

other similar foods? It would assist us often in selling honey, as a great many people do not know of the value of honey. I have never seen such a comparison and would like to know a little more about it.

JACOB HABERER.

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ANSWER—You ask for an article on "Food value of Honey as compared with Meat, Cheese, Butter, etc." This is hard to give. All kinds of food are necessary to health, and the best condition of our bodies. The proteids: meat, cheese, white of egg, we positively must have to live at all. We call food containing much of these hearty. If we have too little we are poorly nourished and crave them. The carbohydrates: starch and sugars, including honey, if not so absolutely necessary to life, are surely requisite to health and strength. We have a great sugar factory in our bodies, the liver, so that we may have this necessary food even though we do not take it in our daily regimen. Fats and oils are likewise necessary to the best condition of our bodies. We could live on proteids alone, but not in best health, and such diet is very expensive when it alone ministers to our bodily needs. The liver can manufacture sugar when we eat only proteids, but it works much easier and more effectively when we eat liberally of the carbohydrates. Nearly all sugar, and all starch, must be digested before it can pass to the blood. Not so honey. The bees digest this for us. Thus we may well

believe that of all the carbohydrates honey is the best. Thus we can say that honey is doubtless the very best food of its kind, and that such food is absolutely necessary to health and strength, and greatly conserves the more expensive and absolutely requisite proteids. The child voices his need of such food in his longing for candy. We act wisely when we give him all he desires in the best of sweets: honey, which should be served most liberally at every meal time. This will check the desire which leads to the pernicious habit of taking candy at all times and on all occasions.

PROF. A. J. COOPER

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### Finding the Queen.

The Bee-Keepers' Review gives the following directions for finding the queen by a California bee-keeper Mr. Henry E. Horn. "Blow some smoke into the entrance to alarm the colony. Two or three puffs will be sufficient. Take off the cover and watch the behavior of the bees. Those at a distance from the queen will come between the frames and walk across the top bars. Keep close watch. Finally at a given point, a dozen or two will stop and sort of smell down between two certain frames. If the two frames are taken out together the queen will be about the first thing seen when they are separated. This method never fails with me, but some little experience is necessary in order to catch on to the trick"



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