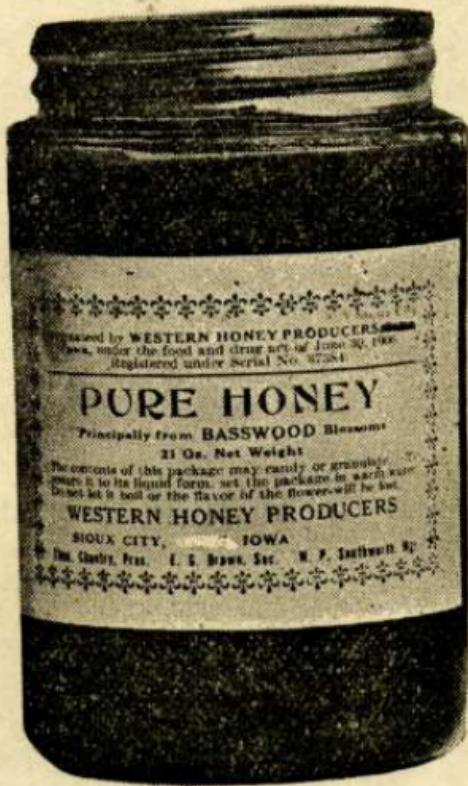


# HONEY COOK BOOK



*Nature's Best Sweet*

PRESENTED BY

**Western Honey Producers**

Sioux City, Iowa

311 Pearl Street

Auto Phone 3961

## INTRODUCTION

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You want to know who the Western Honey Producers are and where all this delicious honey comes from.

We want you to know us, not only through the merits of our good honey, but it would be a pleasure to meet you personally and have you inspect our apiaries or the warehouse. We haven't any secrets; every part of the industry, from the interior of the hive to the bottling department, is open for inspection, and we invite you to call.

We now number our hives by the thousand and produce honey by the carload. By placing the bees where the blossoms are that yield the best honey, we are able to give you the best honey.

Yours truly,

WESTERN HONEY PRODUCERS,

Sioux City, Iowa.

THOMAS CHANTRY, President.

W. P. SOUTHWORTH, Manager.

EDWARD G. BROWN, Secretary.

Established in 1906.

## WHERE DOES THE HONEY COME FROM?

Honey is the gift of God. It is secreted in the heart of the delicate bloom from which the bees gather it and store it in the waxen cells.

Can you manufacture honey? Can you construct an apple that will deceive any one? A thousand times, No!

## ONE THOUSAND DOLLARS REWARD.

For twenty-five years there has been a standing reward of one thousand dollars for a pound of machine manufactured comb honey. This proves the falsity of the statement that honey has been manufactured.

All our honey is guaranteed to be pure, and we are registered under the food and drug act of June 30, 1906, Serial No. 37384.

The miracle of the dainty flower and the honey bee can not be counterfeited by the clumsy tools of man; but man can assist the bee and greatly increase the yield of honey by providing suitable hives and equipment, and removing the honey at the right time.

Dr. J. H. Kellogg, of Battle Creek, Mich., who is a recognized food authority throughout the world, writes of honey as follows:

"I consider honey much preferable to cane sugar as a food. It is practically a fruit sugar, and is ready for absorption. Eaten in moderate quantities it ought to tax the digestive organs much less than cane sugar, and is to be commended.

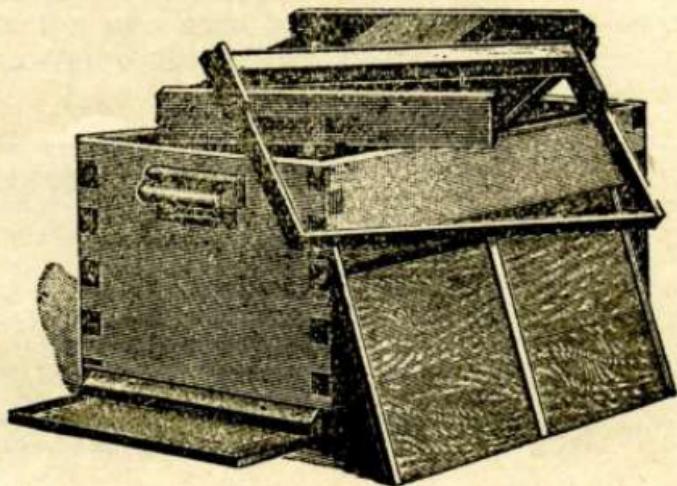
"Many persons ought to be able to utilize

