

"The Food With the Flowers' Flavor"

By AGNES SORENSON

HONEY has been used as one of the world's food products for many centuries. It is not so long since honey was used as the main sweet, and sugar was considered a luxury, due more to the scarcity of honey than to the superiority of sugar.

Honey is produced by bees from the nectar of flowers and the different varieties of honey are dependent upon the particular flower from which it is produced. Honey made from orange blossoms and white clover will be very light in color, while much of that produced from fall flowers is dark and rather strong. Just as each flower has a particular odor, so the nectar from these flowers, when made into honey, will produce a different color and flavor.

Honey can be bought upon the market in two forms, extracted honey and comb honey. A great deal of the extracted honey sold is a mixture of several different kinds. In this way the texture and quality can both be improved and a uniform product will result, so that a particular brand of honey will always be nearly the same.

For beauty and perfection of flavor, nothing can excell comb honey in its original hexagonal wax package, but for convenience and general availability one must look to extracted or strained honey as it is more easily produced and somewhat lower in cost.

Honey is more easily digested than sugar and consequently more readily assimilated, therefore it is a more healthful form of sweet with which to satisfy one's natural craving for such things.

The fact that honey consists principally of sugar and water and is slightly acid suggests it to be a suitable substitute for molasses in cookery. It can be used in place of molasses in all form of breads, muffins, and cakes. It contains less acid than molasses and as a result requires less soda, when it is substituted for molasses in recipes. Many trials have been carried out in the United States Department of Agriculture, and it was found that the amount of soda required for one cup of honey ranges between one-fourth and one-half level teaspoonful.

Following are some recipes for breads in which honey is used:

1 cup flour	2 cups flour
1 cup yellow corn meal	1½ teaspoons baking soda
1 cup rye flour	1 tablespoon hot water
1 teaspoon salt	
1 cup honey	1 cup raisins

Mix together the dry ingredients. Mix the honey with the sour milk and hot water. Add this to the dry ingredients, and beat thoroughly together. Fill two bread molds two-thirds full. Let stand 15 minutes. Then steam for three hours. The raisins may be added if desired and will make a richer mixture.

Honey and Nut Bran Muffins

1 cup honey	1 tablespoon melted butter
1 cup flour	1½ cups milk
¼ to ½ teaspoon soda	¾ cups finely chopped walnuts
¼ teaspoon salt	
2 cups bran	

Sift together the flour, soda, and salt and mix them with the bran. Add the other ingredients and bake for 25 to 30 minutes in a hot oven. This will make 20 muffins.

After a little experimentation anyone should be able to substitute honey successfully for sugar in cake, preserves, fruits and candy. It has been estimated that one cup of honey is equal to a cup full of sugar so far as sweetening qualities are concerned, however some allowance will have to be made for the fact that honey contains more water than sugar. Therefore when honey is substituted for sugar less liquid must be added. Most authorities state that one cup of honey means one-fourth cup of liquid.

One of the advantages in the use of honey in cakes is that they keep fresh much longer than those made with sugar. It is said that icing made with honey has this lasting quality.

Honey Nut Cake

2 cups brown sugar	½ teaspoon ground nutmeg
2 cups honey	½ teaspoon allspice
6 egg yolks	1 cup chopped raisins
3 cups flour	
1½ teaspoons soda	½ oz. cut citron
3 teaspoons ground cinnamon	½ oz. candied orange peel
½ teaspoon ground cloves	½ lb. almonds whites of three eggs

Mix the sugar, honey and the yolks of the eggs, and beat thoroly. Sift together the flour, salt, spices and soda. Combine all of the ingredients but the whites of the eggs. Beat the whites of the eggs until they are stiff and add them last. Pour the dough to the depth of about one-half an inch in greased pans, and bake in a slow oven for one-half hour.

