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the middle of your dish—perhaps an egg-cup or small teacup) — and then pour the melted honey through the hole and put back into the cooling oven for ten minutes or so. The honey could be flavoured with lemon juice or lemon essence, or clove essence. This is really very good.

Apple Cream Tart

Two teaspoons gelatine softened in 2 tablespoons of cold water, 3 cups of hot unsweetened apple sauce (strained through sieve, and beaten smooth with fork). Mix these two together well, and add 1 cup honey, a pinch of salt, and ¼ teaspoon nutmeg. Let cool. Line a pie-plate with good wholemeal pastry, prick well, and cook a nice brown. Then pour in the apple mixture, and allow to set. Just before serving cover with ½ pint whipped cream sweetened with 2 tablespoons of honey. If to be eaten hot put the apple mixture into the cooked shell while still warm, and return to the oven for a minute or two.

Honey and Cinnamon Toast

This is nice for afternoon tea or supper, on a cold evening. Make sufficient slices of hot buttered toast, spread with honey, sprinkle with powdered cinnamon, cut into fingers, and serve hot.

Date and Walnut Cake With Honey

Nine ounces of flour, ½ lb. butter, ½ lb. honey, 1 lb. dates, 1 breakfast cup chopped walnuts, 3 eggs, 1 teaspoon grated nutmeg, ½ small teaspoon salt, 1 teacup boiling water, and 1 teaspoon carbonate of soda. Pour 1 cup boiling water on to the stoned dates, with the carbonate of soda; allow to stand till nearly cold, then mix with a wooden spoon. Beat together the butter, honey, and eggs; add the sifted flour, dates, and walnuts. Bake in greased cake tin 1½ hours, moderate oven.

Honey and Lemon Rusks

Beat to a cream ¼ lb. butter and 4 heaped tablespoons honey. Add 1 egg and beat well. Then add ½ lb. flour, 1 good teaspoon baking powder, and the grated rind of a lemon. Turn on to a floured board and roll into fingers. Bake golden brown in a moderate oven.

Honey Biscuits

Very nice for soldiers' parcels. Half a pound of butter, ¼ lb. honey, 1 lb. flour, 1 teaspoon soda, ½ cup sugar. Beat butter and sugar, then add honey, and beat well. Then add the dry ingredients. Roll out thin, and bake in a moderate oven.

FROM THE MAIL BAG

About Egg Beating

Dear Aunt Daisy,

About those egg whites which won't whip. Well, I have had a lot of experience with egg beating, having several times been in home cookery businesses. I often had the same experience when attempting meringues, and discovered this fact by accident. Once, after separ-

ating the egg whites from yolks, I had occasion to leave them standing awhile before beating, and they whipped perfectly ever so quickly. So, ever after this, I always separated the yolks and whites before requiring—any time from half an hour up to an hour, putting the yolks in cold water till required. Also, another point which is most important. Always use a dry basin and dry beater, as the

least tiny drop of moisture will cause a failure. I never add even the salt till the white has started to froth. Day-old eggs are better than those fresh from the nest.—K.M. (Takapuna).

Many thanks for passing on your helpful experience. Even one-day old eggs are rather fresh for whipping, and two or three day-old ones are easier. That idea of leaving them to stand is good.



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