

TX  
767  
H7  
S92

ALBERT R. MANN  
LIBRARY  
NEW YORK STATE COLLEGES  
OF  
AGRICULTURE AND HOME ECONOMICS  
AT  
CORNELL UNIVERSITY



EVERETT FRANKLIN PHILLIPS  
BEEKEEPING LIBRARY

Of the many excellent papers read at the State Convention, none pleased the large gathering of beekeepers assembled more than that of Mrs. Dora Stewart of Chico. Her subject, "The Uses of Honey in the Home," is a timely one and for that reason we print it in pamphlet form.

---

# The Uses of Honey in the Home

Mrs. Dora Stuart, Loamlands, Route 4  
Box 62A, Chico, Calif.

---

There is probably no article of food that has a more varied use in the home than honey. Also, there is probably no article of food, of equal food value, the importance of which is so little appreciated, and concerning the value of which there is so little specific knowledge. Therefore the subject, "The Uses of Honey in the Home," falls into two natural divisions—the possible uses of honey and the actual uses of honey in the home.

Before considering the possible uses of honey, a resume of the actual uses of honey is necessary for perspective and as a basis for comparisons.

My observations on the actual uses of honey in the home must necessarily be based largely on our two years' experience of exclusive retailing of our honey crop at our own door in the outskirts of Chico, a town of about ten thousand. Two years may seem a short time to our veteran beekeepers; but in that space may be run the gamut of human nature, and a longer period would only mean more human nature of the same kind.

From the scores who have tasted our wares and who return for more, and from the even greater numbers who merely taste and do not return, we have gathered a general idea of at least some of the uses of honey in the home, ranging from its use in bribing a small boy to do his chores or take a dose of bad medicine, to its use as a basis for "home brew" for those who are, and

always will be boys; and from a substitute for syrup, to its use for medicinal purposes. The customer who FEEDS honey to his family as a legitimate or necessary article of diet, is the exception. Such a customer is recognized not only by the size of his purchase, but by the dispatch with which the transaction is handled. He does not stop to ask what you mix it with, or tell you of the superior brand of honey his grandfather made back East when he was a boy, or detect in your wares a flavor of bee bread, or defer the purchase until he can consult his wife. He wastes neither his own or your time with none of these things. He hands over a check and departs with a five-gallon can, or even a case of honey, and leaves you with the feeling that honey is used as a food in that home.

But such customers are comparatively few, the great majority regarding the use of honey as a prerogative of the rich, not to be indulged in by ordinary folks, except in cases of extreme necessity, such as sore throat or the visitation of a relative. Relapses of such afflictions are not altogether unwelcome. Indeed, sore throat has become a fixed habit with quite a number of our customers. One must remember that the use of honey is still popularly considered as an indulgence of appetite, and the one who so indulges must be armed with a perfectly good excuse when he is caught in the act of pur-

767  
H7  
S92

chasing even a small quantity of it. One pessimist always brings a five-pound bucket, but limits his indulgence to "two pounds, please. The old woman is bad off with another of them colds."

A young man comes on a bicycle with a small boy riding on the handle bars and a Mason jar protruding from his hip pocket. "The kid likes it," is his rather shame-faced excuse for an occasional purchase of a quart of honey.

One day, upon returning from downtown, we found a ten-pound bucket and a visiting card on which was written, "Please fill bucket with honey. Will return later." There was quite a stir in the local honey market. Ten pounds of honey and no questions asked regarding color or price! That woman must surely understand the food value of honey, to order so recklessly. Would she come early or late? And would she prefer light or dark honey? We happened to have an exact counterpart of her bucket, so we filled one with white, and the other with amber honey, so that there might be no delay in putting up the package when she arrived. The next day we chose a different hour to do the downtown shopping, and missed her, again. But the third day we made connections. She chose the better grade of honey, and apologized for the purchase. To her, honey was not only an indulgence, but a sinful indulgence. She said, "I feel so selfish to sit down and eat it all by myself, when none of my family will touch it. But it's about all I eat for my breakfast."

One cannot help wondering if that customer would have enjoyed her honey half so well had she understood she was getting her money's worth in actual food value, as when it was to her, as she herself expressed it, "a selfish pleasure."

But I could go on indefinitely. There is the woman who will not allow honey to come into her home, because it once gave one of the children cramps; another who will not buy it because "No one eats it but dad"; it gives one woman heartburn, makes another cough, and still another will not buy it because "cheap syrup does just as well for children. All kids want is something that tastes sweet." One man driving an expensive seven-passenger car bought one pound of honey as a special treat for his mother, who was visiting in his home. Another purchased a quart to mix with lard to use as a salve to soften the caked udder of his favorite cow. A veterinarian prescribed honey for a sick goat. Then there are those of both sexes who take the stand, "I work hard for my money, and I am going to have

what I want to eat. The best ain't any too good fer my family."

Only one of all our customers requested recipes for using honey in cooking. And of those on whom recipes were gently but firmly forced, not one reported results or showed the slightest interest beyond the conventional "How lovely!" and "So sweet of you!" when the recipe was presented. And that was the end of it.

