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Honey for health : free booklet of recipes

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— FREE BOOKLET OF RECIPES —

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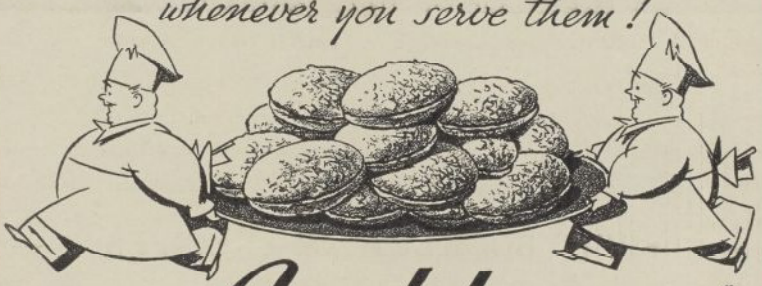

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Honey for Health . .

"HONEY for Health" is not merely a catchy slogan; it is the truth, the force of which has been recognized for centuries. In Scriptural days honey was used as a figure of speech to express abundance of the things necessary for human sustenance. A land "flowing with milk and honey" was regarded as replete and all-satisfying. The writer of the Proverbs in the inspired Book, among many wise things, enjoined — "My son, eat thou honey, for it is good."

Germs Cannot Live in Honey.

It is noteworthy that honey is fatal to disease germs. Nature guarantees the purity of its sweetener. Experiments carried out at Colorado Agricultural College established the fact that the most virulent disease organisms which afflict the human race died in a few hours — or, at the most, a few days — when introduced into honey. Proving its absolute safety as a food for infants and invalids. In marked contrast to the germ-carrying potentialities of water, milk, meat, or vegetables, honey is entirely immune from germs of any kind.

Honey for Cheapness.

Honey is the cheapest food there is. It is rich in energy and health-giving constituents. Yet nothing of its kind is so low in price.

Honey can be used sparingly and yet be satisfying — the finest evidence of its individuality as a natural food. There is no substitute for it; nothing can reproduce its flavour or gather its marvellous qualities into synthetic form. The actual process by which the working bee takes the native nectar of flowers and turns it into ripened honey has baffled science; the bee as a producer of human food of supreme dietetic value remains one of Nature's mysteries.

In America, where the value of honey as an indispensable item on the daily menu is more fully appreciated than in Australia — and where its health-giving qualities are more fully exploited — the estimated consumption is 8lb. per head per year. Australia's average is considerably lower, but housewives are beginning to appreciate its important energizing and health-promoting properties, and the general consumption figures are on the up-grade.

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Some Striking Comparisons

Honey is Good Food

ONE pound of honey contains three times as much nourishment as a pound of meat. Fourteen ounces of honey have the same food value as twenty eggs. One pound of honey contains 1,485 calories, equal to six pints of milk, 8lb. of plums, 10lb. green peas, 12lb. apples or 20lb. carrots. Honey's water content, averaging about eighteen per cent., is so much lower than almost any other food, that it is unchallenged for nett food value. Meat reaches seventy-five per cent. of moisture; fruit, vegetables, and milk as high as ninety per cent., and even dry bread contains forty per cent. of water.

What the Doctors Say.

Doctors and men of science the world over are emphatic in their praise of honey as a natural food conducing to good health.

"I know of few ways of adding ten years to your life better than giving up meat and taking two pounds of honey per week," says Dr. Josiah Oldfield, Lady Margaret Hospital, Kent (Eng.), in "Honey for Health."

Professor Koch, M.D., of Bad Nauheim, a famous resort for patients suffering from heart trouble, declares:

"If prescribing for the heart, I would write down precisely the substances found in honey."

"Many cases of dyspepsia and Bright's disease could have been avoided by the use of honey . . ." Dr. Bodog Beck, of New York, in "History and Use of Honey."

Dr. N. Zaiss, Vienna, Austria, adds his voice to the chorus of medical testimony:

"Honey is one of the best aperients, and does not attack the mucous membranes. It is used with good results as a remedy for all sorts of people, convalescents, and for those suffering from stomach troubles. In the catarrhal affections, in the case of weakly and anaemic children, weak old case of rheumatic patients, honey dissolves uric acid, while manufactured sugar produces it."

