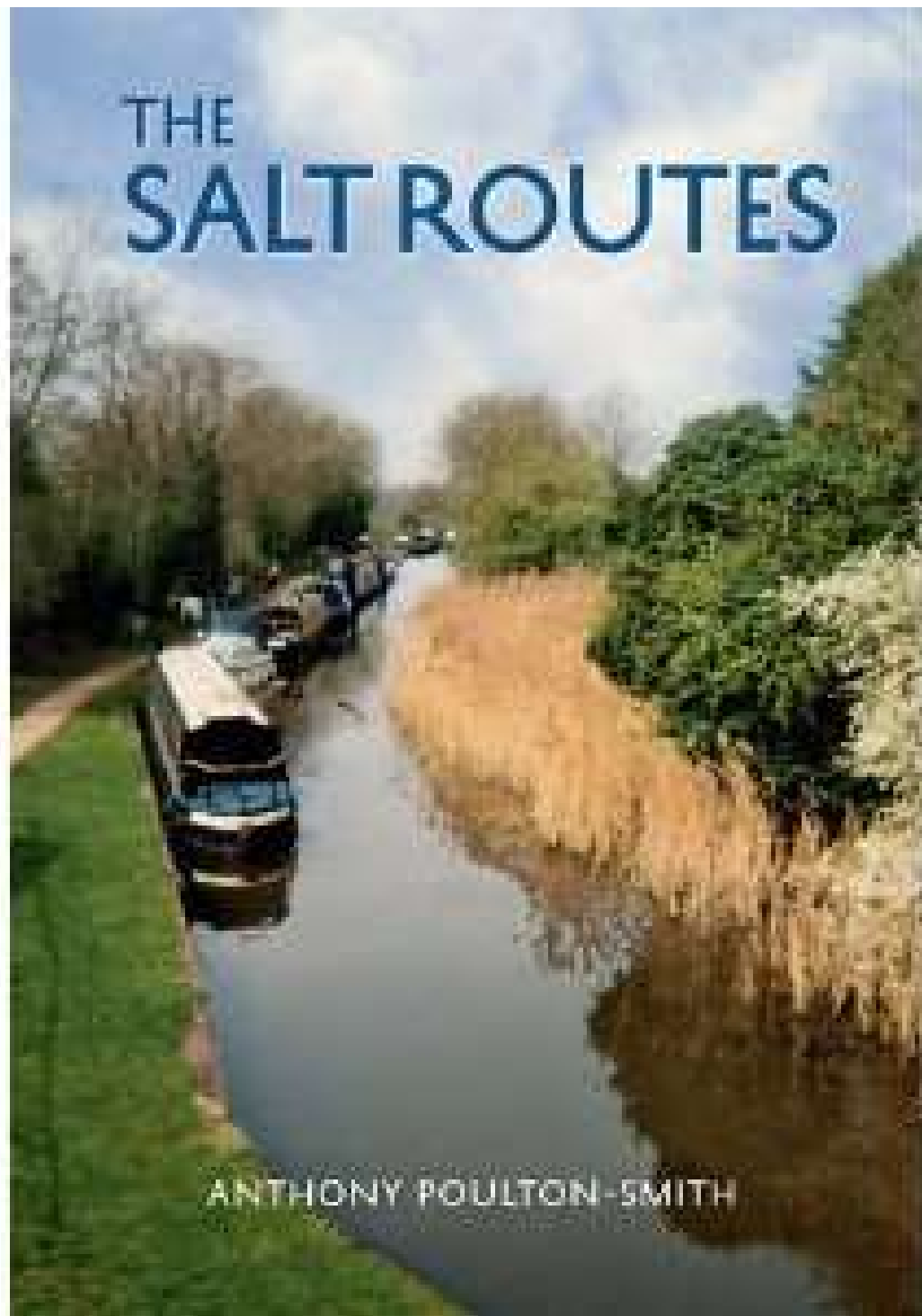


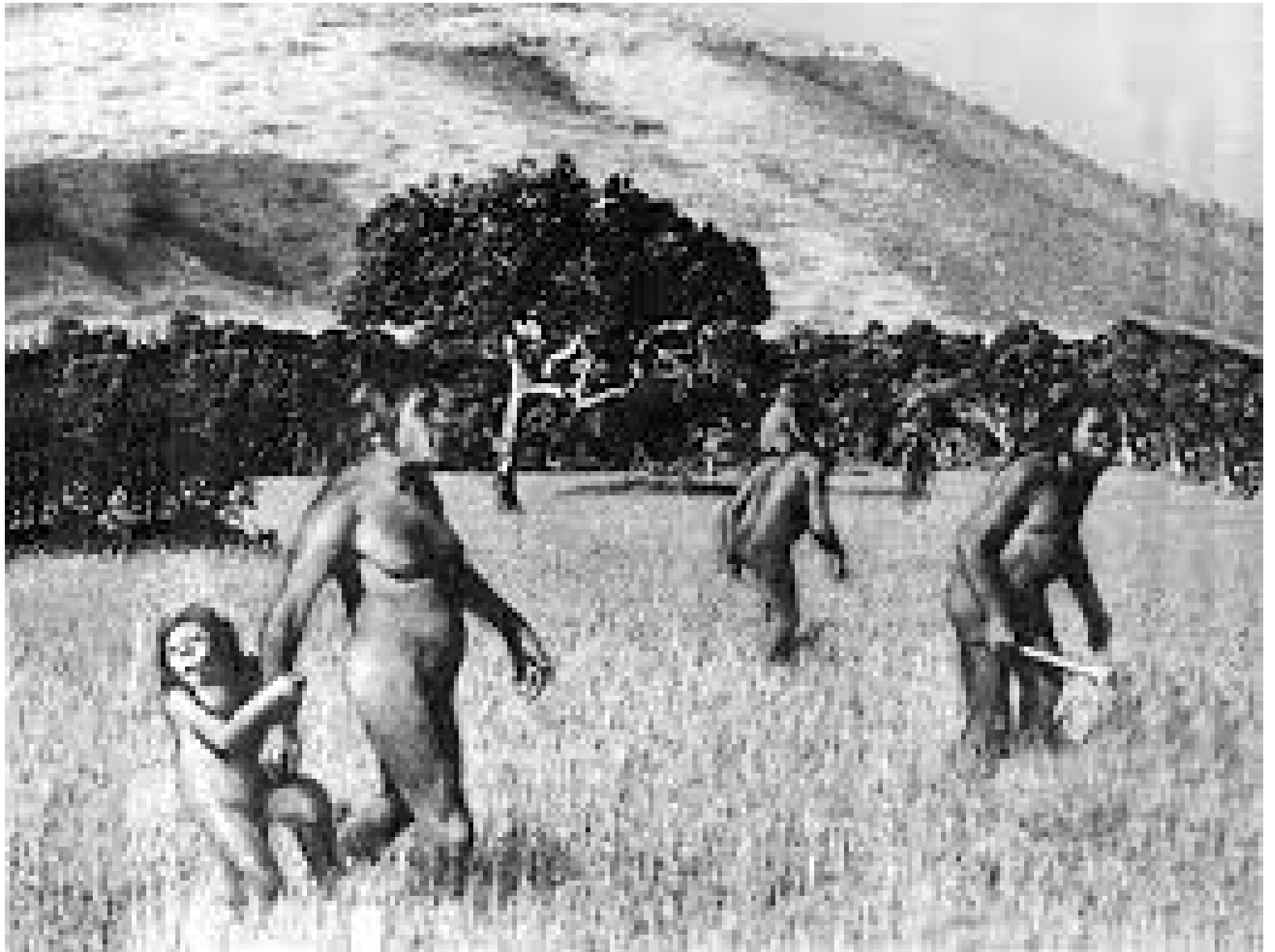
Salt Routes

by Anthony Poulton-Smith

