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## EC911 Honey Thruout the Year

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Florence J. Atwood

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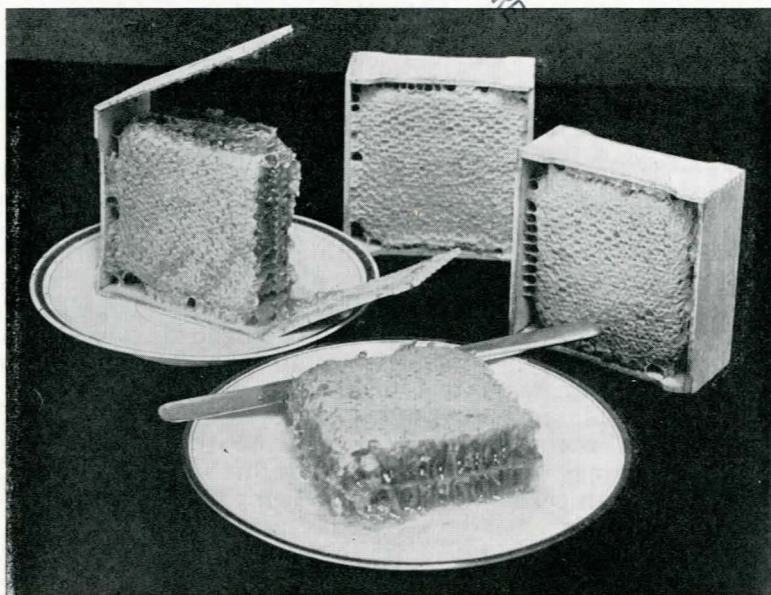
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# Honey Thruout The Year



The University of Nebraska Agricultural College Extension Service  
and United States Department of Agriculture Cooperating  
W. H. Brokaw, Director, Lincoln

## Honey Thruout the Year \*

BY MATILDA PETERS AND FLORENCE J. ATWOOD

Beekeeping is an industry which is rapidly being adopted as a sideline by many Nebraska farmers. Already there are several thousand beekeepers who depend upon bees for a part or all of their income. Therefore, the supply of honey is becoming more and more plentiful. In addition to their value for honey production, bees render a valuable service to agriculture because they are the most important agency in the cross pollination of the flowers of fruit trees and other plants of agricultural importance. Thus bees are significant in increasing fruit production.

### WHAT HONEY IS

Honey is the sweet nectar of flowers which is gathered, stored, and ripened by the honey bees. They ripen the honey by the fanning of their wings which causes the evaporation of moisture and the thickening of the product. The action of the bees also brings about a chemical change in the sugar which converts nectar into honey. The flowers from which nectar is gathered influence the flavor, aroma, and color of honey. Honey is usually designated by the main flower from which the nectar comes, as sweet clover, alfalfa, fruit blossom, and heartsease. Almost every kind of honey is made from a mixture of different nectars. Therefore, honey is not a uniform product since the flavor varies with the season, and there may be considerable variation in different years. Wholesale dealers sometimes mix several honeys in an effort to secure a standard blend. This requires a great deal of skill.

### COMPOSITION OF HONEY

Honey consists chiefly of sugar and water in the proportion of between three-fourths and four-fifths sugar and between one-fourth and one-fifth water. Honeys produced in dry localities or in a dry season have a relatively low water content and therefore excellent keeping qualities. The sugars present in money are largely in the form of simple or invert sugars such as glucose (dextrose) and fructose (levulose), which are readily digested and assimilated. Honey has a high proportion of fructose (levulose) which makes it sweeter than cane or beet sugar. Because of its high sugar content, honey has a high energy value. A cup of strained honey weighs about 12 ounces and yields

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\* The following Home Economics students in the Experimental Cookery class at the University of Nebraska assisted in testing out the recipes starred in this bulletin: Helen Baeder, Genevieve Jeffries, Helen Newberg, and Helen Rowher. The honey was furnished by the Nebraska Honey Producers' Association. A number of the recipes were originated in the laboratories of the American Honey Institute.



about 1,110 calories, while a cup of cane or beet sugar weighs about  $7\frac{1}{2}$  ounces and yields about 840 calories. On a basis of equal weight strained honey yields 1,480 calories per pound, while granulated sugar has 1,814 calories per pound.

