brown Sugar Candy (Pulled)	31
Lemon Butternut Candy	32
Orange Butternut Candy	33
Vanilla Butternut Candy	34

Peanut Brittle	35
Peanut Candy	36
Plain Peppermints	37
Cocoanut Drops	38
CHAPTER II	39
Конец ознакомительного фрагмента.	40

Amy L. Waterman

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PREFACE

The publishers wish to call the attention of the little candy maker to the Appendix in this book.

The United States Food Administration, while it does not object to a moderate use of sugar in candy making, strongly advises that it be used sparingly in order that our soldiers and allies may be provided with this energy-giving food that they require.

Accordingly, a number of recipes requiring a small quantity of sugar, or eliminating it entirely, have been prepared under the direction of this able Administration, and the publishers, glad to co-operate in every way, take pleasure in incorporating these recipes and suggestions as an Appendix.

It should be noted, however, that the author has furnished, throughout the book, a number of recipes that conform in every way to the suggestions made by the Government.

CHAPTER I

COOL WEATHER CANDIES

Betsey Bobbitt was a little girl whose real name was Elizabeth, but who, whenever she had anything to tell, came rushing to her mother and bobbed about so much—just couldn't keep still—that she earned the name Betsey Bobbitt.

Now, the funny part about the nickname was that it was not always appropriate; it only fitted when she came bobbing in with "Oh, mother!" and back and forth she would bob, like—like—well, if you ever saw a restless tiger at the circus, or at the zoo, pace back and forth in his cage bobbing his head, you will know just how Betsey Bobbitt looked as she told her little story.

Like most little girls, Betsey Bobbitt would often run errands for the neighbors and nearly always they would insist upon giving Betsey Bobbitt a penny, saying: "Thank you, dear; now buy yourself a stick of candy."

Poor Betsey Bobbitt how she did wish she might buy the candy, because if there was anything Betsey Bobbitt liked it was candy; and poor, poor mother how *she* wished the neighbors would not be so kind, or rather unkind, for she had tried ever since Betsey Bobbitt first tasted candy to let her eat only those candies that were pure and wholesome!

It truly was hard, because while mother had carefully

explained that "penny candies" were unsafe for little children to eat, on account of the cheap, impure materials used in the making, as well as the bright, dangerous colors used upon the outside, to make them look attractive, still Betsey Bobbitt could not understand why other little girls and boys were allowed to eat them.

Mother said she was sure the other mothers of little children did not realize how harmful they were, because if they did, they would never allow their little girls and boys to eat them.

So Betsey Bobbitt tried to feel that mother was right about it, but she couldn't quite forget those "sticks of candy."

One afternoon in early September, Betsey Bobbitt and several little schoolmates, on their way home from school, were very busily engaged in talking, and what do you think they were talking about? They were discussing what they wanted to do when they grew up.

At first Betsey Bobbitt was very quiet; this was most unusual, but she listened attentively to the plans of all the others. Just then they came to a candy shop in which was displayed a most tempting array of candies.

Like a flash Betsey Bobbitt made her decision, and when she said she wanted to be a teacher of "Domestic Science" the other little girls were so impressed that their own plans were forgotten; in fact some of them did not even know what "Domestic Science" meant and they were very eager to learn.

So Betsey Bobbitt explained as best she could, what she knew

about it and how she ever came to think of such a future; she told them of her mother's friend who went to college to learn how to become a teacher of "Domestic Science," which included knowing how to cook just everything, the best of all being the most, *oh!* most delicious candies, and that was what she, Betsey Bobbitt, wanted to study.

The little girls were very much excited and looked first at the pretty candies wistfully and then at Betsey Bobbitt with awe as it seemed to them very wonderful for any one to be able to make such delicious candies.

Betsey Bobbitt herself was so enthused that she could not wait for the others, so with another hasty glance at the candies and a hurried goodbye to her friends she left them and ran all the way home to tell mother about her wonderful plan for the future.

Mother knew at once that something very special must have happened and as soon as Betsey could gain her breath it all came out.

