

FRUIT AT BREAKFAST.

around the roots the previous season ; or, in other words, and in the language of the old Fruit-Grower, "the trees do not grow well-until the roots 'get good hold' of the earth ;" and this "getting hold" of the earth is more noticeable during the first season in fall-planted trees than it is with trees planted in the spring.

AN INTERESTING DISCUSSION

followed. Mr. J. C. Chapais (St. Denis, Kamouraska), said planting forty feet apart might be suitable for the district about the Island of Montreal, but it would not do below Quebec. The trees would die from want of protection. They must be planted closer together. He had tried fall planting, but his experience was the reverse of Mr. Shepherd's. Less than 5 per cent. of his trees succeeded. There were differences of climate in different parts of the province, which must be taken into account. No doubt Mr. Shepherd's rules would work well in his own district.

Professor Waugh (Burlington, Vermont), was in favor of fall planting, for

the reasons Mr. Shepherd had given, which were well worth consideration. If the roots were carefully trimmed they healed and began to make growth during the winter.

Mr. Fisk (Abbotsford), thought that for the climate of his district spring planting was preferable. That had been his experience.

Mr. R. Brodie (Montreal), the president, was also in favor of spring planting. As to distance, in view of the cheapness of nursery stock, he suggested planting 20 to 25 feet apart, and then cutting down each alternate tree after 18 or 20 years.

Mr. Fisk—Yes, if you had the courage to do it.

Mr. Shepherd thought the branches would be interlaced by that time.

Mr. Barnard (Quebec), in 25 or 30 years' experience found close planting necessary for safety in places exposed to the wind.

Mr. Shepherd closed the discussion by reiterating his firm belief in air and sunlight.—The Gazette, Montreal.

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FRUIT in some form should have a prominent place in every breakfast menu. Either the uncooked fruits may be employed in their season, canned fruit or sauces. All will be found appetizing, and all medical testimony bears witness to their value as an article of diet. More especially where there is a dry, disagreeable, slightly feverish condition of the stomach, the cooling action of the fruit juices will be found most agreeable and refreshing. The action of the fruit acids is especially beneficial. All persons require more or less acid in their food or drink, to meet the requirements of the system. If this comes from the natural acid of fruits, it does away with the stronger and less wholesome acids of pickles and other vinegary condiments

over indulgence in which unquestionably does harm to many a stomach.

A writer on this subject recently declared that "for a breakfast dish nothing is nicer than sliced oranges with cocoanut. Some add sliced bananas to this, and if heavily sprinkled with powdered sugar you will abandon hominy, chops and steaks, and breakfast exclusively on this dainty dish which French people have justly called "Fruit de Paradis." The writer would not go to the extent of urging an exclusively fruit diet for breakfast, feeling that in many cases there should be "substantials" added in more or less generous measure ; but that fruits should have a place and a large one, at every breakfast cannot be denied.