Honey does not make a significant contribution to the diet so far as minerals and vitamins are concerned. The mineral content of honey resembles maple syrup and sugar or brown sugar rather than white sugar which contains no minerals. The minerals calcium, phosphorus, iron, sodium, potassium, and magnesium make up about one per cent of the weight of honey. Honey contains a very small amount of vitamin B and comb honey has traces of vitamin A.

#### FORMS OF HONEY AVAILABLE

Honey may be obtained as comb honey and extracted or strained honey. The market recognizes definite grades of both forms. Comb honey, which is honey in its natural condition in the comb, is an attractive form to serve on the table. Extracted honey has been removed from the comb, usually by centrifugal force, and is more economical and better adapted to many purposes than comb honey.

Extracted honey is available in either liquid or granular form. Granulated honey is strained honey which has partly or wholly solidified or sugared. Alfalfa honey granulates more readily than most kinds because of its higher proportion of glucose (dextrose). Granulation is an evidence of the purity of honey and not adulteration as is commonly believed. Honey crystallizes most readily at low temperatures and rapid crystallization results in fine rather than coarse crystals. In some sections of the country granulated honey is sold in paper cartons. It may be used as a filling for layer cakes.

Granulated honey may be liquefied by placing the jar in hot water (below boiling) until the crystals are dissolved. A double boiler may be used for this purpose. High temperature should be avoided, because this changes the flavor and color and the aroma is lost.

#### CARE OF HONEY

Honey will keep well for long periods of time because of its high concentration of sugar. It does, however, have the property of absorbing moisture in damp weather and this may dilute it sufficiently so that fermentation may occur. It should, therefore, be kept in a tightly closed container.

Since low temperatures cause granulation it should not be kept in a refrigerator. Ordinary room temperature

(70° F. or above) is most satisfactory. The safest rule for the care of honey is to keep it in a tightly covered container in a warm, dry place.

#### USES OF HONEY

Honey is perhaps most commonly used as a "spread" much like jelly, jam, preserves, or syrup, but there are possibilities for many delightful and interesting uses in cookery not always appreciated by the homemaker. Among the ways in which honey may be used are:

1. As a sweetening agent for breakfast cereals, fresh fruits, beverages, etc.
2. As a table syrup for hot cakes or waffles.
3. As a substitute for sugar, molasses, or corn syrup in the preparation of cakes, cookies, gingerbread, muffins, bread, pies, puddings, ice cream, etc.
4. In candy making—fudge, divinity, taffy, etc.
5. For cake icings and meringues.
6. In salad dressings.
7. In sandwich filling combinations.
8. In food preservation — canning, jelly-making, and preserving.
9. To give unusual flavors to meats and vegetables.

The resourceful homemaker will find many interesting and delightful adventures in store in exercising her ingenuity in using honey in some of her own favorite recipes or in originating new ones. The flavor of honey combines well with spices, lemon and orange juice and rind, and it may also be used with inexpensive shortenings. Some professional confectioners and bakers object to vanilla with honey and in many recipes the honey itself will give a better flavor alone than when other flavorings are added. It should be borne in mind that honey itself has a flavor due to the fragrance of the flowers from which it comes, and this flavor may be lost when it is masked with too many stronger flavors.

In older cook books recipes with honey specified rather large amounts of soda because this was believed to be necessary to counteract the acid in honey. The amount of acid in honey has been shown by experiment to be so slight that for practical purposes it can be disregarded, so that baking powder can be used for leavening in honey products. However, the use of a very small amount of soda seems to give a slightly lighter product.

#### SUBSTITUTING HONEY FOR SUGAR

It is necessary to exercise judgment in determining what proportion of honey should be used in substituting for



sugar in a recipe. In some recipes this substitution may be 100 per cent while in others 50 per cent may be more satisfactory.

When honey is substituted for all or part of the sugar in a recipe, the same measures of honey may be substituted for an equal measure of sugar but the amount of liquid in the recipe must be reduced in proportion to the amount of honey used. Honey contains from 18 to 25 per cent liquid. Therefore, for practical purposes  $\frac{1}{4}$  cup of liquid may be omitted for each cup of honey used. Some recipes containing ingredients like chocolate, raisins, dates, nuts, and mixed fruits may require as much liquid as the regular recipe, because these substances absorb liquid. In substituting honey for molasses use the same amount but omit the soda, and substitute four teaspoons baking powder for each teaspoon of soda.

