

## DIETETIC HINTS.

To appreciate the delights of a natural appetite, the following dietetic hints should be taken into consideration:—

Discard all condiments and eat food prepared as simply as possible.

Masticate the food thoroughly, allowing it to remain in the mouth until the delicate flavors of the food are developed.

In order to have perfect digestion, a large variety of foods should not be eaten at one meal.

Avoid, especially, combinations of fruit with vegetables, fruit with milk, sugar with milk.

Avoid the use of much fluid, especially cold fluid at meals. Many persons are better off to discard all drinks at meals.

Above all, don't bring your business into the dining room. Throw off all care, and give yourself up to the enjoyment of your meal.—*Health.*

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