Old Favorite

HONEY RECIPES

Price 10 Cents

AMERICAN HONEY INSTITUTE
MADISON, WISCONSIN
Copyright, 1941
The Average Chemical Composition of Honey

<table>
<thead>
<tr>
<th></th>
<th>Per Cent</th>
<th>Grams</th>
<th>Ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>17.7</td>
<td>128.3</td>
<td>4.5</td>
</tr>
<tr>
<td>Dextrose (grape sugar)</td>
<td>34.0</td>
<td>246.6</td>
<td>8.6</td>
</tr>
<tr>
<td>Levulose (fruit sugar)</td>
<td>40.5</td>
<td>293.6</td>
<td>10.2</td>
</tr>
<tr>
<td>Sucrose (cane sugar)</td>
<td>1.9</td>
<td>13.7</td>
<td>.8</td>
</tr>
<tr>
<td>Dextrins and gums</td>
<td>1.5</td>
<td>10.9</td>
<td>.3</td>
</tr>
<tr>
<td>Ash (Silica, Iron, Copper, Manganese, Chlorine, Calcium, Potassium, Sodium, Phosphorus, Sulphur, Aluminum, Magnesium)</td>
<td>0.18</td>
<td>1.305</td>
<td>.04</td>
</tr>
</tbody>
</table>

Total: 95.78 grams 694.4 ounces 24.44 ounces

Known Substances Difficult to Demonstrate Quantitatively:

- Enzymes:
  - Invertase (converts sucrose to dextrose and levulose)
  - Diastase (converts starch to maltose)
  - Catalase (decomposes hydrogen peroxide)
  - Inulase (converts inulin to levulose)
  - Aromatic bodies (terpenes, aldehydes, esters)
  - Higher alcohols (mannitol, dulcitol, etc.)
  - Maltose, rare sugars (sometimes melezitose, etc.)

Types of honey

- There are a number of types of honey on the market today—liquid, comb, chunk and cut comb, and solid (sometimes called granulated or crystallized).

- For information on any of the above types or for recipes or ways to use these, write to the American Honey Institute, Madison, Wisconsin.

Measurements and Ingredients in General

1. Accurate level measurements are most important for successful results. Always use standard measuring units—the 1/2 pint or 8 ounce cup, the tablespoon, 1/2 teaspoon and 1/4 teaspoon sizes.

2. In measuring flour, sift first; place in cup lightly with spoon; level with back of straight knife; do not pack flour. Flour, leavening agents and spices are sifted a second time before incorporating.

3. Flour containing husks or bran coats like cornmeal, graham and bran should be mixed without sifting.

4. Brown Sugar should be packed firmly when measuring.

5. Baking Powders vary and the best results are obtained by following the directions given on the baking powder can. If your favorite brand indicates 2 teaspoons per cup of flour, use that proportion. If it indicates 1 teaspoon per cup of flour, then that is the amount to use.

6. The amount of soda needed to neutralize the acidity in one cup of the average honey is 1/5 teaspoon. When sour milk and honey appear in a recipe, it is not necessary to add any extra soda for the honey.

7. The recipes in this book specify definite temperatures and periods of baking, or cooking. More uniform and better results are obtained when thermometers are used. If your stove is not equipped with an oven control, you will find the portable oven thermometer a good investment.

8. Unless specified, the honey is in liquid form. Granulated honey may be used with equal success in any combination that is heated.

Honey in Infant Feeding

- Ask your physician for a formula in which honey is included. Because of the composition of honey it is recognized as a satisfactory supplement to milk in infant feeding.

- Honey is also an excellent source of readily available energy for growing children. It is good for all ages.

Weight of Honey

- A cup of honey weighs 12 ounces of which not quite 1/3 is moisture.
  - A cup of sugar weighs about 7 ounces.
  - In a cup of honey there are approximately 9 1/4 ounces of sugar.
  - In a cup of sugar there are 7 ounces of sugar.

- Honey then contains a little more sugar than the same measure of cane sugar.

- Honey is a natural, unrefined, nutritionally valuable food. It is unique in that it is the only unmanufactured sweet available in commercial quantities.

- Seventy-five per cent of its composition is sugars which give honey an energy-producing value second to few foods. Commonly used sugars, cane and beet, must be broken down into simpler sugars by digestive juices before they can be assimilated into the blood stream and tissues. These resulting simple sugars, dextrose and levulose, make up almost the entire sugar content of honey. This makes it reasonable to conclude that little digestion is necessary and absorption takes place quickly. It is also reasonable to conclude that, except in unusual cases, the utilization of honey puts no tax upon the digestive system.

- In addition to the sugar content of honey, it contains some protein—a food necessary for growth and maintenance of the body, a small quantity of various minerals necessary for good nutrition, and undetermined constituents.

Honey Hints

- Honey is a natural, unrefined, nutritionally valuable food. It is unique in that it is the only unmanufactured sweet available in commercial quantities.

- Seventy-five per cent of its composition is sugars which give honey an energy-producing value second to few foods. Commonly used sugars, cane and beet, must be broken down into simpler sugars by digestive juices before they can be assimilated into the blood stream and tissues. These resulting simple sugars, dextrose and levulose, make up almost the entire sugar content of honey. This makes it reasonable to conclude that little digestion is necessary and absorption takes place quickly. It is also reasonable to conclude that, except in unusual cases, the utilization of honey puts no tax upon the digestive system.

- In addition to the sugar content of honey, it contains some protein—a food necessary for growth and maintenance of the body, a small quantity of various minerals necessary for good nutrition, and undetermined constituents.

Honey in Infant Feeding

- Ask your physician for a formula in which honey is included. Because of the composition of honey it is recognized as a satisfactory supplement to milk in infant feeding.

- Honey is also an excellent source of readily available energy for growing children. It is good for all ages.
To measure honey

- To measure honey use a moist or greased cup. Measure the fat first, then the honey in the same cup. The honey pours out readily to the last drop since the fat has formed a light coating around the inner surface of the cup. Any type of cooking oil, melted butter, or egg white will serve the same purpose as a solid fat. If the recipe calls for granulated sugar and honey, say half a cup of each, place sugar in the lower half of cup, lightly run greasing brush around the remaining unfilled portion of cup, then pour honey on top of the sugar until exact measure is reached. In measuring tablespoons or teaspoons of honey, dip the spoon first in cooking oil, melted butter or any type of liquid fat, then fill with honey. The honey comes from such a spoon very quickly.

To store honey

- Keep liquid honey in a warm dry place where the temperature is 75°F or over, or in a cool place where the temperature is below 55°F. Freezing does not injure the color or flavor but may hasten granulation. Avoid damp places for storage because honey has the property of absorbing and retaining moisture. Do not put comb honey in the refrigerator. It is better kept at room temperature.

To liquify honey that has granulated or solidified

- Place the container in a bowl of warm water—not warmer than the hand can bear—until all crystals are melted.

To purchase honey

- Select the flavor you desire. (The flavor depends upon the kind of flowers from which the bees gather nectar. Honey producers frequently mix several honeys by heating moderately and stirring and produce a blend with a flavor which is most satisfactory.) If you have storage space, it is more economical to buy honey in large size containers.

To serve honey

- You may secure a honey container with a top that cuts the flow of honey and leaves no drip or stickiness.

To substitute honey for sugar in your favorite cake or cookie recipe

- A general rule is to reduce the liquid, one-fourth cup for each cup of honey used and to have the flour measurement scant.

In types of cakes in which chocolate, dates, raisins, nuts and mixed fruits are used, the cake when made with honey will require as much liquid as the same type of sugar cake. This results from the absorption qualities of the mixed fruit or chocolate. In other types of cakes the best results are secured when from thirty-three and one-third to fifty percent of the sugar is replaced with honey.

Cakes and cookies made with honey retain moisture longer than those made with sugar. The ability of honey to absorb and retain moisture and thus retard the drying out and staling of baked goods is of great importance to the homemaker who wishes to do her baking in advance. This property of honey is also very valuable to the baker.

The following quantities will serve 40 persons

| 1 lb. coffee | 5 lbs. dried beans |
| 1 qt. cream | 2 qts. olives |
| 1 lb. honey—will sweeten coffee for 40 | 2 gals. honey ice cream |
| 1 lb. butter | 4 9-inch honey layer cakes |
| 1 qt. honey mayonnaise | (serves 40 generously) |
| 1 qt. honey French dressing | 2 doz. medium sized lemons |
| 1 peck potatoes | makes honey lemonade for 40 |

HONEY, A PURE SWEET

OLDEST SWEET

NATURE’S SWEET

EVERYBODY’S SWEET

YOUR SWEET
Beverages

"If in the morning you need some pep
A spoonful of honey may quicken your step."

Coffee

- Two level tablespoons of coffee to a cup of water makes a medium coffee. Put the coffee into the pot with a little egg white or some egg shells which have been washed before breaking the eggs. Add a little cold water and stir all together thoroughly. Have the water boiling. Measure and add to the coffee. Place over the flame and boil three minutes only. Turn off heat and let settle. Serve at once with honey and cream.

Iced Left Over Coffee

- Remove grounds immediately from left over coffee. This may either be kept hot in a thermos bottle or, when cool, may be placed in the refrigerator. Serve with cream and honey.

Tea

- Scald a china or earthen teapot. Allow one teaspoon of tea to each cup of freshly boiled water. Pour boiling water over tea. Serve immediately with honey and lemon or cream, if desired.

Cocoa

- Place cocoa, honey and boiling water in a saucepan and mix well. Cook for 1 or 2 minutes. Add milk to cocoa mixture, stirring constantly. For variation add 1 tablespoon of whipped cream on the top of each cup or serve with a marshmallow.

Lemonade

- Mix 2 tablespoons of honey with the juice of one-half lemon. Stir well. Add 1 cup hot or cold water according to whether hot or cold drink is desired.

