

The principal honeys of Canada granulate within a few weeks after removal from the hive. This granulation is hastened by cold. The liquid condition may be restored by heating. The feeling that some people have, that granulated honey is not perfectly good is unfounded. Granulated honey is not one whit inferior, except perhaps in appearance, to the liquefied article, and it has certain advantages. It is not liable to leak out of the package, it is easier to handle, and children are less likely to get it onto their fingers and clothes. Honey is liquefied by raising it to a temperature of from 130° to 150° F. The vessel containing the granulated honey is placed in hot water, and care should be taken to see that the temperature does not go higher than 160°, for above that point, honey decomposes, the flavour spoils and the colour darkens. Honey should, therefore, never be liquefied by the direct application of heat. In time, most examples of liquefied honey commence to granulate again, acquiring an objectionable composite and "sugary" appearance, which has often caused their purity to be called in question. It is sometimes stated that the granulation of honey is a proof of its purity. This is not true. Nevertheless, there is no doubt that well granulated examples supply a certain safeguard against adulteration to the purchaser, who seldom is in a position to submit the honey before purchase to chemical analysis, and has therefore to rely on general appearance. The adulteration of honey is not, however, extensively practised in Canada. Out of 194 samples of honey recently examined by the Inland Revenue Department in 1913-14, and reported upon in that Department's Bulletin No. 289, only ten were found to be spurious. The chief adulterants used are cane sugar syrup and commercial glucose.

As a supplementary food for children, no less than for adults, honey occupies a high place, and it should form a portion of the daily ration of every family in the land. Spread with butter or alone upon bread, it makes the latter more palatable. To help to meet the present day demand for a variety of nutritious and appetizing foods that do not require cooking, honey is particularly well qualified. It is a concentrated food ready for use at all times, and there is no waste, for honey keeps good for any reasonable length of time, provided it is stored in a dry place.

Honey is used to a considerable extent and with very satisfactory results in cooking. In baking, it has the valuable and useful property of keeping cakes and biscuits moist and fresh for a long time. For this purpose, the darker grades are usually employed.

Honey enters into the composition of several remedies for sore throat and coughs, and on some individuals it has a laxative action, which may be expected to vary according to the genus of plant from which it is gathered.

The kitchen cupboard is usually a more suitable place for storing honey than the cellar. Honey absorbs moisture from the damp air, and an excess of water renders it liable to ferment. Liquid honey should flow but slowly when the temperature is below 70°, and granulated honey permeated with air bubbles should be rejected.

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