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Use of Honey and of Maple Sugar IN COOKING

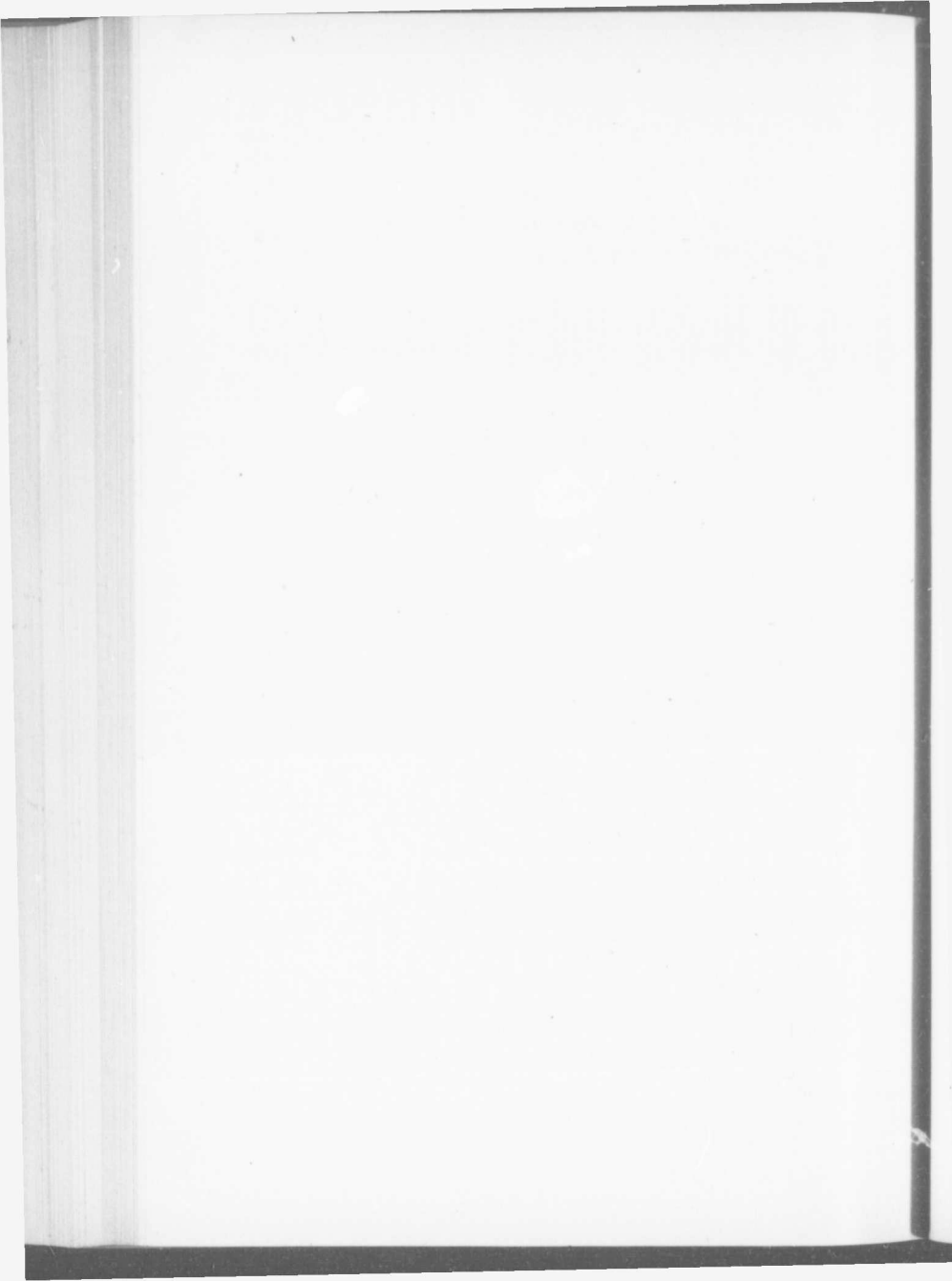
— BY —

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NOTHING BETTER

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Composition and nutritive value of Honey

Without claiming that honey is a complete food, it may be affirmed, on the strength of scientific experiments and researches, that honey contains:

1. **Glucose and Levulose** producing heat; they constitute the greater part of the component substances of honey and form about $\frac{3}{4}$ of its weight. Their nutritive value is indisputable; it has long been demonstrated that they make a first class food capable of repairing the losses of the organism (1).