Mr. W. L. Finley, D.D.S., Director of Athletics of the Y.M.C.A. of Toronto, Canada, says: "For three years the members of the Y.M.C.A. Walking Club have been using honey as a staple article of diet. Following extensive medical research work on diet and athletes' endurance, in which was involved estimations of blood sugar before and after competitive walks, these members were advised to incorporate in their bill of fare a large quantity of natural sugars, and the article seemed most suitable by medical opinion was honey."

Dietetians, specialists, and doctors of all nationalities emphasize the health-giving properties of honey.

Both as a food and a natural medicine, honey stands supreme.

Honey for Babies.

Astonishing Results Achieved.

Because honey is absolutely pure, and is a form of sugar which requires no digestive effort, its use in formulae for bottle-fed babies has been attended with remarkable results.

Not only does it provide essential elements of a balanced food, but is mildly aperient, and satisfies the natural craving for sweets. Instances without number are on record where infants whose dietetic troubles defied the doctors have thriven on a diet in which honey in appropriate quantities was a regular constituent.

In the United States the value of honey as a food for babies and young children has been abundantly demonstrated. Experiments conducted in order to test the value of honey as against corn-syrup and other sweeteners have resulted overwhelmingly in favour of honey.

THE BEES DO THEIR BEST

IN PRODUCING

ARAB

BRAND

TRADE MARK

HONEY

Packed in 1½lb. and 7lb. Tins, 1lb. 2lb. and 5¼lb. Glass Jars

By the Proprietors of **"VICEROY" TEA**

Babies Benefit

Honey is Better Than Sugar

"HONEY has a pronounced soothing effect upon infants. Those who were fretful before, exhibited a remarkable change of temper after being put on honey. The tendency to fall asleep after feeding was greatly increased." — Dr. Paul Luttinger, lecturer on Child Diseases, Bronx Hospital, New York, in the "New York Medical Journal."

Dr. Geo. E. Payne Philpots, of The Food Education Society of Victoria, says: "Honey has a certain percentage of natural calcium and other necessary salts that Nature intended to be present to give us health. Honey is the most perfect predigested food we have; parents should substitute it for refined sugars, and chidren would not partake of dangerous foods to the excess indulged in to-day." Dr. Philpots also advised the regular use of honey as a preventive of dental decay.

The fact that honey has been included in the diet lists of the Truby King hospitals and baby health centres in Australia and New Zealand speaks for itself.

Nature's Sweet.

Honey is Nature's sweet, manufactured from the purest ingredients in the world's cleanest factory. Unlike some sweets, it does not harm the teeth, does not ferment in the stomach, is not habit-forming, assists digestion, and contributes vital elements to the blood.

Honey — liquid or candied — is pure, and entirely harmless to all, of whatever age. In its final form honey is about eighty per cent. sugar, but it is a natural sugar which makes no demands on the digestive system. The bee has already processed it, and reduced it to simple elements which pass directly into the blood stream.

It can be taken in countless ways (as recipes later in this booklet will show), and is splendidly beneficial in them all.

The children love it — on their breakfast foods, their puddings, their toast or bread. The clear gold of *liquid honey delights* them, and the sugary sweetness of candied honey gives infinite healthy pleasure to the litte ones.

In the comb, honey enthralls every child by the artistry of its form, its delicious flavour, and its sweet crispness. It can be eaten thus as a substitute for sweets.

Give the children plenty of honey — the nectar which Nature stores in the flowers, extracted and prepared by Nature's own confectioner, for the welfare of man.

As a sweetener for the many tasty breakfast foods now on the market, honey has no equal.

About Candied Honey.

Many persons have the idea that when honey "candies," that is a sign of adulteration. On the contrary, it is a sign that it is real honey. All honey will candy in time, especially if it be kept at a low temperature. It candies most rapidly at about fifty-seven degrees F.

Candied honey can easily be re-liquefied by setting the container in water a little hotter than you can bear your hand in. Held at that temperature it will gradually melt. But on no account boil it; boiling ruins the flavour of honey.

Candied honey to be used as a spread takes on a finer, smoother, more pleasing texture when the crystals are broken down and the candied mass whipped smooth. This is done commercially in large grinding and mixing mills, but you can do it at home by putting the candied honey through the mincer, set fine, and then beating it with a wooden paddle like cream. Thus processed it is called honey cream, or honey butter. Honey nut cream can be made by simply grinding a small proportion of nuts with the crystallized honey.

