

spider with a little butter and lard in it, let it get hot, and slice the apples into it, sprinkle a little sugar over them, and fry slow to a nice brown, taking great care not to let it burn.

### FRUIT SYRUPS.

By MISS J. POWER.

What a pity that the medicinal virtues of grape syrup are not properly known. Grape syrup, or fruit syrup of any kind, is not jelly, but the pure juice boiled down without sugar till it thickens like syrup. All fruits have their own sugar, which may be condensed by long evaporation, making the most delicious and healthy form of preserves. Pick over the grapes, rejecting all unsound ones, and press in a cloth in any convenient way, the old wooden screw press being much better than anything with metal about it, which gives a harsh flavor. Strain the juice into a porcelain kettle, or, what is better, a thick, shallow stoneware jug, holding four gallons or more; heat quickly and boil hour after hour steadily, without scorching. Stoneware holds the heat and is less apt to burn juice or jelly than any stoneware. The juice cooks best set in the oven, out of dust, where no draft can check its boiling. All syrups evaporate faster in certain states of the atmosphere than others, and a clear, drying day, or one just before rain, when the water boils away fast in the tea-kettle, is the chosen time for all preserving. Making syrup is an all-day affair, and a good plan is to set the jars of juice in the oven at evening and keep a low fire all night, finishing off next forenoon. Six quarts of grape-juice should make one of syrup, wine-coloured, lucent, of delicious, refreshing perfume and flavor. One tablespoonful in a glass of water gives a delightful drink, like fresh grape-juice, the true substitute for wine with all temperate people, and the finest

medicine for correcting a feverish, bilious state ever known. The Syrup itself is valuable for restoring strength, and consumptive persons should take it by the tumbler daily, sipping it leisurely with sugar, if too tart for the taste. It makes new, rich blood, it cleanses the system, clears brain and feeds starved nerves. It has the hypophosphites which doctors prescribe for wastes of tissue, and taken freely will arrest even critical stages of disease. People fed on pure food, with abundance of fruit, need never dread cancer, Bright's disease, gout, neuralgia, dropsy, or a dozen other of the worst scourges of the race.—*Hort. Times*.

MANY ARTIFICIAL FLAVOURING EXTRACTS are used in foods and drinks, such as amylic valerianate, amylic butyrate, propylic ether and caprylic alcohol, which imitate the odour and flavour of the apple, the pear, the pineapple, the strawberry and the raspberry. These substances have been tested by two French chemists, who find them poisonous in considerable quantities, but harmless in the usual small doses.

## Fruit Reports.

### FROM SCOTLAND.

SIR,—The crop of apples this year in England and Scotland will be very small, owing to the severe drought, and our reports from the Continent indicate they are in a similar position to ourselves.

Under these circumstances we shall have to rely mainly upon supplies drawn from your country and Canada. Therefore the prospects that good steady prices will be made during the season is assured.

The qualities most in demand here are Newtown Pippins, Kings, Bald-