2. **Phosphoric acid**, an essentially useful body which enters into the formation of our skeleton and is found in the most noble organs, such as the brain. Honey contains phosphates under an eminently digestible and perfectly assimilable form. (2).

3. **Lime**. Bones devoid of lime are rachitic, thin and incapable of the least effort. (3).

4. **Nitrates, sulphates, carbonates**, combined with **salts of lime and iron**, imparting to honey, in a certain proportion, the characteristics of certain mineral waters. (4).

5. **Iron**, in an eminently soluble, digestible and assimilable form. It is the ideal food for our organs in need of iron, the preeminent rebuilder of physically and mentally overworked organisms. (5).

HONEY IS INDISPENSABLE

Honey is an indispensable dish because it has the advantage of everywhere replacing sugar, just now very expensive.

Honey is also an indispensable food, because it contains all the elements forming the very basis of our human organism : sugars, lime, phosphates and carbonates, iron, under highly digestible forms. What a boon for delicate stomachs !

HONEY IS NECESSARY

We all need its refreshing, tonifying and soothing action at a time of internal nervousness and overheating due to too much meat eating and to the habitual consumption of artificial and adulterated food.

HONEY IS USEFUL

This natural sugar, the Creator's invaluable gift, greatly excels in value artificial sugar chemically produced by most unsavoury processes. Why not use a real food (honey) instead of a mere condiment (refined sugar) ?

1-2-3-4-5.—Quoted from a lecture delivered by Mr. Alin Caillas, agricultural engineer, on : The treasure of a drop of honey.

NUTRITIVE VALUE OF HONEY

7 ounces of honey have the nutritive value of :

15 ounces of cod,	8 oranges,
5-6 of cream cheese,	8 ounces of nuts,
1 quart of milk,	12 ounces of beefsteak.
5 bananas,	

The nutritive value of a food is reckoned by the heat which it produces.

In this table, the energetic value of honey is compared with that of the various sugars or substitutes sold on our markets :

Honey : 1 tablespoonful furnishes 100 calories.

Granulated sugar : 2 tablespoonfuls furnish 100 calories.

Maple sugar : $1\frac{1}{2}$ tablespoonfuls furnish 100 calories.

Molasses : $1\frac{1}{2}$ tablespoonfuls furnish 100 calories.

Corn sugar : $1\frac{3}{4}$ tablespoonfuls furnish 100 calories.

Brown sugar : 2 tablespoonfuls furnish 100 calories.

This table proves the superiority of honey over all those sweet products, to which preference is given because they are cheaper.

HONEY SUPPLIES

Children with a wholesome desert

It is a means of satisfying their hankering for sweets. They should get as much of it as they can eat.

The sick with a preservative

Through its formic acid, it acts as a remarkable preservative in all throat and chest diseases. Those who use it regularly and in sufficient quantity are spared much trouble.

Workers with food

Since it gives the organism energy and vital heat.

DIFFERENT KINDS OF HONEY

Three kinds of honey are distinguishable : *White honey*, produced from white clover; *amber honey*, produced from almost all wild plants; *buckwheat honey*, produced especially from buckwheat.

The sweetest and most appreciated is no doubt white honey. Buckwheat honey, while richer in mineral substances, has a rather pungent taste, amber honey is between the two.

HOW TO KEEP HONEY

Honey should be kept in a place where the temperature is always about the same; the kitchen is the ideal place. The cellar is unfavourable, especially on account of constant dampness.

In time, honey ends by crystallizing, that is, it turns into sugar. Crystallization proves the honey's purity, not its inferiority, as is generally thought. Before using crystallized honey, melt it in a hot water bath.