We have had one call for beeswax from a professional gardener. He uses it in grafting fruit trees.

I venture the assertion that during 1919 more honey was sold in five-gallon tins for HOME CONSUMPTION than has ever been sold in any previous twelve months, and more than will be sold in any twelve months in the very near future.

There were two reasons: First, the high price of sugar that soared around 30 cents a pound, and, second, the fat pay envelopes of the laborers, who are and always will be the greatest consumers of any commodity. Many of us hoped that through those war conditions the knowledge of the use of honey in the home would be widely disseminated, and its general consumption greatly increased. True, the desire for honey was widely disseminated, but a decline in the price of both sugar and wages came before the desire had become a fixed habit. And now we are once more dependent upon some unusual combination of circumstances for the next great impetus toward the general use of honey in the home. Or, perhaps, I should say, we must fall back upon the slower method of education that is being so earnestly carried on in various ways, notably, through the State Marketing Organization and the State University.

It is high time to turn from the negative aspect of this subject to the possible use of honey in the home. Possibilities are always interesting. They provide scope for the imagination, and since home-making has risen to a fine art, imagination is one of the essentials, the same as in other creative endeavors.

First, then, let us imagine, for instance, that indignation over the high price of sugar had precipitated a sequel to the historical Boston Tea Party, and all the sugar in the country had been cast overboard by the long-suffering consumer. I'll admit that the mere contemplation of such a procedure requires an elastic imagination. But if the possible uses of honey in the home are to be tested, even imaginatively, sugar must first, by fair means or foul, be eliminated. So we will apply the war paint, as did our forefathers, and,

39332

disguised as Indians, do our duty to the last grain and cube, even to the brown sugar used in fudge.

The next morning—things always begin in the morning; besides, we would have been too excited to eat the night of the party—the next morning, when the smoke of battle has cleared, we begin to test out the possibilities of honey. Friend wife will inquire, "How many drops of honey in your coffee, dear?" There will be honey on the grape fruit, and the cereal will be served with honey. Flapjacks will be smeared with it, and you will be lucky if the eggs are not boiled in it. Certainly eggs have been known to be poached in honey.

"Everything tastes of honey," some one wails.

But we bee folks are cheerful. "Didn't everything taste of sugar, often adulterated sugar, too, before the sequel to the Boston Tea Party?" we retort, even at the risk of coming under suspicion as the instigators of the party.

Serenely we await luncheon, which affords a greater variety in the use of honey.

How would you like to start off with a fruit salad and a honey French dressing, followed by nougat wafers and iced tea, in which, mingled with cracked ice, is a cube of comb honey? Or, perhaps, a cheese custard and honey apple jelly, with honey, bread and butter, honey ice cream, and honey cookies, followed by hot tea sweetened with honey? Still others might prefer a sprout salad with a honey boiled dressing, honey rissoles, boiled honey custard, hot chocolate, whipped cream and honey, with rolled honey wafers.

Meat may be served with any of these luncheon menus, if desired, but if honey is to be used according to recipes, meat may be safely omitted without impairing the food value of the meal. For, according to scientific tests, 7 ounces of honey is equal in food value to 12 ounces of round beef steak, 15 ounces of codfish, or of ten eggs, and can be eaten with less tax on the eliminating organs.

A most nutritious and even attractive dinner may consist of the following:

Creamed Vegetable Soup and Buttered Croutons

Pineapple and Nut Salad, Lipoido

A Cheese Trifle

Cornstarch Pudding, Whipped Cream

Sun-preserved Honey Fruit

Tea, Coffee or Milk

This menu has been used in our own home, and we recommend each item.

Lipoido is a salad dressing originated by Dr. A. J. Gerlach of Los Gatos. It

is made by simply adding one part of lemon juice to one part honey and two parts olive oil, the mixture to be beaten with an egg beater until emulsified. We use this dressing on many of our vegetable salads as well.

A cheese trifle in reality is no trifling matter, either to prepare or to digest; but it certainly is delicious. It consists of eggs poached in honey, served on slices of crisp brown toast that have first been covered with a rich cheese sauce. When we have access to city markets and can procure duck eggs, we prefer them. They are larger, firmer and much easier to poach.

Sun-preserved honey fruit is an interesting field of experiment. We have preserved in this manner more or less successfully a dozen varieties of fruits and berries, including strawberries, blackberries, raspberries, huckleberries, loganberries, figs, pears, peaches, plums, apricots and prunes. Of the berries, we prefer strawberries and raspberries, and of the fruits, figs and plums. Strawberries, if not overripe when preserved, will come out of the jar whole, and with the flavor of fresh fruit. A jar of raspberries that had somehow escaped our notice, was not opened for two years. A moment after the top of the jar had been removed, the fragrance of crushed raspberry filled the room. The same is true of figs and plums; in fact, any fruit preserved by the sun process retains its original aroma.

