

practice, we have found them most durable by a third at least, when set top down. Others may have found it different, and of course they think the other way the best. So we can only say every one to his notion in this matter.—Wm. BACON. *Richmond, Mass., Jan. 6, 1860.*

### MISS MARTINEAU ON DIET.

The greatest amount of nourishment of both kinds is contained in flour, meat, potatoes, and peas; milk, cheese, rice, and other grains, and sugar; while tea, coffee, and cocoa are of great value in their way. Such are the materials; but they may be so treated in the cooking as to waste what is most valuable, and preserve what is of the least consequence. It is possible to manage the making of a stew, so as to wash away the best qualities of the meat, and leave the vegetables hard, and drain away the thickening, causing a predominant taste of smoke and salt. When Miss Nightingale and her assistants undertook to cook in the Eastern hospitals, they made a pint of thick arrowroot from one ounce of the powder, while in the general kitchen it took two ounces to make a pint of thin arrowroot. It was the proper boiling that made the difference here. Again, two ounces of rice were saved on every four puddings. Such incidents show that it is not enough to have the best materials for nourishment; they must be husbanded in the preparation. It seems probable that, by sensible conduct all round, everybody might command enough of the best material for food; and it is certain that a very small proportion of the wives of Englishmen know how to do justice to the food they buy.—*Once a week.*

### SELECT FRUITS FOR NEW-ENGLAND.

M. P. Wilder, President of the American Pomological Society, furnishes the following select list of fruits:

The following were recommended as the *six* best varieties of apples.

The Williams, Early Bough, Gravenstein, Fameuse, Hubbardston Nonesuch, and the Baldwin; and if *twelve* varieties were desired, the Red Astrachan, Rhode-Island Greening, Ladies' Sweet, Portar and Tallman Sweeting might be added.

For pears on their own roots, the following were recommended:

*Best six pears on their own roots.*—Bartlett, Urbaniste, Vicar of Wakenfield, Buffum, Beurre d'Anjou and Lawrence.

*For the best twelve* add—Rostiezer, Merriam, Doyenne Boussock, Belle Lucrative, Flemish Beauty and Onondaga.

FUEL—OAK VS. MAPLE.—One who has had much practical experience with fuel, criticizes the table of comparative values of wood, lately published in THE TRIBUNE. He says: "White oak is put down in the scale at 84, maple 59, beech 65, white oak 77, red oak 69, which no man who has had any experience with American wood for fuel will believe correct." This is undoubtedly true. The table, which was taken from an English scientific work, is no doubt correct as regards English wood, but is not as to American. What we understand as red oak is about the meanest sort of fuel, while red beech, seasoned under cover,