HOW TO LIQUIFY HONEY

The jar containing the crystallized honey should be placed in a can of cold water which is heated gradually. Avoid making it boil, as it thus loses much of its flavour. Once liquified, honey may be kept a long time in that state, by closing the jar hermetically.

SALE OF HONEY ON THE MARKET

Honey is generally put on the market in two forms : in sections, that is, in the comb and in a liquid state, separated from the comb by an extractor.

USE OF HONEY IN COOKING

Honey is a most wholesome food. It may be defined : the juice of flowers sucked and transformed by the bee. Its excellency as a food, from a hygienic standpoint is due to the fact that it causes no stomach troubles, such as are brought on by ordinary sugar.

HONEY IS A DELICIOUS FOOD

Besides being wholesome and substantial, honey is a delicious food. What delicacy and minute cleanliness in this intelligent work of the bees who extract from flowers the sweet nectar which they store up in such beautifully built cells! What is more palatable than a honey comb?

HONEY IN THE PREPARATION OF FOOD

All dishes requiring sugar, such as all pastry, may be prepared with honey, which has the advantage of making them of a better and richer quality and of keeping them longer.

Unfortunately, people are not familiar enough with these ideas. Although prejudices respecting honey have been combatted, they have not yet completely disappeared, despite increased knowledge thereanent. Honey is still looked upon as a nice desert or a pleasant medicine good enough to cure a cold. It is not a complete food like eggs, milk and bread, but is may be regularly taken with such first class nourishment and also with less substantial things in order to increase their feeding capacity.

We give a collection of choice recipes destined to show ingenious cooks in how many different ways honey may be used for cooking purposes.

It must not be supposed that the use of honey is limited to the following recipes; on the contrary, all ordinary recipes may be utilized by a good cook, who knows what rules should govern the substitution of honey to sugar.

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, puddings, 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.

Honey cookies

Half a cup of butter, 2 yolks of eggs, half a cup of honey, half a cup of milk, $1\frac{1}{2}$ cups of flour, 1 teaspoonful of cinnamon, half a teaspoonful of cloves, 1 teaspoonful of nutmeg, 1 teaspoonful of pastry soda, 2 whites of eggs, half a cup of raisins, half a cup of chopped nuts, Turn the butter into cream, add honey, then the yolks slightly beaten ; put the soda into the milk, add it to the first mixture together with the flour sifted with the spices. Chop the raisins and nuts, sprinkle them with flour to prevent their sticking together; beat the whites of eggs and mix them into the other ingredients. Butter little moulds and fill them three-fourths ; bake in a hot oven 45 minutes.

Rye cookie

$\frac{3}{4}$ cup of honey, 2 eggs, half a cup of suet, $\frac{3}{4}$ teaspoonful of salt, half a cup of milk, 2 teaspoonfuls of baking powder, $1\frac{1}{2}$ cups of rye flour, floured to taste, chop the suet into the honey, beat the eggs into the milk and mix thoroughly. Add the ingredients dry after sifting them, then put in the flavour. Bake in a fairly hot oven for 25 minutes.

Another fruit and honey cake

Half a cup of lard, half a cup of brown sugar, half a cup of honey, 1 egg, $\frac{3}{4}$ cup of milk, 2 cups of flour, 1 teaspoonful of pastry soda, half a teaspoonful of salt, same amount of ginger, nutmeg, cloves and cinnamon, 1 cup of dry chopped raisins, currants or dates chopped and slightly sprinkled with flour. Whip the lard and sugar into a cream, add the honey and the egg well beaten. Mix and sift all the dry ingredients and add them alternately with milk to the first mixture. Beat thoroughly, add the fruit and bake in a deep, buttered and floured pan, in a fairly hot oven.

Rolled fig cake

1 cup of finely chopped figs, 2 cups of bread crumbs, 1 cup of honey, half a cup of finely chopped suet, 2 eggs, the grated peel and the juice of a lemon, 1 tablespoonful of molasses, 1 teaspoonful of nutmeg, half a cup of flour and milk enough to make a thick paste. Steam for three hours.