When Betsey Bobbitt finished her story she received the happiest surprise of her short life, for mother, seeing how earnest and eager her little girl was over her new plan, had been thinking rapidly, and so when all had been told Betsey's mother laughed merrily at her little daughter and said: "Why wait until you are old enough to go to college? Wouldn't you like to begin to learn now?"

Do you wonder Betsey Bobbitt nearly fell off her chair, for when she really understood that mother was to teach her to make

candy, she bobbed about all over the room, exclaiming: "Oh! mother, may I really and truly?" and, again: "Oh! mother, I don't think I'll even want to look at penny candy again!"

This pleased mother so much that she began at once to look up all the simple ways of making candy that she herself had learned when she was a little girl like Betsey, as well as many that had been given to her or that she had cut from favorite magazines and cook books.

When these recipes were all arranged, Betsey Bobbitt began her candy making, and a happy, busy winter and spring she had indeed.

Mother did not get any special outfit, but just let Betsey use the things she had in the house and which would generally be found in any ordinary home, some of which were as follows:—

Aluminum and agate saucepans, one, two and three quarts; a double boiler; two glass and one tin half-pint measuring cups (divided into quarters, thirds and halves); a set of spoons (measuring one tablespoon, one dessert spoon, one teaspoon, one half teaspoon and one fourth teaspoon); an old large steel knife that had become very flexible with constant use; scales; food-chopper; nut-cracker; corn-popper; a long handled wooden spoon; a small brush for buttering tins; a fine wire strainer for sifting confectioner's sugar; one large and one small egg-beater; and a pair of scissors kept specially for kitchen use.

Mother also wrote out the following rules for measuring and weighing and hung them up so that Betsey could find them easily.

These Betsey found very helpful.

Sugar, granulated,	2	cups	=	1 lb.
Sugar, brown,	$2\frac{2}{3}$	cups	=	1 lb.
Sugar, confectioner's,	$3\frac{1}{2}$	cups	=	1 lb.
Sugar, powdered,	$2\frac{2}{3}$	cups	=	1 lb.
Butter, packed solidly,	2	cups	=	1 lb.
Molasses,	$1\frac{1}{2}$	cups	=	1 lb.
Corn Syrup,	$1\frac{1}{4}$	cups	=	1 lb.
Chocolate,	16	squares	=	1 lb.

The hints for candy making that mother gave Betsey, and which she memorized, were as follows:—

First. To butter with a brush the inside of the saucepan from the top about two inches down, to prevent the candy from boiling over.

Second. To use fresh, cold water each time she tried the candy.

Third. Any candy that is to be beaten is better if allowed to cool a few minutes by standing the pan in cold water and if when beaten it looks like smooth thick cream before pouring in pans.

Fourth. To butter the hands well when pulling candies.

Fifth. That "soft ball," "hard ball," "thread," and "brittle" mean the different stages sugar reaches while cooking.

When a little syrup dropped in cold water can be easily worked between the thumb and finger, it is a "soft ball;" when it is firm and solid, it is a "hard ball;" when it drops from the spoon into a fine thread, it is called "thread;" and when it becomes so hard

it will break, it is called "brittle."

Sixth. Never to stir hard candies (unless told to do so) after ingredients are well mixed and have reached the point where the syrup "threads."

Seventh. That uncooked foundation cream and fondant cream can be made into all sorts of candies.

Eighth. That pretty, harmless colorings may be made from the following: different shades of red and pink from the juice of raspberries, strawberries, blackberries, elderberries and cranberries; yellow from saffron; and green from spinach and beet leaves bruised and boiled in a very little water.

So Betsey followed every instruction carefully and these are the candies "Betsey Bobbitt" learned to make.

Betsey chose to make the hard candies first, and mother told her she had chosen well as the cool fall and cold winter weather were much better for these candies as they did not become so sticky and hard to handle as in warm weather. One thing in particular mother impressed upon Betsey's mind was this: it would be much easier to have all the materials and utensils, used in making the candy, ready, *before* the cooking began; and another equally important thing was to wash all the dishes and pans and leave everything tidy and in order when finished.