THE SALT ROUTES



ANTHONY POULTON-SMITH











The Gold and Salt Trade

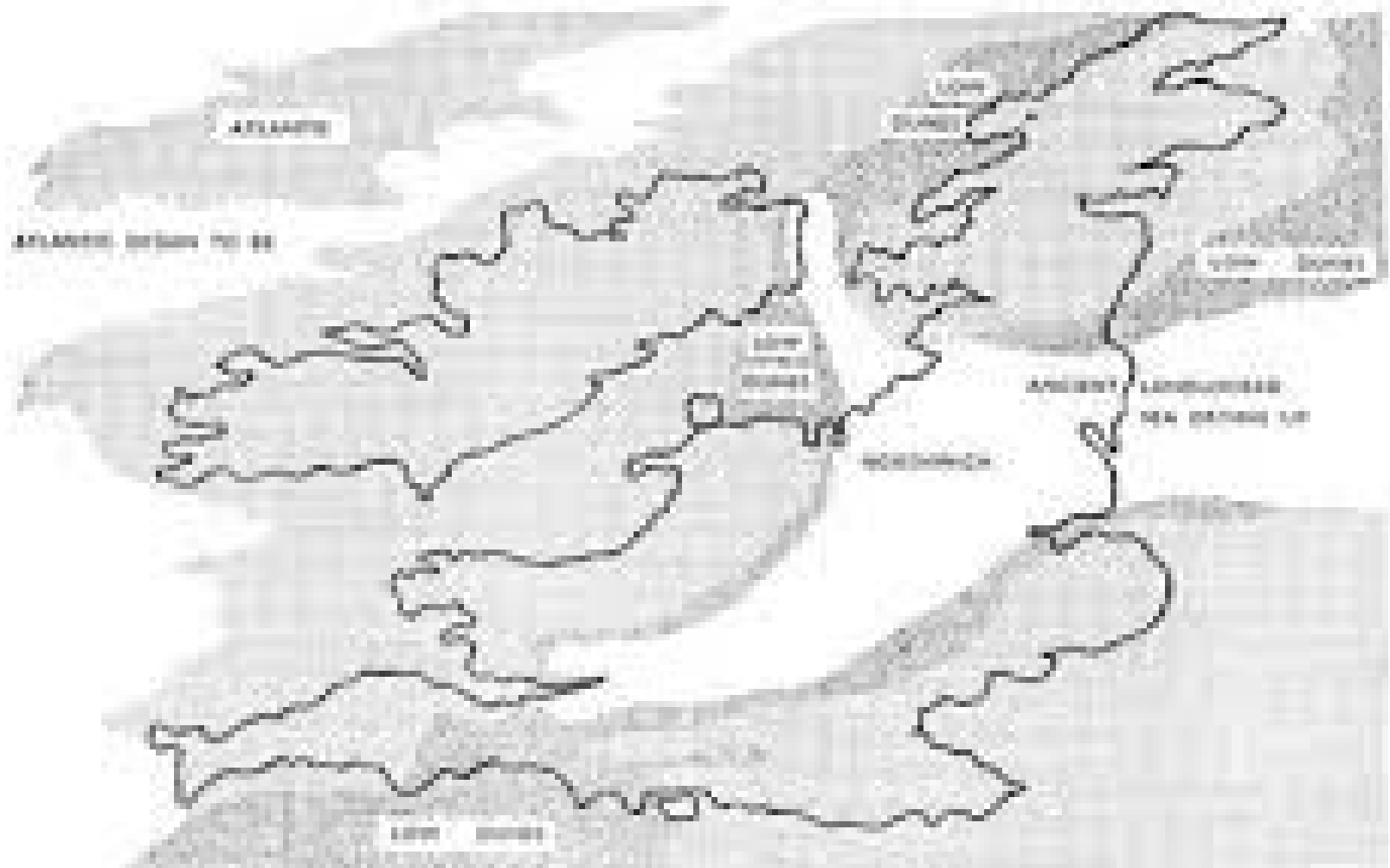
The three great West African empires (Ghana, Mali, Songhai) were built on trade; especially the gold and salt trade.





