


The Value of Toode. It has come to this, finit the simp artieles of diet aro the nafoest, and that fuvor of plain living. Yeg, the sim-
 or, for oxample, or the egg merchant can not adulterate or the egg merchant wares, but he
may have several qualities; and there is a stage at which all animal foods ar
rive, when kept
 We often hear it anid that shop oggs,
as they are called, nre good enough for
trying, with bacon for exal s. a positive mistake; example. This eg that has
men A suspioion of staleness about is deleterious to health, not to say dangerous, no matter whether it be frive
or boilep. And the sane may be sad
of foesh meats of all kinds and I will
 ; that I have the courago of me my con-
iotions, and furthermore, that $f$ hinve nvalids and dyspoptics, end those witb
deleicate digestions, in my thoughts as
write. Write.
I grant you, iny healthful athlete,
who tramp over the moors with Who can tratnp over the moors with
gun and bag fom morning dawn thil
dewey eve and never feel tired, that
 ngle suspicious.
nithestion is exceed
nals in particular there are two ani
 powers; little infterior, ing point of fact,
to that of the ostrich about whith bird
so many fanciful stories wheh Written and told.
It may be said, whout much fear of
contradiction, that any kind of food or any mixed diet or meal which rocquires
he and of stimulaut, either of the nature of condiment or wines, is not
salutary. Such diet as this is a tax
nopon the whole system., and eauses state of the bloood.ort, whind an ean onlyerish more or less of prostration.
But those who would obtain the
 dionyncrasy out of count tor the preses
ent anthough everyone ought to know
what angrees with him and what does not there are wanth him and thins what dooes connected
with the onlue and digestity of fod
obtained from varions sources sthat骨:

Homes Without Book





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