Butter Scotch No. 1

Sugar (brown),	2 $\frac{2}{3}$ cups
Butter,	$\frac{1}{2}$ cup
Water (cold),	2 tablespoons

When Betsey put these all in the saucepan, she remembered to dip her brush in melted butter and brush the pan about two inches down from the top so that the candy would not boil over, then she let the syrup boil, without stirring, until a little which she dropped from the spoon formed a hard ball in cold water. It was then ready to pour (thinly) in buttered pans and mark, at once, in squares.

This was Betsey's favorite recipe for butter scotch although she found the following two recipes very nice.

Butter Scotch No. 2

Sugar (granulated),	1 cup
Corn Syrup,	1 cup
Vinegar,	1 teaspoon
Butter,	½ cup

Betsey put the sugar, corn syrup, vinegar and butter in the saucepan, then dipping her brush in melted butter she brushed the top of the saucepan two inches down, next she stirred the ingredients well together before putting the saucepan on the stove, because after the syrup began to cook it must not be stirred.

When it was boiling well Betsey tried a few drops in cold water every little while (each time remembering to use fresh water), and when it formed a hard ball she knew it was done.

The buttered pans were all ready and into these Betsey poured the candy (thinly) and marked it at once into squares.

Butter Scotch No. 3

Molasses,	1 cup
Sugar (granulated),	1 cup
Butter,	1 tablespoon
Flavoring (lemon),	½ teaspoon

After the molasses, sugar and butter were put into the saucepan and the saucepan had been well brushed two inches down from the top as mother instructed, Betsey let them cook until the syrup reached the hard ball stage when a little of it was dropped in cold water.

It was then time to add the flavoring and pour at once into the buttered pans, not forgetting to mark in squares.

Betsey found that butter scotch was much more tasty when thin, so that was why she buttered more than one pan and had it only a quarter of an inch thick.

Butter Taffy

Sugar (brown),	3 cups
Molasses,	½ cup
Vinegar,	¼ cup
Water (hot),	¼ cup
Butter,	2 tablespoons
Flavoring (vanilla),	1 teaspoon

Betsey put everything except the butter and vanilla into the saucepan and boiled these until the syrup formed a hard ball when a little was tried in cold water, then the butter and vanilla were added, and it was cooked three minutes more (Betsey counted up to one hundred and eighty) and poured into a large buttered pan.

Lemon Cream Candy

Sugar (granulated),	2 cups
Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (lemon),	2/3 teaspoon

Betsey dissolved the sugar in the water and let it come to the boiling point, then she added the cream of tartar, which she first dissolved in one teaspoon of hot water, and when the candy was nearly done she put in the piece of butter.

When a little of the syrup dropped in cold water formed a hard ball it was then time to add the flavoring and pour in a buttered pan to cool.

While the candy was cooling Betsey greased her finger-tips well, and when the candy was cool enough to handle Betsey began to pull it; at first she found it very awkward but mother showed her just how to do it and before long Betsey could do it very nicely. This pulling, as mother explained, was very *quick* work. Then when the candy was white Betsey cut it into small pieces with the scissors.

Vanilla Cream Candy

Sugar (granulated),	2 cups
Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (vanilla),	1 teaspoon

The sugar and water were put into the saucepan and let come to the boiling point, then the cream of tartar was dissolved in one teaspoon of hot water and Betsey added it to the sugar and water. She let these cook, and just before they reached the hard ball stage, added the butter.

When the hard ball formed, by dropping a little of the syrup in cold water, the vanilla was added and the candy was poured in a buttered pan to cool.

In the meantime Betsey greased her finger-tips, and as soon as the candy was cool enough to handle she began to pull it. Betsey had to work quickly and as soon as the candy was white she cut it into small pieces.

Peppermint Cream Candy

Sugar (granulated),	2 cups
Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (oil of peppermint),	4 drops

After Betsey let the sugar and water come to the boiling point she added the cream of tartar dissolved in one teaspoon of hot water and continued to boil until a little of the syrup dropped in cold water had nearly reached the hard ball stage, then she added the butter.