honey who can not use cane sugar. Adults often lack the power to digest cane sugar. Cane sugar is chiefly obtained from grasses and roots. It is a sugar adapted to herbivorous animals. One of the four stomachs of a cow secretes a ferment which is capable of digesting cane sugar. Digestion of cane sugar converts it into honey, so honey is practically cane sugar already digested."

### COMB FOUNDATION.

If you are not familiar with the honey bee and her habits, we would like to show you some of her secrets and have you see the perfect order that prevails in the hive, and how man can assist them by the use of movable frames; and the comb foundation made of pure beeswax rolled very thin and imprinted like the septum or center of the honey comb, on which the bees build the completed cell.

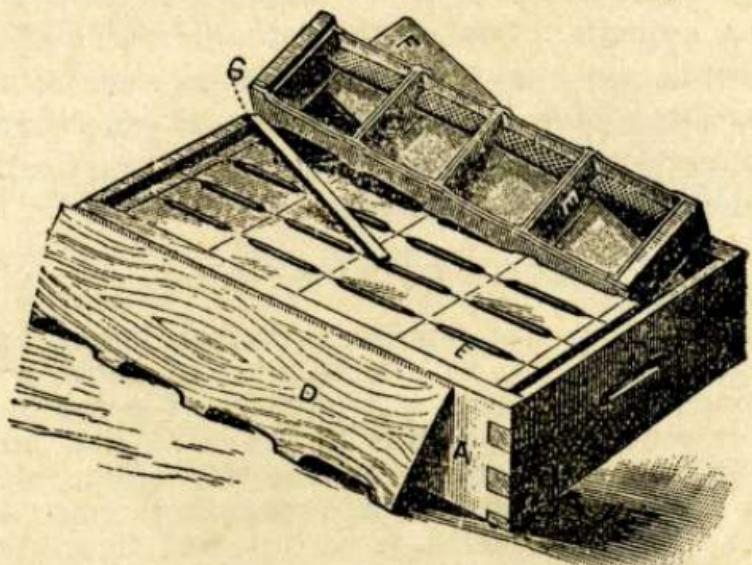
This foundation is no adulteration, but is pure beeswax that is saved in the process of honey production.



The Hives We Use.

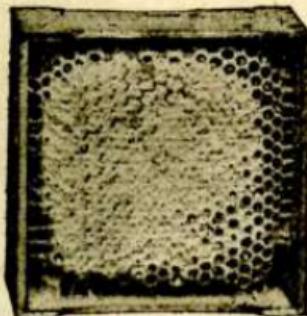
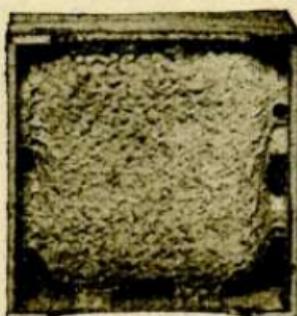
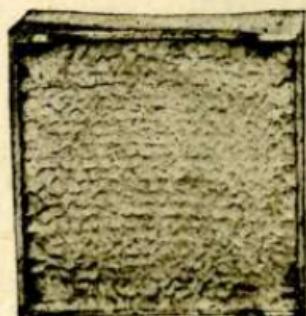
## COMB HONEY.

When comb honey is desired, the hive is provided with an upper story of small sections in which the bees build their comb, fill



it with the rich nectar, and seal it over with a capping of snowy white—a beautiful thing, fit to grace the table of the most elaborate banquet.

