

immediate delivery of the instrument to the new home, and by a laudable effort to deplete the rack of most of its choicest music-rolls. "And remember," said Bobby to me at parting, "remember that it is the wonderful simplicity and ease in operation that make it so perfect. Why, old friend, it seemed to be a part of my very soul—it responded to my unuttered thoughts."

"True," I replied, "true, and don't you see the reason, Bobby? The people who make it have been studying and manufacturing pneumatics for nearly fifty years, and naturally have experience to guide them. No other maker has this, and it is experience that counts, Bobby, and the makers of the Autonola reached the stage years ago at which other makers are only arriving now. Good-bye." It would be a revelation to drop in at Bobby's new home now, when he is having what he calls "one of his musical evenings"—only two people are there—first, one would be the musician and the other the audience—then they would change places and Bobby would be the audience.

THE GRAPE AS A FOOD*

It has been established many years ago that the grape has certain food value, a food value considerably greater than that of any other fruit. There have been a number of tabulations showing the percentage of nutrition in food substances, and it has been shown that the grape stands fourteenth on a list of thirty or more. The nutrient qualities of the grape are due to the large amount of sugar, gluten, mineral salts and fruit acids contained therein. Of course the most nutritious constituent of the grape is grape sugar, an ingredient that is very easily appropriated by the human system. Grape sugar requires a smaller amount of oxygen, produces less heat in the body and makes less demand upon the stomach than do most foods, the energy which sugar in general furnishes being more readily established by grape than by other sugars.

The attention of the medical profession is called to the grape juice as prepared by E. D. Smith of Winona, Ontario. Mr. Smith guarantees the profession that his grapes are the finest that can be grown and that in the preparation of his Grape Juice every possible precaution is taken regarding not only cleanliness, but that the Juice is not in any way fortified and thus rendered unfit for human consumption. Mr. Smith will appreciate it if medical practitioners, in ordering grape juice for their patients, will specify his particular brand.

* Publisher's Department.