The necessary equipment for sun-preserved may be very simple—an ordinary window sash fitted over the top of a box ten inches deep in front and sixteen inches in the rear, the sides and bottom made of one-inch boards. The whole should be mounted on legs standing in cans of water to keep out the ants. The fruit is placed inside the box in enamel pans, mixed pound for pound with honey. The processing theory is based on the law of endosmosis and exosmosis; that is, the inherent tendency of liquids of different densities to intermingle if placed in contact. According to this law, when ripe fruit is placed in the solar preserver, the thin fruit juices are slowly sneaked out of their cells into the syrup, the sun heat evaporates this excess liquid as fast as it is drawn out of the fruit. The syrup thus retains its body and at the same time flows back into the fruit cells and replaces their natural juices. When this replacing is complete, the fruit is preserved, and the number of days required depends on the intensity of the sun's heat and the juiciness of the fruit to be preserved. Any surplus syrup, after bottling the preserved fruit, is delicious, served with

stale cake or lady fingers. It is used as a dip with whipped cream and a bit of the honey fruit, preferably a whole strawberry or fig, as a last decoration.

Honey may be used in canning cooked fruit, as well, and the blend of honey and fruit juice gives a flavor to the canned fruit not easily forgotten.

A unique confection may be made by removing the pits from dates and filling the cavity with candied honey. Recipes for candy where honey is substituted for sugar appear from time to time in the bee journals (where practically only bee folks see them), but I am confining myself to those recipes which we have personally tried out.

Going back for a moment to the stale cake reference. If honey were used in home made cake, as it is used in the bakeries, there would be comparatively little stale cake to be utilized with honey syrups and whipped cream. It is said the products of bakeshops are not prepared for immediate consumption, but may be found six months hence in a South Sea island, or, perhaps, in the wilds of Alaska, fresh and appetizing, as when first baked.

Honey cake in our home, when a new hiding place can be found for it, is also fresh when six months old. One section of a large cake was hidden so effectively that it was not discovered until we sold our home and were packing our belongings for removal two years after the cake was baked. An hour in the steamer rejuvenated the cake, which was consumed with whipped cream and fruit, our usual camouflage for kitchen operations.

For six years we have purchased no sugar except for the purpose of feeding bees. So the sequel to the Boston Tea Party has not been such a make-believe to us, after all. And we have suffered no hardship, any more than our ancestors who depended on maple sugar and honey for their sweets, suffered hardship.

With such an array of possibilities for using honey in the home, why is the retail market slack? Is it ignorance or indifference on the part of the purchasing public, or both?

California beekeepers have met in convention annually since 1890. No doubt at each meeting they have told one another that honey is pretty good truck to eat, and that the public should buy more of it and eat more of it; that it is healthy, economical and profitable—to the beekeepers. To increase the demand for honey, there have been suggestions to call for it in public eating places, and the steady advertising of it by the use of honey labels and other literature that brings honey to the at-

tention of the buying public. All these things have done their bit toward extending the use of honey in the home; but hotels and restaurants do not make investments on the strength of an occasional call for honey. They will not lay in a supply of honey until the public roars for it. And the general public will not clamor for it until they have found out how to use it and know its value as a food.

The question before us bee folks is how to increase the demand for honey, not for shipment to some far away port, but for consumption in the homes of our friends and neighbors. Apiculture as a craft is increasing, consequently more honey is being produced each year. The study of the honey bee and its habits is being fostered in the schools. In a recent bee journal is an account of beekeeping being taught in the grades and the high schools of Louisiana, while the universities have elaborately planned courses in apiculture.

But isn't that rather getting the cart before the horse? Of what use will be an increase in honey production if, through ignorance of its use, consumption lags behind?

That brings us to the remedy—the public schools. All movements of importance are fostered in the schools. Prohibition was encouraged by prize-winning essays among the children of various grades. The need of manual training was felt, and immediately schools were equipped with shops; and at present Americanism is claiming the attention of the whole system of American schools.

The one avenue to the kitchen of practically every home in the United States is the domestic science department of the public school, and particularly the domestic science departments of the normal schools and the universities, where teachers for the lower schools are trained. And in the REM-EDY I again draw my conclusions from personal experience in our own locality.

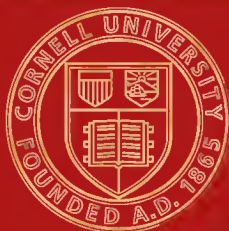
Chico boasts a state normal school of the very first rank. Its domestic science department rarely mentions honey, and then only as a delicacy, except during the hectic period of the war, when the students were taught to make honey cookies and other dainties enumerated in the food bulletins issued by the United States government. How are the domestic science departments of **your** home schools? Are they teaching the use of honey and thereby creating a demand for a natural, healthful sweet, and one not easily adulterated? Watch the schools. There is where the next generation gets its notions of food to be served in the home.

**The uses of honey in the home.**



3 1924 003 251 570

mann



## Cornell University Library

The original of this book is in  
the Cornell University Library.

There are no known copyright restrictions in  
the United States on the use of the text.