Cakes and cookies made with honey possess superior keeping qualities and do not become stale easily. When first baked some of these products may not seem as sweet as sugar products, but upon aging for one or two weeks they become moist, well flavored, and improve in texture.

Oven temperatures are very important in baking products containing honey. The caramelization point of honey is low due to the content of fructose (levulose). It is, therefore, essential to bake honey mixtures slowly and evenly.

In using honey as a sweetening for fresh fruits and breakfast cereals, the most satisfactory method is to drizzle it. To drizzle honey have it in a syrup pitcher and warm the honey by placing the honey jar in warm water for about 10 minutes. This thins the honey to just the right consistency so it will drizzle tiny threads instead of pouring a heavy stream. Honey may be drizzled over ice cream or unsweetened whipped cream.

#### HONEY IN FOOD PRESERVATION

Honey may be used in place of all or a part of the sugar used in canning, jelly-making, preserving, and pickling. The light-colored honeys are best for this purpose. When used in canning the light colored fruits such as peaches and pears, the syrup will be somewhat dark if all honey is used in preparing the syrup. With most fruits a better color and a more delicate flavor results when honey is substituted for from one-fourth to one-half of the sugar ordinarily used.





## HONEY APPLES

- 1 qt. apples cut in small pieces      $\frac{1}{2}$  c. mild vinegar  
 1 c. strained honey      $\frac{1}{2}$  t. cinnamon

Heat honey, vinegar, and cinnamon together. Add apples a few at a time. Cook slowly until apples are clear. After all the fruit is cooked, pour the remaining syrup over it. Serve cold as a sweet relish.

## SAUSAGE AND APPLES

Fry sausage in skillet and place on hot platter. Drain off most of the fat; then saute apples which have been washed, cored, and sliced. When nearly tender add 1 teaspoonful honey to each serving of apples. Some butter may be used for some of the fat to saute apples if desired. Place apples around sausage on platter and serve hot.

## HONEYED SQUASH

- 1 qt. squash (cut in pieces)      $\frac{1}{4}$  c. hot water  
 $\frac{3}{4}$  c. strained honey      $\frac{1}{2}$  c. melted butter  
 Grated orange rind

Cut a squash (Hubbard variety preferable) into pieces suitable for serving. Pare trim, and drop into salted boiling water. Cook until tender and drain. Mix honey, melted butter, water, and grated orange rind in pan. Arrange the pieces of squash in a baking pan and bake in a moderate oven (350° F.) or cook on top of stove, turning pieces over until sufficiently candied. This flavor goes nicely with duck.

## SWEET POTATO CROQUETTES

- 1 qt. mashed sweet potatoes      $\frac{1}{8}$  teaspoon cinnamon  
 2 T. honey     Egg  
 2 T. butter     Sifted bread or cracker  
 1 t. salt     crumbs  
 1 c. cut pecans, walnuts,     Fat  
     or peanuts

Mix potato, syrup, butter, seasoning, and nuts thoroly. Shape into croquettes. Roll in crumbs, dip in egg or undiluted evaporated milk, then in crumbs again.

Fry in shallow fat or in deep fat heated to 380° F. until nicely browned. Drain on wire rack or crumpled brown paper.

These are delicious served with either chicken or baked ham.



**GLAZED SWEET POTATOES**

<b>6 medium sweet potatoes</b>	<b>¼ c. water</b>
<b>1/3 c. brown sugar</b>	<b>2 T. butter</b>
<b>1/3 c. honey</b>	

Boil the sweet potatoes in their skins. Peel and halve lengthwise and arrange in a greased baking dish. Make a mixture of hot water, honey, sugar, and butter. Pour over the sweet potatoes. Cook slowly in a moderate oven (400° F.) for about 20 minutes. Baste frequently.

**STEWED TOMATOES**

To one No. 2½ can of tomatoes (3½ cups) add salt, pepper, and butter to suit taste and then add 2 t. honey. Bread cubes may be added if desired.

**SALAD DRESSING**

<b>4 egg yolks</b>	<b>1 t. mustard</b>
<b>2 T. vinegar or lemon juice</b>	<b>1 t. salt</b>
<b>2 T. butter</b>	<b>Paprika to taste</b>
<b>2 T. honey</b>	<b>1 c. cream</b>

Heat the cream in a double boiler. Beat the eggs and add to them all the other ingredients but the cream. Pour the cream slowly over the mixture, beating constantly. Pour it into the double boiler and cook until it thickens or mix all ingredients but the cream and cook in a double boiler until the mixture thickens. As the dressing is needed, combine this mixture with whipped cream or honey meringue. This dressing is particularly suitable for fruit salads.

