Pomestic Pepariment.

The Tomato.

so, it would be folly not to accept as It can then be pooled easily true the accounts dealing solely with land. There has been no other plant made from white flour. The entire Tomplar Gospel meetings in Hamilton on that we know of which has become so wheat furnishes the element of bone, Sunday, and the daily papers of that city universal a favorite within so short a which are removed from fine while speak of him as a brilliant reciter. time as this fruit. The botanical name, flour. Old fashioned Graham flour Lycoperatum (lycos, a wolf; persicum, does not easily digest on account of its. The Hamilton Juvenile Royal Templars peach), was indicative of its supposed coarseness and the admixture of silki-had a very pleasant reunion recently poisonous quality. But the fruit has ous bark. Entire wheat flour makes and on the same day a new corps was in-Improved upon acquaintance, and is better breakfast cakes than any other, now regarded, not only as wholesome and can be used for any kind of cake and nutritious, but as almost being es | that is necessary. It provents consti sential to health.

writer in the Echo, there can be no at other meals Christian Cynamics. doubt that while we cannot expect its! health imparting properties to cure all the ills that flesh is heir to, yet its action upon the system is attended in most cases with beneficial results, since analysts and members of the medical profession have said that the fruit is exceedingly wholesome, and used freely either raw or cooked, will generally do a vast amount of good. Another point, whilst in this line of thought, which should not be overlooked, is thus, it is easy of digestion, and may therefore be freely partaken of, even by invalids, without hindrance or fear. Taking only about two hours to digest, the tomato is rendered even more valuable on this account.

PROSCRIBED AND PRESCRIBED

one day, and almost the next prescribed appeare the sorrow of so great a be-As an article of diet it is now recom- reasement? mended, not by one only, but by all. We know of another family, whose When Arthur Young travelled in father not only used tobacco excessive ber shop on liathurst street. 2 doors south of the per shop on liathurst street. for show, and to tell the cottagers that cause it was an almost invaluable article of Still another father whom we know, duet would be folly. This fact is also has through excessive use of tobacco speaks of it as a fruit grown in this teemed citizen, descending from a country for curiosity only. As a fruit goodly line of ancestors, the mother a it was frequently mentioned by botan most estimable woman; yet the sone ists in the sixteenth century, and now will take tobacco wherever they can vast tracts of land are devoted solely to find it, and in case they do not come output every year, it is not hard to be | buy is popular within so short a time as the be wise for a young woman to marry a tomato. Writing in 1881, a well-known tobacco user. Is it reasonable for a gardener stated that so popular has it young man to form a habit entailing become that it is not unusual for a such results? These are not isolated house, and to continue at this rate day has his mental faculties clouded, the after day through the season. Here "bright boy" merging into a very to the enormous output of fifteen to that tobacco had destroyed, in a great free twenty tons daily, and this has not measure, their will power. only been kept up, but will continue Tobacco has been the first step in

ally the tomato is wought after with Incco societies ... Union Signal.

avidity by those who at first almost shuddered at the sight of it. The chief skin, and overy cook who understands Facts maintain their reputation of his or her business will be eareful first being stubborn things. Were this not to dip the tomato into scalding water.

Its introduction into Salem, Mass., by Indian most bread, which I value very singer and a great attraction. an Italian about the year 1802, for it highly, and is made as follows. One is recorded that he found it difficult to collect oup of yellow corn med, one persuade the people even to taste this coffee cup of rye flour, one half coffee in Royal Royal floures. Their effert at most lustions fruit. Prejudice for a cup of white or entire wheat flour; one bulk drow crowded houses and aroused considerable time had also in this coun half teaspoonful of baking soda, one try hindered its use as an article of and one half cups of sweet milk; one diet but in the end the public taste half cup molasses; and half a teaspoon are now at Cannington and will spend next proved more healthy than medical pre ful of sait. Sift all the meal and flour judice, and, as the result, this fruit is and soda together, then add the molas raised on such an extensive scale that, see and milk, beat well and steam two where once it was reserved as a deli hours. The steaming should be con other Council to the list in Quebec at casey for the rich, it has now been timious, as the bread is likely to be Carno, and are now holding a Royal Rebrought within the reach of the middle heavy if it is not. This bread, with rival at Hemmingford in the same provolate and the poor. France, Madeira, milk, makes a very healthful support for ince. Spain, and the Channel Islands have many old folks and children. If stale it i done their utmost to satisfy the increas | can be freshened by resteaming, or mois

The bread made from entire wheat pation. Oatmeal or some other mush, should be on every breakfast table.