Russian Tea (45 cups)

- Cook spices, honey and rind with 2 cups water for 10 minutes. Let stand 1 hour. Strain. Steep tea in the boiling water 1 minute. Then add fruit juice and spice mixture. Serve hot.

Refreshing Party Drink

- Wash currants, place in a kettle and cover with water. Reserve ¼ cup currants for garnishing. Simmer gently for 10 minutes. Strain. If a clear juice is desired, do not press the pulp. Combine the pint of water, honey and cinnamon and boil 5 minutes. Remove the spice stick. Combine the juice of the oranges, lemons and currant juice with the spiced syrup, diluted to taste. Fresh pineapple or cranberry juice may be used. Serve hot or cold.

Grape Juice

- Mix 2 tablespoons honey with ¼ cup of boiling water. Stir until dissolved. Add enough grape juice that has been heated to fill glass. 2 tablespoons of lemon juice may be added for variety. This makes a delicious cold weather drink.

Milk

- For extra flavor and nourishment add 2 tablespoons of honey to a glass of warm milk.

Honey Eggnog

- Beat the yolks of eggs until lemon colored. Add honey and mix well. Add milk slowly. Stir in the stiffly beaten whites of eggs. Fill glasses and add a slight grating of nutmeg. Serve at once.
Breads

"If I had all of Croesus’ money
I’d still subsist on bread and honey."

Wheat Bread (2 loaves)

2 cups milk or
1 cup milk and 1 cup water
1 tablespoon salt
2 tablespoons shortening
2 tablespoons honey
1 cake compressed yeast
6 cups flour or more

- Scald milk and cool to lukewarm. Add salt and shortening. Mix honey and yeast in mixing bowl; let stand until yeast is dissolved. Add milk and one half the flour. Beat thoroughly. Gradually add enough flour to make a soft dough. Turn out on floured board and knead until it becomes smooth and elastic. This requires about 10 minutes. Place in slightly greased bowl and let rise until double in bulk. Punch down lightly and let rise again. Form into loaves. Place in greased pans. Allow to rise until double in bulk. If baked in individual loaves (one pound) bake 40 minutes at 375°.

Whole Wheat Bread

2 cups milk or
1 cup water and 1 cup milk
1 tablespoon salt
2 tablespoons butter
2 tablespoons honey
1 cake compressed yeast
4 cups whole wheat flour
2 cups wheat flour

- Scald milk and cool to lukewarm. Add salt and butter. Mix honey and yeast in mixing bowl; let stand until yeast is dissolved. Add milk and the whole wheat flour. Beat thoroughly. Gradually add enough white flour to make a soft dough. Turn out on floured board and knead until it becomes smooth and elastic. This requires about 10 minutes. Place in slightly greased bowl and let rise until double in bulk. Punch down lightly and let rise again. Shape into two loaves and place in greased tins. Let rise until double in bulk. Bake at 350°F. for about 45 minutes or until nicely browned and loaf begins to shrink from the tin.

Refrigerator Rolls

1/2 cup honey
1 cake compressed yeast
1/2 cup mashed potatoes
2 cups milk and potato water
1 tablespoon salt
1/2 teaspoon soda
4 teaspoons to 5 cups flour
1/2 cup melted butter

- Combine honey and yeast and let stand to dissolve yeast. Add mashed potatoes to scalded milk and water and cool to lukewarm. Combine yeast and liquid mixture. Add salt and soda, then one half the flour and beat thoroughly. Add melted butter and remainder of flour to make a soft dough. Knead. Let rise until double in bulk. Punch down and then put in a cold place for 24 hours or more or shape at once, and put in a warm place to rise. Bake at 425°F. for 15 to 20 minutes. Note: This dough may rise even in a cold place. If so, punch down several times if necessary. This dough will keep a week.

Pecan Rolls

1/2 cup butter
1 cup honey
1 cup pecan halves
white bread dough

- When dough is light punch down and let rest a few minutes. Roll out in sheet one half inch thick. Brush with butter and spread with honey. Roll and seal edge firmly. Cut into one inch slices. In bottom of the baking tin place butter cut into small pieces. Spread honey over butter and scatter on the pecans. Place rolls one inch apart on the honey and butter. Bake in medium oven (375°F.) 20 to 25 minutes. Let rolls stand in pans one minute after baking before turning them out.

Honey Date Nut Bread

3/4 cup honey
2 tablespoons butter
1 egg
3/4 cup dates, cut fine
3/4 cup nuts, broken
1 1/2 cups flour
1/4 teaspoon salt
1/2 teaspoon soda
1 teaspoon baking powder
1/2 cup sour milk

- Cream the honey and butter well. Add the beaten egg. Add the dates and nuts. Sift the dry ingredients together and add, alternating with the sour milk. Pour into greased loaf pan and bake in moderate oven (325°F.) for about one hour.

Orange Nut Bread

2 tablespoons butter
1 cup honey
1 egg
1 1/2 tablespoons grated orange rind
1/2 cup orange juice
2 cups flour
2 1/2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/2 cup chopped nut meats

- Cream the butter and honey well. Add the beaten egg and orange rind. Sift the dry ingredients and alternate with the orange juice. Add chopped nuts. Pour into oiled loaf pan, the bottom of which has been lined with waxed paper. Bake at 325°F. for one hour or until the loaf is nicely browned and begins to shrink from the pan.
Pineapple Nut Bread
2 tablespoons butter
1 cup honey
1 egg
2/4 cups all purpose flour
3 teaspoons baking powder
1/4 teaspoon salt
1 cup All-Bran
1 cup pineapple juice
1/4 cup nut meats

- Blend butter and honey. Add egg and beat well. Sift together the dry ingredients. Take out about one-half cup and mix with the nut meats. Add about half the dry ingredients to the egg and honey mixture and incorporate well. Add All-Bran and pineapple juice, then remaining flour and the nut meats. Pour into a well-greased loaf pan, the bottom of which has been lined with wax paper. Bake in a moderate oven (300-325°F) for one and one fourth hours.

Fig Honey Bread
1/2 cup shortening
1/2 cup brown sugar
1 egg
1/2 cup honey
1/2 cup milk
1 cup All-Bran
3 cups flour
1/4 teaspoon soda
1/2 teaspoons salt
3 teaspoons baking powder
1/2 cup chopped nut meats
1/2 cup chopped figs

- Blend shortening and sugar thoroughly. Add egg and beat well. Add honey, milk and All-Bran; mix well. Sift flour with soda, salt and baking powder; add to first mixture with nut meats and figs, stirring only until flour disappears. Bake in greased loaf pan, with waxed paper in the bottom in moderate oven (350°F) about 1 hour and 15 minutes. Yield: 1 loaf (5 x 9 inches).

Peanut Butter Bread
2 cups all purpose flour
4 teaspoons baking powder
1 teaspoon salt
1/2 cup peanut butter
1/4 cup honey
1/2 cups milk

- Mix and sift together flour, baking powder and salt. Blend peanut butter and honey and add milk gradually until a soft dough is formed. Beat again and pour into a greased loaf pan. Bake in a moderate oven 350°F for 1 hour.

Honey Muffins
1/2 cup sifted flour
1/2 teaspoon salt
2 teaspoons baking powder
1/2 cup whole wheat flour
1 egg, well beaten
1/4 cup orange juice
1 teaspoon grated orange rind
1/2 cup honey
3 tablespoons melted shortening

- Sift flour once, measure, add salt and baking powder and sift again. Add whole wheat flour and mix thoroughly. Combine egg, orange juice and rind, honey, and shortening. Add all at once to flour, stirring only enough to dampen all flour. Bake in well-greased muffin pans in hot oven (400°F) 15 to 20 minutes, or until browned.

Breads
Corn Muffins
3/4 cup sifted flour
1/4 teaspoons baking powder
1/2 teaspoon salt
1/8 cup corn meal
1/4 cup prepared apple
1 egg, well beaten
1/8 cup milk
1/8 cup honey
3 tablespoons shortening, melted

- Sift flour once, measure, add baking powder and salt, and sift again. Add corn meal. Wash, pare, and cut apple into eighths. Remove core and cut crosswise in very thin slices. Combine egg, milk, honey, and shortening. Add all at once to flour-corn meal mixture, stirring only enough to dampen all flour. Fold in apple. Bake in well-greased 2-inch muffin pans in hot oven (400°F) 20 minutes, or until done. Approximate yield: 8-12 muffins.

Bran Raisin Muffins
1 cup flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 cup bran
1/2 cup seeded raisins
1/4 cup milk
4 tablespoons honey
2 tablespoons melted butter
1 egg beaten

- Sift flour, baking powder and salt together; stir in the bran and add the raisins. Combine the milk, honey, melted butter and beaten egg. Stir this liquid into the dry ingredients. Stir just enough to wet all the flour, no more. Pour into greased muffin tins and bake at 425°F for 25 minutes.

Honey Cinnamon Toast
- Toast slices of bread on one side. While still hot, butter the untoasted side of bread. Spread buttered side with honey. Sprinkle cinnamon over the top. Place slices under broiler flame until the bread is nicely browned and the dressing is well blended.

Honey French Toast
2 eggs
1 pint milk
1/4 cup honey
1/2 teaspoon salt
A sprinkling of mace or nutmeg
6 or 8 slices of bread that is several days old

- Beat eggs until light. Warm the milk slightly and blend well with the honey. Add the salt, mace and beaten eggs and stir well. Cut bread about 1/2 inch thick. Dip each slice into the milk and egg mixture and place on a hot, well-buttered griddle. Brown nicely on both sides. Serve with butter and honey.

