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## Something old something new liquid gold for young & old

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**SOMETHING OLD**



**SOMETHING**  
**NEW**



**LIQUID GOLD**  
**FOR**  
**YOUNG & OLD**





## SOMETHING OLD

**Honey** is the world's oldest Sweet—and still the Best. The earliest traces of bees have been found in ancient fossils. So, down through the ages to the present day, countless generations have enjoyed Nature's Own Sweet.

Honey is compatible with all other foods, and can be eaten in combination with them. It is a non-acid forming sweet.



It should not be regarded as a luxury, but as one of the most wholesome foods known to mankind.

Honey must be of pre-eminent value, for it is the quintessence of myriad flowers. It is Nature's pure Nectar, a product of sunshine, collected and prepared by the bees. Enjoy baths of sunshine, but enjoy sunshine in your food, too

*Eat more Honey!*

## A Good Investment

Honey is a food that will keep indefinitely. That is only one of its qualities. Honey often becomes granulated (or candied) in cold weather, and many people prefer it in that state. However, if desired, it can readily be restored to its original consistency by heating the jar of honey in a container of hot water. Stir occasionally and heat only just enough to melt the honey; if over-heated, the flavour will be spoiled.

During the summer months, honey is twice as nice if kept on ice.



**MOTHERS:** Stop worrying about those school lunches. Here are some wholesome appetisers, easy to make and delicious to eat.

Honey and Peanut Paste Sandwiches.

Butter, Honey and Sliced Cheese Sandwiches.

Honey-Butter and Sliced Apple Sandwiches.

And for a tasty snack at any time—

**Honey Fruit Cake** (No Sugar), made as follows:—

**Ingredients:** One cup self-raising flour, 1 cup plain flour,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon mixed spice,  $\frac{1}{4}$  teaspoon salt, 1 tablespoon coffee essence, 1 packet mixed dried fruits, 4 ozs. butter (or a substitute),  $\frac{3}{4}$  cup liquid honey, 2 eggs,  $\frac{1}{2}$  cup milk.

**Method:** Sift the self-raising flour, plain flour, salt, soda and spice together. Divide into two equal parts. To one portion add the chopped mixed fruits. Cream the butter thoroughly, add the honey gradually, beating well after each addition. Beat in the egg yolks, one at a time. Add coffee essence and blend. Stir in the flour. Add the milk, then the flour-fruit mixture, stir until evenly blended. Fold in stiffly-beaten egg whites. Bake in a paper-lined 8-inch cake pan in a moderate oven (350 degs.) about 1 hour. As soon as cake is taken from the oven brush the top over with honey and sprinkle with sliced nuts. Allow cake to cool in the pan on a rack. The heat of the cake dries the honey, and leaves the top nicely glazed.

For a **Rich Fruit Cake**, use 4 eggs instead of 2, and omit the milk. Add an extra packet of mixed fruits, 4 ozs. nut-meats and grated rind of 1 orange.

This cake has excellent keeping qualities.

Children are happier when given good nutritious food. Everyone likes to see happy children.

**FOR "GOODNESS" SAKE, EAT MORE HONEY!**

For the children's evening meal, they will enjoy this dessert:—

**Peach Pandowdy:** Place in medium-sized pie dish or casserole 2 cups sliced fresh peaches or drained canned peaches. Drizzle 1 tablespoon liquid honey over the fruit. Cover with Cinnamon Rolls. Bake in a moderate oven (375 degs. F.) until fruit is tender and rolls nicely browned, about 30 minutes. Serve warm from the dish with top milk, ice cream or a thickened sauce made from canned peach syrup.

To make the **Cinnamon Rolls:** Sift into a basin 1 cup self-raising flour,  $\frac{1}{4}$  teaspoon salt and 1 dessertspoon sugar. Work in 1 tablespoon shortening. Stir in  $\frac{1}{2}$  cup milk, making a soft scone dough. Turn out dough on to lightly floured board; knead gently a few times to smooth the dough. Roll out  $\frac{1}{4}$ -inch thick. Spread dough with 1 tablespoon softened butter or margarine, then sift over 1 heaped tablespoon sugar and 1 teaspoon cinnamon. Roll up loosely as for jelly roll; cut off 1-inch slices and arrange them over fruit, cut side up. Suitable fruit in season may be substituted.

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## Honey Flavour

The flavour of Honey is derived from the floral source from which the bees gather the nectar.

In all recipes, use clear liquid honey at room temperature, unless otherwise directed.

For white cakes, biscuits, and stewed fruits, the lighter types of honey should be used.

Darker types of honey are better in fruit cakes, ginger breads and chocolate combinations.

## With Accent Sweet

Did you eat Honey on your cereals this morning?

Honey and cream on cereals are delicious for breakfast.

Honey with milk makes cereals twice as nice.

Honey on hot scones helps out with the butter ration.

