

HONEY—ITS CARE AND VARIOUS USES.

The Ontario Government has issued, under the auspices of the Women's Institutes, Bulletin 184, which treats of the uses of vegetables, fruits and honey. The following is that portion of the bulletin which refers to honey:

Honey.

One of Nature's Best Foods.—It is only within the last few centuries that sugar has become known, and only within the last generation that refined sugars have become so low in price that they may be commonly used in the poorest families. Formerly honey was the principal sweet, and it was highly valued three thousand years before the first sugar refinery was built.

It would add greatly to the health of the present generation if honey could be at least partially restored to its former place as a common article of diet. The almost universal craving for sweets of some kind shows a real need of the system in that direction; but the excessive use of sugar brings in its train a long list of ills. When cane sugar is taken into the stomach it cannot be assimilated until first changed by digestion into grape sugar. Only too often the overtaxed stomach fails to properly perform this digestion, then comes sour stomach and various dyspeptic phases.

Now, in the wonderful laboratory of the hive there is found a sweet that needs no further digestion, having been prepared fully by those wonderful chemists, the bees, for prompt assimilation without taxing stomach or kidneys. As Prof. Cook says: "There can be no doubt but that in eating honey our digestive machinery is saved work that it would have to perform if we ate cane sugar; and in case it is overworked and feeble, this may be just the respite that will save from breakdown." A. I. Root says: "Many people who can not eat sugar

without having unpleasant symptoms follow will find by careful test that they can eat good well-ripened honey without any difficulty at all."

Not only is honey the most wholesome of all sweets, but it is the most delicious and its cost so moderate that it may well find a place on the tables of the common people every day in the week.

Indeed, in many cases it may be a matter of real economy to lessen the butter bill by letting honey in part take its place. One pound of honey will go as far as a pound of butter; and if both articles be of the best quality, the honey will cost the less of the two.

Give Children Honey—When children are allowed a liberal supply of honey it will largely do away with the inordinate longing for candy and other sweets.

Ask the average child whether he will have honey alone on his bread, or butter alone, and almost invariably he will answer, "Honey." Yet seldom are the needs or the taste of the child properly consulted. The old man craves fat meat; the child loathes it. He wants sweet, not fat. He delights to eat honey; it is a wholesome food for him, and is not expensive. Why should he not have it.

Honey may be used to sweeten hot drinks, as coffee and tea. German honey-tea—a cop of hot water with one or two teaspoonfuls of extracted honey—is a pleasing and wholesome drink.

Care of Honey.

The average housekeeper will put honey in the cellar for safe keeping—about the worst place possible. Honey readily attracts moisture, and in the cellar extracted honey will become thin, and in time may sour; and with comb honey the case is still worse, for the appearance as well as the quality is changed. Instead of keeping honey in a place moist and cool, keep it dry and warm, even hot. It will not hurt to be in a temperature of even 100 de-

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