Honey Milk Toast
2 cups hot milk
1/2 teaspoon salt
1 tablespoon butter
6 slices toast
Honey

- Butter the hot toast and spread each slice with honey. Heat the milk just to the boiling point, add the salt and the tablespoon of butter. Keep this hot until ready to serve and then pour over the honey spread toast. Serve at once before toast loses its crispness.
Honey Angel Food

1 teaspoon cream of tartar
1/2 teaspoon salt
1 cup egg whites
3/4 cup sugar
1 cup cake flour
1/2 teaspoon grated lemon rind

Add the cream of tartar and salt to the egg whites in a bowl. Beat the whites with a wire whip until they are stiff. They should move only slightly when the bowl is tipped. Fold one half the sugar slowly into the egg whites 2 tablespoons at a time. Sift the remaining sugar with the flour and add later. The 1/2 cup honey must be warmed so that it will be thin and will pour in a fine stream over the egg whites as you fold it in. After the honey is added, fold in the flour and sugar mixture, sift the 1/4 cup over the whites at a time. Add grated lemon rind. Pour the mixture into an Angel Food tin and bake at a temperature of 300°F for 50 minutes. Invert the tin, cool and remove to a cake rack.

Chocolate Honey Angel Food Cake

3/4 cup sifted cake flour
1/4 cup cocoa
1 cup sifted granulated sugar
1 cup egg whites (8 to 10 whites)
1/2 teaspoon salt
1 teaspoon cream of tartar
1/4 cup honey

Sift flour once, measure, add cocoa and 1/4 cup of the sugar, and sift together 4 times. Beat egg whites and salt with rotary beater or flat wire whisk. When foamy, add cream of tartar and vanilla. Continue beating until eggs are stiff enough to hold up in peaks, but not dry. Add remaining 1/4 cup of sugar, 2 tablespoons at a time, beating after each addition until sugar is just blended. Add honey, 2 tablespoons at a time, beating after each addition until honey is just blended. Sift about 1/4 cup flour-sugar mixture over egg whites and fold in lightly; repeat until all flour is used. Turn into ungreased angel food pan. Cut gently through batter with knife to remove air bubbles. Bake in slow oven (325°F) 1 hour. Remove from oven and invert pan 1 hour, or until cold.

Super Delicious Chocolate Cake

3 squares unsweetened chocolate, melted
1/2 cup honey
1 1/4 cups sifted cake flour
1 teaspoon soda
3/4 teaspoon salt
1/2 cup butter or other shortening
1/2 cup sugar
1 teaspoon vanilla
2 eggs, unbeaten
1/4 cup water

Blend chocolate and honey; cool to lukewarm. Sift flour once, measure, add soda and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add chocolate-honey mixture and vanilla. Blend. Add eggs, one at a time, beating thoroughly after each addition. Add flour, alternately with water, small amount at a time, beating after each addition until smooth. Bake in two greased 8-inch layer pans in moderate oven (350°F) 30 to 35 minutes. Spread with French Honey-Chocolate Frosting.

French Honey-Chocolate Frosting

1/4 cup sugar
1/4 cup butter
1/4 cup light cream
1/4 cup honey
1/2 teaspoon salt
3 squares unsweetened chocolate, cut in small pieces
2 egg yolks, well beaten

Combine sugar, butter, cream, honey, salt, and chocolate in top of double boiler. Place over boiling water. When chocolate is melted, beat with rotary beater until blended. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 2 minutes longer, or until mixture thickens slightly, stirring constantly. Remove from hot water, place in pan of ice water or cracked ice, and beat until of right consistency to spread. Yield: Frosting to cover tops and sides of 2 (8-inch) layers.

Orange Honey Cake

2 cups sifted cake flour
3/4 teaspoons baking powder
1/2 teaspoon salt
1/2 cup butter or other shortening
1/2 cup sugar
1/4 cup honey
2 egg yolks
1/2 cup orange juice
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add honey. Blend. Add egg yolks and beat thoroughly. Add flour, alternately with orange juice, a small amount at a time, beating after each addition until smooth. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350°F) 30 to 35 minutes.

Boiled Honey Frosting

1/2 cups honey
1/4 teaspoon salt
1 egg white
1/2 teaspoon vanilla

Cook honey and salt to 238°F, or until it will spin a thread or make a soft ball when dropped into cold water. Beat egg white. Pour the syrup in a thin stream over the beaten egg white, continuing to beat until all syrup is added and frosting will stand in peaks. Add vanilla and spread on cake.
Honey Ginger Cake

2 1/2 cups sifted cake flour
1 teaspoon soda
1 1/2 teaspoons baking powder
1 teaspoon salt
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/2 cup butter
1/2 cup brown sugar, firmly packed
1 egg, unbeaten
1 cup honey
1 cup sour milk or buttermilk

- Sift flour once, measure, add soda, baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat very thoroughly. Add honey and blend. Add flour, alternately with sour milk, in a small amount at a time, beating after each addition until smooth. Bake in two well-greased 9-inch layer pans in moderate oven (350° F.) 45 minutes or until done.

Uncooked Honey Frosting

1/2 teaspoon salt
1 egg white
1 cup honey
1/2 teaspoon flavoring

- Add salt to egg white. Warm honey slightly so it will pour in a thin stream. Pour in a thin stream over egg white while beating vigorously. Continue to beat until honey is used and frosting is stiff. Add flavoring and spread on cake.

Frosting with Chopped Apricots

- To boiled Honey Frosting add 2/3 cup of well washed, chopped dried apricots. Add 1/4 teaspoon each of almond and lemon extract. This frosting adds a new flavor to a light cake.

Tutti Frutti Cake

1 cup cooked prunes
1 1/4 cups seedless raisins
1/2 cup sliced citron
3/4 cup sliced candied lemon peel
1/2 cup sliced candied orange peel
3/4 cup sliced candied cherries
2 teaspoons cinnamon
1 teaspoon mace
1/2 teaspoon cloves
1/2 teaspoon allspice
1 cup prune juice
1/2 cup orange juice
1 cup honey
1 cup shortening
1 cup sugar
4 eggs
1 teaspoon vanilla
1 cup broken walnut meats
5 cups sifted all-purpose flour
1 1/2 teaspoons salt
1 1/4 teaspoons soda

- Remove pits from prunes and cut into small pieces. Rinse and drain raisins. Combine fruits and peels with spices, cover with fruit liquids and honey, blend well, and let stand overnight. Cream shortening with sugar, add well-beaten eggs and flavoring, and combine with fruit mixture and nuts. Add flour sifted with salt and soda, and blend thoroughly. Pour into greased paper-lined tube pan (about 10 x 4”). Bake in slow oven (300° F.) 3 to 3 1/2 hours. Before removing from oven, test with cake tester or pick for doneness. Makes about 5 lbs. baked.

CANDIES

PUT SUMMER’S SWEET IN WINTER’S CANDIES

- Candies have long been used to delight the human palate as well as furnish energy for the body’s work. There are many flavors used in candies but none are more delectable than those in which honey plays a major role. Honey not only gives the candy a subtle and individual delicacy but also furnishes a major portion of the syrup content of the candy product. All candies are made with a syrup base. The thickness of a syrup determines the type of candy which is made. When cooking the syrup the temperature rises as the syrup thickens. For this reason exact density of syrup may be determined by the use of a thermometer, but if no thermometer is on hand a fair degree of accuracy may be obtained by testing the syrup in cold water to determine whether the soft, the medium, the hard ball or the crack stage is reached.

Honey Fudge

2 cups sugar
1 square bitter chocolate
1/4 teaspoon salt
1 cup evaporated milk
1/4 cup honey
2 tablespoons butter
1 cup nuts

- Boil sugar, chocolate, salt and milk for five minutes. Add honey and cook to soft ball stage (240° F.). Add butter; let stand until lukewarm. Beat until creamy, add nuts and pour in buttered pan. Cut when firm.

Honey Fondant

9/6 cup honey
4 cups sugar
2 cups boiling water

- Cook honey, sugar and water slowly. Do not let it boil until sugar is dissolved. Keep crystals off side of the pan with cloth wet in cold water and wrapped around a fork. When sugar is dissolved bring slowly to a boil and boil slowly to the soft-ball stage (238° F.). Keeping a cover on the pan part of the time helps to keep the crystals from forming. Remove from fire and pour at once on large buttered platters. When lukewarm stir until creamy. Then knead until smooth. Fondant improves if allowed to stand a few days before using. Flavor as desired with mint, wintergreen, cinnamon, vanilla, or other flavoring.
### Honey Caramels
- Cook sugar, honey and salt rapidly to firm ball stage (250°F). Stir occasionally. Add butter and milk gradually so the mixture does not stop boiling at any time. Cook rapidly to firm ball stage (250°F). Stir constantly so mixture will not stick. Pour into buttered pan and cool thoroughly before cutting into squares. Wrap individually in oiled paper.

### Honey Divinity
- Boil sugar, honey and water until syrup spins a thread (278°F). Pour syrup over well beaten egg whites, beating continuously. Just before mixture starts to set, add chopped nut meats. When mixture crystallizes, drop with a spoon on waxed paper.

Variation: Candied cherries or candied rhubarb may be added.

### Honey Taffy
- Boil sugar, honey and water to hard ball stage (286°F). Add salt. Put in buttered dish to cool; then pull until white.

### Honey Bittersweets
- Let comb honey remain in refrigerator 24 hours before using. Cut comb honey into pieces about 3/4 inch long and 3/8 inch wide with knife that is dipped in boiling water. Place pieces on trays covered with waxed paper; chill 30 minutes. Coat with dipping chocolate. Drop a nut on each piece. (It requires a little practice to be able to turn out honeyed bittersweets that do not develop honey leaks.) It is necessary to have dipping chocolate at proper temperature (about 70 to 75°F) when coating. Coating in a room of 60 to 65°F will cause the coating to harden more quickly.

