

may be served, they are far preferable to the taste of many persons ; and if families would only substitute ripe, luscious apples for pies, cakes, candies and preserved fruits, there would be much less sickness among the children, and the saving in this one item alone would purchase many barrels of apples. They have an excellent effect upon the whole physical system, feeding the brain as well as adding to the flesh and keeping the blood pure ; also preventing constipation and correcting a tendency to acidity, which produces rheumatism and neuralgia. They will cool off the feverish condition of the system, in fact they are far better for these than the many nostrums which are so highly praised in the advertisements and so constantly purchased by sufferers. A ripe, raw apple is entirely digested in an hour and a half, while a boiled potato takes twice the time.—*Rural World*.

FRUIT GARDEN.

EVERY FARMER, whether he markets fruit or not, should have an abundant supply of small fruits, all that the family, no matter how large, can eat, from the earliest strawberry to the last grape. Not only will they conduce to health, but will greatly help to make farm life acceptable to young people. The cost for a start need not be large, and if one has a few plants, they may be readily increased.—*American Agriculturist*.

CHAS. A. GREEN, of Rochester, says, his family enjoy fruit no better than others, but for three weeks they live on strawberries, four weeks more on raspberries and blackberries, three months on peaches, and six months on pears. He had 200 vines of early grapes, from which all the family and labourers were free to eat. He thinks that grapes planted in long rows, so as to be cultivated with a horse, are the cheapest food that can be supplied, and are exceedingly wholesome, as well as all other fruit when fully ripe.

TRANSPLANTING STRAWBERRIES.—As regards transplanting the strawberry, possibly some readers may be ignorant of one portion of the process, which to everyone making a plantation in a dry time, is well worth knowing. In preparing the plant do not pull off the