

A PERFECT FOOD

Nature's Own Sweet



Partial View of Apiary of Geo. Wood, Wesley, Dufferin Co., Ont.



Ye Olde Tyme Hive

"MY son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste: Prov. 24:13."

Solomon, thousands of years ago, showed wisdom in giving this bit of advice.

As an appetizer, taking the place of butter or used as an adjunct thereto, supplying the demand of the body for sweets, there is nothing which quite equals honey. This is a sweet distilled in nature's laboratory that has never been excelled by the genius of man. He may try to imitate but he cannot impart the aroma, the delicious flavor of the wild wood or the blossoming garden or the scented field. He may distill something from corn that looks like it, but

he cannot fool the bee into thinking it honey. And he can't fool the chemist either, and wherever the pure food law is in force the chemist traps the man who is calling glucose honey. Therefore there is little adulterated honey on the market, but if one wants it in the liquid or extracted form let him buy only from reliable men. And if one wants to be absolutely sure that he is eating the genuine, heaven-distilled and bee-manipulated article let him buy comb honey with the assurance that no man has ever yet been able to imitate the bee by faking the delicate comb which holds it, or the delicious ambrosia that fills it.

Not only is honey appetizing but it is nourishing. It is a real food. It builds waste tissue. Not only is honey palatable and nutritious, but it is assimilable. It agrees with most people. It is much more easily digested than cane sugar because it needs one less transformation in the stomach. It enters more readily into the circulation and doesn't tax the organs that are overworked in trying to take care of commercial sugars. Kidney diseases are comparatively unknown among persistent users of honey.

When the clover fields are white with bloom, and the linden shakes its creamy cups and the summer is drunk with a thousand perfumes, the provident bee gathers the matchless food that needs no cook to prepare it, no spice to season it and no fair hand to tempt us to eat what God has provided in the great storehouse of nature for all His children.

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