

tible and equally palatable with the fruit pie or jam tart. Fruit salads are delicate and easily prepared and varied, while whipped cream, custard, and milk pudding or rice are in every way a better combination with stewed fruit than even the lightest puff paste.

Roasting and boiling are the two best methods of preparing meat, and when baked they should be covered with some non-conducting material in the oven to prevent the formation of certain oils produced in the process of roasting, and which escape when cooked in the open. Stewing is a good way of preparing meat, the only objection being that the meat becomes almost too richly saturated with fat and gravy.

Frying is an undesirable way of cooking. The coating with fat renders the meat indigestible, and fried eggs are albumen made almost impervious to the digestive juices.

Eggs are an often much abused article of diet. Fried, they are nearly useless. Hard-boiled, they are hard to digest, and put into boiling water and allowed to gallop, they are partially spoilt. They should be poached, or placed in boiling water, and allowed to simmer for four or five minutes, in which time the albumen will coagulate without becoming hard. An egg and milk beaten up is an excellent drink, easy of digestion, and highly nutritious. Many a hard-working business man or woman would find it greatly to their comfort, if, instead of trying to eat a meal in their short mid-day recess, which their afternoon work renders it impossible for them to digest, they satisfied their hunger with this drink and a few dry biscuits. There are not a few who find it possible

and desirable to eat only two meals a day, avoiding any food in the heat and stress of mid-day. This is a far better plan than trying to crowd in a meat, vegetable, and pudding dinner at the very time when the resources of nature are busy elsewhere, but it is liable to create extreme hunger and consequent over-eating at meals. Those who find it so should take some such light refreshment, and many will find a glass of hot water and milk with biscuits and fruit sufficient. Midday dinners might well be abolished, and the practice of taking a light lunch substituted.

Condiments, such as spices and flavoring agents, peppers, etc., should be used in strict moderation. Taken in small quantities, they aid digestion; in larger ones they over-excite the nerves of taste, and lead to over-secretion of the digestive juices. The best condiment is lemon juice; vinegar is useful in moderation, and cayenne is a spice which can only be taken in very small quantities, as it is very irritating to the mucous membrane of the stomach.

The very common indulgence in candies is an injurious practice, partly because it always involves eating between meals, which is an outrage on the digestive organs, and partly because sweets always contain an excess of sugar and spices, and not infrequently coloring substances which are directly harmful. The habit, too, is a bad one, especially in childhood, as it tends to develop an abnormal appetite and craving for continual satisfaction of the palate, which leads to gluttony, or, at any rate, to undue indulgence of the appetite in after years.

In conclusion, I must mention