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ANCHOR

SUPERFINE

HONEY

FOR BEST RESULTS

Packed by—G. Wood, Son, & Co., Ltd.

Tested Honey Recipes . .

To obtain best results from the use of honey, Mrs. Graham Smith points out that cakes that contain butter and honey (excepting fruit cake) retain their freshness for a longer period when sugar and honey are used than when honey alone is used. It has been found that sponge cakes made with honey and no butter retain their freshness much longer than when made with sugar. There is an added richness about a sweet cake which has honey as an ingredient.

Quantities must be accurately measured or weighed where stipulated (guessing is unsatisfactory).

When substituting honey for sugar in cakes, due allowance was made for the higher moisture content of honey over sugar — which means that less liquid is required in the mixture.

A level tablespoon of honey weighs one ounce, but as tablespoons vary in size, they should be tested accurately, so that the exact amount of honey according to recipe is used.

Honey-prepared mixes are slightly more sensitive to heat, so that a slower oven is required in cooking. This is important.

HONEY SPONGE

Three eggs, 1 scant teacup honey, 1 teacup self-raising flour, pinch of salt, 2 dessertspoons cold water.

Method—Beat whites of 2 eggs with honey till stiff; beat yolks with remaining egg. Gently stir into first mixture. Fold in flour sifted with salt, and lightly mix in water. Bake in well-greased sandwich tins in moderate oven.

Filling—Two tablespoons each butter and honey, vanilla, beaten to a cream.

NUT LOAF

One breakfastcup flour, ½ cup honey, ½ cup chopped walnuts, ½ cup sultanas, ¼ cup milk, 1 teaspoon baking powder, 1 egg, 1 tablespoon butter, pinch of salt.

Method—Cream butter and honey, add egg; beat. Add milk, flour sifted with salt and baking powder, then walnuts and sultanas. Bake in a moderate oven.

HONEY FRUIT DROPS

One cup butter, ½ cup honey, 1 egg, cup of chopped dates, 2 cups flour, pinch of salt, 1 cup seeded raisins, ½ teaspoon cinnamon, 2-3rds cup chopped walnuts.

Method—Cream butter and honey, add egg; beat. Add dates, raisins, cinnamon, nuts, and flour. Drop in teaspoonfuls on greased pan. Makes about three dozen.

HONEY LEMON CHEESE

Three or 4 eggs, ½ lb. sugar, ½ lb. honey, ¼ lb. butter, juice of 3 lemons, and a grated rind of 2 lemons.

Method—Beat eggs well. Put all ingredients in double saucepan or jug. Cook in saucepan of water until thick, stirring frequently.

A Favourite Brand for Fifty Years

BLACK HORSE HONEY

Choicest Selected

FOUNDATION RECIPE FOR STEAMED PUDDINGS

(Devon, Date and Chocolate Pudding)

Ingredients—Six ozs. self-raising flour, 2½ ozs. butter, 2 small (or 1 large) eggs, small ¼ cup milk, 3 level tablespoons (3 ozs.) honey, few drops essence.

Method—Beat butter and honey to a cream, add eggs; beat well. Add milk and essence, then flour. Steam for 1½ hours.

Devon Pudding—By addition of 3 tablespoons sultanas and 1 tablespoon chopped almonds.

Date Pudding.—By addition of ¼ lb. stoned dates and 1 tablespoon chopped walnuts.

Chocolate Pudding—By addition of 1 tablespoon cocoa and half a teaspoon of vanilla or chocolate powder.

RICE PUDDING

Three ozs. rice, 1 level tablespoon honey, ½ pint water, 1 good pint milk, 2 eggs, pinch salt, nutmeg, 1 teaspoon butter.

Method—Wash rice; simmer it gently in the water till it is all absorbed. Stir it now and then. Add the milk. Bring to a simmer and cook gently for quarter of an hour. Allow to cool two minutes. Beat eggs and honey. Butter pie dish. Pour rice and milk in; add eggs and honey and mix gently. Put four small pieces of butter on, grate nutmeg on top, and cook gently (standing in dish of cold water) for forty to fifty minutes, or till set.

For tapioca or sago use same method.