### Super Delicious Caramels
- Cook first four ingredients over low flame to 254°F, stirring constantly toward the end of the cooking period. Add vanilla and nuts. Pour into buttered pan. Cut when cold and wrap each in oiled paper.

### Honeyed Fruit Strips
- Remove peel from 3 oranges; cut peel in strips. Cover with water to which 1 teaspoon of salt has been added. Boil 30 minutes; drain; cover with fresh water; boil until peel is tender. Drain. Add honey enough to cover, from 1/4 to 1 cup. Let simmer very slowly until peel is clear (about 45 minutes). Lay on waxed paper and let stand 2 or 3 days before using.

Variations: Grapefruit peel and lemon peel may be similarly prepared. Fruit strips may be rolled in coconut, nuts and used as a confection. Peel may be coated with confectioners' chocolate. Peel may be chopped and used in cookies, nut bread, muffin mixtures.

### Fruit Candy
- Let dried prunes and apricots stand in boiling water for 5 minutes. Run all the fruit through a food chopper, fine knife. Add honey. Butter the hands and shape into balls. Roll in chopped nuts, coconut, or coat with confectioners' chocolate. Nuts may be added and other dried fruits like peaches and pears used.

### Honey Fruit Slices
- Run coconut, raisins, dates through food chopper. Add melted chocolate, All-Bran and honey. Form mixture into a roll. Chill, cut in slices with sharp knife. Wrap in waxed paper.

### Honey Chews
- Cook butter and honey over slow fire about 50 minutes or until it forms a firm ball in cold water (265°F). Stir often. Remove from fire and add chopped dates and nuts. Let cool and cut in squares. Wrap.

### Honey Marshmallows
- Soak gelatin well in cold water. Dissolve gelatin over hot water and add to the honey which has been warmed. Beat until very light and fluffy. (About 10 minutes by machine and 20 minutes by hand). Turn out on oiled pan and let stand 24 to 48 hours. Toast coconut and roll to make fine. Spread coconut over the surface of a large pan and turn the marshmallows on it. Cut into squares by dipping knife into cold water. Roll each piece in the coconut.
Honey Penuche
2 cups brown sugar
1/4 teaspoon salt
3/4 cup white sugar
1 cup milk
1/4 cup honey
3 tablespoons butter
1/2 cup chopped nuts
• Combine all ingredients except butter and nuts and cook over a low flame to 240° F. Stir just enough to prevent sticking. Remove from fire, add butter and cool to lukewarm. Do not stir. Beat until candy begins to thicken. Then add nuts and turn into an oiled shallow pan. When firm, cut into squares.

Nougat
3/4 cup honey
1 cup sugar
1/4 teaspoon salt
1/2 cup water
2 egg whites
1 teaspoon flavoring
3/4 cup chopped nuts
• Combine honey, sugar, salt and water and cook over low heat. Stir until sugar dissolves and mixture starts to boil. Then boil without stirring to 300° F. Pour hot syrup slowly over stiffly beaten egg whites, beating constantly. Fold in nuts and flavoring.

Cream Candy
1 cup sugar
1/4 cup cream
1/4 cup honey
1 tablespoon butter
1/2 cup nuts
• Mix sugar, cream and honey. Cook until the sugar is dissolved. Add butter and continue without stirring until a very soft ball stage is reached. (236° F.) Remove from fire and begin to beat at once. Beat until thick and dull in appearance. Add nuts just before turning out. Pour into greased pan. Cut with a warm knife before it is cold.

Honey Popcorn Balls
3/4 cup sugar
1 teaspoon salt
1/2 cup water
3/4 cup honey
3 quarts popcorn
• Cook sugar, salt and water (stir until sugar is dissolved) to very brittle stage. (300° F.) Add honey slowly stirring until blended. Cook again until thermometer registers 240 degrees (about one minute). Pour over popcorn and form into balls. Wrap in heavy waxed paper. (2 packages of Rice Krispies may be used.)

Honey Jelly
3 cups honey
1 cup water
1/2 bottle fruit pectin
• Measure honey and water into a large kettle and mix. Bring to a boil over hottest heat and at once add pectin, stirring constantly. Then bring to a full rolling boil and immediately remove from heat. Skim; pour quickly into clean, hot sterilized glasses and paraffin at once. Approximate yield: 6 (6 ounce) glasses.

Lemon Honey Jelly
3/4 cup lemon juice
2 1/2 cups honey
1/2 cup liquid fruit pectin
• Combine lemon juice and honey. Bring to a full rolling boil. Add pectin, stir vigorously and boil about 2 minutes. Pour into hot, sterilized glasses. Cover with paraffin to seal. This makes about 6 glasses of jelly.
Apricot Conserve
1 1/2 cups dried apricots
2 cups honey
3/4 to 1 cup chopped walnuts

- Rinse apricots in hot water, drain and put through food chopper, using a fine knife. Bring honey to boiling point, remove from heat, add apricots and nuts, and stir to blend. Pour into sterilized glasses; seal with paraffin. Let stand 2 weeks before using. Makes approximately 2 pints.

Honey Strawberry Jelly
2 1/2 cups strawberry juice
1 package dry pectin
1 cup honey
2 1/2 cups sugar

- Crush strawberries and drain through jelly bag without cooking. Measure juice, add pectin and place over heat. Bring to a full rolling boil. Add honey and sugar and again bring to a full boil. Continue boiling for one-half minute. Remove from fire, skim, pour into sterilized jelly glasses and seal.

Honey Orange Marmalade
2 oranges, medium
1/4 grapefruit, medium
1/2 lemon
4 1/4 cups water per lb. of fruit
1/2 pound sugar per pound of fruit and liquid
1/4 pound honey per pound of fruit and liquid

- Cut the fruit into very thin slices, cut each slice into eights, remove the seeds, the pithy inner portion, and about 1/2 of the orange rind. Add the water to the fruit and let stand in the refrigerator 24 hours. Then boil steadily for about 1 hour, or until the rind is tender and slightly translucent. Weigh the fruit and liquid and add the required amount of sugar. Boil slowly until it reaches 214°F, add the required amount of honey, and cook to 218°F. Remove from stove and pour into sterilized glasses. Yield: approximately one quart.

Plum Butter
5 pounds plums
5 cups honey

- Wash plums and remove all blemishes. Put in kettle and just cover with water. Cook until tender. Put through colander to remove pits and skins. Measure pulp and add 1/2 cup of honey for each cup of plum pulp. Return to fire and cook until thick. Seal in sterilized jars.

Sweet Fruit Pickles
2 cups honey
1 cup vinegar
2 inches of stick cinnamon
6 whole cloves
apples

- Combine honey, vinegar, and spices, and heat to boiling. Have ready 8 to 10 cups of quartered apples (pared or not, as you like). Cook 2 or 3 cups of apples at a time in the syrup, handling them gently so they will not mash. When transparent, lift out and place in a jar or bowl, and continue until all are cooked. Take out spices, pour remaining syrup over the apples, and store until needed. Serve cold with chicken or turkey, or with meat loaf, roast pork, or baked ham.

COOKIES
"Of all the cookies I have eaten
Those made with honey can't be beaten."

Everyday Cookies
1/2 cup butter
1/2 cup sugar
1/2 cup honey
1 egg
1/2 cup flour
1/2 teaspoon soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup quick cooking oats
1 cup shredded coconut
1 teaspoon vanilla
1/2 cup chopped nuts

- Cream butter, sugar, and honey together until light and fluffy. Add well beaten egg, blend together. Sift flour with dry ingredients; stir well. Add oats, coconut and vanilla. Add nuts. Spread on greased baking sheets; bake in moderate oven 350°F. Bake about twelve to fifteen minutes. Cut in bars.

Fig Newtons
1 cup honey
1 cup shortening
1 cup sugar
2 eggs
juice and rind of 1/2 lemon
6 1/2 cups flour
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt

- Cream honey, shortening and sugar. Add beaten eggs, lemon juice and rind. Add flour which has been sifted three times with baking powder, salt and soda. Roll dough quite thin; cut into strips about six inches long and three inches wide. Put filling in center of the strip and lap sides over. Bake 15 minutes, 400°F. Cool. Cut into desired size, crosswise.

Fig Filling
4 cups ground figs
1 cup honey and 1/4 cup water
juice of 1/2 lemon and 1/2 orange

- Cook 15 minutes, stirring constantly. Cool before using.
Hermits
- Cream shortening, add honey and sugar, then well beaten eggs, milk and dry ingredients and fruit and nuts. Drop from teaspoon onto a greased cookie sheet, bake at 400° F. for 10 to 12 minutes. Makes about 7 1/4 dozen.

1/2 cup shortening
1 cup honey
1/2 cup brown sugar
2 eggs, well beaten
3 tablespoons milk
2 1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon allspice
1 cup seedless raisins
1 cup currants
1 cup dates
1/2 cup nuts

Chocolate Chip Cookies
- Cream butter and honey until light and fluffy. Add egg and beat well. Sift flour, baking powder and salt twice. Add flour mixture to butter mixture; then add vanilla and blend all well. Fold in chocolate chips and nuts. Chill and drop by teaspoonfuls on greased cookie sheet. Bake at 375° F. for 12 minutes.

1/2 cup butter
1/2 cup honey
1 small egg
1 cup sifted flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon vanilla
1/2 cup semi-sweet chocolate chips
1/4 cup nut meats chopped

All Honey Cookie
- Boil honey and butter together about one minute. Cool. Sift flour, baking powder, soda and spices together. Add flour to first mixture to make a soft dough. Roll thin, cut, bake at 350° for 12 to 15 minutes.

