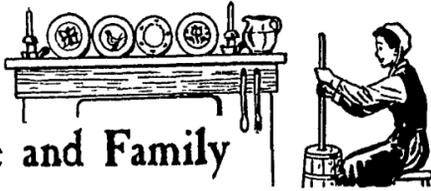


For the Farm Wife and Family



As we read over the recipes in the magazines and papers these days we find that honey is being used more and more as a sweetening agent. It used to be that honey was placed on the shelf beside the jams and jellies and used as such. But it is being substituted for sugar in many new ways. Honey may be found in, as well as on, more baked goods in the future, as a result of research by Kansas State College. This work,

aimed at expanding the use of honey in commercial bakery products, shows that substituting honey for all or part of the sugar in some baked goods adds to their color and flavor and improves their texture.

A method developed in this research makes use of honey alone to sweeten cakes a commercial possibility for the first time.

Cakes with a high concentration of honey stay moist and fresh tasting longer than do cakes made without honey. But if more than a third of the sugar is replaced, preparing cakes by a simple substitution of honey for sugar sometimes causes difficulty.

A reaction of honey acids with baking powder as the batter is mixed may lead to low cake volume. Also, an intense browning reaction may occur during baking and give the cake a burned color and flavor. Extra soda cannot be added to increase volume of the cake, because it hastens undesired browning.

The researchers found they could control this browning reaction by raising the acidity of the cake batter in the final stages of baking. To do this they used potassium bitartrate coated with a stearate, which melts and releases the acid near the end of the baking time. Excellent cakes in which all the sugar was replaced by honey were produced by this method. Other methods to control browning are being studied.

Honey noticeably added to the flavor and color of some cookies. Because honey gives the cookies

a chewy quality, only enough to replace five per cent of the sugar was used in crisp cookies. Even this small amount gave flavor to sugar cookies and vanilla wafers. In chewy cookies, such as fruit bars and brownies, honey was used to replace over half the sugar.

The bread-making process did not need to be altered when honey was substituted for sugar in bread and rolls in the tests. Honey substituted for six per cent of the sugar in white breads and up to 12 per cent in dark breads imparted a rich flavor and aroma to both.

Honeys from various flower sources differ in moisture content, color, flavor, acidity, and sugar composition. The Kansas research workers used 15 types of honey and found that only the differences in flavor and color affected the baked goods. Although stronger, darker colored honeys, including those from buckwheat and heartsease, were not acceptable for most baked products, they could be used in mixtures with light honeys.

Now that you see what can be done with honey in your baking maybe you would like to try some recipes using honey. Don't these Honey Hermits sound good?

HONEY HERMITS

- 2 1/4 cups sifted flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon allspice
- 1/2 teaspoon cinnamon
- 1/2 cup shortening
- 1 cup honey
- 1/2 cup brown sugar
- 2 eggs, well beaten
- 3 tablespoons milk
- 1 cup seedless raisins
- 1 cup dried currants
- 1 cup chopped dates
- 1/2 cup chopped nuts

Sift flour, soda, salt and spices together three times. Cream shortening with honey and sugar. Add eggs. Add milk, dry ingredients, fruit and nuts and mix thoroughly. Drop from teaspoon on to greased baking sheet and bake in hot oven (400 degrees) 10 to 12 minutes. Makes about four dozen.

HONEY TWIST

- 1 cup milk, scalded
- 1/4 cup butter
- 1/2 cup sugar
- 1 teaspoon salt
- 2 cakes yeast
- 1/4 cup lukewarm water

(Continued on page 7)

Today's Pattern



9253

SIZES
12 1/2—24 1/2

by Marian Martin

Pattern 9253 (for shorter, fuller figure): Half Sizes 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 4 1/2 yards 35-inch. Send Thirty-five cents in coins for this pattern—add 5 cents for each pattern if you wish 1st-class mailing. Send to 170 Newspaper Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.



MISS NANCY GIBBLE, R3 Elizabethtown, had the reserve champion pen of Southdown lambs at Farm Show. She is shown here with one of the three. The lambs sold to Harry Samuleson, York, for 65 cents a pound. (Staff Photo)

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