FRUIT CAKE (Dark, Rich, Moist)

One lb. plain flour, ¼ lb. self-raising flour, ½ grated nutmeg, ¼ teaspoon salt, 1 teaspoon cinnamon, ½ teaspoon spice, 8 eggs, 1 lb. butter, 1 lb. honey (mild candied preferred), 1½ lb. sultanas, ¾ lb. raisins, ¼ lb. currants, ¼ lb. dates, ¼ lb. candied peel, 2 tablespoons brandy, ¼ teaspoon soda stirred in one tablespoon of boiling water, 2 tablespoons blanched almonds.

Method—Cream honey and butter; add eggs one at a time, then some flour and some fruit, then brandy, lastly soda in boiling water. Put into greased tin lined with paper, and bake four to five hours. Hot oven when it goes in. Do not open oven door for twenty minutes, then reduce the heat slightly. Reduce heat again after cake has been in one hour. Very slow oven for the rest of the time.

HONEY, NUT, ALL-BRAN MUFFINS

Two cups flour, 2 teaspoons baking powder, ¼ teaspoon soda, ½ teaspoon salt, 2 cups Kellogg's All-Bran, ¾ cup chopped walnuts, ½ cup honey, 1 tablespoon melted butter, 1½ cups milk.

Method—Sift flour, baking powder, soda, and salt together, add Kellogg's All-Bran and walnuts. Mix honey, melted butter, and milk. Add to dry ingredients. Bake in hot oven twenty-five minutes. Yield, sixteen muffins.

SOFT HONEY CAKE

One cup butter, 2 cups honey, 2 eggs, 1 cup sour milk, 4 cups flour, 2 teaspoons soda, 1 teaspoon ginger, 1 teaspoon cinnamon, ¼ teaspoon salt.

Method—Cream butter and honey well, add beaten eggs, sour milk, flour sifted with soda, spices, and salt. Mix well and bake in layer tins. (375 deg. F. to 400 deg. F.)

HONEY BISCUITS

Ingredients—1 lb. honey, ¼ lb. ground almonds, ¼ oz. carbonate of soda, pinch of salt, pinch of ground cloves, grated rind of ½ lemon.

Method—Sift the flour, salt, carbonate of soda, and cloves into a basin. Add the ground almonds and grated lemon rind. Melt the butter and honey together and add them to the dry ingredients. Mix together thoroughly. Then cover the basin and let the mixture stand all night. Next day turn it on to a floured board, and roll the mixture out half an inch in thickness, and cut out. Brush tops with white of egg, sprinkle with ground almonds, and bake on greased tins in a moderate oven for about fifteen minutes or till the cakes are crisp, and a pale brown colour.

HONEY LEMON PIE

Ingredients—One cup of honey, yolk of three eggs beaten light, one tablespoon of flour, juice and fresh grated rind of lemon, 1 tablespoon melted butter.

Method—Mix thoroughly in the order given, then add 1¼ cups of rich milk. Pour into pie plate, line with a good crust, pricked to prevent air blisters, and bake until set. Cover with a meringue of the white of eggs beaten with 3 tablespoons of honey and a few drops of lemon juice and brown lightly.

HONEY DATE PUDDING

Two cups dates, seeded and chopped fine, ½ cup nut meats, cut fine, 2 eggs, beaten light, ¾ cup honey, ½ cup flour, 1 teaspoon baking powder, ½ cup Kellogg's All-Bran.

Method—Mix well, bake twenty minutes in moderate oven (375 deg. F.). Serve with cream, whipped or plain. May be rolled in powdered sugar and served.

APPETISING AND WHOLESOME!

LION BRAND
PURE
HONEY

HAVING a distinctive flavour, light in colour and wholly a South Australian product, Lion Brand Pure Honey is one of the uniform quality products of D. & J. Fowler Ltd. and comes to you packed in the following sizes:

7lb. tins, 1½lb. tins, 5¼lb. glass jars, 2¾lb. jars, 2lb. jars, 1lb. jars.

LION BRAND PURE HONEY is obtainable at Grocers everywhere.

OBTAIN YOUR SUPPLY NOW!

Try Kellogg's
Whole Wheat Biscuits

AS RECOMMENDED IN THESE RECIPES

also

Kellogg's
Corn Flakes, All Bran, and Rice Bubbles

HONEY COOKIES

Blend ½ cup honey, 1 teaspoon butter, 1 egg beaten light, ½ teaspoon baking powder, pinch salt, flour to make a stiff dough. Drop in buttered tins. Bake in a slow oven.

