

Domestic Department.

Facts About Fruit.

First must, by all thinking men who believe in the diet cure, be accepted, without any qualification, as being the proper food for man. The influence of fruit upon the system is not only marked, but untold. In fact, by its use we are enabled to mitigate or cure all the ills that flesh is heir to. This is proved conclusively by the effect it has upon us when partaken of as food. Those who eat fruit and possess a sound constitution may, with care, and provided no superior force interfere with Nature, not only live to an advanced age, but live free from pain of any kind. The evidence of science upon this point is conclusive: the readiest way to secure longevity is from the almost exclusive use of fruit as food. The list of fruits home grown alone is endless. We may, as the seasons come round, go in for the strawberry cure, the grape cure, the tomato, the currant, raspberry and cherry cure, the apple, pear, melon, and plum cure, and, independent of nuts, yet not exhaust the list of luscious fruits grown. As to how fruit should be eaten, it were best for each one to decide for himself. Some reason that the skin of all fruits should be rejected, whilst others argue that most fruits should be eaten whole. For myself, I reject most, if not all skins, with the exception of such fruits as the currant and the plum. A good rule may be found in the following plan:—

Do not eat your peaches and apples skin; all the skins are insoluble. Do not subject your stomach to the irritation of grape and cherry stones, or to orange or lemon seeds. They are foreign bodies, not foods. Their impaction in parts of the intestines have led to fatal results. Discard your grape skins, do not eat orange peels. The fleshy part of any of our fruits, when at a proper stage of development, can be eaten with great benefit, and, even if eaten freely, no disturbance can result to a healthy stomach. Plums do not digest as grapes. The same is true of cherries. Peaches contain a large proportion of soluble constituents, and are usually readily accepted by weak stomachs. Roasted apples are slightly laxative, and are very acceptable. Pears are more digestible than apples, and are a delicate and agreeable fruit. Gooseberries are wholesome, but should be cooked if eaten in any quantity. Raspberries and blackberries are excellent, and should be eaten freely. Strawberries are probably the most heartily welcomed of our small fruits, and the least disturbing of any. Fruit has its best effect when eaten with brown whole meal bread, not as dessert, but food. The man who values his health at all will make it a point to eat fruit daily, making his meal entirely of it. One cause why wholesome fruits are given a bad name is because they are eaten at the wrong time, or before they are properly ripe. The best plan is to make a meal of bread and ripe fruit. The bread should be dry and the fruit ripe. Dry brown bread is found to cleanse the tongue, and brings out the flavor of the fruit. Sound, ripe fruit in good condition, is very beneficial to us. The danger only arises when we partake of unwholesome fruit. For instance, sour apples, hard, unripe greenages and plums, are positively dangerous eaten raw; but, of course, cooked and sweetened with sugar, they are transformed into a wholesome and dainty dish. "Nothing," says one doctor, "can do so much to make people independent of the profession as the daily use of fruit, having noticed that those families in which fruit was regularly consumed seldom needed his services. To those who have put the system to the test there is no need of aperients or pills of any kind, from a medicinal point of view, fruit being the most pleasant and effective laxative known. Fruit not only purges the system, cleaning it from impurities of every kind, but its effect upon the mind is the same.

FRUIT FOR WINTER.

With regard to preserved fruits for winter use, from a dietetic point of view, we find that we are not able at present to put upon our tables soft fruits, such as currants, greenages and plums, in fresh condition, with the exception of those that are put in bottles, and which must be admitted to be a complete failure in their present form. We want to be in a position to have fruit that has simply been stewed down, and which contains only a small amount of sugar, if any. The fact is, our jams and jellies contain too much sweetening matter to be wholesome, especially if eaten regularly, or in large quantities. And it is but natural that those who indulge in the same should suffer from biliousness, unpleasant headaches, and stomach complaints. Clean palates, so essential to health, do not come of jam-eating, and, although as a change and a relish they are nice and certainly

fattening, yet these sugary confections should be avoided by all who eat to live only.

The perfect preserve of the future for winter use will consist of fruit which is simply stewed down, with as little sweetening ingredients as possible, and which, when turned out for use, has the appearance and flavor of the unsweetened fresh fruit. For such a preserve as this there would of necessity be an enormous demand, and whoever satisfies this demand will earn the gratitude of those who from one year's end to the other partake of fruit as food. Of course hard fruits, such as apples, pears, and nuts may be so utilized as to be in good condition almost from season to season, but with regard to soft fruits, things are different. If we require them in winter, or after the season is over, they must be preserved, and until they are properly preserved, in a healthful manner, it were best to confine ourselves to the use of hard fruits alone. If we compare our system with that of the States, we find that there one of the leading industries in connection with horticulture is that of the winter utilization of fruit. Fruit preserves—different to our jams—canned fruits, and fruit juices, are the order of the day. Farmers grow special crops for canneries, and the canneries enter in a wholesale manner for the public. In out-of-the-way districts the grower himself has his household fruit mill, fruit evaporator, or drier for the same purpose. Summer or winter every farm house has an abundance of fruit, fresh, preserved or dried. Not only do they evaporate their apple chips and rings, but also plums, peaches, nectarines, apricots, cherries, currants, raspberries, grapes, and figs, so that they have all the year pure fruit in abundance. The system of drying and evaporating is simple, and the apparatus by no means dear. Thus being so, it is a shame that it has not become popular here with the home grower.—*Sampson Morgan in the Temperance Caterer.*

Ironing Cuffs and Collars

An exchange gives the following excellent suggestions respecting the ironing of cuffs and collars: "Have ready some irons very hot, but not so as to scorch, and let there be enough irons not to have to wait for a second when the first is cool. These must be very clean and with a good polish. To insure the latter have a piece of beeswax, and when the iron is taken off the fire, rub it over the beeswax, then rub the iron on some crushed salt, and it will run smoothly.