**FRUIT SALAD DRESSING**

<b>3 T. lemon juice</b>	<b>2 T. cornstarch</b>
<b>6 T. pineapple juice</b>	<b>½ c. honey</b>
<b>3 T. orange juice</b>	<b>2 egg yolks</b>
<b>2 T. water</b>	

Combine fruit juices and water with cornstarch and cook until thick and raw starch taste disappears. Add to beaten egg yolks. Add honey and cook until thick.

**FROZEN FRUIT AND HONEY SALAD**

<b>2 T. flour</b>	<b>1 c. crushed pineapple, drained</b>
<b>2 T. sugar</b>	<b>1 c. apricot halves, crushed and drained</b>
<b>¼ t. salt</b>	
<b>½ t. mustard</b>	<b>1 banana, sliced</b>
<b>2 egg yolks</b>	<b>1 c. seeded white cherries or grapes</b>
<b>½ c. strained honey</b>	<b>10 marshmallows, quartered</b>
<b>½ c. lemon juice</b>	
<b>1½ c. whipped cream</b>	<b>(be sure the cream is very fresh)</b>



FIG. 2.—Frozen fruit dessert with honey meringue.

Mix flour, sugar, salt and mustard. Add egg yolks and beat smooth. Add honey and lemon juice and cook over hot water, stirring constantly until smooth and thick. Chill thoroly, then fold in whipped cream and the fruits which have been well drained. Freeze. Serve on lettuce. Garnish with whipped cream or mayonnaise. Serves 12.

#### \* HONEY ORANGE AMBROSIA SALAD

Peel and slice crosswise, firm medium-sized oranges, allowing 4 or 5 slices for each salad. Arrange crisp lettuce on individual salad plates. Have warm honey in one dish and shredded cocoanut in another. Dip orange slices in honey (both sides) then in cocoanut. Arrange on lettuce leaves. Heap halves of sweet red cherries or berries in the center where orange slices meet. Drizzle a little honey on the fruit in the center. Serve cold.

#### HONEY FRENCH SALAD DRESSING

$\frac{1}{2}$ c. salad oil	2 T. catsup
1 T. salt	1 t. paprika
$\frac{1}{4}$ c. vinegar	1 t. mustard powder
2 T. lemon juice	3 or 4 T. honey

Place all ingredients in a bowl and beat, or in a glass-stoppered bottle and shake. This dressing may be made from the remainder of the honey left in the bottom of the empty honey jar.

#### \* PHILADELPHIA ICE CREAM

1 pt. coffee cream (18%)	3 T. honey
3 T. sugar	$\frac{1}{8}$ t. salt

Heat cream, add salt, sugar, and honey and stir until dissolved. Cool and add vanilla. Pour into freezing can and freeze, using 6 parts ice to 1 part salt. Ice cream made with all honey will not freeze.

#### \* CHOCOLATE HONEY ICE CREAM

1 pt. coffee cream (18%)	1 square chocolate
$\frac{1}{4}$ c. sugar	$\frac{1}{8}$ t. salt
$\frac{1}{4}$ c. honey	

Melt chocolate, add sugar, salt, and honey. Add hot cream gradually, stirring until smooth. Freeze, using 6 parts ice to 1 part salt.



**SAUCE FOR ICE CREAM**

**2 T. butter                      2 T. cornstarch                      ½ c. honey**

Cook together the cornstarch and butter thoroly, being careful not to brown them. Add the honey and cook the mixture until it will hold together when dropped in cold water and until all taste of raw cornstarch has been removed. The addition of a few chopped black walnuts adds to the flavor.

**\* HONEY CUSTARD**

**2 eggs                                      2 T. honey**  
**2 c. milk (scalded)                      Nutmeg**

Beat eggs, add honey and gradually add scalded milk. Pour into custard cups, sprinkle nutmeg on top. Set cups in pan of hot water and bake in oven at 300° F. until a silver knife inserted comes out clean.

Instead of pouring into custard cups, the mixture may be returned to the double boiler and cooked over hot water until it coats the withdrawn spoon. Stir constantly until it thickens. In case curdling occurs, beat with a dover beater.