GREAT BRITAIN IN TRIASSIC TIMES

ABOUT 180 MILLION YEARS AGO







Vienna

Salzburg

Hallstatt



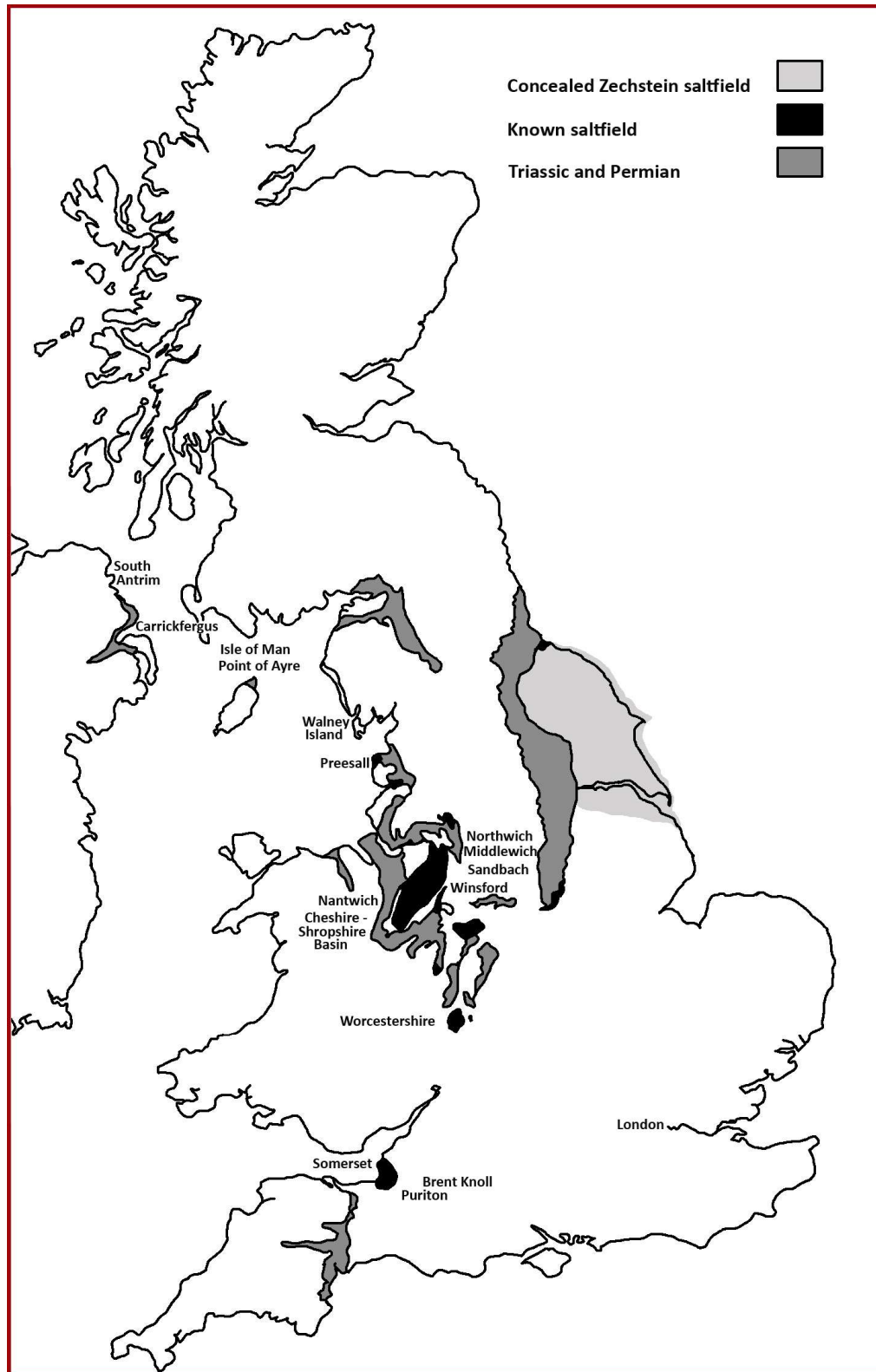














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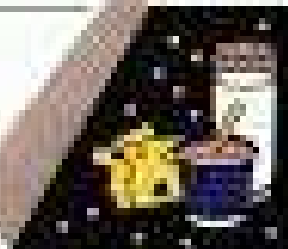


Fats, Oils & Sweets
USE SPARINGLY

KEY
[Green Box] Fat (transfats, saturated and added)
[Red Box] Sugar (added)

These numbers were left and added sugars for food.