Date cake

3 cups of flour, half a cup of honey, 3 teaspoonfuls of baking powder, 1 lb. of dates, enough milk to make a thick paste. Bake or steam in a buttered mould.

Raisin and chocolate pie

Make a smooth paste with a tablespoonful of flour and $\frac{1}{4}$ cup of milk. Add a tablespoonful of chocolate dissolved in a little water, a tablespoonful of butter, 3 tablespoonfuls of honey, a pinch of salt, $\frac{3}{4}$ cup of milk and $\frac{1}{4}$ cup

of pudding raisins. Cook in a vessel immersed in water until thick enough; then add 2 well beaten eggs and half a teaspoonful of essence of vanilla. Pour into a cooked crust and heat in the oven.

Mince pie

Cook half a cup of rice in salted boiling water; strain it, add half a cup of pudding raisins, half a cup of currants, half a cup of honey, 2 tablespoonfuls of grated orange peel, the grated peel of a small lemon, 1 tablespoonful of butter, half a teaspoonful of mixed spice; mix ingredients thoroughly. Cover a pastry dish with a thin layer of short paste and fill with the mixture. Cover over and press down the sides a little. With a brush spread a thin layer of white of eggs, sprinkle with sugar and cook.

Honey biscuits

1 cup of fresh honey, $\frac{1}{2}$ cup of hot cream, 2 eggs, $\frac{1}{2}$ cup of good butter, 2 cups of flour well sifted, previously adding $\frac{1}{2}$ teaspoonful of pastry soda and $\frac{1}{2}$ teaspoonful of cream of tartar. Cut with a cookie cutter and bake on a floured sheet-iron in a medium oven.

Potatoe and honey biscuits

2 cups of flour, 1 cup of mashed potatoes, 3 teaspoonfuls of salt, 1 table spoonful of butter or lard, 2 tablespoonfuls of honey, milk to make a soft dough. Sift the flour, baking powder and salt together; mix the fat and the flour with two knives, add mashed potatoes, then the milk to make dough easily rolled. Roll out half an inch thick, cut with cookie cutter and bake about 15 minutes in a hot oven.

Honey muffins

Sift together 1 cup of flour, $\frac{1}{2}$ teaspoonful of pastry soda, $\frac{1}{4}$ teaspoonful of salt. Add a tablespoonful of melted butter, $\frac{1}{2}$ cup of honey, $1\frac{1}{2}$ cups of milk, $\frac{3}{4}$ cup of Grenoble nuts chopped fine. Mix the ingredients; pour into small biscuit moulds and bake 25 to 30 minutes in a hot oven.

Honey crisps

2 eggs, 1 cup of sugar, 1 cup of honey, 1 teaspoonful of pastry soda, 1 table spoonful of ginger, 1 tablespoonful of cinnamon. Flour to roll the paste.

Other honey biscuits

1 cup of honey, 3 tablespoonfuls of butter, 1 white of egg, 4 drops of essence of bitter almonds, a pinch of salt, 1 to $1\frac{1}{2}$ cups of flour, a few spoonfuls of chopped almonds and white sugar to sprinkle the biscuits before cooking. Sift the flour into a bowl, make a hole in the flour and pour in the honey, white of egg, sugar,

essence, salt and butter. Mix all these ingredients so as to obtain a paste easily rolled out. Cut with a cookie cutter and bake on a buttered and floured paper in a medium oven. Sprinkle the biscuits with a little chpped almonds before cooking ; on withdrawing from the oven, sprinkle with white sugar.

