

down the side and peel it at back. That's what we used for sugar. It was good for that but you know what I mean it was like the white sugar today is run it, it has a 90% food value taken out of it. You hadn't got anything in, the white sugar, but the fatty stuff that makes you fat, and turns you up, you know, puts the heat in your body, that's all you got left. It took all the iron, and other proteins and everything else. Stuff they took out is better than, you know, than the better--what they left. Course that's the way people want it, you know. They've accepted that. They don't like the taste of that other stuff. But, far as your health is concerned, you'd be better off, if you'd buy some molasses and use it.

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