1 cup honey
1 cup butter
3 1/4 cups flour
4 1/2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon each cinnamon, cloves and allspice

Honey Pecan Cookies
- Cream butter and honey, add the egg, sour milk, flour which has been sifted with soda and salt. Add the nuts and fruit. Drop on greased tins and bake. Cook at 350° F. for 15 minutes.

1/2 cup butter
1 cup honey
1 egg
1/4 cup sour milk
2 cups flour
1/2 teaspoon soda
1/2 teaspoon salt
1/4 cup pecans
1/4 cup each of raisins, cherries and dates

Raisin Honey Gems
- Cream honey and shortening. Add beaten egg. Sift flour, salt, soda, baking powder and cinnamon into mixture. Add oatmeal, raisins and water. Mix thoroughly. Drop by teaspoonfuls on greased cookie sheet. Bake in moderate oven (375°) for 15 minutes.

1/2 cup honey
1/4 cup shortening
1 egg, beaten
2 1/2 cups flour
1/4 teaspoon salt
1/4 teaspoon soda
2 1/2 teaspoons baking powder
1/2 cup oatmeal (uncooked)
1/2 cup raisins
2 tablespoons hot water

Butter Cookies
- Cream the butter, add the honey, then the yolks of eggs, slightly beaten; add rind of lemon and the flour mixed with the baking powder, then the lemon juice. Chill dough. The dough may be formed in small balls and pressed with a glass (drinking) bottom covered with a damp cloth or rolled and cut. Brush with the white of egg and sprinkle the chopped almonds on top. Bake at 350°—10 to 15 minutes. Will keep for weeks.

1 pound butter
1 cup honey
2 eggs
rind of 1/2 lemon
8 cups flour
1/4 teaspoons baking powder
juice of 1/2 lemon
1 cup almonds, chopped

Variations
- Divide dough into 8 parts. Use coloring liquid. Color one part red, another blue, one green and one yellow. Add 1/2 ounce melted chocolate to one part. Keep one part natural colored. Add 1/4 teaspoon cinnamon, 1/4 teaspoon nutmeg to one part and any combination of fruit (dates or raisins) and nuts chopped to the last part. Many different shapes and combinations will suggest themselves; for example, roll red dough 1/8 inch thick in a rectangle, then roll the green the same thickness and size. Place on top of the red. Roll as for a jelly roll. Chill, cut in thin slices. Bake.
Honey Nut Brownies

- Melt butter and chocolate together. Add honey, sugar and beaten eggs. Sift flour, baking powder and soda and add nuts. Add this to first mixture. Bake in a shallow pan, which has been well-greased and lined with wax paper, in a slow oven (300° F.) for 45 minutes. (Note: 1/2 cup honey may be substituted for the sugar if the brownies are allowed to age about two weeks before eating.)

Honey Peanut Rocks

- Cream butter. Add brown sugar gradually and cream well. Add honey and cream. Add flour sifted with baking powder and soda alternately with milk. Add the oatmeal, raisins, and peanuts. Drop from a teaspoon onto an oiled cookie sheet. Bake in a slow oven (300°) for 15 to 20 minutes.

Christmas Fruit Nuggets


Lebkuchen

- Beat whole eggs until very light; then add sugar and honey; then sifted dry ingredients. Beat well. Add fruit and nuts. Bake in moderate oven in two 10 x 16" pans. Ice with powdered sugar and cream icing. (Bake at 350° F.)

Christmas Cookies

- Cook sugar and honey until sugar is dissolved. Add butter and cool. Add beaten egg. Sift the dry ingredients and add to the syrup. Add chopped fruit, fruit juices and nuts. If necessary, add just a bit more flour to handle. Roll 1/8 inch thick and cut in fancy shapes. Bake on greased cookie sheet at 350° F. for 10 minutes.

Honey Gingernuts

- Mix honey, sugar, butter and egg. Sift flour, baking powder and ginger. Combine flour mixture with honey mixture. Add nuts. Add more flour, enough to make batter of right consistency. Drop by teaspoonfuls on a greased cookie sheet and bake at 350° to 375° F.

Honey Bars

- Mix honey and well beaten eggs together. Add baking powder and flour sifted together; then the chopped nuts and dates and flavoring. Bake in a long, flat tin. Mixture should be 1/2 inch deep and 1/2 inch after baking. Cut in strips 1/2 inch wide and 3 inches long. Before serving roll in powdered sugar. These are fine for the holidays as they can be made ahead of time and they will improve in flavor. (Bake at 350° F. for 15 to 20 minutes.)

Crunches

- Toast the oatmeal in the oven. Grind the cereals using fine knife. Sift dry ingredients together. Cream butter and honey well. Add beaten egg and vanilla. Add cereals, then flour and mix well. Store in cool place over night. Drop on greased cookie sheet and flatten with back of spoon. Bake at 375° F. for 10 minutes.
Desserts

"If you a happy cook would be
Use honey in your recipe."

Honeyed Apples and Cranberries
- 6 medium-sized apples
- 1/2 lb. (2 1/4 cups) cranberries
- 1 1/4 cups water
- 1/2 cup honey
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2 cinnamon sticks

- Pare and core apples and place in flat-bottomed pan. Add cranberries and water and simmer 5 minutes, turning apples once during cooking period. Add remaining ingredients. Simmer 15 to 20 minutes longer, or until apples are tender. (Turn apples carefully during cooking so they are evenly red.) Remove apples to dish in which they are to be served, skim the cranberry sauce, and pour around apples. Cool. Cover tightly and store in refrigerator until ready to use. Approximate yield: 8-10 portions.

Honey Baked Pears
- 8 pear halves
- 1/4 cup lemon juice
- 1/2 cup honey
- 1 teaspoon cinnamon
- 2 tablespoons butter

- Arrange pears in shallow buttered baking dish. Pour over the lemon juice and honey. Sprinkle with cinnamon and dot with butter. Bake in moderate oven at 350°. Serve hot with cream as dessert. Peaches prepared this way make a delicious dessert.

Broiled Grapefruit
- Wash and dry the grapefruit and cut in half crosswise allowing one half to each person. With a sharp knife cut around and under the entire pulp being careful to leave all the membrane in the shell. Cut down on each side of each section loosening each section completely. Now with two fingers lift out the center core, to which will be attached the radiating membranes. This leaves the shell containing only the nicely separated fruit section. Spread the top of each half with honey and dot with butter. Place under the broiler flame or in a moderate oven until the honey begins to caramelize and the ingredients are well blended. Serve hot as dessert or a first course.

Baked Apple
- Wash and core the apples. Leave part of the core in the bottom of the apples to act as a plug. Fill the cavity with honey, using as much as the tartness of the apples requires. For variety, add a bit of lemon juice, or a few cinnamon candies. One may stuff the cavity with raisins and dates or other fruit combinations.

Honey Apple Crisp
- 4 cups sliced apples
- 1/4 cup sugar
- 1 tablespoon lemon juice
- 1/2 cup flour
- 1/4 cup brown sugar
- 1/4 teaspoon salt
- 1/4 cup butter
- 1/4 cup walnuts (if desired)

- Spread sliced apples in a shallow baking dish, sprinkle with sugar and lemon juice and pour honey over all. In a bowl mix flour, brown sugar, and salt, and work in the butter as for biscuits, making a crumbly mixture. Spread these crumbs evenly over the apples and bake in a moderate oven (375° F.) for 30 to 40 minutes, or until apples are tender and crust crisply browned. Serve warm, with plain cream, or whipped cream topped with a dash of powdered cinnamon.

Marguerites
- Place salted crackers in a baking pan. Spread crackers with honey and chopped nuts. Place in oven until slightly browned.

Ice Cream Sundae
- Pour honey over ice cream, sprinkle nuts on top or garnish with a cherry. This is a delicious and nutritious dessert.

Honey Ice Cream
- 2 cups milk
- 1/4 cup honey
- 1/4 teaspoon salt
- 2 eggs
- 1 cup cream

- Scald 2 cups whole milk, add honey and salt. Beat eggs. Pour scalded milk into the egg mixture and stir until well blended. Return to double boiler and cook for three or four minutes. Cool. Beat cream and fold into custard mixture. Freeze in refrigerator. Stir once or twice while freezing.

Honey Peppermint Ice Cream (Freezer)
- 1 1/2 teaspoons gelatin
- 2 tablespoons water
- 1/2 cup milk
- 2 1/2 cups coffee cream
- 1/3 cup honey
- 3/4 cup crushed peppermint stick candy

- Soak gelatin in cold water. Heat milk and cream and add honey; mix well. Add gelatin slowly, stirring constantly to prevent lumping. (Thoroughly chill if you wish to shorten freezing time.) Pour in freezer with crushed candy and freeze or if bits of the candy are desired in the ice cream, add it after the mix has become semi-solid. Bitter chocolate (1 square) cut up in very small pieces may be added. (A good proportion of salt and ice to use is 1 part of salt to 4 of ice.)
Pastry

1 1/2 cups flour
1/2 teaspoon baking powder (optional)
1/2 teaspoon salt
1/2 cup lard or other shortening
about 4 tablespoons cold water

- Sift dry ingredients. Cut or work in the shortening, leaving some of the shortening in pieces the size of a pea, and add enough cold water to hold ingredients together. Toss on a floured board and roll out carefully. This makes two crusts.

Apple Pie

9" Pie
6 medium sized apples (or 5 cups sliced apples)
1 tablespoon butter
1 cup honey
2 tablespoons lemon juice

- Quarter and pare apples, remove core and slice. Line a 9" pie plate with pastry. Place the sliced apples on this. Dot with bits of butter and add a perforated upper crust, pushing it toward the center. Press edges together and trim. Bake in a hot oven (450° F.) for ten minutes then about 30 minutes at 350° F., or until the crust is slightly browned and the fruit is soft. Remove from oven, add honey which has been mixed with lemon juice carefully through the perforations in top crust. By the time the pie is ready to serve the honey will have been absorbed by the apples.