**HONEY MERINGUE**

Beat together 1 egg white and ¼ cup honey. This requires a great deal of beating. One-third cup honey or ½ c. honey to 1 egg white may be used but the mixture is more difficult to beat. Use for topping for baked apples, puddings, ice cream, pies, etc. This product may be kept uncovered for several weeks in the refrigerator. In this case it should be beaten for a longer period to avoid separation. This meringue may also be combined with cocoanut and cornflakes and dropped from teaspoon onto a greased tin and baked at 300° F. If a stiffer meringue is desired, add 4 fresh marshmallows to each egg white during the beating process.

**COOKED HONEY MERINGUE**

**1 c. honey                                      2 egg whites**

Heat 1 cup of honey until it spins a thread when a little is dropped from a spoon. Pour gradually over the stiffly beaten egg whites. Continue beating until icing is fluffy and will hold its shape.

**PLAIN MUFFINS**

**2 c. flour                                      1 egg**  
**3 or 4 t. baking powder                      1 c. milk**  
**½ t. salt                                      3 T. fat**  
**2 T. honey**

Mix dry ingredients, add milk, beaten egg, honey, and melted fat. Mix but do not beat. Place in greased muffin pans. Bake in a hot oven (400° F.) for 30 minutes.



FIG. 3.—Honey macaroons.

**HONEY ICE BOX CAKE**

- |                                   |  |
|-----------------------------------|--|
| $\frac{1}{2}$ lb. graham crackers | $\frac{1}{4}$ t. salt                        |
| 1 c. dates                        | $\frac{1}{2}$ c. nut meats, coarsely chopped |
| 1 T. lemon juice                  | 1 c. heavy cream, whipped                    |
| 4 T. honey                        |  |

Crush graham crackers. Cut dates very fine and pour lemon juice and honey over them. Let stand for 15 minutes or more, add salt, then fold dates, nuts, and cracker crumbs into whipped cream, reserving about 2 tablespoons of crushed crumbs. Sprinkle the unused crumbs on a sheet of waxed paper. Turn mixture on paper, shape in long roll, coating with crumbs, roll up in the paper and place in refrigerator or a cool place over night to chill. Serve in slices, topped with honey meringue or whipped cream.

**PRUNE CAKE**

- |                            |  |
|----------------------------|--|
| $\frac{1}{2}$ c. honey     | $\frac{1}{2}$ c. shortening              |
| 1 t. cinnamon              | $2\frac{1}{4}$ c. pastry flour           |
| 1 egg                      | $1\frac{1}{4}$ c. soaked prunes (stoned) |
| $\frac{1}{2}$ c. sour milk | $\frac{1}{2}$ c. sugar                   |
| 2 t. baking powder         | $\frac{1}{2}$ t. soda                    |

Cream the shortening, sugar, and honey thoroly. Add beaten egg and beat well. Add sifted dry ingredients



alternately with sour milk. Beat thoroly after each addition of dry ingredients. Add chopped prunes. Put batter into two layer cake tins. Bake in a very moderate oven (325° F.) for 1¼ hours. Ice with honey meringue.

**\* HONEY LAYER CAKE**

1 c. pastry flour	¼ c. lard
2½ t. baking powder	1 c. honey
½ t. salt	2 eggs
½ t. vanilla	⅔ c. milk

Cream lard, add honey and blend together. Add well beaten egg, then alternate milk and vanilla with sifted dry ingredients. Bake at 350° F.

**HONEY SUGAR-COOKIES**

1 c. almonds	2 c. flour
½ c. sugar	½ t. salt
1 c. shortening	2 t. baking powder
½ c. honey	1 t. vanilla
½ t. grated lemon rind	

Blanch and brown almonds in oven, then cut fine. Cream sugar, shortening, and honey. Add the flavoring, well beaten eggs, lemon rind and the dry ingredients which have been mixed together. Drop on greased pan and bake.

**\* ROLLED HONEY COOKIES**

4 c. flour	1 c. lard
4 t. baking powder	2 c. honey
1 t. salt	1 egg
1 T. lemon juice	¼ c. milk
½ t. lemon rind	

Cream lard, add honey, and blend well. Add egg and beat well. Add milk and lemon juice, then sifted dry ingredients.

