

constant renovator of the fruit garden, as well as a mulching substance, and as such I invite the attention of gardeners and amateurs to its great and peculiar merits.

THE EASTERN APPLE CROP.

THE apple crop was probably never better in this and the adjoining counties than it is at the present time, says the Rochester (N. Y.) Democrat. The trees are literally bending with their weight of fruit. Much of the autumn fruit has already been picked and sent off to market, and it has brought highly remunerative prices.—Some varieties, such as the Fall Pippin and Detroit Reds, have sold even

as high as \$2.50 to \$3 per barrel. This season of high prices, however, is past, and the market is again quiet. There is a large number of buyers in the field, although apples seem to be quite plenty in most sections of the State, and in some portions of New England. Those conversant with the supply and demand, inform us that the prices of winter fruit will probably range from \$1.25 to 1.50 per barrel, exclusive of the latter. The range last year was from \$1 to \$1.25. Most of the fruit purchased in this vicinity finds a market in New York, Boston, and Providence. We learn that extensive purchases of apples are being made in Orleans county, for the Philadelphia and Baltimore markets.

DOMESTIC ECONOMY.

VALUE OF INDIAN CORN.

BY those who do not know, or are too scientific to profit by the experience of nations of men and herds of fat cattle, Indian corn, rice, buckwheat, etc., are only considered good fodder. Liebig states that if we were subject to the same degree of cold as the Samoiedes, we should be able to consume the half of a calf and a dozen candles at a single meal. During excessive fatigue in low temperature, wheat flour fails to sustain the system. This is owing to a deficiency in the elements necessary to supply animal heat, and the strong desire for oleaginous substances, has led to the belief that animal food is necessary to the human support. But late scientific experiments have led to better acquaintance with the habits of the North American Indians, and show that vegetable oil answers the same purpose as animal food; that one pound of parched Indian corn, or an equal quantity of corn meal, made into bread, is more than equivalent to two pounds of fat meat.

Meal from Indian corn contains more than four times as much oleaginous matter as wheat flour; more starch, and is consequently capable of producing more sugar, though less gluten; in other important compounds it contains nearly as much nitrogenous material. The combination of alimentary compounds in Indian corn renders it alone the mixed diet capable of sustaining man under the more extraordinary circumstances. In it there is a natural coalescence of elementary principles which

constitute the basis of organic life, that exists in no other vegetable production. In ultimate composition, in nutritious properties, in digestibility, and in its adaptation to the various necessities of animal life in the different climates of the earth, corn meal is capable of supplying more of the absolute want of the adult human system, than any other single substance in nature.—*Mass. Ploughman.*

HYGIENIC PIES AND PIE CRUSTS.

PIES, as usually made, are among the greatest abominations of modern cookery. The idea of eating a piece of bread an inch in thickness, covered with from one-quarter to a half or whole inch of lard or butter, would by every sane person be considered preposterous. But people use these same proportions of flour and grease in their pastry, thinking it delicious. Consult any of the ordinary cook books, and you will find the recipes for pastry varying from half a pound to a pound of lard or butter to each pound of flour, and white flour at that. Can any thing be conceived much more indigestible?

But pastry without either butter or lard for "shortening," and a pie without spices or seasoning of any kind except sugar, must be a very insipid affair! most cooks would exclaim.

Very far from it, as the experience of thousands proves. Pies may be made far more delicious to the natural taste, without any of these ingredients, and at the same