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For Farm and Garden

Value of Fruits and Vegetables in the Diet

Recollections of the sulphur and molasses and the spring bitters that appeared with such striking regularity in our family midst are becoming less impressive year by year. Thanks to the improved facilities for shipping and the advanced methods for production and storage, the season for fruits and vegetables has been greatly extended, and the family diet has been proportionately improved. In the midst of this varied diet, which we now enjoy throughout the year, we can face the memory of one "spring dose" without trembling, and admit the disagreeable fact that it was a necessity in those days. Following the long winter season when dried foods predominated and meats were in abundance, a readjustment of the diet was necessary until nature should restore normal health by providing green stuffs and fresh vegetables.

Fruits and vegetables serve two purposes in the diet: They not only supply much needed mineral salts to the body to build up bone tissue and regulate the life processes of digestion and circulation, but they add much food value and so give the body more fuel for its activities. They fall easily into two classes, the *flavor fruits and vegetables*, in which water predominates, leaving only a small percentage of food nutrients; and the *food fruits and vegetables*, which have a fairly high nutritive value and may be substituted for other carbohydrate or protein foods. Potatoes, corn, bananas, peas and lima beans contain from 22 per cent. to 32 per cent. of nutrients, chief of which is carbohydrate in the form of starch. Hence, these may all used interchangeably in the diet. It must not be forgotten that these also contain some protein and so add to the sustaining power of the diet. While in corn and potato this amounts only to 2 or 3 per cent., in the beans and peas the protein is much higher and these can be used to replace meats to a certain extent.

Among the food fruits are apples, grapes, oranges, grapefruit and cherries, which contain from 15 to 25 per cent. of nutrients. In these the carbohydrate is in the form of sugar, although this is not always apparent, due to the large content of organic acids which mask the sweet taste. Much value is attached to these acids because in the process of digestion they tend to restore the alkalinity of the blood after a too concentrated diet of meat and starchy foods.

Vegetables such as carrots, beets, parsnips, onions, squash, turnips, spinach, celery and tomatoes are valuable chiefly for the mineral salts they contain, and the bulk which is most needed in the diet. The former have about 9 per cent. of carbohydrates largely in the form of sugar, so their food value is assured. Judged by the quantity necessary to make this a real factor, however, their chief value lies in their bulk and salt content.

In the drying and canning processes of preserving fruits, the food value is greatly enhanced. In the case of prunes, figs, dates and raisins the water content is so low as to leave from 70 to 85 per cent. of nutrients, the bulk of which is sugar, although both the protein and mineral content are raised above the usual percentage in the fresh fruit. The iron content is quite high in each of these, so a liberal use in the diet is advantageous. In the making of jellies and jams the food value of the fruit is increased many times because of the sugar added to it. In this form, then, they become a valuable part of the diet, not only for the natural advantages of the fruit but for the energy supplied. As spreads

for bread these are valuable sources of energy, as well as pleasure, and may at the same time be made to conserve the butter supply.

Canned fruits also have a much higher food value than fresh fruit, the advance depending, of course, on the amount of sugar which has been added in the canning process. To make our diet conform to our daily needs it must contain fuel for our activities, protein for tissue building and repair, and mineral salts for strengthening bones and tissues and for the regulation of body fluids. At the same time there must be a certain amount of bulk or indigestible fibre which keeps the intestinal tract in normal condition. Fruits and vegetables serve all of these purposes. While in some the source of energy is fairly high and in others the protein content predominates, their chief value is their addition to the diet of bulk and mineral salts that are otherwise likely to be neglected. A study of many family dietaries has revealed much too low a supply of calcium, iron and phosphorus, and shown the need for a much more liberal use of fruits and vegetables which contain these in large quantities. Fruits and vegetables also bring pleasant variety into the diet and should be cooked and presented in their most attractive form so as to retain all of their natural color and flavor.

Make the slogan: More fruits and vegetables make better health. Plant more—Can more—Eat more!

—MINNESOTA HORTICULTURIST.

Household Hints

Leather Lore

It goes without saying that shoes, given good care, will last much longer than if neglected.