Plum and honey pudding

Wash $1\frac{1}{2}$ lbs. of plums; soak in hot water twenty minutes. Drain, peel and chop them. Add $\frac{1}{2}$ pint of sweet milk, 1 cup of breadcrumbs, the grated peel of half a lemon, 3 tablespoonfuls of honey and 3 tablespoonfuls of melted butter. Then sift 1 cup of flour, 2 teaspoonfuls of pastry flour, 1 teaspoonful of salt. Add the flour gradually. Pour the mixture into a buttered mould $\frac{2}{3}$ full and cover. Steam $2\frac{1}{2}$ hours. Serve with sauce made of a beaten egg, a cup of honey and two teaspoonfuls of lemon juice boiled together. Add water for a thinner sauce.

Tapioca and raisin pudding

To a quart of milk add 2 tablespoonfuls of raw tapioca and 2 tablespoonfuls of rice, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ cup of honey and 1 cup of pudding raisins. Cook lightly, constantly stirring till perfectly done. Pour into a pan and bake in the oven.

Plum pudding

Wash a pound of prunes; soak in cold water six hours, drain and chop fine. Into a large bowl sift 4 cups of flour, 4 teaspoonfuls of baking powder, 1 teaspoonful of salt, 1 lb. of brown sugar, 2 teaspoonfuls of ginger, $\frac{1}{2}$ teaspoonful of ground cloves : add the prunes, 1 lb. of pudding raisins, $\frac{1}{2}$ lb. of grated lemon peel, 1 cup of honey, the grated peel and the strained juice of an orange, 4 eggs well beaten, 6 cups of bread crumbs and $1\frac{1}{2}$ cups of melted butter, mix thoroughly, fill 3 buttered pudding bowls and cook in hot water bath 4 hours.

Honey pudding

$\frac{1}{2}$ cup of honey, 6 ounces of dough, $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ teaspoonful of ginger, 2 eggs, 2 tablespoonfuls of butter, the peel of half a lemon.—Mix the honey and dough and the milk and the yolks of eggs.—Beat the ingredients thoroughly and add the butter and the whites of eggs well beaten. Steam about two hours in a mould three quarters full.

Algerian charlotte

$\frac{1}{2}$ lb. of fine dates, $1\frac{1}{2}$ cups of water, 3 tablespoonfulls of honey, the juice of an orange, a few drops of red colouring (cochineal), a tablespoonful of gelatine and 2 cups of whipped cream. Stone the dates. Pour the water, honey and gelatine into a saucepan, then add the halved dates, the orange juice and colouring.

Boil lightly until the dates are tender. Pour into a wet mould and let cool. To serve, take out of the mould and pour into the whipped cream.

Raisin sauce bananas

Take 3 large bananas, a tablespoonful of margarine, a tablespoonful of strained honey, 2 tablespoonfuls of stoned raisins, a table-poonful of grated cocoa, a tablespoonful of lemon juice, $\frac{3}{4}$ cup of hot water, a tablespoonful of cornstach, $\frac{1}{2}$ teaspoonful of salt.

Choose very sound bananas, cut each into four lengths, put into a pan with melted margarine. Put the raisins into water, let them boil, add the honey and lemon juice, thicken with cornstarch, mix with a little water and salt. When creamy, pour over the bananas, bake half an hour. Serve with grated cocoa scattered over. This recipe is enough for 3 or 4 people.

Ice cream honey

1 quart of sweet cream, 1 cup of honey. Mix thoroughly and freeze. No flavouring is needed. It is delicious.

Salad

4 oranges, 1 cup of honey, 3 yolks of eggs, the juice of $\frac{1}{2}$ lemon, a few branches of celery.

Slice the oranges very thin, put them in a salad bowl, heat the honey, pour it over the yolks of eggs previously beaten, add the lemon juice, pour this preparation over the oranges, garnish with curled celery.

Honey fruit salad

$\frac{1}{2}$ cup of diced pineapples, $\frac{1}{2}$ cup of very ripe strawberries, $\frac{1}{2}$ cup of sliced oranges, $\frac{1}{2}$ cup of fresh or preserved cherries (stoned), 1 teaspoonful of gelatine. Soak the gelatine in water five minutes. Melt it in a hot water bath and beat it in the salad bowl. Add the prepared fruit, put into moulds previously soaked in cold water ; let the ingredients take in the cold. Garnish with lettuce. This salad may be served with biscuits, cheese and café noir.

