

FARM AND GARDEN.

HOW TO KEEP A CELLAR COOL.—A great mistake is sometimes made in ventilating cellars or dairies. The purpose of ventilation is to keep the cellars cool and dry, but this object often fails of being accomplished by a common mistake, the cellar being made both warm and damp instead. A cool place should never be ventilated, unless the air admitted is cooler than the air within, or is at least as cool as the latter, or a very little warmer. The warmer the air, the more moisture it holds in suspension. Necessarily, the cooler the air, the more this moisture is condensed and precipitated. When a cool cellar is aired on a warm day, the entering air, being in motion, appears cool; but as it fills the cellar, the cooler air with which it becomes mixed chills it, the moisture is condensed, and dew is deposited on the cold walls, and may often be seen running down them in streams. Then the cellar is damp, and soon becomes mouldy. To avoid this, the windows should only be opened at night, and late—the last thing before retiring. There is no need to fear that the night air is unhealthful; it is as pure as the air of midday, and is really drier. The cool air enters the apartment during the night, and circulates through it. The windows should be closed before sunrise in the morning, and kept closed and shaded through the day. If the air of the cellar is damp, it may be thoroughly dried by placing in it a peck of fresh lime in an open box. A peck of lime will absorb about 7 lbs., or more than three quarts of water, and in this way a cellar or milk room may soon be dried, even in the hottest weather.

FRUIT AS AN ARTICLE OF FOOD.—The person who values health, and who knows a little of the value of fruit, will make it a point to eat it daily, and even, on occasions, to make a meal almost entirely of it. One cause why ripe and wholesome fruits are given a bad name is because they are eaten at the wrong end of a meal. After many courses of heavy foods and strong drinks, a few harmless strawberries are indulged in, and then, when these rich foods and stimulating drinks upset the stomach, the blame is put on the innocent strawberry. The real place of fruit is at the beginning of a feast, and not at the end. A better plan still is to make a meal of bread and ripe fruit. The best meals to make thus are breakfast, lunch, or early tea. The bread should be brown and dry, and the fruit ripe and raw. Those who want to be cool this warm weather, and who wish to retain their mental clearness all day, cannot do better than lunch off fruit and bread, leaving heavier and solid food until evening. Children may be given plenty of fruit, and as long as it is ripe no harm will result; on the contrary, it clears the complexion and skin, and acts as a laxative and a cooler. When children have a half-holiday, and they are in the way at home, you should buy them some food and send them to the nearest park, common, or open space, where they can romp and play, and, instead of sickly, and often poisonous, sweets, they may regale themselves with the fruit you gave them. A picnic party should never depart without a basket of fruit. It is astonishing how exhilarating and enlivening a meal of fruit is, and instead of feeling dull after it, as you do after ordinary food, you feel stimulated and brightened up. It is not wise to eat raw fruit too late at night, as this does not digest so easily or lie so lightly as food we are constantly taking. Fruit is best in the morning. Early fruit-eating is to be commended—it clears the tongue, and stimulates gently. Fruit has the composition of a perfect food, containing all the substances required by the body. Here is the composition of strawberries:—

Water.....	87 per cent.
Sugar.....	4 "
Free Acid.....	14 "
Nitrogen.....	3 "
Insoluble matter ($\frac{1}{2}$ per cent. of which is ash)	7 "
	100

From this table we can see that fruit is a perfect food, as it contains everything needed, including water.—*Guardian Illustrated.*

SUNNY ROOMS MAKE SUNNY LIVES.—Let us take the airiest, choicest, and sunniest room in the house for our living room—the workshop where brain and body are built up and rewarded; and there let us have a bay-window, no matter how plain in structure, through which the good twin angels—sunlight and pure air—can freely enter. This room shall be the poem of the house. It shall give freedom and scope to sunsets, the tender green and changing tints of Spring, the glow of Summer, the pomp of Autumn, the white of Winter, storm and sunshine, glimmer and gloom—all these we can enjoy as we sit in our sheltered room, as the changing years roll on. Dark rooms bring depression of spirits—imparting a sense of confinement, of isolation, of powerlessness, which is chilling to energy and vigor, but in light is good cheer. Even in a gloomy house, where the walls and furniture are dingy brown, you have but to take down the dingy curtains, open wide the window, hang brackets on either side, set flower-pots on the brackets and ivy in the pots, and let the warm air stream in.

