

HONEY CAKES OR HONEY GINGER BREAD—RECIPE FOR MAKING.

Editor C. B. J.

Dear Sir,—We read in Holy Scripture that the manna with which the Hebrew people were fed in the wilderness during forty years, was according to the taste of everybody and was like to "flour with honey." One naturally regrets that the recipe of such a good thing should not have been handed down to us. However, the bee-keeper may easily have something similar, for, flour and honey, which are the substance of the heavenly pattern, are the only necessary constituents of honey, cakes, and these the bee-keeper may always have. It is a mistake to think that buckwheat honey is required, as has been stated in some bee journals. I make use of best clover honey without any difficulty. Honey cakes, if properly made, may be said also to be according to everybody's taste, and are sometimes more useful than pure honey itself, for strange enough, there are some persons who are unable to bear the taste of honey in its natural form, whilst I have not seen any one who would not relish honey-cakes. I know even some to whom the doctor has forbidden the use of sweets, and on whom honey cakes produce a good effect. From personal experience, I am of opinion that honey cakes would advantageously take the place of many drugs, and are much to be recommended to sick persons who suffer from a weak stomach, or who have but little appetite, for being so light, and at the same time so highly substantial, they are easily digested without fatiguing the patient. One never gets weary of eating them day after day, as is often the case with pure honey. These advantages are enough to wish that the way of making them should be known in every bee-keeper's home. Honey cakes should not be eaten hurriedly, but allowed a sufficient time to

ooze away, so to say, in the mouth. When newly made they are very light and dry. Some will find them too dry, but they will improve with age, and if left in the open, will quickly absorb moisture which will make them soft.

Now, the following is the way to proceed in making them. I generally take forty or fifty pounds of honey at a time and as much flour, so that they may last for many months. But for the sake of beginners I must give lower figures. Take then 3 lbs. honey, 3 lbs. flour, ½ oz powdered ammonia, a small teaspoonful of ground cinnamon, half-teaspoonful of ground cloves, 6 oz. orange peel cut very small. The four last-mentioned mentioned ingredients are not essential, but they improve the taste. Ammonia is necessary. To those who would object to it, I may explain that it does not remain in the cake, but evaporates during the baking process, its function being to raise the dough.

Directions—Pour the honey in a copper or enamelled pan, and set on a stove, or quick fire. When it boils, draw it aside and remove the scum. Then pour the honey into the vessel in which the paste is to be made; leave it to cool; then add flour and mix it up well. This is the remote preparation, and the paste may be left in that condition for weeks and months without fear of deterioration. The proximate preparation is made on the day on which the cake is baked, and consists in adding the other ingredients, when the paste is worked thoroughly up again. The ammonia must first be placed in a cup, pour on it a few drops of cold water and stir it well, so as to form a thick paste, then mix it up with the rest. Then take a piece of the paste, roll it out into a cake, not over ¼ inch thick, and cut up into convenient sizes as desired. This done, put cakes on a flat tin (which must be greased beforehand) and bake from twelve to fifteen minutes in a hot oven.—Br. Columban, St. Mary's Abbey, Buckfast, Devon, England.

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By Geo.

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