Honey custard

3 eggs, $\frac{1}{2}$ cup of honey, 2 cups of milk, $\frac{1}{4}$ teaspoonful of salt. Boil the milk and add it to the yolks of eggs lightly beaten, to the milk and honey. Pour into buttered moulds or custard cups. Bake in a hot water bath in the oven until the custard takes.

Honey sauce for pudding

Cook together 2 teaspoonfuls of cornstarch and 2 tablespoonfuls of vegetable oil. Add $\frac{1}{2}$ cup of honey and cook until threads form ; honey is then brittle in cold water.

Honey sauce

1 cup of honey, $\frac{1}{4}$ cup of water, 1 tablespoonful of butter, $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{4}$ teaspoonful of cinnamon, a little nutmeg, the juice of a lemon. Boil together 15 minutes. The juice and the grated peel of an orange may replace the lemon.

Honey icing

$\frac{1}{2}$ cup of honey, 2 whites of eggs, a few drops of essence of lemon. Boil the honey until it forms a ball in cold water. Gently pour in the well beaten whites of eggs and continue to beat until the ingredients are cold. Flavour with essence of lemon. Put over hot water and continue stirring for two minutes. Spread over the cake.

LIQUEURS — DRINKS — CANDIES

Punch

1 cup of honey, 1 cup of sugar, 4 cups of water, 2 lemons, 12 oranges, 1 fresh pineapple or 1 can of pineapples, 1 box of strawberries.—Ice.

Into a saucepan pour the honey, sugar and water, the strained juice of the lemons and the grated peel of 4 oranges. Heat and boil 5 minutes, then cool. Put a large square of ice into a punch bowl, add the strained juice of 9 oranges, 3 sliced oranges, the pineapple diced and the strawberries. Pour in the syrup and serve.

Hydromel

100 lbs. of water, 30 lbs. of honey, $\frac{1}{2}$ lb. of tartaric acid, $\frac{1}{4}$ oz. of nitrate of bismuth, $\frac{1}{4}$ lb. of pollen.

Let ingredients ferment 5 or 6 months to have a perfect liqueur.

Pour into a boiler : 12 gallons of hot water 40 to 45 lbs. of honey. Melt and boil 12 hours, while scumming. Gradually replace the evaporated water. You will obtain 17 to 18 gallons of hydromel by adding the melted honey.

When the liquid has cooled, it is poured into a previously rined barrel, where it ferments about 15 days. It is then filtered through a thick cloth and bottled.

Refreshing drink

1 spoonful of fruit juice, 1 spoonful of honey in $\frac{1}{2}$ glass of water. Add as much soda as will hold on a ten cent piece and half that amount of tartaric acid. Drink at once.

French candy

1 cup of water, 1 cup of gelatine; 4 cups of honey, flavour to taste. Pour the water on the gelatine, add the honey previously heated.

Stir quickly, add the coloured flavour, if desired. Pour into shallow buttered pans. Let ingredients harden a few days.

Honey candy

2 tablespoonfuls of strained honey mixed with a glass of boiling water, 2 cups of white sugar, 2 tablespoonfuls of butter. Boil until ingredients form threads. Add 1 teaspoonful of bitter almonds.

Pour the boiling syrup on two whites of eggs beaten to a froth. Beat until the mixture is cold, drop by spoonfuls on oiled paper and stick an almond into each drop.

Russian candy

Mix 5 ounces of honey and in the same proportion, fresh butter, chocolate and powdered sugar. Cook on a quick fire, continually stirring the paste to prevent its sticking. Cool in a buttered earthenware dish and cut with cookie cutter.

Honey toffee

1 quart of honey, 3 cups of sugar.

Proceed as for molasses toffee. Put no water.

Honey squares

Take a cup of strained honey, a cup of brown sugar, 2 tablespoonfuls of lard, $\frac{1}{2}$ cup of cream, $\frac{1}{4}$ teaspoonful of salt, a pinch of cream of tartar, 1 teaspoonful of essence of lemon.

