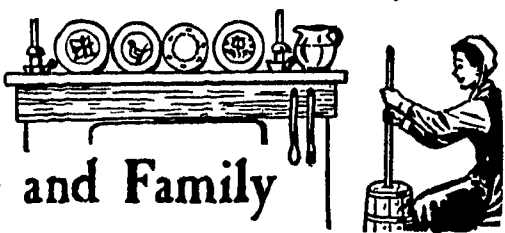


For the Farm Wife and Family



As Sweet As Honey

By Mrs. Richard C. Spence

There's lots of honey on the market this year—thanks to billions of busy bees who worked overtime last summer in fields and forests, so use it often in the things you bake, the things you drink, and on fruits, ice cream, bread and pancakes.

Honey is at its best uncooked—as a spread, topping or beverage sweetener. The simplest way to serve honey is on bread, breakfast cereals, pancakes and waffles. When used as a syrup you may want to dilute it with hot water. This makes it less sweet and easier to pour.

Use it thick and creamy on fresh bread or in a sandwich filling. Mixed with chopped nuts and creamed cheese, it is delicious. It's also good combined with peanut butter on an open face sandwich.

Try honey and nuts on ice cream. Candy your sweet potatoes with honey.

Honey also adds special goodness to many baked products. Honey may be used in preparing puddings, custards, pie fillings, baked apples, salad dressings and cinnamon toasts. Brushed or drizzled on ham during the last half hour of baking, it adds extra flavor and a beautiful golden glaze.

Cakes and cookies made from honey remain moist in storage, it's best to use a special recipe. But you can

for fruit bars, up to two thirds.

In both, the honey should be mixed thoroughly with the other ingredients. Combine with either the shortening or the liquid.

The homemade doughnut is hard to beat, and here's an old favorite recipe, using honey.

GLAZED HONEY DOUGHNUTS

1 cup milk, scalded
3 tablespoons shortening
½ teaspoon salt
½ cup honey
1 cake compressed yeast, crumbled (or 1 package of active dry yeast)
4 cups all purpose flour
2 eggs
1 teaspoon cinnamon
½ teaspoon nutmeg
Combine scalded milk with shortening, salt and 1 tablespoon honey. Cool to lukewarm.

Stir yeast into milk mixture. Add 1 cup flour and beat well. Let this sponge stand in a warm place (about 85 degrees) for 1 hour, or until mixture is full of bubbles.

Beat eggs, combine with spices and remaining honey, and stir into the sponge. Add remaining flour and mix well. Turn out onto a floured board and knead for 1 minute. Place dough in a greased bowl, cover, and let rise in a warm place (about 85 degrees) until double in bulk (about 1½ hours). Turn dough out on a floured board and roll ½-inch thick. Cut with a floured doughnut cutter and let rise until light (about 1¼ hours). Drop with raised (top) side down into deep fat and fry at 360 degrees for 1 minute on each side. Drain, then dip in honey glaze. (Makes 2 dozen.)

½ teaspoon vanilla
1 tablespoon melted butter or margarine
2 cups sifted all-purpose flour
½ cup enriched corn meal
2 teaspoons baking powder
½ teaspoon salt
¼ teaspoon nutmeg
¼ teaspoon cinnamon
½ cup milk

Combine eggs, sugar and vanilla in medium-sized bowl beat well; stir in butter. Sift together flour, corn meal, baking powder, salt, nutmeg & cinnamon. Add sifted dry ingredients and milk alternately to egg mixture; mix thoroughly. Knead lightly for a few seconds on lightly floured board or canvas. Roll to ½-inch thickness; cut with floured doughnut cutter. Fry in hot deep fat (375 degrees) about 3 minutes or until browned on both sides. (Turn only once.) Drain on absorbent paper. Serve plain, sugared or glazed. (Don't forget to fry the "holes". they're good, too.) Makes 1 dozen dough-

Another type of doughnut:
DOUGHNUTS
2 eggs, beaten
½ cup sugar

use honey for part of the sugar in standard recipes if you follow these suggestions

In cakes, simply substitute honey for one half the sugar.

In cookies, the amount of honey that can replace the sugar varies with the type of cookie. For gingersnaps, honey may substitute for no more than a third of the sugar. For brownies, you can use as much as half honey;

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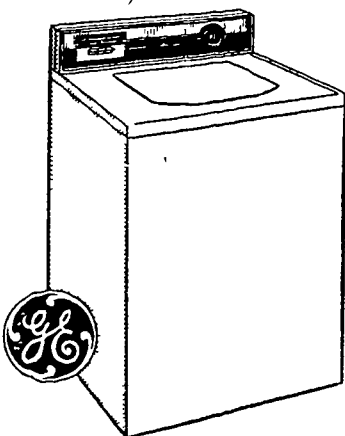
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