Honey Raisin Pie

1 1/2 cups raisins
1 tablespoon grated orange rind
1 cup orange juice
4 tablespoons lemon juice
1/2 cup honey
2 tablespoons butter
1 1/2 teaspoon salt
4 tablespoons cornstarch
1/2 cup cold water
pastry for double crust (9"

- Rinse and drain raisins. Combine with orange rind and juice, lemon juice, honey, butter, salt, and cornstarch has been moistened in the cold water, and stir until blended. Bring to a boil and cook and stir until mixture thickens (about 3 or 4 minutes). Pour into pastry-lined pie pan, cover with top crust. Bake in a moderately hot oven (425° F.) 30 to 35 minutes. Cool before serving. Serves 6 to 8.

American Pudding

1/2 cup sifted flour
1 teaspoon baking powder
1/2 teaspoon salt
4 tablespoons butter
3/4 cup sugar
1/2 cup milk
4 tablespoons currants
1/2 teaspoons grated lemon rind
1/2 cup honey
1 1/4 cups boiling water

- Sift flour once, measure, add baking powder and salt, and sift again. Cream 2 tablespoons of the butter, add sugar gradually, creaming after each addition. Add 2 tablespoons of the milk and beat thoroughly. Add flour, alternately with remaining milk, a small amount at a time, beating after each addition until smooth. Add currants and lemon rind. Turn into well-greased baking dish, 8 x 8 x 2 inches. Combine remaining butter, honey, water, and dash of salt. Pour over batter. Bake in moderate oven (350° F.) 40 to 45 minutes. Serve warm with cream. Approximate yield: 6 portions

Honey Sauce

- Cream 1/2 cup butter and work in 1 cup sifted confectioners' sugar. Add 2 tablespoons honey and 1 teaspoon lemon juice. Chill.

Honey Steamed Pudding

1/4 cup butter
1/2 cup honey
1 egg, well beaten
2 1/2 cups sifted flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 cup milk
1/2 teaspoon vanilla

- Cream butter, add honey gradually and then the well beaten egg. Add the sifted dry ingredients and milk alternately. Add vanilla. Fill buttered individual molds 2/3 full. Cover loosely with wax paper held in place with a rubber band. Place molds in a steamer for 50 minutes. Test doneness with a toothpick. Serve hot. (Makes 12 molds).

Pudding Sauce

1/4 cup sugar
6 tablespoons flour
1/2 cup honey
2 cups water
3/4 cup butter
juice of 1 lemon
1 orange

- Mix sugar and flour, add honey and water. Cook in double boiler until thickened. Add butter and fruit juice. Serve hot.

Rice Pudding

2 cups cooked rice
3 cups milk
3/4 cup honey
3 eggs
1 cup chopped raisins

- Mix rice, milk and honey. Add the eggs which have been slightly beaten. Stir in the chopped raisins. Bake at about 350° F. in a well greased baking dish for about one hour. Serve with cream if desired. Serves 8.
Cranberry Pudding
2 cups large cranberries, cut in two and mixed with \( \frac{1}{2} \) cups flour
\( \frac{3}{4} \) cup honey
\( \frac{3}{4} \) cup hot water
1 teaspoon soda
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) teaspoon baking powder

- Add dry ingredients to the cranberries mixed with the flour. Mix honey and hot water and add. Put in steamer and steam two hours. Serve with the following honey sauce.

Honey Sauce
\( \frac{1}{2} \) cup butter
\( \frac{3}{4} \) cup honey
2 tablespoons flour
2 eggs slightly beaten
\( \frac{1}{2} \) cup lemon juice
\( \frac{1}{2} \) pint whipped cream

- Mix and cook first four ingredients slowly in double boiler until thickened. Remove from fire. Add \( \frac{1}{2} \) cup lemon juice. When cool and ready to serve, fold in \( \frac{1}{2} \) pint whipped cream.

French Apple Dumpling
2 cups flour
4 teaspoons baking powder
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{4} \) cup lard
\( \frac{3}{4} \) cup milk
4 large apples
\( \frac{1}{2} \) cup sugar
\( \frac{1}{4} \) teaspoon cinnamon
melted butter

- Mix ingredients as for biscuit dough. Handle as lightly as possible. Roll out the dough on a floured towel one fourth inch thick. Cover the dough with the sliced apples and sprinkle over the apples the one-half cup sugar and the cinnamon. Roll like a jelly roll and cut into one-inch slices. (Makes 8 slices.) Place slices in a buttered baking pan. Put one teaspoon melted butter over each roll. Bake at 400° F. twenty to twenty-five minutes. While baking, make the syrup.

Tart Pastry
2 cups flour
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) cup shortening
1 cup cottage cheese
3 tablespoons honey

- Sift dry ingredients and cut in shortening as for pie pastry. Add honey to the cheese. Add cheese to the flour mixture and blend with pastry cutter or knives. If cheese is not moist enough to make a nice pastry, add a few drops of cold water. Roll thin on lightly floured board.

Banbury Tarts
1 cup chopped raisins
\( \frac{3}{4} \) cup honey
3 tablespoons cracker crumbs
1 slightly beaten egg
1 tablespoon melted butter
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) lemon, juice and grated rind

- Combine all ingredients. Roll Tart Pastry thin and cut in three-inch squares. Place a teaspoon of Banbury mixture in the center of each square. Cut edges, fold like a triangle and press edges together. Prick several times to allow steam to escape. Bake in hot oven 450° F. for 15 minutes.

Coventry Tartlets
\( \frac{1}{2} \) pound cottage or cream cheese
\( \frac{1}{4} \) cup honey
\( \frac{1}{4} \) cup butter
2 egg yolks
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{4} \) teaspoon nutmeg
1 tablespoon orange juice

- Combine all ingredients until of a creamy consistency. Line a dozen, individual tart moulds with Tart Pastry. Prick and fill with the cheese mixture. Bake in a hot oven (450° F.) for 10 minutes, then reduce the heat to 325° F. and bake until golden brown and firm. Remove from the oven and cool. When ready to serve, garnish with red or green honey jelly.

Apricot and Coconut Tarts
\( \frac{1}{4} \) cup dried apricots
1 cup honey
\( \frac{1}{2} \) cup coconut or chopped nuts

- Rinse apricots in hot water, drain and put through the food chopper, using a fine knife. Bring honey to the boiling point, remove from the heat, add apricots and coconut or nuts and blend. This makes about one pint. Use as filling for tarts. Note: Cherries may be used in place of apricots and make a nice color note for February menus.

Tapioca Cream
\( \frac{3}{4} \) cup quick cooking tapioca
\( \frac{1}{4} \) cup honey
\( \frac{1}{2} \) teaspoon salt
2 eggs
4 cups milk, scalded
1 teaspoon vanilla extract

- Combine tapioca, honey, salt and egg yolks in top of double boiler. Add milk slowly and mix thoroughly. Cook until tapioca is transparent stirring often. Remove from the heat and fold into the stiffly beaten egg whites. Add the vanilla. This may be served either warm or cold with cream.
If you'd be nimble on your feet
Eat honey, Nature's choicest sweet

Baked Ham

1 ham
moist bread crumbs, about
3 cups
1 cup honey
1 1/2 cups crushed pineapple
cloves

- Select a nice quality ham of desired size. Wipe with a damp cloth and remove unsightly parts. Wrap loosely in the parchment paper or in similar paper which comes wrapped around the ham. Place fat side up in roasting pan. Bake at 300° F., allowing 15-20 minutes per pound if tender (25-30 minutes per pound if not tenderized). Then remove wrapper. Also remove skin. Rub surface completely with the crumbs. Press cloves one inch apart over the entire surface. Add honey to the pineapple and heat until hot. Pour this syrup over the ham and continue baking. Baste occasionally until a rich brown glaze is secured and ham is tender.

Broiled Ham, Spiced Honey and Apricot Glaze

1-inch thick ham slice
No. 2 can apricots
3/4 cup honey
1/2 teaspoon cloves
1/2 teaspoon allspice
1/2 teaspoon cinnamon

- Wipe meat with a damp cloth. Drain apricots. Place meat on a broiler rack allowing three inches between the top of the meat and source of heat, if possible. Sprinkle with spices and cook until browned, basting with the honey occasionally. When brown, turn. Sprinkle other side with remaining spices and continue cooking, basting occasionally with remaining honey.

Baked Spareribs

- Place three or more pounds of spareribs in a roasting pan. Pour over the following sauce and bake at 300° F. for two hours or more.
Sauce: Combine 1/2 cup soy, 3/4 cup honey, 1 level tablespoon prepared mustard and one small, finely chopped onion.

Canadian Bacon, Fruited and Honeyed

6 slices Canadian Style Bacon
1 cup water
1 cup honey
1 cup raisins
6 slices pineapple

- Have bacon sliced one-half inch thick. Place in dripping pan and into an oven of 350° F. Bring water to the boiling point, add the honey, stir until well mixed; then add the raisins and simmer for 10 minutes. When the meat has been in the oven 1 hour, place a slice of pineapple over each piece of bacon, pour the honey syrup containing the raisins over the bacon and pineapple. Return to the oven for 15 minutes. Especially nice to serve at a buffet supper.

Lamb Chops with Honey-Mint Sauce

- Select rib, loin or shoulder lamb chops. Set the regulator of the range for broiling. Place the chops so that there is a distance of about three inches between the top of the chops and the source of heat. If the distance must be less, reduce the temperature accordingly so that the chops will broil at a moderate temperature. When the chops are browned on one side, season, turn and finish the cooking on the second side. Frequently during broiling, baste with honey-mint sauce. Chops cut 1-inch thick require twelve to fifteen minutes for broiling.