When it had quite reached the hard ball stage Betsey took it from the fire, dropped in the four drops of peppermint and poured the candy into a buttered pan to cool.

Greasing her finger-tips just as she did for the lemon and vanilla cream candy, Betsey proceeded to pull until white and then cut it in small pieces.

Betsey's Orange Cream Candy

Sugar (granulated),	2 cups
Water,	½ cup
Cream of tartar,	¼ teaspoon
Butter,	Size of a walnut
Flavoring (orange),	1 teaspoon

Betsey called this her own recipe, because, while it was made exactly like the "Lemon," "Vanilla," and "Peppermint Cream Candy," she said to mother one day, "Why can't I use orange flavoring and have still another change?" Mother told her there was no reason at all why she couldn't, and that she was glad to see Betsey thinking out new combinations for herself.

So Betsey was delighted, and once more mother wrote it out, for, as Betsey said, "It was much easier to have it right before you under its own name than to keep turning back to the recipes that had gone before."

The sugar and water were brought to the boiling point, the cream of tartar was dissolved in one teaspoon of hot water and added; these she let boil until a little dropped in cold water was almost hard, then Betsey put in the butter. When it was quite hard she took it from the fire, added the orange flavoring and poured at once into the buttered pan to cool.

Betsey found she had time to wash her saucepan, spoon and

other dishes before she needed to grease her fingers, and thus made the kitchen more tidy and attractive while she pulled the candy.

Lemon Cream Taffy

Sugar (granulated),	2 cups
Water,	1 cup
Vinegar,	¼ cup
Butter,	1 tablespoon
Flavoring (lemon),	½ teaspoon

After Betsey began to think for herself she acted in such an important manner that mother smiled to see how rapidly her little daughter was advancing.

The sugar, water and vinegar were measured carefully into the saucepan, well mixed, then placed upon the stove to boil. One thing in particular that Betsey learned from her own experience was never to let any candy she was making boil too hard; an even steady boil made the candy much nicer, and, besides, it did not then "spit" all over the stove and make the unpleasant odor of burned sugar in the house.

Betsey tried the candy in cold water and just before it formed a hard ball she added the butter; when it formed a ball that was quite hard she removed the saucepan from the fire, added the lemon flavoring and poured into the buttered pan.

With fingers well greased she pulled the candy, as soon as it was cool enough to handle comfortably, until it was very white, then cut it into small pieces with a pair of scissors.

Orange Cream Taffy

Sugar (granulated),	2 cups
Water,	1 cup
Vinegar,	¼ cup
Butter,	1 tablespoon
Flavoring (orange),	½ teaspoon

Betsey let the sugar, water and vinegar boil until a little of the syrup, dropped in cold water, formed a hard ball. The butter was added just before it was done and the orange flavoring as soon as it was taken from the stove.

Pouring the candy into the buttered pan, Betsey let it stand until she could handle it easily, then with well-greased fingers she pulled the candy white and cut it in pieces.

Vanilla Cream Taffy

Sugar (granulated),	2 cups
Water,	1 cup
Vinegar,	¼ cup
Butter,	1 tablespoon
Flavoring (vanilla),	1 teaspoon

The sugar, water and vinegar were boiled until a little of the syrup, tried by Betsey in cold water, formed a hard ball. Just before it reached this stage Betsey slipped in the butter.

As soon as it was done Betsey took it from the fire, added the vanilla, poured into the buttered pan, let it cool until she could handle it, then greased her fingers and pulled until it was quite white and cut into small pieces.

Vinegar Candy

Sugar (granulated),	2 cups
Vinegar,	½ cup
Water,	½ cup

When the sugar, vinegar and water had boiled long enough so that a little of the syrup, dropped in cold water, formed a hard ball, it was poured into a buttered pan, let cool sufficiently and pulled. It was very simple, since Betsey did not have to stir this while cooking or add anything extra.