THE FARMS OF AMERICA.—Mr. Andrew Carnegie, the iron manufacturer of Pittsburg, Pa., in his book entitled "Triumphant Democracy," says of the farms of America: "The farms of America comprise 837,628 square miles, an area nearly equal to one-fourth of Europe, and larger than the four greatest European countries put together (Russia excepted), namely, France, Germany, Austria and Hungary, and Spain. The capital invested in agriculture would suffice to buy up the whole of Italy, with its rich olive groves and vineyards, its old historic cities, cathedrals and palaces, its king and aristocracy, its pope and cardinals, and every other feudal appurte-

nance. Or, if the American farmers were to sell out, they could buy the entire peninsula of Spain, with all its traditions of mediæval grandeur, and the flat lands which the Hollanders at vast cost have wrested from the sea, and the quaint old towns they have built there. If he choose to put by his savings for three years, the Yankee farmer could purchase the fee simple of pretty Switzerland as a summer resort, and not touch his capital at all, for each year's earnings exceed \$550,000,000. The cereal crop for 1880 was more than 2,590,000,000 bushels. If placed in one mass this would make a pile of 3,500,000,000 cubic feet, or a pyramid three times as great as that of Cheops. If loaded on carts it would require all the horses in Europe and 1,000,000 more (33,000,000) to remove it, though each horse drew a load of two tons. Were the entire crop of cereals loaded on a continuous train it would reach one and a half times around the globe. Its value is half as great as all the gold mined in California in the thirty-five years, since gold was found there. The corn and cotton fields of American farm kingdoms in themselves surpassing in size some of those in Europe."

WILD GRASSES FOR HOUSE DECORATION.—The different varieties of wild grasses should be much more extensively employed in floral decorations than they are. It is a good plan to lay in a store of the different varieties for use during the winter months, when they cannot be obtained in the town. In cutting them for this purpose each variety should be tied in separate bunches, and care should be taken that they are not bruised, if so, when the bunch is opened, each spike will be found to have dried in its crushed position, and its form will thus be quite spoiled, and its value for decorative purposes destroyed. All grasses should be dried in an upright position, particularly those of a drooping character. Oats, while still green, are also very pretty in large arrangements, especially ears of black oats. This variety forms a charming contrast to ordinary grasses and sedges. The great value of grasses is that, in addition to giving a light appearance to a vase, a large plume of handsome grasses and sedges enables us to dispense with many flowers. To some this may be no object, but to many it must be a matter for consideration. The bloom of the ribbon grass has a silver-like lustre in some stages of its growth, whilst in others it assumes a rosy pink tint, which is equally pretty. For a trumpet vase the graceful drooping oat grass is best adapted. The common horse-tail is also not to be passed over, as it, like the grasses, forms a valuable addition to floral decorations, and may be found growing in moist places in country lanes, or on sandbanks by the sea.

Many of the recipes offered for keeping cider sweet are but half successful in practice. Some of them only conceal the effects of fermentation by overpowering the taste with sassafras or winter-green. Others do not even succeed in doing this much. Cider in which sufficient fermentation has taken place to give it the least biting flavor should not be ranked among temperance beverages. Indeed it will not be relished by unperverted tastes.

Last February, while visiting at the house of a friend, we had the pleasure of tasting cider that seemed to have lost none of its original sweetness and flavor. The gentleman has kindly given us the recipe used, which is as follows: Put the cider in a clean barrel, and before it commences to work, add one pound of finely ground mustard seed to forty gallons of the liquid. When it begins to work give it a very little vent. The later in the fall the cider is made the longer it may be kept sweet.

Cider may also be kept entirely sweet by heating it to the boiling point, and canning it in common fruit jars.—*Our Country Home.*

HEREDITY OF DISEASE.—It is the general belief, if either a male or female animal has met with an injury on any part of its body or limbs during the pregnancy of the female, this injury will never be shown by the offspring. But we have lately heard of several instances to the contrary, of injuries being fully transmitted, more particularly, however, from the female; so that they ought to be guarded against in breeding, as well as against disease in the parents. The latter is so generally certain to be developed in the offspring, all sensible persons agree that neither male nor female should ever be permitted to breed whenever diseased in the slightest degree. There are immense losses annually suffered in rearing young animals born of such parents. Heaves, curb, spavin, side-bone, and ring-bone, are the most ordinary ailments that are shown in horses, while scrofula develops most surely and disastrously in cattle. Parent animal of every kind should be in perfect health and condition at the time of breeding, and the young should be judiciously fed and attended to until full growth, and then they will be fit for the best of service through an extra length of life. Our farmer would add millions of dollars annually to their incomes, if they would persistently adopt the above suggestion in breeding and rearing their domestic animals.—*A. B. Allen.*

The cherry is about the only fruit tree which can be recommended for shade in pastures along roadsides, as the hardy varieties of cherries are not affected by the trampling of stock or passing of vehicles, which would prove injurious to most other fruit trees.

An Indiana farmer finds that it is an advantage to mix blue-grass seed and other light grass-seed with moist sawdust before sowing. He says the grass-seed adheres to the sawdust and enables the sower to spread it evenly. He uses about three bushels of sawdust to one of grass-seed.

Let housewives remember, and kitchen help be instructed, that the suds from the washtub cannot be put to a better use than to be poured about the newly planted fruit trees and vines. It will often literally "save their lives," and under any circumstances is a valuable fertilizer. Care should be taken, however, that the water be not too hot before thus using.