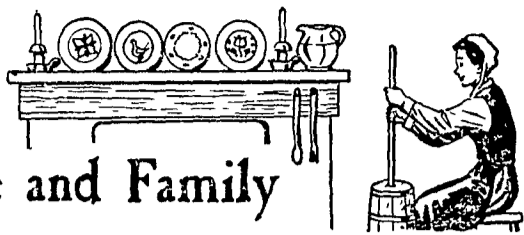


For the Farm Wife and Family



Honey, Popular Food for Centuries, Is Now More Appealing Than Ever

Honey today has all the qualities that have made it a favorite sweet for centuries. In addition, beekeepers and honey processors have new ways of handling and packaging honey that make it even more appealing to the taste and more convenient to use.

Most of the honey marketed in the United States is extracted honey, that is, honey that has been separated from the comb. The greatest share of extracted honey is sold in liquid form, but crystallized honey is becoming increasingly popular. Honey in crystallized form may be called "creamed," "candied," "fondant," or "spread", it has a fine texture, spreads easily, and doesn't drip.

Comb honey is sold as section-comb, cut-comb, and chunk honey. Section-comb honey comes in wooden frames in which the

bees stored the honey. Cut comb honey has been taken out of the frames, cut in pieces, and each piece wrapped separately. Chunk honey consists of pieces of comb honey in a container with liquid honey filled in around them.

About four-fifths of extracted honey by weight is sugar, mostly in the form of simple sugars, which are easy to digest because they are already in the form that can be absorbed by the body. Most of the remaining weight is water. There are, in addition, small amounts of protein, minerals, and vitamins.

KEEPING HONEY — Extracted and comb honey keep best in covered containers in a dry place at room temperature (70 to 80 degrees F.). The cover is necessary, because honey loses aroma and flavor and absorbs moisture



A gift from across the sea, Danish dessert is fast becoming a favorite of gourmet circles in America. Its cool, piquant flavor, its bright sharp color, its many uses solo — or in combination — have all contributed to its increasing popularity. It

is a fruit pudding — a pleasing blend of red berry juices and flavors with tapioca starch as the thickening ingredient. It is available in two flavors — currant-raspberry and strawberry.

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and odors readily when exposed to air

Creamed honey may be kept at room temperature or in the refrigerator. Keep in the refrigerator if the temperature of the room is very warm. Creamed honey may partially liquefy if stored at too high a temperature.

Honey that has been diluted with water or other liquid should be kept covered in the refrigerator. Like other thin sirups it may ferment or mold quickly if not kept cold.

Honey kept for many months may darken slowly and become stronger in flavor but will still be usable

Honey may crystallize as it gets older, or if kept at refrigerator temperatures or lower. Crystallization is a natural process and does not injure the honey in any way. To bring crystallized honey back to liquid form, place the container of honey in a pan of warm water until the crystals disappear. If further heating is necessary, raise the container of honey off the bottom of the pan by putting a rack under it, and set the pan over low heat. Be careful not to overheat, too much heat causes the honey to change color and flavor.

Honey is at its best uncooked. Try it as a spread, topping, or sweetener to accent or enhance flavor of other foods.

Honey may be used, measure for measure, in place of the sugar in preparing puddings, custard, pie fillings, baked apples, candied and "sweet-sour" vegetables, salad dressings, and cinnamon toast. Cakes and cookies made from honey remain moist on storage. Some are improved in flavor and texture when aged a few days. Crisp cookies, however, are likely to lose crispness on standing.

(Continued on page nine)

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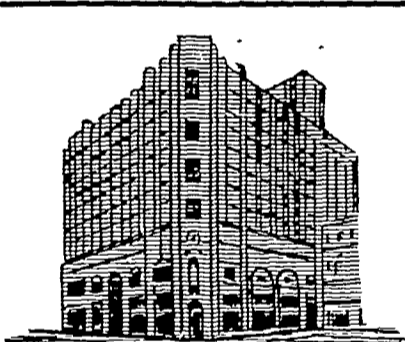
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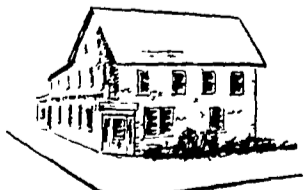
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