Cream of Tartar Candy

Sugar (granulated),	2 cups
Water (hot),	1 cup
Cream of tartar,	1 teaspoon

The sugar, water and cream of tartar were put in the saucepan and well stirred, then boiled until a little of the syrup, dropped in cold water, formed the usual hard ball. Betsey found this took about twenty minutes. Then she poured the candy into a buttered pan and let it cool so that she could handle it easily.

With well-greased fingers she pulled the candy quickly, then cut into small pieces or short sticks with the scissors.

Chocolate Taffy

Sugar (granulated),	1 cup
Corn Syrup,	1 cup
Milk,	$\frac{1}{2}$ cup
Butter,	$\frac{1}{2}$ cup
Chocolate,	2 squares

This Betsey found to be delicious. She cooked all of the ingredients together, and when a little of the candy, dropped in cold water, was quite hard, she poured it into the buttered pan. When the candy was cool Betsey marked it into squares.

Most little girls like molasses candy and Betsey was no exception; she thought the recipes that follow were the best of the kind she had ever tasted.

Molasses Candy

White of	1 egg
Water,	1 tablespoon
Oil of peppermint,	4 drops
Sugar (confectioner's).	
Chocolate,	3 squares

Betsey put all the above named ingredients except the soda into her saucepan to boil. When a little of the syrup, dropped in cold water, became brittle, she took the saucepan off the stove, and added the soda; then she poured the candy into the buttered pan.

When it was cool enough to handle Betsey greased her fingers and pulled the candy until it was a shiny golden brown, then with the scissors cut it into short sticks.

Peanut Molasses Candy (not Pulled)

Molasses,	2 cups
Sugar (brown),	1 cup
Butter,	3 tablespoons
Vinegar,	1 tablespoon
Peanuts (shelled),	½ cup

After Betsey put the molasses, sugar and butter together in the pan she let them boil until they formed a hard ball when tried in cold water, then she added the vinegar and continued cooking until it became brittle.

The buttered pan was ready with the peanuts in and the candy was poured over them. Before it became quite cool Betsey marked it in squares.

Betsey thought pulling candy the best kind of fun and after she learned perfectly how not to get all sticky, mother allowed her to invite a few of her little friends to have a "pulling bee."

This pleased Betsey and her little friends very much. One of the little girls said she knew what a "husking bee" was, for once when she was in the country at the time when the corn was full grown, all the friends and neighbors round about had been invited to come and help with the husking.

Betsey's mother told the little girl a "pulling bee" was the same idea exactly, for they were to come and help pull the candy after

it was cooked.

Each little girl put on one of mother's big aprons and carefully washed her hands, then Betsey read the names of the different recipes out loud and mother said they might choose two to make.

They chose "Betsey's Orange Cream Candy" on page [22](#) and "Molasses Candy" given on page [28](#).

Mother stayed with them in case they needed her help, although Betsey took full charge.

Betsey certainly managed well, for she kept each little girl busy doing her share, and when the candy was cooked and ready to pull the real fun started.

Despite Betsey's careful teaching, mother's help was much needed in assisting some of the little girls, who just could not help getting all sticky.

The afternoon passed so quickly and the candy was so good that the little crowd voted it to be the best time they had ever had.

The following week Betsey made:

Molasses Kisses

Molasses,	1 cup
Water,	¼ cup
Sugar (granulated),	¼ cup
Honey,	¼ cup
Corn Syrup,	1 tablespoon

The molasses, water, sugar, honey and corn syrup Betsey measured carefully into the saucepan, and cooked them until when tried in cold water the syrup formed the usual hard ball. Pouring the candy into the buttered pan, Betsey let it cool until she could handle it easily. With well-greased fingers she pulled the candy, then cut in pieces and wrapped in wax paper.

Brown Sugar Candy (Pulled)

Sugar (brown),	1 cup
Corn Syrup,	1 cup
Butter,	2 tablespoons
Lemon juice,	1 tablespoon

Betsey put the sugar, corn syrup and butter in the saucepan and let them boil without stirring until a little of the syrup, dropped in cold water, became brittle. Taking the saucepan from the fire, she added the lemon juice and poured the candy into a buttered pan, greased her fingers well, and pulled when sufficiently cool. Then with the scissors she cut in small pieces.