A Few Facts Relative to Tobacco.

~ ROSALIE SILL.

WE deem it our duty, to point out to those contemplating marriage, the curse entailed through using tobacco. We have heard many assert that the laws

to us, married. Children were born brilliant conversazione. The Command in until they had seven sons -- not possessing them all at once, though None of these boys lived to be over three years of age usually not over one all dying with what physicians termed "brain trouble." When the tifth child died, several medical gentlemen held Two facts have been brought out by an autopsy deciding "Brain trouble, a popular writer in connection with resulting through heredity. Cause, exthis popular fruit. In 1828 and the essive use of tobacco by the father following year, the tomato in the States We were present when the last one was almost detested, and yet within ten ideal, and we shall never forget the years from these dates every possible mother's agony as she cried out, "Oh variety of pill and balm was guaran-my God' must poor little George go teed to be essence or extract of tomato as the rest have done." Who can It was also a strange coincidence that imagine the feelings of those parents upon its introduction into our country as they stood by the row of little graves it was by the members of the medical seven of them only think of it? profession in one sense proscribed in Could the luxury of a self-indulgence

the potato was a segetable almost un-sons cannot walk, having to use which from his Friends and the Public generally, known in that country; ninety-nine ed chairs as their only means of loco. out of every hundred peasants, he says, motion. These boys appeared to be all would certainly have refused to taste right until about the age of seven, when one; and it is strange that, but a few a slight paralysis commenced, increasing the same might have been ing more rapidly at about thirteen, and of the tomato in England, nay, when all use of the lower limbs ceased. In except sundays and I have been at the present These cases have resulted or have an and Finday every day every and Finday every day every strong and Finday every sunday sunday and Finday every sunday sund it is grown simply as an ornament and through heredity, tobacco the chiefi

referred to by Parkinson as being entailed kleptomania upon his three noticeable in his own day, since he sons. The father is an honest, esits production, and with an increasing across it, take something which will

lieve that no other plant has become. In the face of these facts would it London fruit salesman to dispose of a cases. We know of others where per ton of tomatoes in a day. Now it haps there were not so many cursed in might surprise him to learn that it is one family, yet one victim, at least, nothing unusual for a salesman to dis was sacrificed upon the altar of self- Flowering pose of from three to five tons daily, indulgence. Tobacco using is not a the produce principally of the green, safe thing to do. Many a young man we may remark that the consignments common place man, because of it. We for planting now indoors and outdoors from the Channel Islands now amount liave had young men confess to us Highest Quality. Lowest Prices. Our

at the same rate, and more, for some leading many a young man to a drink-months to come.

| Red There is a peculiar flavor in the un tobacco renders them manly; they are cooked fruit which is at first very dis- very much mistaken, it renders them tanteful to some people. By use, how beastly. It would be a safe thing to ever, this dialike is overcome, and find do for young ladies to form anti-to-

ROYAL TEMPLARS

source of the rank taste is found in the Pushing their Royal Revival Movement with Vigor.

Mr. W. F. Waddell are the revivalists, the choir. which throughout the present season, without intermission, have daily been poured into the London and other man kets. Prejudice had already preceded its introduction into Salem, Mass., by Indian most bread, which I value very singer and a oreat attraction.

The Rescue Duet are doing grand work

The Hamilton Helpers have added an Carno, and are now holding a Royal Re ;

Mr I T. Mills of this city, a member! ing demand for this underliable favor tening and placing in the oven for a time clocutionist, visited the Dundas ito, added to which we have had a very few minutes.

Royal Royal Royal Royal Bast week and delighted the fine crop of home-grown fruit from Bex ley, Worthing, and other parts of Eng flour is far more wholesome than that tions. He also appeared at the Royal

> stituted in the southwestern part of the City under the auspices of the Scient County WEST ENDCHRISTIAN TEMPERANCE cil organized the seek previous

Proneer Council of this city is discussing Medicinally considered, says a recent Fruit is also more desirable there than So far this popular feature of the order has not been introduced to Toronto.

a lecture trip in the eastern part of the

The Knights department is growing rapally for so conservative a degree, both in the rension and uniform lines. Thesin the pension and uniform lines salon on Lake Huron is recruiting a comof heredity were "all moonshine; yet mand, and stimulating more ambitious and tracify of "that we do know, places. The Hamilton Command cele-Years ago, a young man well known brated their anniversary last week with a of swords, and is preparing for a big time in Fobruary, when its first investment will be celebrated. Hamilton and Guelph Commands are expected to narries.



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