Put the lard, salt, honey, cream and sugar into a saucepan : stir above a slow fire to dissolve the ingredients, then add the cream of tartar. Boil until a spoonful dropped into cold water forms a ball. Remove from the fire, stir in the essence of lemon and pour into a greased dish. Divide into squares before cooling. Wrap in oiled paper when cool. This recipe is good for 25 squares.

Montélimart nougat

1 lb. of honey, 2 whites of eggs beaten to a froth, $\frac{1}{2}$ cup of chopped nuts, $\frac{1}{2}$ teaspoonful of vanilla or bitter almond flavouring.

HONEY PRESERVES AND JAM

Fruit preserved in a clear syrup is called "preserves;" when cooked in a thick syrup it is called "jam." Preserves are not so rich as jam, but they retain their natural taste. On the other hand, they are harder to keep.

Proportion of ingredients

To 1 lb. of fruit, 1/3 lb. of honey, 1/3 cup of water.

Boil water and honey 15 minutes on a slow fire. These quantities vary according to the fruit's degree of acidity; add more honey and diminish the quantity of water, in case of acidity.

Plums in honey

Use very ripe plums. The white ones are the best.

After washing the plums in cold water, dry them with a cotton cloth, and prick each plum four or five times with a needle.

Boil a honey and water syrup 5 minutes. Put a layer of plums on the boiling water and boil slowly 4 or 5 minutes. Remove the fruit, put them into hot sterilized jars, fill them with honey syrup; fasten the rubbers, close partially and sterilize 10 minutes in boiling water. Close hermetically.

Pears in honey

Take very sound pears, wash them in cold water, peel them, slice and core them. Put them into slightly salt water to prevent discoloration. Make a honey and water syrup, as in the previous recipe. Place the pears in a wire basket, cook a minute and a half in boiling water, then dip at once into water as cold as possible; drain and put into hot sterilized jars. Fill the jars with boiling honey syrup, fasten the rubbers, cover partially and sterilize in boiling water, 20 minutes for a quart jar. Close hermetically in withdrawing.

Apples in honey

Same process as above.

Small fruit preserves

Put the fruit into a perforated jar and pour fresh water over them till they are thoroughly washed. Then put into jars and boiling syrup. Close and sterilize 15 minutes.

Fruit thus preserved will not break and will keep its fine colour.

JAM

Small fruit

Small fruit jam : strawberries, raspberries, gooseberries. Proportions : for 1lb. of fruit, $\frac{3}{4}$ lb. of honey, $\frac{1}{3}$ cup of water.

Process

Boil the honey and water until they form a fairly thick syrup. Be careful to scum ; then cool before putting into sterilized jars, thus preventing the fruit from rising to the surface. When thoroughly cool, close hermetically and keep in a dry place.

Pumpkin, melon and pear jam

To 4 lbs. of fruit, 3 lbs. of honey and a few tablespoonfuls of water.

Cook on a slow fire about 2 hours. Flavour with two lemon peels. 1 or two cinnamon sticks may be added to taste. Stir often. When cooked, put into hermetically closed jars.

Apple, plum and pineable jam

To 1 lb. of fruit, $\frac{1}{2}$ lb. of honey, $\frac{1}{2}$ cup of water.

Boil the honey and water till they form threads. Then add the fruit. Cook 30 minutes.

USE OF MAPLE SUGAR

Sugar Industry

Another no less valuable resource, within everybody's reach, in our country, is the delicious sugar extracted from our maple-trees.

The sugar industry which had declined, contrary to the best interests of our Province, is again beginning to thrive. The intelligent work done in many places, is the result of serious study, promoted by our experienced specialists in this line.

Why is there a movement on foot to improve the maple sugar production? Should not public-spirited Canadians use and spread the natural products of their country? Is not this a perfect sugar, replacing adulterated white and brown sugar to advantage? Although the nutritive value of maple sugar is not superior to that of ordinary white sugar, still it has a very great and noteworthy merit : *it is pure* and its *taste is delicious*, when it is well made.