In the first place, heat is the worst enemy of leather. It takes all the life from it so that it very soon cracks. Especially is this true of patent leather. Consequently, shoes should never be placed near a stove to dry. Incidentally, rubber overshoes should never be kept on longer than is necessary, because this, too, destroys the strength of leather. When shoes are damp they should be laid on their sides to dry, preferably in a draught. Should they have been dried by a fire and so become stiff, the softness may be restored by rubbing in a good oil, as castor.

To aid the wear of shoes, pour boiled linseed oil into a pan and let the soles stand in it until they are thoroughly saturated. Take care the oil does not touch the uppers. Use neat's-foot oil for them, it will feed the leather and keep it pliable. Linseed oil dries very rapidly and has a tendency to harden leather, hence the reason why it is good for soles but not for uppers. If the soles are given an occasional coat of hard, white copal varnish this will keep out damp and also add to the life of the shoes. Milk freshens leather, so it is a good plan to wash the shoes with milk, say once a week.

Patent leather can be kept in good condition by sponging off all soil with warm water, afterward applying sweet or olive oil with a cloth and rubbing in with the hands. Never use paste or liquid blacking on patent leather.

Kid, if rubbed with oil once a week, will neither crack nor harden. Should kid roughen and show purple, the color can be restored by applying with a soft sponge a mixture of ink and the white of an egg. The white kid uppers of shoes can be cleaned by rubbing with gasoline or benzine, using a little good white soap if thought necessary.

Servants' Meals A Century Ago

"The meals of the servants," says an old treatise on 'Domestic Duties,' published in London in 1820, "should be at regular and early hours; their food plain, substantial and good. Butcher's meat once a day is the general allowance for servants in the establishments of those of moderate means, with cheese for supper. The cook, however, should be desired to reserve such pieces of cold meat as would not be sent into the dining room, for the supper of the men servants, which will prevent the cutting up of a large piece of cheese. A pint of good beer for the men, and half that quantity for the women servants, at each meal, is a very sufficient allowance."

"Formerly in the houses of the great, and even now—1820—in some families of distinction, the upper domestics—the steward, butler, valet, housekeeper, and lady's maid—had their own table, called the second table, but of late years this has been generally abolished, and in the present day all the domestics dine at one able in the servants' hall. The other meals of the higher servants are taken in the housekeeper's room. The under men servants retain the use of the servants' hall when their employments are ended, and the maid servants, when their active duties are over, resort with their sewing to the upper housemaid's room. In well ordered families the men and maid servants never sit in the same apartment except during dinner. In such families the men have a pint of ale each at dinner, and the women half a pint each. There are no families, except perhaps the very highest, in which wine is allowed to the upper servants. The nursemaids, again, have all their meals quite distinct from the other servants, and are in all respects completely separated from them."

Wit and Humor

"He died in harness, poor chap." "Yes, and, by the way, did you ever notice how much like a harness life is? There are traces of care, lines of trouble, bits of good fortune, and breaches of faith. Also tongues must be bridled, passions curbed, and everybody has to tug to pull through."

HIS LITTLE FRIEND.

"I am so sorry, Mr. Portly," apologised the hostess to her unexpected but influential guest at dinner, "but I have no cheese in the house. It is so difficult to obtain these days."

"Pray do not mention it, Mrs. Phipps," smiled the genial old boy. "I am sure—"

His little compliment was interrupted by the appearance of the small son of the hostess at his side, bearing a piece of cheese upon a plate.

"Well, now, that is very kind of you," he said, as the child stood there, delightedly watching him swallow the tit-bit. "You knew more than your mother that time. Where did you find it?"

The youngster intently watched the last morsel disappear before he answered.

"I found it 'in the rat trap,'" he proudly asserted.

The irate lady lecturer had called at the newspaper office and demanded to see the hapless reporter who had written an account of her lecture.

"Did you write this report on my lecture, 'The Curse of Whisky?'" she asked him.

"Yes, madam," replied the newspaperman.

"Then kindly explain what you mean by saying: 'The lecturer was evidently full of her subject!'"

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