

Take then three pounds honey, three pounds flour, half ounce powdered ammonia, a small teaspoonful of ground cinnamon, half teaspoonful of ground cloves, and six ounces of orange peel cut very small. The three last-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 enameled 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 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 ingredi-

ents 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 paste, roll it out into a cake not over quarter inch thick, and cut up into convenient sizes as desired. This done, put the cakes on a flat tin (which must be greased beforehand) and bake from twelve to fifteen minutes in a hot oven.



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