Honey Mint Sauce

1/2 cup water
1 tablespoon vinegar
1 cup honey
1/4 cup chopped mint

- Heat the water and the vinegar. Add the honey, stir well, then add the chopped mint. Cook slowly for five minutes. This sauce can be used to baste lamb chops or lamb roast during cooking or can be served with the meat at the table.

Cranberry Relish

1 pound cranberries
1 orange
1 cup honey

- Wash berries and oranges and remove all blemishes. Peel orange, remove white pith from the peel and seeds from the pulp. Put berries, orange peel and pulp through the food grinder using medium knife. Place in a sterilized jar and pour the honey over the fruit. Stir to blend. Let stand 24 hours before using. This will permit the relish to jell.
Note: This relish may be varied by adding a chopped apple or a small can of grated pineapple, from which the juice has been well drained.

Meat Accompaniments

Sweet Potatoes glazed in Honey Syrup.
Apples cooked in Honey Syrup to which cinnamon candies have been added. (Especially attractive and good with pork).
Pineapple glazed with Honey Syrup.
Apricots glazed with Honey Syrup.
Small white onions glazed with Honey Syrup.
Waldorf Salad

- Select even sized, nice red apples. Cut a thick slice off the top so stem remains intact. Scoop out center leaving as thin a shell as will hold together. Core the hearts and cut in cubes. Combine with an equal quantity of celery; ½ cup of Malaga grapes, halved and seeded and ½ cup walnuts cut in pieces. Mix with Lemon Cream Salad Dressing and fill shells with the salad. Cover with the apple tops and serve on a bed of crisp, shredded greens on salad plate.

Avocado Pear Salad

- Combine equal parts of honey and lemon juice. Beat well and serve over slices of avocado pear and sections of grape fruit on crisp lettuce. Garnish with berries. Suggestion: A dash of paprika or chopped parsley may be added if desired.

Fruit Salad Dressing

- Blend lemon juice, flour, salt and honey until smooth. Cook in top of double boiler until thick. Beat yolks of eggs and gradually add the lemon mixture. When well blended return to double boiler and cook about 2 minutes until custard-like in texture. Remove from fire and chill. When ready to use, combine with 1 cup of whipped cream and sweeten to taste with honey.

Lemon Cream Salad Dressing

- Combine honey and lemon juice. Add to whipped cream. Serve on fruit salad.

French Dressing

- Place all in a tightly covered pint jar and shake vigorously just before serving.

Roquefort Cheese Dressing

- Crumble with a fork ¼ lb. of Roquefort cheese into small pieces. Add to 1 cup of French Dressing.
Mayonnaise Salad Dressing
- Use a rotary egg beater and a deep, very cold bowl. Beat the egg yolk. Then add a few drops of the oil and beat again. Add a few more drops and continue to beat. Repeat this process until one fourth of the oil is used. The dressing is now beginning to thicken. Now about a tablespoon of oil may be added at one time. Then beat again. Continue so until all the oil is used and the mixture is very thick. Add seasonings and lemon juice and beat until all is well blended.

Note: If the mayonnaise should separate while making it, get another bowl and 1 egg yolk and start beating the mixture into the fresh egg yolk. It will work out to be perfectly smooth and good.

Stuffed Tomato Salad
- Select even-sized, medium firm tomatoes. Cut thick slices from the top of each for a cover. Scoop out the center leaving only the clean firm shell. Combine chopped cabbage, celery, cucumber, radish, onion and parsley. Add 1/4 cup French Salad Dressing and blend well. Fill shells with this salad. Put 1 teaspoon of Mayonnaise Salad Dressing on top of each and replace the cover. A handle made from a slender stalk of celery completes the tomato basket. Serve the tomato on a bed of shredded lettuce, endive, water cress, romaine, or escarole.

Note: Tomatoes may be filled with finely diced celery and stuffed olives chopped and mixed with mayonnaise.

Frozen Fruit Salad
- Mix cream cheese with mayonnaise, add honey and mix well. Add cherries and pineapple and fold in whipped cream. Place in dish in freezing tray.

Dressing, Honey French
- Place all ingredients in a quart jar and shake well. Serve this dressing on the lettuce and place a portion of the frozen salad on top. This dressing may be used on other salads.

Honey Butter
- Let both butter and honey stand in a warm room until warm enough to blend well. Beat until well blended. Put in small jar and store in refrigerator.

Suggestion: This is delicious and nutritious as a spread for sandwiches or on waffles and griddle cakes. If used for cinnamon toast add cinnamon to suit taste.

Tea Sandwich
- With a biscuit cutter cut circles from bread slices. Spread circles of bread with softened butter and top with cream cheese softened with honey. On this spread red raspberry jam. Place a dot of cream cheese mixture or whipped cream in the center.

Toasted Tea Sandwich
- Use circles cut from bread as in above recipe. Toast until brown on both sides. Spread with softened butter and then with honey. Sprinkle with chopped nuts. Place under broiler until nuts are slightly browned and serve while hot.

Cream Cheese Sandwich Filling
- Soften cream cheese with enough honey to spread well. Add chopped raisins or nuts.

Peanut Butter Filling
- Combine two parts peanut butter with 3 parts of honey. Store in cold place.

Fruit Filling
- Chop fruit and blend with 1/4 cup honey. Use between slices of buttered bread.
**Baked Squash**

- Wash squash and cut in half lengthwise. Remove seeds. To each half add 1 tablespoon of honey and one or two little pork sausage links. Bake at 400° F. until squash is tender and sausages brown.

**Glazed Onions**

- Cook small white onions in boiling salted water about 20 to 30 minutes or until tender. Drain. Let stand a few minutes to dry. Melt four tablespoons butter in pan. Add 1/4 cup honey. When well blended add onions and cook slowly until browned and nicely glazed. Turn onions occasionally for an even glaze.

**Glazed Carrots**

- Cook carrots in salted water about 20 to 30 minutes or until tender. Drain. Let stand a few minutes to dry. Melt four tablespoons butter in pan. Add 1/4 cup honey. When well blended add carrots and cook slowly until browned and evenly glazed. Turn carrots occasionally for an even glaze.

**Candied Sweet Potatoes**

- Boil sweet potatoes without paring them and when tender drain and remove the skins. Cut in half lengthwise and arrange in a buttered baking dish. Season with salt. Add butter and pour over the following syrup. Bake in a quick oven 400° F. until potatoes are brown.

**Syrup**

1 1/2 cups honey  
2 tablespoons cornstarch  
1 1/2 cups water  
1/2 teaspoon salt  
1 tablespoon butter  

- Mix ingredients and cook until clear.

---

**Sweet Potato Orange Casserole**

- Place a layer of sliced sweet potatoes in a greased baking dish. Dot with butter and place a layer of sliced oranges (not peeled) on top. Repeat this arrangement of sweet potatoes and orange slices. Mix honey and orange juice and pour over all. Cover with buttered bread crumbs. Cover and bake about 30 minutes at 375° F. Remove cover last 10 minutes to brown crumbs.

**Beets**

- Wash and cook about 6 young tender beets. Drain and remove skins. Cut beets into slices or cubes. In a small pan melt butter. Add finely chopped onion and cook slightly. Add cornstarch, salt, pepper and water. Stir until thick and well cooked. Add honey and vinegar and pour over beets. Serve at once.

**Scalloped Tomatoes**

- Drain the liquid from a can of tomatoes and reserve for other use. Cover bottom of buttered baking dish with a layer of solid tomatoes. On this sprinkle salt, pepper, dots of butter and honey. Cover with a layer of cracker crumbs. Repeat with another layer of tomatoes, crumbs, and seasoning. Bake 20 minutes in a hot oven.

