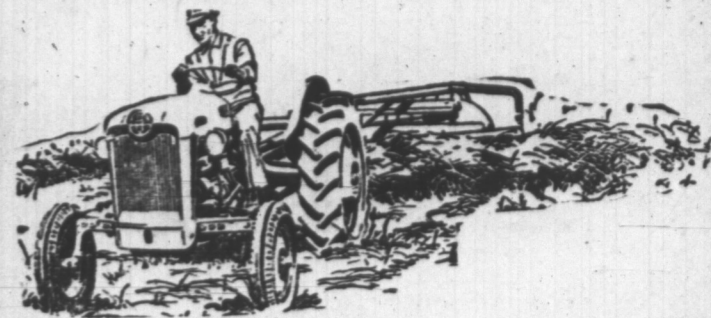




These projects will pay off. Not unlike a fox pen enclosure of other days is this screen house at Experimental Farm, Charlottetown. It is for the propagation of virus-free berry stocks. In the centre picture a thriving red pine plantation has sprung up on what thirteen years ago had been worn out soil. Here W. N. Black, agronomist and T. Albert Hicken, station operator, looks neat and tidy in the next illustration nursery and rod-row plots. Alliston, P.E.I., examine the photograph and well it should at the Experimental Farm. Everything for it is a view of cereal breed-

as a sweetening agent for the milk of baby food. Honey is not surpassed by any other natural food for its rapid assimilation along with its high energy production.



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BASIS OF VITAL INDUSTRY

Bread Is 'Ancient Food'

A product which had its origin thousands of years ago is today providing a livelihood for thousands of Canadians and food for millions of others.

In 1951, the last year for which figures are available, the factory selling price of bread in Canada was \$173,000,000. The same year Canadians consumed 1,500,000,000 pounds of bread—an increase from 900,000,000 in 1936.

In the post-war years, the consumption of bread for every man, woman and child in Canada has been slightly more than 10 pounds.

IMPORTANT INDUSTRY

In Canada, bread is not only a major food item, but also the basis of an important industry offering employment to Canadians from coast to coast. Approximately 34,000 Canadians earn their living in the bakery business. This does not include the number who handle grain for flour at elevators and mills. Nor does it include the farmers who grow the

wheat from which most of our bread is made.

In the last crop year, Canadian farmers produced 538,000,000 bushels of wheat. In the same wheat flour were consumed in the production of bread. Although 96 per cent of Canadian wheat is grown in the Prairie Provinces, 70 per cent of the bread used by Canadians is baked in Ontario and Quebec.

DON'T THINK ABOUT IT

In spite of the food value of bread, most Canadians know little about it. They drop in at the corner bakery for a loaf, or have it delivered to their homes without a thought about the story behind the loaf they buy.

For the first 10,000 years of bread's existence it was unleavened—a solid cake of crushed grain with water, salt and perhaps fat added. Leavened bread originated in Egypt only 6,000 years ago. The story goes that bread was baked in the same community factory where beer was brewed.

Then one day a bakery employee snatched a brewing trough for his kneading and accidentally

Honey Food Value Known More Than 3,000 Years

Many centuries have passed since man first discovered that the sweet substance which he gathered from wild bees' nest in virgin forests, was a delightful and nutritious food.

Over three thousand years ago honey was recognized as a source of quick energy by the Greeks whose athletes used it during the training period in preparation for the Olympic games.

Honey is almost wholly a carbohydrate food consisting chiefly of two sugars, fructose and glu-

mixed brewers' yeast with the dough—the result, leavened bread. In mediaeval England, white bread was reserved by law for royalty, nobility and the clergy. The great middle class ate bread made of mixed white and whole wheat flour. Third-grade bread, with all the bran in it, was "for servants, slaves and the inferior type of people to feed upon."

ucose (levulose and dextrose), which account for slightly over 75 per cent of the total constituents. The sugars are in a condition, in which they can be absorbed directly from the stomach without preliminary digestion.

When ordinary sugar such as cane and beet sugar are taken into the body, they must first be broken down into the simple sugars, fructose and glucose, before absorption can take place.

In addition to the sugars there are small quantities of minerals

in honey which are known to be of value for growth and health of the body.

Because of its high carbohydrate content it is an excellent food for children and for those engaged in strenuous work.

It is also recommended by many doctors as a sweetening agent for the milk of baby food.

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Our best wishes to the farmers of P. E. I. and their families, for bountiful crops and good prices in the year ahead.

To the Experimental Farm on its 50th Anniversary our sincere best wishes for continued success. Island agriculture owes much to the Farm for its unceasing efforts to improve and modernize farming.

CITY OF CHARLOTTETOWN

**EDWIN C. JOHNSTONE
MAYOR.**