**\* HONEY ICE-BOX COOKIES**

1 c. lard	6 c. flour
1 c. brown sugar	1 t. salt
1 c. honey	½ t. soda
1 egg	4 t. baking powder

Cream lard, add sugar and honey. Add egg and beat well. Then add sifted dry ingredients. Form rolls 1½ or 2 inches in diameter and place in refrigerator over night or for several days. Slice thinly and bake in a moderate (400° F.) oven.

**\* HONEY GINGER COOKIES**

$\frac{1}{2}$ c. lard	2 t. baking powder
1 c. brown sugar	$1\frac{1}{2}$ c. rolled oats
$\frac{1}{3}$ c. honey	$\frac{1}{2}$ c. nuts
2 T. sweet cream	$\frac{1}{4}$ t. salt
2 eggs	1 t. ginger
1 c. flour (general purpose)	$\frac{1}{2}$ t. allspice
	$\frac{1}{2}$ t. cinnamon

Cream lard, add sugar gradually. Add honey, then cream, and beaten yolks. Add sifted dry ingredients, then rolled oats and nuts. Mix thoroly. Fold in stiffly beaten egg whites. Drop by teaspoonfuls on an oiled baking sheet. Bake at 350° F. for about 10 minutes.

**\* HONEY DATE BARS**

3 eggs	$\frac{1}{2}$ t. salt
1 c. honey	1 c. dates
$1\frac{1}{2}$ c. flour	1 c. nut meats
1 t. baking powder	

Beat eggs, add honey and blend together. Add sifted dry ingredients, then chopped dates and nuts. Spread in shallow pan  $\frac{1}{4}$  inch thick, and bake in oven at 325° F.



FIG. 5.—Honey date bars.



## \* HONEY FUDGE SQUARES

1/3 c. lard	1 c. honey
2 squares chocolate	1/4 c. sour milk or cream
1 egg	1 c. chopped dates
2 c. flour (general purpose)	1/2 c. nut meats
1 t. baking powder	1/4 t. salt
1/4 t. soda	

Melt chocolate over hot water. Blend melted chocolate with honey and shortening which have been creamed together. Add beaten egg to sour cream and add this mixture alternately with sifted dry ingredients. Add nuts and dates. Spread batter to about 1/2 inch in depth in a flat, well greased pan and bake at 300° F. for 20 minutes, reducing temperature to 250° F. for the remaining 15 minutes. When cool cut into squares or oblongs.

## \* HONEY NUTLETS

1 c. lard	1/2 t. soda
1 c. honey	1 t. salt
1 c. brown sugar	1 t. cinnamon
1 egg	3 t. baking powder
4 c. flour (general purpose)	1 c. nut meats

Melt shortening, add honey and mix well. Add sugar, then beaten egg. Add dry ingredients which have been sifted together three times. Add nuts. Drop by teaspoonsfuls on greased baking sheet and bake at 350° F. for about 15 minutes. These cookies should be stored for a week to soften. If this is not possible, 1/4 cup less flour may be used.

## PUMPKIN PIE

3/4 c. honey	1/2 t. cinnamon
1 c. mashed pumpkin	2 eggs
3 t. flour	1 1/3 c. milk

Mix cinnamon, pumpkin and flour, then add honey, egg yolks, and milk. Blend well together and pour into unbaked crusts. Some melted butter added gives a distinctive flavor. Cooked or uncooked honey meringue may be used for icing if desired.

## SOUR CREAM PIE

3 eggs	1 t. cinnamon
1/3 c. honey	1 c. sour cream
2 T. flour	3 T. honey
	1 c. chopped raisins or dates

Separate the eggs and beat the yolks; add the honey which has been blended with the flour and cinnamon. Add

the sour cream. Add chopped raisins or dates. Cook until thick. Pour in a baked shell. Beat the egg whites to a stiff froth and add 3 T. of honey. Spread on top of the pie and brown lightly in a very slow oven.

#### HONEYED APRICOT SAUCE

Wash 3 cups dried apricots and soak over night. In the morning cook in enough water to cover until tender. Remove from fire and add  $1\frac{1}{2}$  cups honey in which has been mixed  $\frac{1}{2}$  t. cinnamon. Allow to stand at least 12 hours before serving. (Some like the flavor of a little lemon juice.)