HONEY CORN FLAKE MUFFINS

One-third cup honey, 1 egg, 1 cup milk, 2 cups flour, 4 teaspoons baking powder, ¼ teaspoon salt, 2 cups Kellogg's Corn Flakes, ¼ cup butter.

Method—Cream butter and honey and add well beaten egg, then milk and flour sifted with baking powder and salt, and lastly the Kellogg's Corn Flakes. Bake in small sized greased muffin tins twenty minutes (400 deg. F.). Yield, twelve muffins.

HONEY CRISP ROLL

Two cups Kellogg's Rice Bubbles, 1 tablespoon walnuts, ¼ pint cream, ½ cup chopped dates, 1 good tablespoon honey.

Method—Roll the Rice Bubbles; measure after rolling. Mix 1 cupful with the dates, nuts, and honey. Whip the cream stiffly and fold into the Rice Bubbles, etc. Shape into a roll, covering it with other Rice Bubble crumbs. Chill for a few hours. To serve: Slice with a sharp knife, garnish with whipped cream sweetened with a little honey, and a strawberry or cherry on top.

HONEY RICE KRISPS

Half a cup sugar, ¼ teaspoon salt, ½ cup extracted honey, 1 tablespoon vinegar, 1 package Kellogg's Rice Bubbles.

Method—Cook the sugar and honey together to a temperature of 270 deg. F. Remove from heat and add salt and vinegar. Pour over Rice Bubbles and mould as above. Yield, twelve balls or bars.

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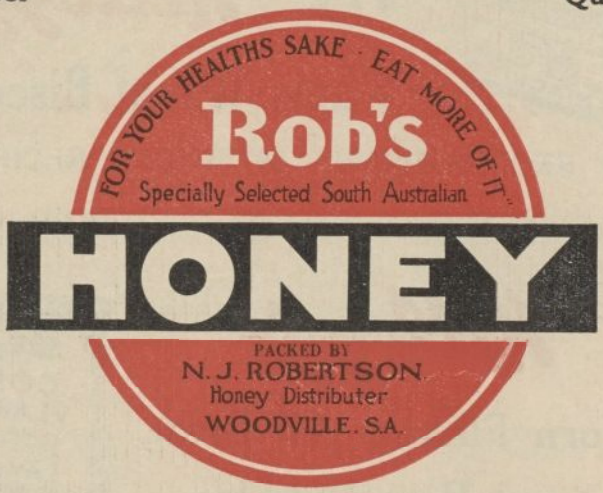

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HONEY IN MEDICINE

FOR ASTHMA

Mix 1 oz. castor oil with 4 ozs. honey. Take one tablespoon night and morning.

FOR FEVERISH COUGH

Mix 1 fluid oz. each of honey, olive oil, lemon juice, and sweet spirits of nitre. To be taken several times a day in half-fluid drachm doses.

BRONCHIAL COUGH

Equal parts of honey and lemon juice give immediate relief.
Nearly all cough mixtures contain honey — Ask yourself why!

HONEY FOR IRRITATED THROAT

Take 2 tablespoons each of honey and glycerine, 1 tablespoon lemon juice with a dash of ginger. Keep the mixture warm and use a little as needed. A teaspoon of heated honey will often stop a cough, and seems especially effective at night.

A GOOD TONIC

Equal parts honey, cod liver oil, juice of lemon, and juice of orange; mix well and take three times a day.

Honey is a mild laxative, and should be regularly fed to children, particularly when fruit is scarce.

HONEY PASTE FOR CHAPPED HANDS

White of 1 egg, 1 teaspoon glycerine, 1 oz. honey, and sufficient barley flour to make a paste.

Honey is a prime ingredient of the very best cosmetics, for its action on the skin is always agreeable.

PROTECT YOUR HEALTH

The Choicest Table **HONEY** is

"REX"

in the special

BEEHIVE JAR

Reduced Price

2 lb. JAR, 1/-

AT YOUR STOREKEEPER

SOME FACTS ABOUT HONEY

Honey is the nectar of flowers, modified and changed by the honey bee. The modern apiarist provides movable combs in which the bees store the honey. When the ripening process is completed, the bees cover the cells with a cap of wax. This cap is removed by the bee-keeper with a hot knife, and the frames are then placed in wire cages, which are rapidly whirled, causing the honey to be thrown out of the cells; hence the term "extracted honey."

