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Honey Storms the Kitchen . . .

By F. B. Paddock, Zool.  “Nature’s Sweet” Is Best Sugar

“U M-M-M! And the bees are humming ‘round the honeysuckle vines”—ambitious little creatures, ever intent on their mission as workers and providers of the commonwealth of nectar. Few of us but could, perhaps profitably take example from these industrious, unselfish little insects as they hum busily about from flower to flower, shopping for the choicest nectars. They seem to be trying to crowd into the short 42 days of their allotted life-time all of their share in the community output.

The honey bee is one of the two insects which are constructive to man, according to F. B. Paddock, State Apiarist and professor of zoology at Iowa State College, in a recent talk. It is believed, after a careful study of the stone writings left by the primitive peoples, that the honey bee has been known to man for over 40,000 years and in all that time man has been unable to change any of the habits or traits of the bee. Instead, he has had to investigate and accommodate himself to the bees’ desires and systems of operation if he would profit to a maximum extent by his dealings with them.

It is hard to say that the bee was placed on this earth solely for the benefit of man, for even though he, the bee, is considered an essential in the pollination of certain of our plants, and furnishes us with honey, “nature’s own sweet” and bees-wax, we find that, out of the average of 400 pounds of honey to a hive, we get only 80 pounds.

The life of the bee has been the subject of poetical writings by the scholars of every civilization and the honey bee has been carried wherever civilization has advanced. Even in the colonization of Greece, Italy and Northern Africa, when plans were made to stay for more than a year in one place, bee hives were always a part of the equipment.

Honey and bees-wax have always interested man. They are closely connected with the development of the human race, and in the early times were almost immortalized. Then the supply of honey was quite small, and as result, the kings levied their taxes in honey, and the conquering tribes taxed the conquered in honey and bees-wax. At that time honey was, of course, the only source of sweetening.

Honey became so important in the lives of the people that it was quite closely connected with their most intimate ceremonies. At one time, when a baby was christened he was appointed on the forehead with a drop of honey, which was supposed to be a symbol of purity and strength throughout life. Honey was also often buried with the dead, used in embalming the royalty (since honey is known as a preserving agent), and used to form a part of the feast that accompanied the ritual that was performed when the males in the family first began to slave.

Our present “honeymoon” also had a connection and explanation in the uses of honey. The newly married couple was supposed to serve honey to all passers-by and friends that came to their door within a month. Thus the word was constructed.

As we have said, the present sugars are entirely different from our own simple sugars, fruit sugar and grape sugar; these sugars have been pre-digested by the bee in its manufacture of the nectar into honey so that there is no tax on the human to digest such sugar. It is assimilated almost directly from the stomach into the blood stream. In addition to the sugar, honey contains all of the vital mineral elements in amounts almost equal to other foods and as readily assimilable. Moreover, we find that each different kind of flower gives a characteristic odor, taste and color and produces new, individual food.

Honey is increasingly coming to be used in new and delightful delicacies which make one wonder how man could have failed to appreciate the wonderful food which it is, declared Professor Paddock. “Honey ever have let the “honey habit” fall out of use in his kitchen. The suggestions printed here will make a pleasant variation in the regular menu.

Remember that the call on the honey bee is industry, purity and purpose to an end, and that honey is nature’s own sweet.

**Sweet Clover Honey Taffy**

1 cup honey. 1 cup sugar.

1/2 cup cold water. 1 teaspoon vanilla.

Boil the water, honey, and sugar together at 288°F. (a hard ball in cold water). Add vanilla or other flavoring if desired. Put on buttered dish to cool, then pull until white. If the pan in which the honey is cooked is buttered around the top, it will not boil over. (Mrs. Kenneth Saddler, Hardin, Mont.)

**Honey Corn Flake Muffins**

1/4 cup butter. 2 cups flour.

1/2 cup honey. 4 teaspoons baking powder.

1 egg. 1/4 teaspoon salt.

1 cup milk. 2 cups corn flakes.

Cream butter and honey and add well beaten egg, then milk and flour sifted with baking powder and salt, and lastly the corn flakes. Bake in small sized greased muffin tins twenty minutes. (400°F.) Yield: 12 muffins.

**Honey Date Pudding**

2 cups dates, seeded and fine. 3/4 cup honey.

1/2 cup nut meats, cut fine. 1/2 cup flour.

2 eggs, beaten light. 1 teaspoon baking powder.

Mix well, bake 20 minutes in moderate oven. Serve with cream, whipped or plain. May be rolled in powdered sugar and served.

**Honey Gingersnaps**

1 cup strained honey. 2 teaspoons baking powder.

1 cup sugar. 2 teaspoons ginger.

1/2 cup melted butter. 2 cups flour.

1 egg. 1 cup chopped nuts.

Mix honey, sugar, melted fat, and beaten egg. Sift baking powder and ginger with flour. Add nuts to flour after sifting. Stir well into other ingredients. Bake in moderate oven 25 minutes.