

## HOW TO GROW GRAPES.

The Vergennes, originated in Vermont, is the best keeper of all, though it rarely finds its way out of the home garden, as it is essentially a keeping grape, whereas Rogers' hybrids, Concord and Delaware are plentiful on our markets. The Duchess, a rather small white grape, is a good keeper, but efforts to keep extra early varieties like Champion and Hartford, do not pay for the trouble. In a trial of some forty selected varieties in the winter of 1883-1884, I found Concord, Worden and Delaware to keep in fair condition till December. Duchess, several of Rogers' hybrids, and a black wine and table grape given the name of Pattison at the Experimental Farm at Ottawa, till January; and Vergennes, Salem, Wilder, Herbert, Rogers' No. 30, El Dorado, Gaertner, Mary and Owaso through February. These grapes were packed with paper between the layers, but since the adoption of wadding, I have kept most of these till June, at which season it is not possible to keep the cellar in proper temperature and dryness. If a system of cold storage could be adopted for our fruit cellars, better results could be attained. In warm weather close cellars

induce dampness and mould in our fruit.

### USE OF GRAPES AS FOOD.

The highest medical authorities claim that the grape is a potent remedy for the prevailing derangements, having their origin through the alimentary system. On the continent of Europe, in the world-famed "grape cures" for dyspepsia and its sequel, consumption, the diet during the season consists almost exclusively of ripe grapes. The patients stroll about the vineyards and make their meals as appetite dictates. During the balance of the year the diet is composed chiefly of fruit with coarse ground cereals. With the permission of any medical man, who may be present, I will venture to give, without charge, a prescription for indigestion and want of appetite, namely, make breakfast or supper entirely of grapes or other fruit—nothing else, neither coffee nor tea. I have endeavored to show how we may enjoy the grape nearly the entire year, and contend that if the apple is recognized as the "king of fruit," the grape, the autocrat of the garden, is entitled to be called the queen.

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## PRAISE OF THE APPLE.

The old Scandinavians believed that the gods subsisted wholly upon apples, and that it was through the peculiar properties communicated by this queen of fruits that they acquired the wisdom which they imparted to men.

The acids of apples are exceedingly useful through their stimulating influence upon the kidneys, whereby poisons

are removed from the body, and the blood and tissues purified. The acids of apples are all highly useful as a means of disinfecting the stomach, since the ordinary germs that grow in the stomach, producing biliousness, headache and other troubles, will not grow in fruit juice or fruit pulp.—Editorial in Good Health.