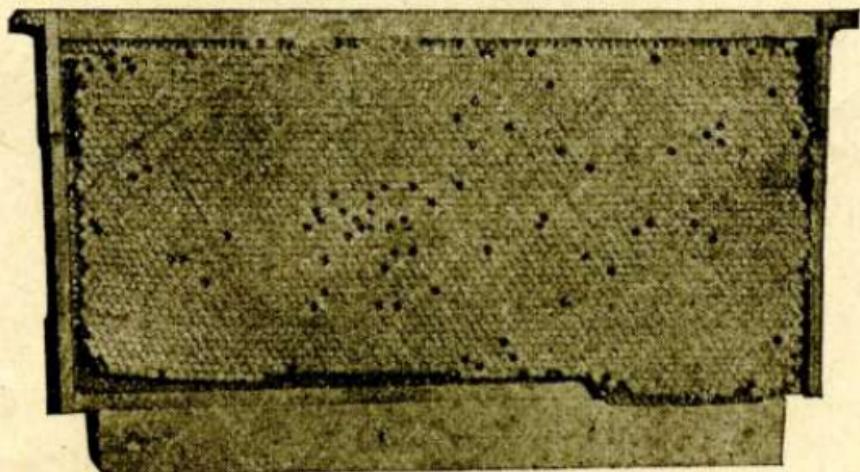
When you see honey in this form you can be assured that it is pure, and the work of the bees, as the clumsy tools of man can not make a cake of comb honey that will deceive the least informed.



Nature's Best Sweet.

## EXTRACTED HONEY.

To produce extracted honey we place a surplus chamber, containing deep frames, over the brood-nest, with a perforated zinc between, which admits free passage of the worker bees but prevents the queen from entering that department of the hive and depositing her eggs in the comb.

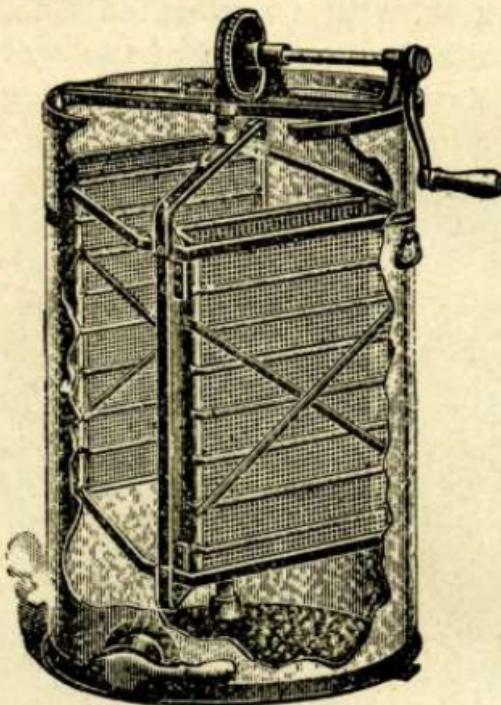


When the large frames of solid honey are sealed and ripened, they are removed, and the seal or capping is cut away with an uncapping knife.

Then the frames of honey are put into a honey extractor, which is a large tin cylinder with wire basket on the inside to receive the frames. The baskets are rotated rapidly by a crank and gear; or when the work is done extensively, the extractor is run by a small engine.

The rapid rotation of the combs causes the honey to fly out and run down to the bottom of the tank, where it is drawn off into cans.

Honey in this form is the most popular, and is in every way the equal of comb honey, with the objectionable beeswax removed, and is much cheaper.



Honey Extractor.

#### PACKING EXTRACTED HONEY.

The honey you get with the label of the Western Honey Producers on is not only pure but it is clean. Special care is taken at every step from the hive to the smallest container to have everything sanitary.

The honey is liquified and strained by a special process of our own invention, which preserves the rich flavor of the blossoms. As far as is possible, the honey from the different blossoms is kept separate and the package labeled with the name of the flower from which the honey was gathered principally. Note, we say "principally," for it is impossible to keep the bees from mixing the honey to

some extent. You know that in most localities some special honey-yielding plant predominates, and localities differ. In one will be the clover, in another the alfalfa, and in others the basswood. In California the orange and sage are the principal sources of honey.

### **GRANULATION OF HONEY.**

All liquid honey and some comb honey is liable to candy or granulate.

While we do not know very much as yet about the theory of honey candying, yet we know that it will take on this form at some time and that cold hastens it.

In the eye of the general public, granulated honey is not pure; many think it has been sugared," either with brown or white sugar. But the very fact that it granulates solid is one of the best proofs of its purity.