Soft Honey Cake

½ cup butter	½ teaspoon cinnamon
1 cup of honey	
1 egg	½ teaspoon ginger
½ cup sour milk	4 cups flour
1 teaspoon soda	

Rub the butter and the honey together; add the egg well beaten, then the milk, and last the flour sifted with the soda and spices. Bake in a shallow pan.

Plain Honey Icing

1 cup granulated sugar	¼ cup honey
1 cup water	white of one egg

Boil together the sugar and the water until the sugar is dissolved, then add the honey and boil without stirring, until the mixture registers 248 deg. F., or until it forms a soft ball when dropped into cold water. Pour over the stiffly beaten white of the egg and continue to beat until the icing holds its shape. This icing may be kept for several months in a soft, fresh condition.

If desired to be used immediately, the syrup should be cooked longer, almost to the hard ball stage.

Honey Orange and Lemon Icings

Proceed same as for plain honey icing, and while beating add, for orange icing, the grated rind of one large orange. For

lemon icing add the grated rind of one-half lemon.

Honey is particularly well suited for frozen puddings and gelatin desserts.

Honey Strawberry Foam

1 cup fresh strawberries	unbeaten white of one egg
1 cup honey	

Place all the ingredients in a deep bowl, and beat all together with a large Dover beater until the mixture is stiff enough to hold its shape. Serve in sherbet glasses with small cakes.

Honey Charlotte

1 qt. cream	½ cup honey
1 teaspoon cinnamon	sponge cake

Whip the cream and add the cinnamon to this. Whip chilled honey into this. Use this mixture to pile into paper charlotte cases, lined with sponge cake. This may be garnished with fresh fruit such as strawberries, cherries, etc.

Honey may be used very successfully in making various kinds of candies as well as for popcorn.

Honey Popcorn

1 cup white honey	1½ tablespoon butter
1 cup white sugar	1 tablespoon water

Boil the above ingredients until brittle when dropped in cold water. Have ready two quarts nicely popped corn and pour the candy over it until evenly distributed stirring briskly until nearly cool.

Honey Candy

2½ cups sugar	1 cup peanuts
½ cup honey	½ cup water
whites of two eggs	

Boil together the sugar, honey, and water until it forms a thick syrup. Pour 1 cup of this syrup over the beaten whites of the eggs. Boil the remainder of the syrup until it hardens when dropped into cold water, pour in the first mixture stirring briskly. Add a cup of peanuts and stir until mixture begins to harden, then spread in a pan and cut into squares. If properly made it should be soft and pliable.

Taffy

3 cups sugar	¾ cup hot water
¾ cup honey	

Boil all together until it spins a thread when dropped from the spoon, or hardens when dropped into cold water. Pour into a greased pan to cool, and then pull until white.

In combination with fresh fruits there is said to be no sweet like honey. It may be served with baked apples, baked peaches, sour cherries, baked quinces and grapefruit.

Such simple desserts as bread pudding, rice pudding, without eggs, and plain cornstarch pudding are good and rather out of the ordinary if made without sugar and served with a portion of comb honey in place of sugar in preparation.

Besides exchanging sugar for honey in recipes there are simpler ways in which it can be used. It may be served as a spread for bread, preferably warm rolls. Honey is really as much related to bis-

(Continued on page 15)

under a light weight. Put on ice and keep until ready to serve. Cut in one-fourth inch slices for serving, then cut in halves crosswise. Butter may be colored to carry out the color scheme desired.

Sandwich Loaf. Cut slices lengthwise of the loaf of bread, one inch thick. Trim to have all the same size. Place thin slices of crisp cucumber, tomatoes and green pepper on one of the layers. Add thick mayonnaise dressing. Place on top of this another piece of bread and cover with the vegetables and mayonnaise, as done before. On top of this place still another piece of bread and cover again with vegetables. Pour on enough mayonnaise to cover the entire loaf. Garnish with the vegetables and serve at the table.