#### APRICOT WHIP

1 egg white                      2 t. lemon juice  
1 c. dried spricot pulp       $\frac{1}{3}$  c. honey

Soak dried spricots over night, cook until soft, and run thru sieve. Add honey and cook for 5 minutes or until thick. Cool. Beat egg white until stiff. Fold in sweetened fruit pulp and lemon juice. Chill 1 hour.

#### HONEY FRUIT PUNCH

Juice of 2 oranges                      2 c. water  
Juice of 2 lemons or 1 grapefruit      Honey to taste

Mix ingredients thoroly and serve ice cold.

Variation: Add to the above mixture 1 c. of the juice of another fruit, such as grape juice, raspberry juice, loganberry juice, pineapple juice, or juice from any canned fruit.

#### HONEY DIVINITY

2 c. sugar                               $\frac{1}{8}$  t. salt  
 $\frac{1}{8}$  t. cream of tartar                  2 egg whites  
 $\frac{1}{3}$  c. honey                               $\frac{1}{2}$  c. nut meats  
 $\frac{1}{3}$  c. water                              Flavoring (almond extract)

Boil water, honey, and sugar until it forms a hard ball (almost brittle) when dropped in cold water. Pour over stiffly beaten egg whites and beat constantly. When it has lost the gloss and is stiff enough to hold its shape, add flavoring and nuts. Pour on buttered pans and cut in squares.

#### \* HONEY CHOCOLATE FUDGE

1 square chocolate                      1 t. vanilla  
2 c. sugar                              1 c. nuts  
1 c. evaporated milk                   $\frac{1}{8}$  t. salt.  
 $\frac{1}{4}$  c. honey

Melt chocolate, add sugar, salt, and milk and boil for 5 minutes. Stir until all the sugar is dissolved, and no more.



Add honey and cook to 236° F. (a soft ball in cold water). Let cook and beat while still quite warm. Beat until it begins to cream, add vanilla and nuts and beat as long as possible. Pour into a buttered pan and cut into squares. ( $\frac{1}{4}$  c. of cream and  $\frac{3}{4}$  c. of milk may be substituted for the evaporated milk.

#### UNCOOKED HONEY BARS

**2 c. raisins or dates     $\frac{1}{4}$  c. honey    1 c. chopped nuts**

Grind raisins, add nuts and mix with honey. Form into balls 1 inch in diameter and roll in cocoanut or powdered or granulated sugar.

#### HONEY CHOCOLATES

Cut candied honey into half inch cubes, and dip in melted chocolate.

#### HONEY SANDWICHES

1. Toast one side of slice of bread. Butter untoasted side, then spread with honey and sprinkle with cinnamon. Put back into oven or broiler for a few moments so as to blend flavors.

2. Blend any of the following combinations and spread between slices of white, whole wheat, or brown bread.

- (a)  $\frac{1}{2}$  c. cream cheese, 1 T. honey,  $\frac{1}{4}$  c. grated raw carrots.
- (b) 1 c. finely diced apples,  $\frac{1}{2}$  c. cottage cheese, 2 T. honey.
- (c)  $\frac{1}{2}$  c. chopped raisins,  $\frac{1}{4}$  c. honey,  $\frac{1}{2}$  c. chopped nuts, 1 t. lemon juice.
- (d)  $\frac{1}{2}$  c. chopped raisins,  $\frac{1}{2}$  c. finely diced celery, 4 T. honey, 1 t. lemon juice.
- (e)  $\frac{1}{2}$  c. grated raw carrots,  $\frac{1}{4}$  c. finely diced celery,  $\frac{1}{4}$  c. honey.
- (f) 1 t. lemon juice,  $\frac{1}{4}$  c. chopped dates,  $\frac{1}{4}$  c. honey.
- (g)  $\frac{1}{4}$  c. chopped nuts, 2 T. honey, 4 T. peanut butter.
- (h) 1 or 2 T. honey to  $\frac{1}{4}$  lb. soft cream cheese.

#### HONEY BUTTER

Two parts honey, one part of butter. Let butter stand in room temperature until it is soft. Add honey and stir until perfectly blended. Place in container and cover tightly. Keep in refrigerator. Delightful for spreading crackers, icing for sponge cakes, filling for rolled biscuits, and for spread for hot waffles.

Distributed in furtherance of cooperative agricultural extension work. Acts of May 8, 1914, and June 30, 1914. Extension Service of The University of Nebraska Agricultural College and U. S. Department of Agriculture cooperating. W. H. Brokaw, Director of Agricultural Extension Service.