When stewing prunes, apricots, apples or rhubarb, cook without sweetening. Remove from fire, but while still hot, add honey to taste.

A healthful and luscious combination—Honey drizzled over mashed banana.

## THIS IS IMPORTANT —

Honey-prepared mixtures are slightly more sensitive to heat, so a cooler oven is required.

## The Average Chemical Composition of Honey:

THE PRINCIPAL COMPONENTS.	Per cent.
Water	17.7
Levulose (fruit sugar)	40.5
Dextrose (grape sugar)	34.0
Sucrose (cane sugar)	1.9
Dextrins and gums	1.5
Ash (Silica, Iron, Copper, Manganese, Chlorine, Calcium, Potassium, Sodium, Phosphorus, Sulphur, Aluminium, Magnesium)	.18
Total	95.78

*You can serve Honey with Safety!*



## SOMETHING NEW

The AUSTRALIAN HONEY INSTITUTE has been formed by the honey producers of Australia—from Queensland to Western Australia.

It is a voluntary co-operative movement to collect and diffuse information about "Honey."

The Honey Institute will collaborate with honey packers, health organizations and all others interested in using this natural sweet.

For information about Honey—uses of honey, honey recipes—write to Australian Honey Institute, "Elsted," Goodna, Queensland.



The interval between our evening meal and breakfast next day is often 10 hours or more. This indicates that a good breakfast is required, so—

*Start the day the Health way*

*With a breakfast that includes honey.*

### Cereals:

A good variety of cooked or uncooked cereals is always available from your grocer's shelves. Cereals offer scope for combination. Serve with honey, and warm or cold milk.

### Honey Baked Apples (or Pears):

Wash and core, place a date in one end, fill centre with honey, place a date in other end. Place in a casserole, cover the bottom with water. Cook in a slow oven till tender. Serve hot or cold.

### Honey Butter:

Make your butter ration stretch further. Cream  $\frac{1}{2}$  cup of butter well, add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of honey gradually, beat thoroughly, chill until firm. Honey-butter with hot toast, scones or pancakes makes breakfast time a happy time.

The simplest way to use honey is by the drizzling method. Warm honey drizzles from a sharp-pointed jug or jar, whereas cold honey pours in a heavy stream, making most foods too sweet. Place the jar or jug in warm (not hot) water for about 10 minutes before using. When you are ready to sweeten and flavour your cereals or other food, the honey will be just the right consistency to drizzle in tiny threads instead of pouring in a heavy stream. By drizzling warm honey on the food you can direct the thin flow of honey as desired. It is well to let the members of your family find the honey container warm and free of stickiness.

Honey diluted to the density of maple syrup (three cups of honey to one cup of water) is also satisfactory and convenient for general use. Blend the honey with hot water and keep in covered container in a cold place.

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**Honey Jumbles:** Sift into basin  $1\frac{1}{2}$  cups self-raising flour,  $\frac{1}{2}$  cup cornflour,  $\frac{1}{2}$  cup castor sugar. Work in finely 2 ozs. shortening. Beat 1 egg and add 2 tablespoons honey and flavour with  $\frac{1}{2}$  teaspoon vanilla essence. Add to the dry ingredients, mixing into a firm dough (do not add any liquid). Break off small pieces of the dough, roll into balls and place on greased baking trays. Bake in moderate oven (350 degs. F.) about 10 minutes. Cool. Join the biscuits together in pairs with a vanilla icing, putting a little icing on top of each biscuit as well.

**For the Icing:** Blend 1 teaspoon softened butter or margarine with 2 tablespoons milk. Add just sufficient sifted icing sugar to make a smooth spreading consistency. Tint any desired colour and flavour to taste.

**Honey Ice Cream:** Boil  $1\frac{1}{2}$  cups milk. Sprinkle 2 teaspoons vanilla jelly crystals (lemon or any other mild flavour will do) over  $\frac{1}{4}$  cup cold milk: when softened, add to hot milk. Stir in one-third cup mild honey and a few grains salt. Cool. Fold in 1 cup whipped cream (or cream substitute) and 1 teaspoon vanilla essence with rotary beater. Pour into refrigerator tray, freeze quickly until mixture becomes firm. Remove to cold bowl, and beat with rotary beater till mixture is smooth. Continue freezing. (Grated chocolate may be beaten into the hot milk until well blended.)



HONEY is an energy food for children as well as adults.

HONEY helps in the retention of calcium and contains minerals which are necessary for the growth and health of the body.

HONEY places no tax on the digestive system.

HONEY has limited quantities of the important constituents of the vitamin B complex, vitamin C, some hormones, and amino acids.

HONEY is a safe food since bacteria which cause disease in human beings cannot live in it.

*A little "honey" now and then, is relished by the wisest men.*

Put HONEY on your shopping list now—and always.

*Issued by the*

**AUSTRALIAN HONEY INSTITUTE, 1950**

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