

QUALITIES OF COMMON FRUITS

ACID FRUITS	SUB-ACID FRUITS	STARCH-SUGAR FRUITS
LEMON { Excessive citric acid, purifying and antibilious	APPLE { Phosphates, malic acid, laxative, sugar	BANANA { Excessive starch, constipating
ORANGE { Moderate citric acid, purifying, laxative; valuable vitamins, sugar	PEAR { Iron, potash salts, very laxative, sugar	FIG Very laxative, sugar
GRAPEFRUIT. . . { Excessive citric acid, bitter tonic, purifying	PEACH } { Purifying, laxative and sugar	DATE. Excessive sugar
STRAWBERRY . . { Citric and malic acids, antibilious	APRICOT } { sugar	COCONUT Excessive oil, laxative
CHERRY Tonic and bitters	PLUM } { Very laxative, nitrogen, sugar	ALLIGATOR PEAR Oil, starch
CRANBERRY . . . { Citric acid, iron, tonic qualities	PRUNE } { sugar	MELON Sugar, refreshing, purifying
CURRANT Citric acid	GRAPE { Potash salts, iron, tartaric and phosphoric acids, excessive sugar	
GOOSEBERRY . . Citric acid	RAISIN { Dried grapes, same as above, except more laxative	
BLACKBERRY . . Iron, constipating	PINEAPPLE . . . Natural pepsin, sugar	
	RASPBERRY } { Mild, refreshing, moderate sugar	
	LOGANBERRY } {	
	HUCKLEBERRY } {	

Every housekeeper who plans the meals should have a clear understanding of the qualities of fruit, and teach these to her children. Above all, she herself should be convinced that *fruit is not a luxury or a titbit but a necessary article of daily diet.*