**Baked Beans**

- Soak 2 cups beans in 4 cups of cold water over night. In the morning drain off any water that has not been absorbed. Cover the beans with fresh cold water and cook over a low flame in a tightly covered saucepan. Do not allow the beans to boil. Let the beans simmer for 1 1/2 hours. Again drain the beans, saving the water. Prepare the bean pot by placing about 1/2 pound of salt pork in the bottom. Add the beans, cover with the following mixture. Use the bean water that had been drained from the beans and add to it 1 1/2 cup of honey; if no bean water was left over use plain boiling water. Mix 1 teaspoon salt, 1 teaspoon dry mustard, 1 teaspoon ginger if desired, and 1 tablespoon of finely chopped onion with a little of the honey water. Add remainder of the honey bean water to this seasoning and pour over the beans. Place small pieces of salt pork on top. (Bacon may be used). Cover bean pot and bake in a slow oven about 6 hours. Uncover the bean pot during the last hour of baking. If the beans become too dry it may be necessary to add a little water.
<table>
<thead>
<tr>
<th>BEVERAGES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocoa</td>
<td>6</td>
</tr>
<tr>
<td>Coffee</td>
<td>6</td>
</tr>
<tr>
<td>Grape Juice</td>
<td>7</td>
</tr>
<tr>
<td>Honey Eggnog</td>
<td>7</td>
</tr>
<tr>
<td>Iced Tea Over Coffee</td>
<td>7</td>
</tr>
<tr>
<td>Lemonade</td>
<td>7</td>
</tr>
<tr>
<td>Milk</td>
<td>7</td>
</tr>
<tr>
<td>Refreshing Party Drink</td>
<td>7</td>
</tr>
<tr>
<td>Russian Tea</td>
<td>7</td>
</tr>
<tr>
<td>Tea</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BREADS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bran Raisin Muffins</td>
<td>11</td>
</tr>
<tr>
<td>Corn Muffins</td>
<td>11</td>
</tr>
<tr>
<td>Fig Holly Bread</td>
<td>10</td>
</tr>
<tr>
<td>Honey Carrot Toast</td>
<td>10</td>
</tr>
<tr>
<td>Honey Date Nut Bread</td>
<td>9</td>
</tr>
<tr>
<td>Honey French Toast</td>
<td>11</td>
</tr>
<tr>
<td>Honey Milk Toast</td>
<td>11</td>
</tr>
<tr>
<td>Honey Muffins</td>
<td>10</td>
</tr>
<tr>
<td>Orange Nut Bread</td>
<td>9</td>
</tr>
<tr>
<td>Peanut Butter Bread</td>
<td>10</td>
</tr>
<tr>
<td>Pecan Rolls</td>
<td>9</td>
</tr>
<tr>
<td>Pineapple Nut Bread</td>
<td>10</td>
</tr>
<tr>
<td>Refrigerator Rolls</td>
<td>9</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>8</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CAKES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate Honey Angel Food</td>
<td>12</td>
</tr>
<tr>
<td>Honey Angel Food</td>
<td>12</td>
</tr>
<tr>
<td>Honey Ginger Cake</td>
<td>14</td>
</tr>
<tr>
<td>Orange Honey Cake</td>
<td>13</td>
</tr>
<tr>
<td>Super-Delicious Chocolate Cake</td>
<td>13</td>
</tr>
<tr>
<td>Tutti Frutti Cake</td>
<td>14</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CANDIES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream Candy</td>
<td>18</td>
</tr>
<tr>
<td>Fruit Candy</td>
<td>17</td>
</tr>
<tr>
<td>Honey Bitterswaps</td>
<td>16</td>
</tr>
<tr>
<td>Honey Caramels</td>
<td>16</td>
</tr>
<tr>
<td>Honey Chews</td>
<td>16</td>
</tr>
<tr>
<td>Honey Divinity</td>
<td>16</td>
</tr>
<tr>
<td>Honey Fondant</td>
<td>15</td>
</tr>
<tr>
<td>Honey Fruit Slices</td>
<td>17</td>
</tr>
<tr>
<td>Honey Fudge</td>
<td>15</td>
</tr>
<tr>
<td>Honey Marshmallows</td>
<td>17</td>
</tr>
<tr>
<td>Honey Popsicle</td>
<td>18</td>
</tr>
<tr>
<td>Honey Popcorn Balls</td>
<td>18</td>
</tr>
<tr>
<td>Honey Taffy</td>
<td>16</td>
</tr>
<tr>
<td>Honeyed Fruit Strips</td>
<td>17</td>
</tr>
<tr>
<td>Nougat</td>
<td>18</td>
</tr>
<tr>
<td>Super Delicious Caramels</td>
<td>16</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CONFECTIONS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricot conserve</td>
<td>20</td>
</tr>
<tr>
<td>Honey Jelly</td>
<td>19</td>
</tr>
<tr>
<td>Honey Orange Marmalade</td>
<td>20</td>
</tr>
<tr>
<td>Honey Strawberry Jelly</td>
<td>20</td>
</tr>
<tr>
<td>Lemon Honey Jelly</td>
<td>19</td>
</tr>
<tr>
<td>Plum Butter</td>
<td>20</td>
</tr>
<tr>
<td>Sweet Fruit Pickles</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COOKIES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Honey Cookie</td>
<td>22</td>
</tr>
<tr>
<td>Butter Cookies—with variations</td>
<td>25</td>
</tr>
<tr>
<td>Chocolate Chip Cookies</td>
<td>25</td>
</tr>
<tr>
<td>Christmas Cookies</td>
<td>25</td>
</tr>
<tr>
<td>Christmas Fruit Nuts</td>
<td>24</td>
</tr>
<tr>
<td>Crumbles</td>
<td>25</td>
</tr>
<tr>
<td>Everyday Cookies</td>
<td>21</td>
</tr>
<tr>
<td>Fig Filling</td>
<td>21</td>
</tr>
<tr>
<td>Fig Newtons</td>
<td>21</td>
</tr>
<tr>
<td>Hostess</td>
<td>22</td>
</tr>
<tr>
<td>Honey Bars</td>
<td>24</td>
</tr>
<tr>
<td>Honey Gingerbread</td>
<td>25</td>
</tr>
<tr>
<td>Honey Nut Brownies</td>
<td>24</td>
</tr>
<tr>
<td>Honey Peanut Rolls</td>
<td>24</td>
</tr>
<tr>
<td>Honey Pecan Cookies</td>
<td>22</td>
</tr>
<tr>
<td>Lebkuchen</td>
<td>25</td>
</tr>
<tr>
<td>Pecan Butterballs</td>
<td>25</td>
</tr>
<tr>
<td>Raisin Honey Gems</td>
<td>25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DESSERTS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Pudding</td>
<td>29</td>
</tr>
<tr>
<td>Apple Pie</td>
<td>28</td>
</tr>
<tr>
<td>Apricot and Coconut Tarts</td>
<td>31</td>
</tr>
<tr>
<td>Baked Apple</td>
<td>27</td>
</tr>
<tr>
<td>Baked Banana</td>
<td>27</td>
</tr>
<tr>
<td>Broiled Grapefruit</td>
<td>26</td>
</tr>
<tr>
<td>Carrot Tart</td>
<td>31</td>
</tr>
<tr>
<td>Cranberry Pudding</td>
<td>30</td>
</tr>
<tr>
<td>French Apple Dumpling—with Syrup</td>
<td>30</td>
</tr>
<tr>
<td>Honey Apple Crisp</td>
<td>27</td>
</tr>
<tr>
<td>Honey Baked Pear</td>
<td>26</td>
</tr>
<tr>
<td>Honey Hard Sauce</td>
<td>29</td>
</tr>
<tr>
<td>Honey Ice Cream</td>
<td>27</td>
</tr>
<tr>
<td>Honey Roasted Apple</td>
<td>28</td>
</tr>
<tr>
<td>Honey Pumpkin Pie</td>
<td>28</td>
</tr>
<tr>
<td>Honey Raisin Pie</td>
<td>28</td>
</tr>
<tr>
<td>Honey Sauce</td>
<td>30</td>
</tr>
<tr>
<td>Pistachio Pudding—Sauce</td>
<td>29</td>
</tr>
<tr>
<td>Honeyed Apples and Cranberries</td>
<td>26</td>
</tr>
<tr>
<td>Ice Cream Sundae</td>
<td>27</td>
</tr>
<tr>
<td>Marzipan</td>
<td>27</td>
</tr>
<tr>
<td>Pudding</td>
<td>28</td>
</tr>
<tr>
<td>Rice Pudding</td>
<td>29</td>
</tr>
<tr>
<td>Tapioca Cream</td>
<td>31</td>
</tr>
<tr>
<td>Tart Pastry</td>
<td>31</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FROSTINGS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiled Honey Frosting</td>
<td>13</td>
</tr>
<tr>
<td>French Honey-Chocolate Frosting</td>
<td>13</td>
</tr>
<tr>
<td>Frosting with Chopped Apricots</td>
<td>14</td>
</tr>
<tr>
<td>Uncooked Honey Frosting</td>
<td>14</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HONEY HINTS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2, 3, 4, 5</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEATS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Ham</td>
<td>32</td>
</tr>
<tr>
<td>Baked Spare Ribs</td>
<td>32</td>
</tr>
<tr>
<td>Baked Ham, Spiced Honey and Apricot Glaze</td>
<td>32</td>
</tr>
<tr>
<td>Canadian Bacon, Fruited and Honey-Dipped</td>
<td>33</td>
</tr>
<tr>
<td>Cranberry Relish</td>
<td>33</td>
</tr>
<tr>
<td>Honey Mint Sauce</td>
<td>33</td>
</tr>
<tr>
<td>Lamb Chops with Honey Mint Sauce</td>
<td>33</td>
</tr>
<tr>
<td>Meat Accompaniments</td>
<td>33</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SALADS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado Pear Salad</td>
<td>35</td>
</tr>
<tr>
<td>Frozen Fruit Salad</td>
<td>36</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>34</td>
</tr>
<tr>
<td>Pear Salad</td>
<td>34</td>
</tr>
<tr>
<td>Salad Bowl</td>
<td>34</td>
</tr>
<tr>
<td>Stuffed Tomato Salad</td>
<td>36</td>
</tr>
<tr>
<td>Waldorf Salad</td>
<td>35</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SALAD DRESSINGS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dressing, Honey French</td>
<td>36</td>
</tr>
<tr>
<td>French Dressing</td>
<td>35</td>
</tr>
<tr>
<td>Fruit Salad Dressing</td>
<td>35</td>
</tr>
<tr>
<td>Lemon Cream Salad Dressing</td>
<td>35</td>
</tr>
<tr>
<td>Mayonnaise Salad Dressing</td>
<td>36</td>
</tr>
<tr>
<td>Roquefort Cheese Dressing</td>
<td>35</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SANDWICHES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream Cheese</td>
<td>37</td>
</tr>
<tr>
<td>Fruit Filling</td>
<td>37</td>
</tr>
<tr>
<td>Honey Butter</td>
<td>37</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>37</td>
</tr>
<tr>
<td>Tuna Sandwich</td>
<td>37</td>
</tr>
<tr>
<td>Toasted Tea Sandwich</td>
<td>37</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Beans</td>
<td>39</td>
</tr>
<tr>
<td>Baked Squash</td>
<td>38</td>
</tr>
<tr>
<td>Beets</td>
<td>39</td>
</tr>
<tr>
<td>Candied Sweet Potatoes and Syrup</td>
<td>34</td>
</tr>
<tr>
<td>Glazed Carrots</td>
<td>38</td>
</tr>
<tr>
<td>Glazed Onions</td>
<td>38</td>
</tr>
<tr>
<td>Scalloped Tomatoes</td>
<td>39</td>
</tr>
<tr>
<td>Sweet Potato Orange Casserole</td>
<td>39</td>
</tr>
</tbody>
</table>