These few recipes suffice to show that maple sugar works wonders in the hands of a good cook and pleasantly varies the flavour of deserts.

MAPLE SUGAR TARTS

3 tablespoonfuls of flour, 1 egg, 1 cup of maple sugar, butter the size of an egg, 1 teaspoonful of flavour to taste. Moisten the flour with water, beat the egg lightly, add the maple sugar, butter and flavouring. Mix these ingredients into the flour. Cook in a hot water bath until ingredients thicken somewhat. Cool and pour into tart moulds. Bake in the oven. Garnish with whipped cream or meringue.

MAPLE SUGAR COOKIES

1 egg 1 cup of sugar, 3 tablespoonfuls of lard, 1 cup of cream, 1 teaspoonful of pastry soda, 3 tablespoonfuls of hot water, a pinch of salt, flour to thicken, maple sugar.

Whip the lard and maple sugar together, add the eggs well beaten and mix thoroughly, add the cream, salt and soda dissolved in water. Mix in the flour so as to make a thick paste. Roll out the paste and cut with a cookie cutter. Spread ground maple sugar on each biscuit. Bake in the oven 8 to 10 minutes. (This recipe gives forty cookies).

Maple sugar pudding

Place in a buttered dish a layer of slices of buttered bread, a layer of scraped maple sugar ; proceed thus until the dish is fairly full, ending with a layer of maple sugar. Over this preparation pour tepid milk containing one or two beaten eggs, a little nutmeg. Bake in an oven about 20 minutes.

Maple sugar sauce

2 cups of scraped maple sugar, 2 cups of water, 3 teaspoonfuls of cornstarch, nutmeg to taste.

Melt the sugar in hot water until it boils. Dissolve the cornstarch in a little cold water, pour it in gently, always stirring to prevent lumps. Add a little nutmeg, if desired ; cook 5 to 8 minutes.

Maple syrup may be served to advantage with any pudding, biscuit or cake.

Maple sugar blanc-mange

4 cups of milk, $\frac{1}{4}$ cup of maple sugar, $\frac{1}{2}$ cup of cold milk, $\frac{1}{2}$ cup of cornstarch, $\frac{1}{4}$ teaspoonful of salt. Dissolve the cornstarch in the cold milk, sugar and salt. Pour into the hot milk, always stirring. Cook 15 minutes. Pour into a mould previously soaked in cold water. Let it take.

Maple sugar icing

Break 1 lb. of maple sugar into pieces, put them into a saucepan with a cup of sweet cream, cook until the icing forms a little ball in cold water ; withdraw from the fire and beat until it forms a thick cream, and spread over the cake.

Maple sugar candy

1 cup of maple sugar, $\frac{1}{2}$ cup of brown sugar, 1 tablespoonful of lard, a pinch of salt, 1 teaspoonful of vanilla, 1 cup of water.

Melt the sugar mixed in a saucepan, when boiling, add the lard and salt.

Boil until the ingredients form little round balls when dropped into cold water, then add the flavour and pour into a greased dish. When cold, cut into squares.

Maple sugar souffé

1 lb. of maple sugar, $\frac{1}{2}$ lb. of brown sugar, 2 whites of eggs, 1 cup of nuts, $\frac{1}{2}$ cup of chopped figs, $\frac{1}{2}$ cup of grated lemon peel, $\frac{1}{2}$ cup of raisins, $\frac{1}{2}$ cup of water.

Boil the sugar and water until thick, tough threads form. Beat the whites to a foam, gradually pour the hot syrup on the whites. When the mixture begins to harden, add the other ingredients.

Maple sugar cream

To 3 bowls of sugar, 2 bowls of cream. Cook without stirring. To ascertain the degree of cooking, pour a few drops into a bowl of very cold water. If they form into balls, withdraw the saucepan from the fire, beat the sugar quickly for a few minutes until it turns into a smooth and fairly consistent paste. Pour into sufficiently deep dishes and cool. Cut into little squares before complete cooling.