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WHEN SUGAR IS SCARCE

BOTH in England and in New Zealand during the war we found out various ways of carrying on without much sugar. It is easier to do this now because we have honey which was scarce then. Honey instead of sugar on the breakfast cereal is delicious. Bottling with a honey syrup is very successful—the flavour is improved. Make the syrup in the proportion of 1 tablespoon honey to 1 pint water. Boil 10 minutes as usual. Honey has been found successful in jam making, using $\frac{3}{4}$ cup honey to 1 cup fruit. Add half the honey to the fruit. Stir it well, allow to stand 1 hour. Heat slowly, stirring constantly; boil 10 minutes, then add remainder of honey, and cook till it will set when tested. When using honey instead of sugar in cakes, use only 4-5ths as much liquid as specified, as honey has a certain amount of water content. Three oz. sugar equals $1\frac{1}{2}$ tablespoons honey, $\frac{3}{4}$ cup (bare) of honey equals 1 cup sugar. Here are some recipes for biscuits and cakes made with honey instead of sugar.

Economy Cake

Half pound flour, 6 oz. honey, 3 oz. butter, $\frac{1}{2}$ teaspoon ground cinnamon, 3 oz. sultanas, 4 tablespoons milk, 1 level small teaspoon baking powder, 1 egg, pinch salt, 1 oz. candied peel, 2 oz. chopped almonds. Sieve together flour, baking powder, cinnamon and salt. Mix warmed butter and honey together and add to beaten egg and milk. Make a well in dry ingredients, and add honey mixture, lastly peel and fruit. Have cake tin prepared, put mixture in, and bake $\frac{3}{4}$ hour. Can be made into small cakes if liked. Bake in patty tins 15 minutes. Ice if liked and sprinkle with chopped almonds.

Honey Sponge Cake

Three eggs, 1 scant teacup of honey, 1 teacup flour, 1 small teaspoon baking powder, pinch salt, 2 dessertspoons cold water. Separate whites and yolks of two eggs. Beat the 2 whites with the honey till stiff. Beat up third egg and the 2 egg yolks, and gently stir into first mixture. Now fold in lightly the flour well sifted with the salt and baking powder, and gently mix in the water. Bake in well-greased sandwich-tins in moderate oven. Two tablespoons each of butter and honey, with vanilla to taste, beaten to a cream, make a filling.

Honey Shortbread

Melt 1 lb. honey and mix in 2 dessertspoons butter; bring to boil. Then cool a little and add gradually 1 lb. flour sifted with 1 teaspoon baking soda. Work this all together and keep in a cool place (not a refrigerator) 24 hours. Turn it on to a floured board, and work in some spices—say, $\frac{1}{2}$ teaspoon each ground cloves, nutmeg and cinnamon—also a little chopped candied peel. Roll it out to half an inch thick, brush evenly all over with yolk of egg, and bake till

cooked and brown in moderate oven. Cut into pieces while hot. Keep in air-tight tin.

Honey Roll

Four ounces flour, 2 oz. sugar, 1 large tablespoon honey, 3 eggs, 2 tablespoons hot water, 1 teaspoon cinnamon, 1 teaspoon baking powder. Beat eggs and sugar well, add honey, sifted flour, baking powder and cinnamon. Then add hot water. Bake about 10 minutes in quick oven. Turn out quickly on a

SWEETENING FRUIT

Jelly crystals may be used in place of sugar in stewing fruit. Cook fruit with water. Lift it out and place in serving dish. Into the hot juice stir enough jelly crystals (of suitable flavouring) to sweeten, but not to set. Pour over the fruit in the dish. Lime jelly crystals are very suitable for apples.

damp cloth, and trim off edges. Roll up in cloth and allow to stand 2 minutes. Unroll, and roll up without cloth. When cold fill with the following (or whipped cream): 4 oz. icing sugar, 1 dessertspoon butter, 1 dessertspoon honey, 1 teaspoon lemon juice. Beat all together. A few chopped nuts may be added.

Honey Filling

This is nice for sponges, or to put in tartlets. Two beaten egg yolks, 1 tablespoon honey, 1 cup dates, raisins, and chopped nuts, icing sugar to thicken. Mix all well. Cook in double boiler.

Novelty Biscuits

This uses no butter, sugar, eggs or flour. Put into basin 2 cups coconut, 1 cup chopped sultanas and raisins mixed, 1 cup chopped dates, 1 cup chopped walnuts, 1 tin sweetened condensed milk (use breakfast cups). Mix all thoroughly, make into small balls, about the size of a walnut, bake on greased oven shelf in coolish oven, very slowly, approximately 15 minutes. Keep in a tin.

Honey and Malt Biscuits

Two cups fine vimag, 3 tablespoons cornflour, $\frac{1}{4}$ cup golden syrup, 1 dessertspoon honey, 1 tablespoon malt, $\frac{3}{4}$ teaspoon baking powder, 1 teaspoon salt, 2 tablespoons butter. Cream butter, golden syrup, and honey, add malt. Mix well, then add dry ingredients, roll into balls and flatten out on tray with fingertips. Moderate oven.

Coconut Biscuits

Cream $\frac{1}{2}$ cup sugar and 2 oz. shortening; beat in 1 egg. Add 1 heaped tablespoon flour, mixed with 1 teaspoon baking powder, then mix in 1 cup coconut. Lastly beat in gradually another cup coconut. Pinch off small pieces and roll into balls. May be flattened with fork. Bake in slow oven 10-15 minutes.

N.Z. LISTENER, JUNE 8, 1951.

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