When taken from the combs, it is liquid, but most kinds of honey, if kept long enough, will granulate, and become more or less solid. This process in no wise affects the quality, and it may be reduced to the liquid form by placing it in a vessel, surrounded by moderately hot water.

Honey from different flowers varies considerably, both in flavour and colour, and some is more suitable for table use than others.

Children love honey. Its rich mellow flavour satisfies that natural craving for sweets which most children have.

In this connection it is interesting to note that at the Dental Congress held in Melbourne, Dr. Philpots, President of the Food Education Society of Victoria, strongly advised the regular use of honey in the diet as a prevention of dental decay and as a general assistance to health.

Amongst other things, he said:

"Honey calls for practically little work from the digestive system and is ready to be absorbed into the blood, to carry with it, vitamines, mineral salts, and other health-giving substances to give energy and health to the human system. These blessings are denied those who take only refined cane sugar.

"Honey is the most perfect pre-digested food we have and it is interesting to note that the system will not allow honey to be taken to the same alarming excess as refined sugar. When a large amount of refined sugar is taken into the system, it requires great nervous energy to convert it into the simple form before it is capable of being absorbed into the blood stream. If too freely used, refined sugar diminishes the secretion of gastric juices, and delays the normal emptying of the stomach. Especially with infants, refined sugar has a very irritating effect and therefore should be avoided.

"Refined sugar is so palatable that children never know when to stop eating this food, now looked upon by science as a calcium thief.

"When an excess of refined sugar is eaten there is a craving for calcium salts, and it robs the teeth of those chemicals and they become ruined.

"Honey, on the other hand, has a certain percentage of natural calcium and other necessary salts that nature intended to be present to give us health."

Honey is not a complete food in itself because it does not contain the elements necessary to build up flesh, but its regular use in moderate quantities has a remarkable effect in keeping the body fit. It is of particular benefit in cases of nervous exhaustion, heart weakness, digestive disorders, and general lack of tone.

Everywhere medical men advocate the use of honey, for they realize that it is a unique product of nature and plays a part in diet which nothing else can. Even the ancients realized this, and we should not be behind them in using what is now produced in so tempting a form.

Honey may be obtained liquid and also as cream of honey, which is granulated honey in an ideal form for table use. Honey may also be used for cooking, but it is not advisable to use it indiscriminately in this way in place of sugar. However, there are many recipes which have proved satisfactory and we give a small selection which will doubtless suggest to the housewife many others.

HOME-MADE LOLLIES WITH HONEY

HONEY CARAMELS

One cup of liquid honey of best flavour, 1 cup granulated sugar, 3 tablespoons sweet cream or milk. Boil until it hardens when dropped into cold water, but not too brittle — just so as it will form into a soft ball when taken in the fingers. Pour into a greased dish, stirring in a teaspoon extract of vanilla just before taking off. Let it be ½ or ¾ inch deep in the dish, and as it cools cut into squares and wrap each square in a wax paper. To make chocolate caramels, add to the foregoing 1 tablespoon melted chocolate just before taking off the stove, stirring it in well.

HONEY TOFFEE

One lb. sugar, ½ lb. honey, ¼ lb. butter. Melt butter and honey together, and sugar. Boil to crack and pour into buttered tins to cool. Delicious.

PEANUT HONEY CANDY

Take 1 cup butter, 2 cups honey, 2 cups sugar, 1 cup boiling water, ¼ teaspoonful cream of tartar, ½ teaspoon glycerine, a tiny dash of soda. Boil ten minutes to a soft ball, and set in cool place. When it has cooled slightly, stir in one or two tablespoons of peanut butter, or to suit taste; keep stirring till creamy; then pour into buttered pans; mark in squares.

MARSHMALLOW CREAM

Ingredients—One-quarter cup honey, 1 teaspoon gelatine, ½ cup cold water, 1 teaspoon lemon extract, ½ cup boiling water, whites of 2 eggs, 1 teaspoon vanilla.

Method—Dissolve gelatine in the usual way, heating it over a tea kettle until thoroughly dissolved. Cool, but do not chill; stir in the honey, and add to the whites of the eggs beaten very light, a few spoonfuls at a time, beating constantly. Divide into two parts; to one add a colour and flavour with vanilla, about 1 teaspoon; to the other add 1 teaspoon lemon extract. Mould in layers, adding nuts to one part and marashino cherries to the other. Serve with or without cream.

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1 and 2 lb. Jars

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