

Here are these elementary rules, which are easy to follow :

1. In substituting honey to molasses, add less soda ;  $\frac{1}{2}$  teaspoonful to a cup is enough.

2. In using milk and honey, add  $\frac{1}{2}$  teaspoonful of baking powder to a cup of flour ; this improves the taste and appearance of the paste.

3. Make allowance for the quantity of water contained in the honey before adding any liquid ; put only  $\frac{4}{5}$  of a cup, for each cup of milk or water required, since honey contains  $\frac{1}{5}$  of liquid.

4. Pastry cooked with honey keeps better when there is no butter in it ; the latter becomes rancid after a few weeks.

## VARIOUS RECIPES

**Bread, cakes, pies, biscuits, poudings, salads, creams, preserves, liqueurs, etc.**

### Bread

Housewives anxious to make good bread, keeping its fresh taste for a long time should substitute honey to sugar.

### Honey toast

Cut slices of bread about half an inch thick. Melt a sufficient quantity of honey in milk to which add a beaten egg, according to the amount of toast. Slightly butter the slices of bread which you dip into the liquid mixture and fry in butter or in good lard. Serve hot.

### Honey cakes

Two cups of flour, 2 teaspoonfuls of baking powder, 2 eggs, 2 tablespoonfuls of butter, 1 cup of sugar, 1 cup of honey.—Sift the flour several times, measure it, then sift it again with the baking powder ; turn the butter into cream, add the eggs beaten with the sugar and honey, then gradually mix in the flour. Pour into a buttered and floured mould ; bake in a fairly hot oven.

### Another honey cake

1 cup of butter, 2 cups of honey, 2 eggs, 1 cup of sour milk, 2 teaspoonfuls of pastry soda, 1 teaspoonful of ginger, cloves, cinnamon, 4 cups of flour. Proceed according to previous recipe.

### Fruit cake

4 eggs, 5 cups of flour, 2 cups of honey, 1 cup of butter, 1 cup of milk, 5 teaspoonfuls of baking powder, 1 lb. of raisins, 1 lb. of gooseberries, 1 teaspoonful of cinnamon, cloves and nutmeg. Bake in a fairly hot oven. Baking may be continued in a vessel immersed in water. This cake can keep fresh for several months.