Mosaic Sandwiches. Cut three slices each of white and graham bread one-half inch in thickness. Spread a slice of white bread with creamed butter and place a slice of graham on it; spread this with creamed butter and place on it a slice of white bread; repeat this process, beginning with a slice of graham. Put both slices in a cool place under a light weight. When butter has become firm, trim each pile evenly and cut each pile in three one-half inch slices. Spread these with butter and put together in such a way that a white block will alternate with a graham one. Place again in a cool place, and when butter is set, cut in thin slices for serving. The sandwich has the appearance of a checker board.

The Food With the Flowers' Flavor

(Continued from page 5)

cuits and hot breads as salad dressing is to salad. It bears the same relationship to waffles and griddle cakes. Honey is not much more expensive than molasses and maple syrup when purchased on the market, and it should be cheaper when produced by ones own bees.

Honey when it becomes cold will often granulate. This is a sign of pure honey for only as such will it granulate. It may be changed back to syrup by heating. The temperature must not be too high as the flavor of the honey may be injured in this way. Granulated honey, however, has its use and can be made into a very delicious filling for layer cakes. Use one part of honey to two parts of crushed fruit and mix together. This may be spread on the cake or served with short-cake.

Honey may be substituted in almost all cases for sugar, but it is well to use especially tested honey recipes if such are at hand.

Once Upon a Time

(Continued from page 6)

simple, brought about by repetition or by modulation of the voice; but for the older child there may be a number of events leading toward the climax. Climax "knots the thread of the narrative" and makes the whole a complete picture.

Story telling will be a joy to the mother or "big sister" of the neighborhood who will choose from the long list of good stories and live them over many times. Stories that children like cannot be told too often; they like to hear the same

story even after they know every word by heart. There is satisfaction in giving little children stories upon which they can build their dreams in the big story book of life.

Pleasant, Practical Porches

(Continued from page 7)

the porch on a summer evening if they are "bitten-up" by mosquitoes. Porch curtains of split bamboo or awning cloth can be purchased (or awning cloth curtains can be made at home) which can be raised and lowered by means of cords or pulleys and which are very satisfactory in shutting out both sun and rain.

If the porch is glassed in, gathered shades of tinted fabrics or draw curtains of sunfast silks will shut out the sun on a hot afternoon.

But over half of the charm of the porch is due to vines and flowers. These add the finishing touches. Climbing roses, honeysuckles, morning glories, moon-flowers or vines form a charming covering for the porch. Rose bushes and hollyhocks are especially suitable for use with the Colonial porch. Porch boxes in which can be planted one's favorite flowers are an addition to the porch as well as affording protection from the glances of passersby. Hanging baskets help to overcome the crudity of the house exterior as a background.

The view from the porch should be as attractive as possible. When a garden off the porch is not practical, a smooth, green well-kept lawn will be a welcome sight.

But after all, beauty, durability and comfort are the three important essentials to consider in furnishing the summer porch. Make it a place where one may rest, entertain, eat or even sleep. On warm evenings it is the setting for pleasant conversations and is a delightful place to spend a leisure afternoon with a book. The porch should be the summer living room.

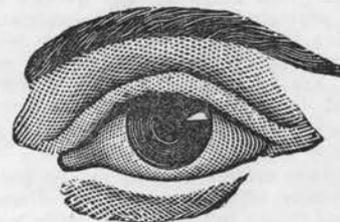
Watches

Diamonds

C. W. Dudgeon
JEWELER

Ames

Iowa



Everybody Wants His Glasses
Right and Wants Them
Promptly

The POWER of the Lens MUST be right. No care is too great; no trouble too much; no test too severe to insure the correctness of our lenses. Examining eyes and fitting lenses to them is our business.

DR. F. E. ROBINSON

Exclusive Optometrist
Over the Gift Shop
Ames, Iowa

REMEMBRANCES

of

IOWA STATE COLLEGE

BLANKETS

PENNANTS

FELT PILLOWS

LEATHER PILLOWS

and

SOUVENIR PAPER KNIVES, SPOONS, Etc.

We will gladly show you.

STUDENT SUPPLY STORE

South of Campus