

INTRODUCING Mr. Honey Bee

By MISS JOHNNIE CAMP

Home Service Director
Virginia Electric & Power Co.
Honey, the highly esteemed sweet is as old as the race.

In the days before can sugar was brought from the tropics, "Mr. Honey-Bee" was a valuable servant in the temperate regions. Honey was the most common, sweet substance obtainable for food.

Long ago, it was discovered that this sweet substance was deposited in old hollow trees and crevices of rocks, in the Spring time, and man immediately appropriated it for his use. Bee trees, in pioneer days were considered a valuable "find," and are still to be found in some remote rural sections. The robbing these trees afford adventure for a group of men at the proper season of the year; "Bee Bonnets" or masks are pulled over their heads, gloves are tied on, trousers are tied down, or boots pulled on to prevent "Mr. Honey-Bee" becoming too familiar—then the fun begins.

Nectar is the material from which honey is made. Mr. Honey-Bee sucks it out of the flowers with his long tongue, swallows it into the honey sap where some change takes place. Honey consists of one-fifth to two-fifths of sugar, and from three-fifths to four-fifths of water. With these two substances are mixed small amounts of gums, mineral matter and volatile bodies. To these latter, the aroma and flavor of honey are chiefly due.

Because of the high sugar content, honey is classed with the fuel foods which supply the body with the energy it needs to carry on its various tasks.

For estimating the relative value of other sweets, we might add that an ordinary tablespoon of honey weighs a trifle over an ounce and will furnish a hundred calories for the body.

Honey can be used in cookery as a substitute for molasses, and makes a more delicately flavored product. It contains less acid than molasses however, and so requires less soda in recipes which do not call for sour milk or other acid. The amount of soda per cupful of honey varies from one-fourth to one-half level teaspoonful—so the cook must be careful.

Honey and Nut Bran Muffins

1-2 Cup honey
1 cup flour
1-4 to 1-2 teaspoon soda
1-4 teaspoon salt
2 cups bran
1 tablespoon melted butter
1 1-2 cups sweet milk
3-4 cup finely chopped English Walnuts.

Sift together the flour, soda and salt; mix with bran. Add other ingredients and bake 25 to 30 minutes in a hot oven 425 to 450 degrees, in gem pans. This recipe makes about 16 large muffins, each of which may be considered a 100 calorie portion.

Honey Bran Cakes

3-4 cup honey
1-4 cup butter
1-2 teaspoon cinnamon
1-8 teaspoon cloves
1 egg
1-2 teaspoon soda
2 tablespoons water
1 cup raisins, cut.

Heat honey and butter until butter melts; while warm add spices. When cold add flour, the egg well beaten, soda dissolved in the water, and the raisins. Add enough flour to make a dough that will hold its shape. Drop by spoonfuls on a buttered tin and bake in a moderate (350 degree) oven.

Lead Beauty Pageant



This American girl, Miss Yvette Baker, entered the beauty contest for Queen of the Festival at San Juan, Puerto Rico . . . and was awarded high honor in the colorful pageant which climaxes a gala week.

"SPECTATOR" SPECULATES

It seems that the inventor of technocracy doesn't know much about it either.

Times are so tough that a lot of men are wearing their Christmas neckties.

French cabinets should be fitted with parachutes.

A craze for puzzles, we are told, is sweeping the country. Heaven knows there are enough puzzles to satisfy the craze.

Chinese publicists are outwitting the Japs by announcing the recapture of cities that the enemy haven't attacked yet.

War Debt Version: Fifty million Frenchmen can't be wrong.

If Carter Glass becomes Secretary of the Treasury, he will find that things haven't changed around the old place. Practically all the

money he borrowed during the war is still borrowed.

The sad part is that we'll never know how much sooner the depression would have ended if statesmen had let it alone.

The Indian's paint was sacred to them and meant various things as war, relations, life, etc., but Heaven only knows what all this the women wears means. About all in "sacred" one may see out of it is the "red."

A miracle happened not long ago: A boy went blind and his father, a medical doctor of wealth, sent him to their country estate. The boy climbed upon a hay-stack, fell off on his head, shoulders and neck. When he got up he could see. He suffered with a "crick" in his neck for a few days and then got all right.

The short session seems to be the Long session in Congress.

Yours,
"SPECTATOR."

Let's go America! Buy American!

TOWN TALK

Mrs. C. F. Ogletree and Chas. Ogletree spent the week-end in Norfolk, Va.

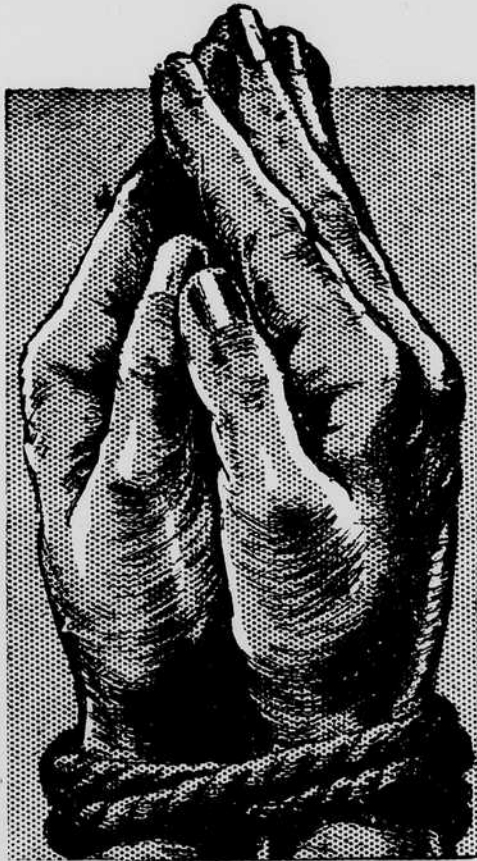
Miss Ruth Mason Long who is a student at St. Margarets spent the week-end here with her parents, Mr. and Mrs. Lunsford Long.

Mr. and Mrs. A. E. Akers and Mrs. T. M. Jenkins spent Friday in Raleigh, N. C.

Miss Gertrude Williams, Miss Fannie Cutchins and Mr. Kenappe of Franklin, Va. were the guests Friday of Mr. and Mrs. Frank Williams and attended "Broadway Rhapsody" Friday evening.

Dick Polers of New York was a business visitor in town this week.

Frank Williams spent several days this week in New York.



DON'T "Tie Your Hands" -- And think you are Saving Money

Lets look into this thing about "CASH and CARRY!" It costs money to operate trucks and hire men to deliver groceries. We've had a quarter-century in the grocery business in Roanoke Rapids and know it from all angles—credit stores—cash stores—delivery stores—and all, and we find that most people want to save every penny possible these days, and that by CASH and CARRY is the only way to accomplish it!

Cash & Carry Specials

At the "M" Grocery and Mkt. for Fri.—Sat., Feb. 24-25

PEANUT BUTTER 2 Pound Jar 22c

FANCY MOLASSES In Barrel—Qts. 20c

OAT MEAL Crystal Wedding—Large Box 19c

COFFEE Luzianne 3 lb. Pail 73c

NAVY BEANS 4 Pounds 10c

PORK & BEANS Ritters 5c

LUX SOAP 2 For 15c

KARO SYRUP 1 1/2 lb. can 10c

SEELOX Per Package 5c

OLEOMARGARINE

"Cheaper than Butter"

Per Pound

10c

PURE LARD

4 lbs. 25c

Shredded WHEAT Pkg. 10c

PICNICS Smoked, Pound 9c

SAUSAGE Home Made 2 lbs. 25c

OYSTERS Per Quart 35c

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