Once when Betsey's mother was a young girl she visited a large farm in northern Vermont and it was there she had her first butternuts.

Betsey thought the recipes for butternut candy that follow were the best ever.

Lemon Butternut Candy

Sugar (granulated),	2 cups
Water,	½ cup
Butternut meats (broken),	1 cup
Flavoring (lemon),	1 teaspoon

After Betsey boiled the sugar and water without stirring until thick enough to spin a fine thread, she added the flavoring, placed her pan in cold water, and then stirred it very quickly until it was white, added the nuts, and poured into a buttered pan.

When it was cold she cut the candy into small squares.

Orange Butternut Candy

Sugar (granulated),	2 cups
Water,	½ cup
Butternut meats (broken),	1 cup
Orange juice,	1 tablespoon

Putting the sugar and water in the saucepan, Betsey let them boil without stirring until it would spin a fine thread from the tip of the spoon. The orange juice was added, and the pan placed in cold water and stirred very quickly until it was white. Now Betsey added the nuts and poured into a buttered pan, and when cold she cut the candy into small squares.

Vanilla Butternut Candy

Sugar (granulated),	2 cups
Water,	½ cup
Butternut meats (broken),	1 cup
Flavoring (vanilla),	1 teaspoon

Like the "Lemon" and "Orange Butternut Candy," Betsey put the sugar and water on to boil without stirring. When a fine thread spun itself from the tip of the spoon she removed the saucepan from the fire, added the vanilla flavoring and stood it in cold water.

Stirring the candy very quickly until it was white, Betsey then added the nuts and poured it into a buttered pan. When it was cold she cut the candy into small squares.

Another candy that Betsey was very fond of was peanut brittle, and she was eager to make some of her own.

Mother told her it was very easy to make if you were only careful not to let the sugar burn and worked quickly, so one day Betsey made this

Peanut Brittle

Sugar (granulated),	2 cups
Peanuts (shelled),	1 cup

For this Betsey had to have a slow fire. Mother told her to put the sugar into the iron frying-pan, and explained how it would first lump, then gradually melt, and that when it was a clear pale coffee color it was ready to pour quickly over the nuts.

Betsey had put the peanuts in a buttered pan on the back of the range so as to be ready the minute the sugar was properly melted.

Here is another candy with peanuts that Betsey liked.

Peanut Candy

Sugar (brown),	2 ² / ₃ cups
Corn Syrup,	1 cup
Water,	1 cup
Butter,	4 tablespoons
Peanuts (shelled),	1½ cups

The sugar, syrup and water Betsey boiled until it was crisp or brittle when tried in cold water. Just before taking from the fire she added the butter and nuts, then poured into buttered pans.

Betsey also made

Plain Peppermints

Sugar (granulated),	2 cups
Milk,	½ cup
Cream of tartar,	A pinch
Oil of peppermint,	4 drops

After the sugar, milk and cream of tartar were put in the saucepan Betsey set it on the back of the range until it looked clear and watery. Then she brought it forward and when the boiling point was reached, let it boil one minute, or while she counted sixty. Taking it from the fire, she added the oil of peppermint drops and beat until the candy was creamy, then quickly dropped from tip of spoon on waxed paper.

Sometimes this hardened before Betsey could get it all dropped, but putting the saucepan back on the stove, it would melt and she could finish the dropping.

Cocoanut Drops

Sugar (granulated),	2 cups
Water,	½ cup
Cocoanut (prepared),	1 cup

Betsey cooked the sugar and water until it formed a hard ball when tried in cold water, removed from fire, added the cocoanut and beat to a cream. Like the peppermints, she dropped quickly on waxed paper.

CHAPTER II

POPCORN GOODIES

Betsey was glad when mother decided on "Popcorn Goodies," for she found it such splendid fun popping the corn.

How Betsey loved to watch the kernels burst into the pretty white snowflakes!

Конец ознакомительного фрагмента.

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