

BAKED APPLES FOR BREAKFAST.

THE true, not the new, should be the motto of those who write or speak about the apple—the fruit longest in use by our branch of the human race. There are certain simple principles that must be given, line upon line, precept upon precept, to every fresh generation of men, or rather should be given just about that time that the generation is beginning to lose its freshness and to call on the doctor for remedies. Every well-to-do man of good digestion and appetite tends to eat too much meat every day after his twenty-fifth birthday, and one of the values of fruit, the apple above others, is the ease with which it may be made an “anti-meat-for-breakfast” article. With baked apples and cream and good roast potatoes on the breakfast table, the dish of cold or hot meat becomes subordinate, even if it is not entirely abolished. Men of forty, the age when every man not a fool is supposed to have acquired the right to give medical advice, at least to himself, will relate their various wonderful discoveries and remarkable self cures just as they had given up all hope; and in general these reduce themselves to this: “I ate less meat, but I did not know it, and I took a great deal more fruit, especially apples.”

Baked apples for breakfast tend to reduce the amount of meat eaten, if we are inclined to eat too much, and to supply the system with mineral foods and the digestive tract with acids. People who eat too much food are not to be advised to eat baked apples as a mere addition to the breakfast, and those who need a substantial meal must not let the baked apple interfere with the taking of solid food. As a rule those who eat three meals per diem will wisely have the nicest dish of baked apples obtainable for breakfast. It is a piece of simple wisdom worth pages of ordinary medical literature. The digestion of milk is somewhat delayed by sour fruits, but pure rich cream is not milk, and taken with a juicy baked apple, what dish can be more tempting and wholesome?

If you are twenty-eight or thirty-five, inclined to ring the doctor's bell and talk with your druggist, try this prescription. You may put sugar on the apples, but we shall not sugar coat the remedy with any mystery or any claim to novelty; we merely turn to your good wife or your housekeeper, and ask whether she is careful to give you nice roast apples and cream, and to make the breakfast meat dishes as little tempting as may be.—Amer. Garden.

* Our Book Table. *

SOUTHERN FAIR, BRANTFORD.—We are pleased to notice that the Directors of the Brantford Southern Fair are giving prominence to the Horticultural Department in their prize lists, a copy of which is now before us, and from which we see that they are offering over \$4000 in cash prizes for excellence. We would recommend fruit growers, florists and market gardeners to write to the Secretary, Mr. Geo. Hately, Brantford, for prize lists. The Ladies' Board of Directors, which has

been a feature of Brantford Fair for some years, is again in charge of that department. This year the prizes are all cash with the exception of a high grade lady's bicycle, valued at \$75, which is given to the exhibitor taking the most prizes in the Ladies' Department.

Special arrangements have been made with the Railway Co's. for carrying passengers and their exhibits. Particulars are to be announced in the regular weekly papers.