Milk, Yogurt &
Cheese Group
2-3 SERVINGS



Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS



Vegetable Group
2-4 SERVINGS



Fruit Group
2-4 SERVINGS



Bread, Cereal,
Rice & Pasta
Group
**6-11
SERVINGS**



Bread, Cereal,
Rice & Pasta
Group
**6-11
SERVINGS**













DROITWICH SPA











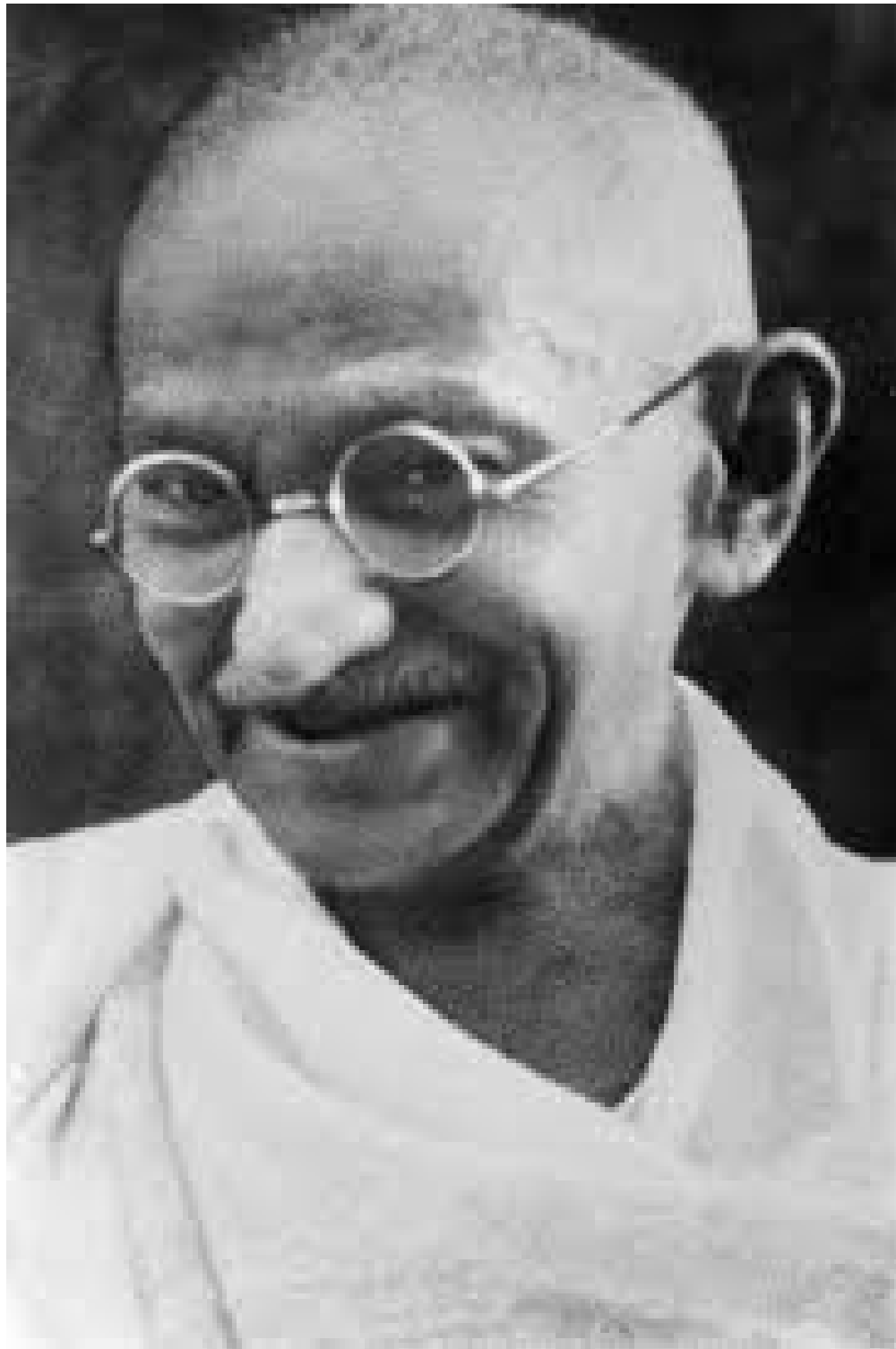


FACT:

the word 'salary' comes from the history of salt







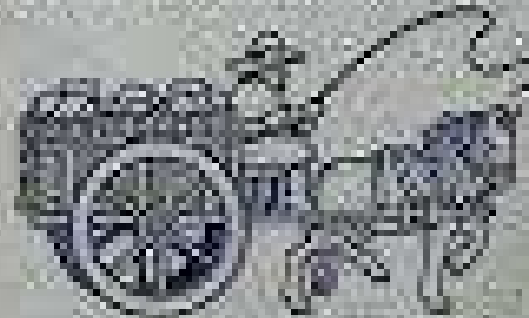






Droitwich Turnpike Trust

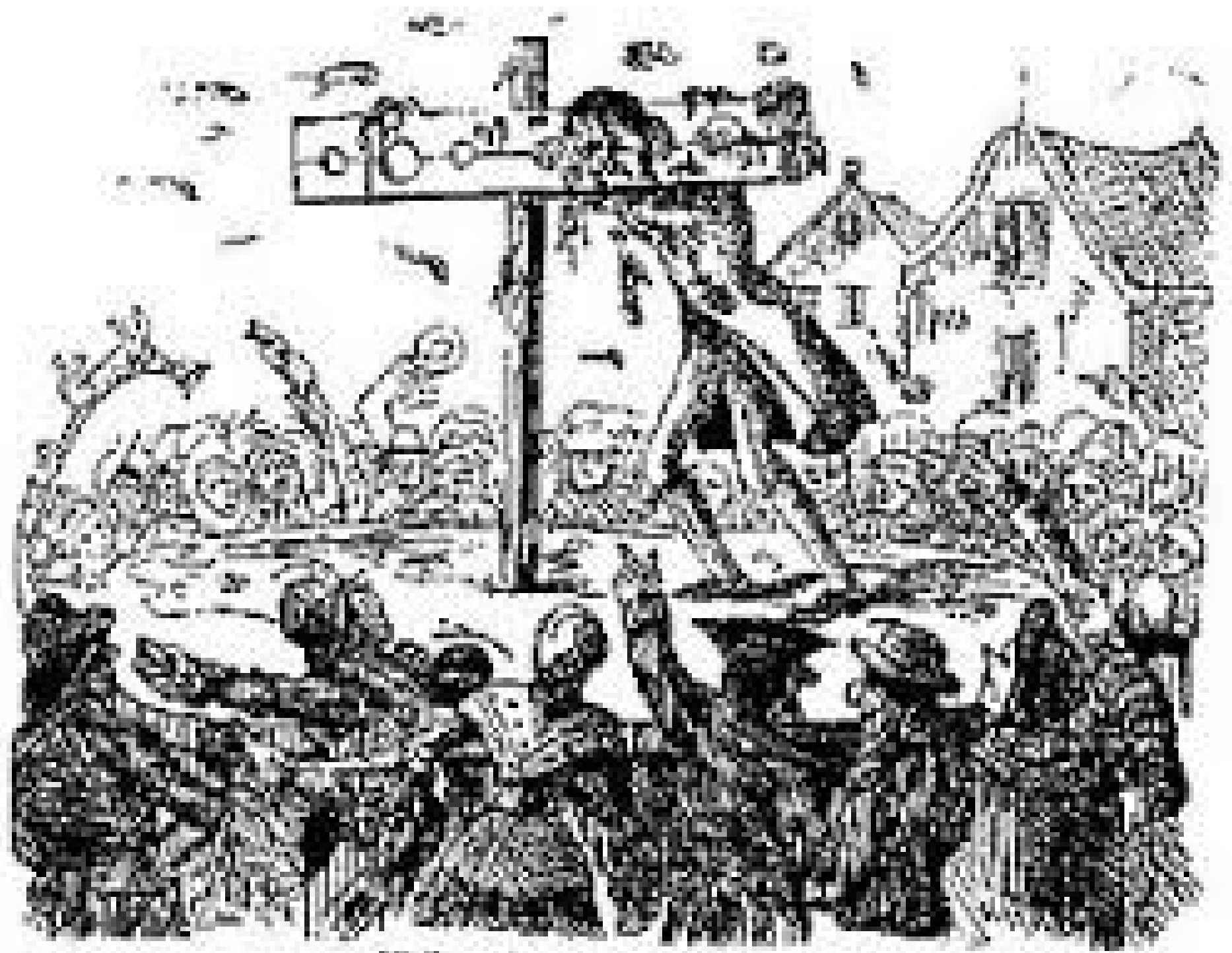
On 1st June 1714, in the reign of Queen Anne, the Droitwich Turnpike Trust opened their road from this town to Worcester. Previously the road was said to have been rainous, due to heavy use, not least the conveyance of large amounts of salt produced from the town's brine springs to many distant places. It was the first road to be turnpiked in Worcestershire.