A great many people that are familiar with honey prefer it in the granulated form and use it on their bread instead of butter.

### **ECONOMY OF HONEY.**

There is scarcely an article, when the feed-unit per pound is considered, that is cheaper than honey. It is cheaper than butter, and should replace it to a great extent. Pound for pound, it goes further. Unlike butter, it will keep almost indefinitely. Extracted honey, being twice as cheap as comb, is a rival of sugar; when all things are considered, it is better. Cheap glucose syrups on the market can scarcely be compared fairly with honey. In extracted honey there is almost no waste, every particle being consumed by the digestive organs.

The sugars in honey are in the very best form for assimilation, as they are converted by the bees into a condition to be absorbed

into the blood, without further process. For this reason honey should be eaten with some solid food—for instance, bread.

### HONEY COOKING RECIPES.

The recipes given below have been tested, and are guaranteed to be good. We especially recommend that you try the honey nut-cake, and honey hermits. To insure best results, use Western Honey Producers' pure honey.

A tablespoonful of honey in white bread, instead of sugar, gives a delicious flavor and a brown crust.

#### Honey Gems.

Take 2 pints flour, 3 tablespoonfuls melted lard,  $\frac{3}{4}$  pint honey,  $\frac{1}{2}$  pint molasses, 4 heaping tablespoonfuls of brown sugar,  $1\frac{1}{2}$  level teaspoonfuls soda, 1 level teaspoonful salt,  $\frac{1}{2}$  pint water,  $\frac{1}{2}$  teaspoonful extract vanilla.

#### Baked Honey Brown Bread.

Take 2 cups buttermilk, 1 cup honey, 2 cups graham flour, 1 cup white flour, 2 teaspoonfuls soda, 1 teaspoonful baking powder, 1 teaspoonful salt, 1 cup raisins. Bake in a slow oven one hour.

#### Honey Wafers.

Heat 1 cup of honey to the boiling point; add  $\frac{1}{2}$  a cup of butter; let stand ten minutes. Add the grated rind and juice of a lemon;  $\frac{1}{2}$  teaspoonful of soda, and flour to make very stiff dough. Roll out as thin as possible; cut into little oblong pieces and bake ten minutes. When done they should not be over  $\frac{1}{4}$  inch thick, and as crisp as gingersnaps.

MRS. W. P. SOUTHWORTH.

## Honey Nut Cakes that Will Keep Six Months.

These cakes are quite easily made, and are better for a four-weeks' keeping in a tin box; in fact, they will keep for six months if necessary. The first preparation should be done the day before the cakes are made. Shred half a pound of citron. Shell a pound of almonds; blanch; dry them in the oven, without browning; then chop, but not too fine. Chop a quarter of a pound of English walnut meats. Put one cupful of honey, two cupfuls of milk, and two cupfuls of sugar into a saucepan over the fire. Stir and boil for fifteen minutes; skim, take from the fire, and, when cool, add the nuts, candied shredded fruit, two teaspoonfuls of cinnamon, one teaspoonful of ginger, and half a teaspoonful of cloves. Dissolve half a teaspoonful of soda in a tablespoonful of water. Add this to the mixture, and stand it aside over night. Next day stir in gradually enough flour to make a soft dough. Roll it out about a quarter of an inch in thickness; cut into small round cakes, and bake in a very moderate oven until crisp brown. If the directions are carefully followed these little cakes are exceedingly good.

## Honey Hermits (Baked as Cookies).

Take 1 cup honey,  $\frac{1}{2}$  cup butter, 3 eggs, 1 teaspoonful of soda dissolved in  $\frac{1}{2}$  cup of milk; 1 cup each of raisins, currants, and nuts chopped fine; 1 teaspoonful each of cloves, cinnamon, and nutmeg; add flour enough to make a soft dough.

## Aikin's Honey Cookies.

One teacupful extracted honey, 1 pint sour cream, scant teaspoonful soda, flavoring if desired, flour to make a soft dough.

### **Fowl's Honey Cookies.**

Three teaspoonfuls soda dissolved in 2 cups warm honey, 1 cup shortening containing salt, 2 teaspoonfuls ginger, 1 cup hot water, flour sufficient to roll.