"Now on the ironing sheet, lay a clean, smooth cloth, a handkerchief will do. Lay a collar on this, fold over a part of the handkerchief, and iron quickly from one end to the other two or three times, to dry it a little. While still steaming, take off the handkerchief, stretch the collar with the hands, and iron briskly on the right side straight across. If the iron is not hot enough, or the collar too dry, the starch will stick. When the right side is smooth, without creases, turn it on the other side, and iron more slowly so as to dry it thoroughly. The irons require constant renewing as the damp cools them quickly. If any starch appears on the iron, it must be scraped off with a knife before going back to the fire.

"If you do not want shirts or cuffs to blister and wrinkle when buttoned, do not make the first, or boiled starch, too stiff, and rub it in well. Of course you know that they should always be dipped in clear starch, i.e., clear starch mixed thin with cold water, before ironing."

To Take Off Paint.

An exchange says:—"Ten cents' worth of oxalic acid dissolved in a pint of hot water will remove paint spots from the windows. Pour a little into a cup, and apply to the spots with a swab; but be sure not to allow the acid to touch the hands. Brasses may be quickly cleaned with it. Great care must be exercised in labelling the bottle, and putting it out of the reach of children, as it is deadly poison."

Clothing of Children.

The season of the year is at hand when every mother experiences a great addition in the trouble of caring for her children, in consequence of the colds which are "caught," or acquired in some other way, and all sorts of coughs, colds, etc., are brought into requisition. Most of these colds can be prevented by proper attention to clothing. The clothing at night should be sufficient, but not enough to cause sweating, and should be carefully adapted to the varying temperature of this season of the year. The day clothing should consist of warm woolen undergarments and thick woolen outer-clothing, reinforced by an overcoat on

going out-of-doors. Children should not be allowed to run out of doors bare-headed, or without proper protection. They should be taught to keep their feet warm and dry, and if their feet become wet by accident, to dry them and exchange wet shoes and stockings for dry ones. A little attention to these matters will save much serious illness, and the contraction of many chronic ailments of the throat, nose, and lungs.—*Good Health.*

WITICISMS.

"How are you getting on at school, my boy?"

"First rate, sir—I am at the head of my class now."

"Yes; but your teacher said they were repairing the school building, and that the classes were all upsidown."

"Yes, sir, so they are. That's the reason I am at the head."

"There's were the boys fit for college," said the professor to Mrs. Partridge, pointing to a schoolhouse. "Did they?" said the old lady, with animation. "Then if they fit for college before they went, they didn't fight afterwards." "Yes," said he, smiling and favoring the conceit. "But the fight was with the head, not with the hands." "Butted, did they?" said the old lady.

Dr. Boynton recently related that, wishing to explain to a little girl the manner in which a lobster casts his shell when he has outgrown it, he said, "What do you do when you have outgrown your clothes? You throw them aside, don't you?" "Oh, no," replied the little one. "We let out the tucks." The doctor confessed that she had the advantage of him there.

ONLY a few hours before his death, Camp-Meeting John Allen told the following story. He was in Augusta at one time when a young man came up to him and abused the Methodist in round terms. The fellow said that his father had been a Methodist minister and had kept shaking him over hell for twenty years. Said Camp-Meeting John, "Well, it was a pity he didn't drop you."—*Augusta (Me.) Journal.*

"Who is your family physician, George?" "Dr. Smoothman." "How did you come to employ that half-brained creature?" "Oh, my wife once asked him if he could tell why she always had cold feet, and he told her they were so small they couldn't hold blood enough to keep them warm. She won't have any other doctor."

Said a Scotch minister to a friend of the cloth, who, like himself, was burdened with a wild youth for a son: "Dye ken, you and I are wiser than Solomon." "How can that be?" inquired the other. "Oh, ya see," was the reply, "Solomon didna ken whether his son was to be a fool or a wise man, but both you and I are quite sure now that our sons are fools."

Mrs. C. "Doctor, you were at the last illness of my eldest boy?" "Doctor." "Yes." "You also attended professionally my first husband, who died?" "Doctor." "Yes." Mrs. C. "Well, my second husband is sick, and I would like you to see him through, too."—*Life.*

An Ohio editor was interrupted by a boy who entered his room: "What do you want?" the editor, darkly frowning, demanded. "I have come to tell you, sir, that your wife has run away with a shoemaker." "Oh, is that it? I thought that the foreman had sent for more copy."—*Arkansas Traveller.*

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