To commemorate the tercentenary of the event, this plaque was unveiled by
Lt. Col. Patrick Holcroft LCDR RCHE
Lord Lieutenant of Worcestershire
on 1st June 2014 in the reign of
Queen Elizabeth II

09 2016







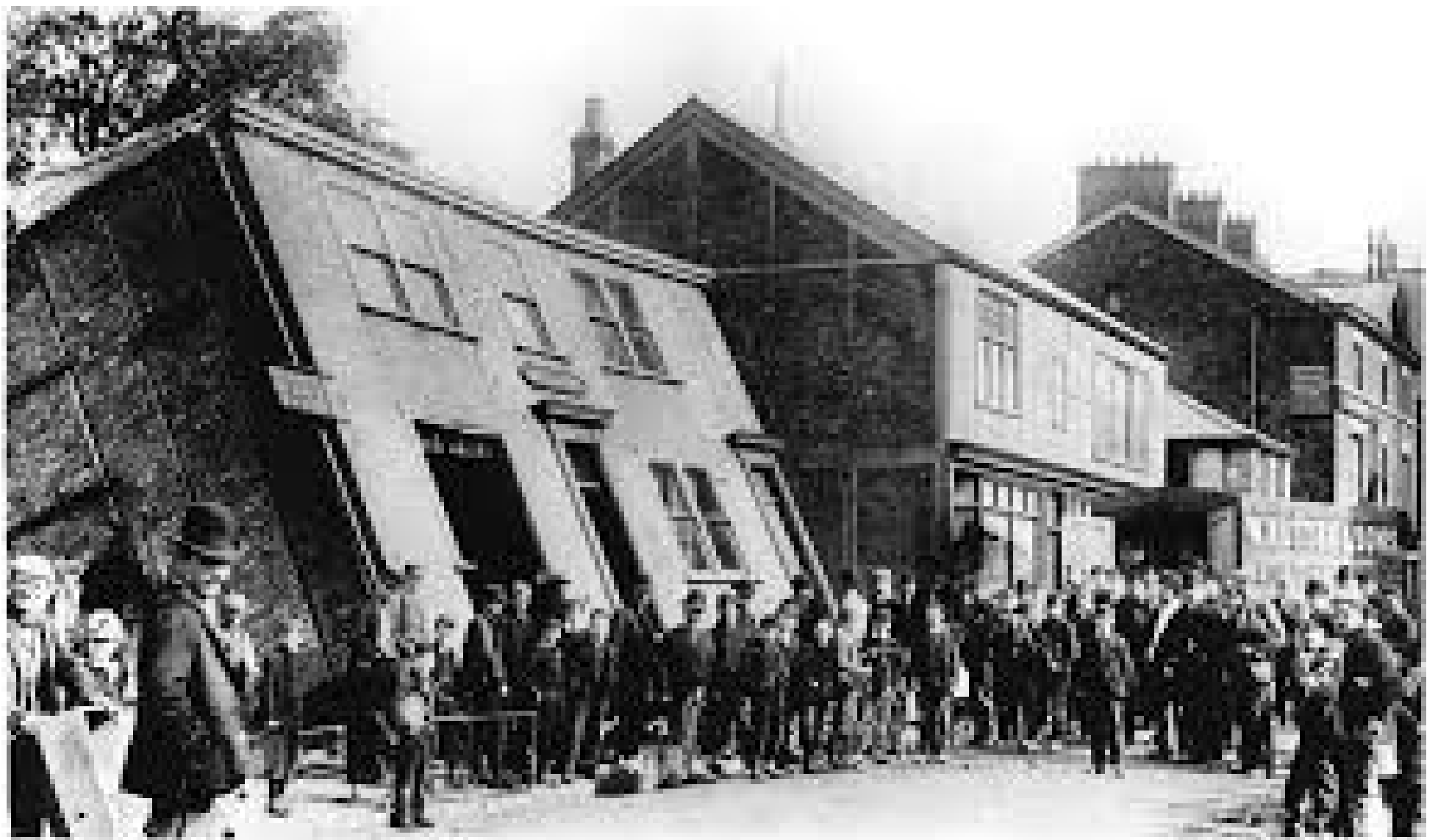


Saltworkyeg Filling Tub Drottisch,















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Better answers to your
questions for those buying
a book

Thank you – Now buy a
book