## 

Tuesday, February 4, 1873. FARM AND HOUSEHOLD ITEMS


## Apples for Human Blood.

 With us the value of an apple, as an arcontaining a large amount of sugar, mueilago and other nutritive matter, apples oon which act powerfally in the capacity of refrigerants, tonics and antiseptics; and when freely used at the soason of mellow ripeness, thoy provent debility, and indithe "ills that flesh is leir to." The opera Lors of Cornwall, England, consider ripe ar more so than potatoes, In the year into eider, were sold to the poor, and the laborers assert that they could "standtheir work" on baked apples without meat, whereas a potatoe diet either requires meat
or some other substantial nutriment. The French and Germans use apples extensively, and so do the inhabitants of all Euthem as an artiole of food, and frequently make a dinner of sliced apples and bread.
There is no fruit cooked in as many differont ways in our country as apples; nor in of nutriment, is so great, and so litt
preciated. - Water Cure Journal.

Adulteration of Spices. Europe, informs us that while at Malaga he was asked to buy almond shells. Not
knowing to what use they wero put, he was informed-and has since found it to be
true-that parties from New York have for yearor two past imported several cargoes, cipally cassia, which when ground, it uo by the eye. That all sorts of ground spices
have been for a long time largely adulterved is a fact weil known to most people. epper with parched peas, ginger with corn, meal, mustard, ditto, cloves and other spicnot be detected with the eye. To such an
extent is this fraudulent business carried, that we unhesitatingly suy that one-half of
what is sold for ground spices is not what it purports to be ; and this is not all of the nostly put in packages of from one-fourth
o one pound papers for the retail trade. C any one will take the trouble to weigh
hese packages, he will find, as a rule, ho Save the Best Fowls for Breeding It is the worst possible policy to kill a the best and handsomest fowls, and aave
ouly the mean and scraggy ones to breed rom. This is preciselyo the way to run
out your stock ; for like tends to breed like nd the result is, that by continually tak of the poorest, your flock will grow poore and poorer every succeeding year.
It would scem as though plain to bo insisted upon, but, in fact, ng want of the poultry upon the firm the country througb,-this careful and intelligent selection of the best for breeding
Nothing is lont by a little self denial poultry flesh that you leave on its two or pouitry hesh that you leave on its legs, in good seed, and will bring forth tenfold and ry World.
Thate eleven Paints. and one gallon of boiling water and stit into a thick pudding ; then add to it two pound of potash dissolved in quarter of boiling water. Mix thoroughly, and if the and potash do not unite, add a little lo cut the oil perfectly, but no more. It ill spread ceasily with common paint, but rush, and will wear excellently well, pain las all the appearance of a superior puint while its cost is less than half as much or a paint for baros, out housos, fencen,
ote., it is uneguale

Preserving Peach Trees. It is a gencral complaint that peach
trees, after producing a few crops, not only cease bearing, but perish in a short time ears or more, Dr. Wood communicate the result of somo experiments, which ho
thinks, furniahies a key to unloek this mys tery, and affording peachg growerd a rom
edy for the early loss of their troes, elieves thin defective power of growth in owing to a hack of potash in the soil, and the tree so that it shall I recall the amall power borestored, and the fruit ithelf re vived.

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pany's Agents uati a a fill lino of Loal
Agents can be appointed when the reserve
force will be rest JAMES H. GRIER,
nsurance Notice On and after the tenth day of April,
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nia Cegrral Insurnanece Compayy" will leave
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different counties of the State, where they will continue to aet hs the Company's
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