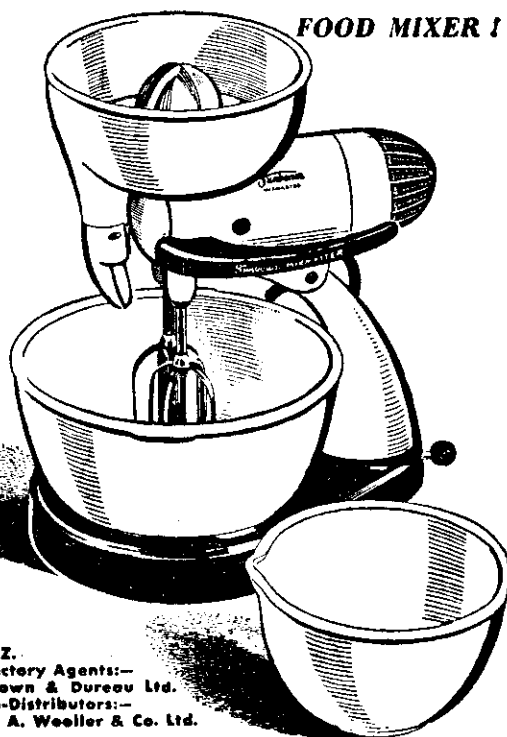


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Ask Aunt Daisy

HONEY HELPED



NEW ZEALAND honey has been in the world news lately. Not only is the Queen to have some of our very best for herself and the Duke, not forgetting Prince Charles and Princess Anne, but also we read in our newspaper that the father of George Lowe (one of the New Zealanders in the British expedition to Mt. Everest) said, "I believe that the toughness of Hillary and George can be attributed to the fact that they both eat honey. Honey is a great energy producer. It needs no digestion. It goes straight into the bloodstream, where it produces energy." Another enthusiast tells us that "Honey is a kind of bottled sunlight, sealed by the bees in wax containers to supply them with the heat that will keep them alive through the winter"; and similarly, its chief use to man is as an energy and heat-producing food.

About Candied Honey

Many people have the idea that when honey "candies" this 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 in a low temperature. It candies most rapidly at about 57 deg. 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.

Honey for Tickly 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 quickly stop a cough and seems especially effective at night.

Honey Ginger Nuts (from Hard-hearted Hannah)

One cup honey, 1 cup sugar, ½ cup melted butter, 2 cups flour, 1 cup chopped nuts, 1 egg, pinch of salt, 2 teaspoons baking powder, 2 teaspoons ground ginger. Mix honey, sugar, melted butter and beaten egg. Sift baking powder, ginger, flour and salt, add nuts, stir into other ingredients. Drop in spoonfuls on a greased tray, moderate oven, approximately 25 minutes.

Honey Lemon Butter

Half cup of honey, yolks of 3 eggs, ¼ lb. of butter, juice of 3 lemons. Beat eggs and mix with the other ingredients. Cook in a double saucepan of water, stirring occasionally until the mixture thickens.

Honey Cornflake Muffins

One-third cup honey, 1 egg, 1 cup milk, 2 cups flour, 4 teaspoons baking powder, ¼ teaspoon salt, 2 cups corn flakes, ¼ cup butter. Cream butter and honey and add well-beaten egg, then milk and flour sifted with baking powder and salt, and lastly the corn flakes. Bake in small-sized greased muffin tins approximately 20 minutes (400 deg.).

Honey Coconut Biscuits

One cup flour, 1 cup sugar, 2 tablespoons butter, ½ cup cornflour, 1 small

teaspoon baking powder, 2 teaspoons honey, 2 eggs, ½ cup desiccated coconut. Cream butter and sugar, add eggs, then honey. Sift in flour, and baking powder and cornflour, lastly add coconut. Put in teaspoon lots on a greased cold tray and bake in moderate oven.

Honey Biscuits

One pound honey, ¼ lb. butter, 1 lb. flour, ¼ lb. ground almonds, ¼ oz. baking soda, pinch of salt, pinch of ground cloves, grated rind of ½ lemon. Sift the flour, salt, baking powder 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 15 minutes, or till they are crisp and a pale brown colour.

Honey Candy

Three heaped teaspoons butter, 1 quart honey, 2 tablespoons vinegar. Boil until the mixture will harden when dropped into cold water. Stir in ½ teaspoon baking soda, 2 teaspoons lemon extract. Pour into buttered tin to cool. Mark into squares, and when cold break apart.

Peanut Honey Candy

One cup butter, 2 cups honey, 2 cups sugar, 1 cup boiling water, ¼ teaspoon cream of tartar, ½ teaspoon glycerine, a tiny dash of baking soda. Boil 10 minutes to a soft ball, and set in cool place. When it has cooled slightly, stir in 1 or 2 tablespoons of peanut butter, or to suit taste. Keep stirring till creamy, then pour into buttered pans, mark in squares.

Honey in Frosting

When making a boiled frosting for a cake, add one tablespoonful of honey when it is nearly ready to spread, and your frosting will not harden. The flavour of all varieties of ice cream is much improved by using all, or part, honey. Use warm honey and chopped nuts as a sauce for plain ice cream.

Honey Nut-date Bars

Three eggs well beaten, 1 cup honey, 1 to 1½ cups flour, 1 teaspoon baking powder, 1 teaspoon vanilla, 1 cup chopped nuts, 1 lb. chopped dates, pinch of salt. Mix together honey and well-beaten eggs. Add baking powder and flour sifted together, then chopped dates and nuts, vanilla essence and pinch of salt. Bake in long flat tin. Mixture should not be more than ¼-inch high. Bake 45 minutes in a slow oven. When baked will be about ½ inch high. Cut in strips ½ inch wide and 3 inches long. Roll in powdered sugar, pack away in crock, cover crock, and keep in medium warm room. Should be kept a week before serving. These are excellent bars to keep in the emergency "cooky crock," as they become more moist and better flavoured the longer they stand.

N.Z. LISTENER, JULY 3, 1953.