### **Honey Tea Cake.**

One cup honey,  $\frac{1}{2}$  cup sour cream, 2 eggs,  $\frac{1}{2}$  cup butter, 2 cups flour, scant  $\frac{1}{2}$  teaspoonful soda, 1 tablespoonful cream of tartar. Bake thirty minutes in a moderate oven.

### **Honey Taffy.**

Boil honey until it hardens when dropped into cold water. Pull until it becomes white. Any quantity may be used. A pound requires 20 minutes' boiling and stirring. Great care must be exercised not to burn the honey. It makes very fine taffy.

### **Honey Popcorn Balls.**

Take 1 pint extracted honey; put it into an iron frying pan and boil until very thick; then stir in freshly popped corn, and, when cold, mold into balls. These will specially delight the children.

### **Honey Cold Cream.**

One cup of honey;  $\frac{3}{4}$  of a cup of beeswax; 1 cup of cottolene. Melt all, take off the fire, and stir till it is cool; rose or violet perfume may be added. It should be well protected from the air. The blending should be well done. This is fine for chapped or rough hands, if they are slightly wetted before applying

### **Honey Drops.**

Blend 1-3 cup honey, 1 teaspoonful butter, 1 egg well beaten, 2-3 cup flour, sifted with half

a teaspoon of baking powder, and a pinch of salt. Drop by teaspoonfuls on a tin, and bake in a quick oven. These proportions will make about 20 cakes.

### Honey Caramels.

One cup extracted honey of best flavor, 1 cup granulated sugar, 3 tablespoonfuls sweet cream or milk. Boil to "soft crack," or until it hardens when dropped into cold water, but not too brittle—just so it will form into a soft ball when taken in the fingers. Pour into a greased dish, stirring in a teaspoonful extract of vanilla just before taking off. Let it be  $\frac{1}{2}$  or  $\frac{3}{4}$  inch deep in the dish; and as it cools cut in squares and wrap each square in paraffine paper, such as grocers wrap butter in. To make chocolate caramels, add to the foregoing 1 tablespoonful melted chocolate just before taking off the stove, stirring it in well. For chocolate caramels it is not so important that the honey be of best quality.

C. C. MILLER.

### Remedy for Constipation.

Dr. Vogel, of the University of Dorpat, one of the greatest authorities on the subject of children's diseases, recommends giving the juice of well-stewed prunes, sweetened with honey, to very small children, and not give castor oil or other remedies. This is also a remedy which can be used by adults with good results. Try it.

### Dyspepsia Remedy.

Dr. McLean, San Francisco, Cal., recommends this for the cure of dyspepsia. Mix a drink of honey and water to suit the taste; then add a small quantity of myrrh (just a few drops), and drink every morning as you first get up.

### **Honey Doughnuts.**

Take two eggs, butter the size of an egg, one and a half cupful alfalfa honey, one cupful of sour milk to which has been added one teaspoon of soda, and three cupfuls of flour to which add two teaspoons of cream of tartar. Doughnuts made with honey are delicious. They are so very soft and light and retain their softness for months without getting hard, as do doughnuts made with sugar. The honey also makes them fry a delightful brown.

Ask your grocer for our pure honey and if he does not keep it, send to us and we will see that you are supplied promptly.

Comb honey is packed 24 sections in a glass front case.

The extracted honey is put up in 60 and 30-pound square cans, 10 and 5-pound tin pails and 2½-pound cans, 18-ounce glass jars and 6-ounce tumblers.

A free sample of extracted honey for the asking.

**WESTERN HONEY PRODUCERS**

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**Phone 3961 Automatic**

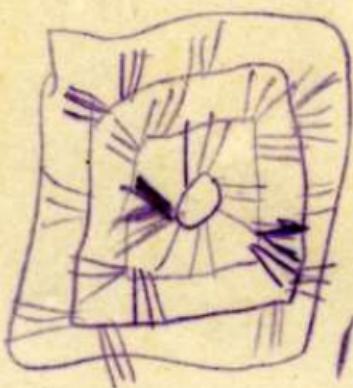
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