

spoonful of molasses, one cup of flour, one cupful of corn meal, mixing all together well. The batter should be thin enough to drop with a spoon, and should be fried in hot fat. Baking powder and sweet milk may be used, but is not so satisfactory.

Some Timely Recipes

Delicious Apples—Take smooth, nice red apples, do not peel, but scoop out the cores, leaving the apples whole. Wash, and put into a granite or porcelain sauce pan, and nearly cover with cold water. For a dozen apples, use about three cupfuls of granulated sugar. Bring to a boil slowly, and keep simmering, closely covered, for two or three hours. They should not cook to pieces, and if done right, they should be red and whole when done, the juice and syrup making a nice jelly. Let cool and serve. Try them.

Persimmon Pudding—Remove the seeds from the persimmons, and chop fine, or run through a meat chopper. To one pint of the chopped fruit add one cupful of sugar, two-thirds cupful of sour milk, teaspoonful of soda, scant teaspoonful of baking powder, and one teaspoonful each of cinnamon, cloves and ginger; flour enough to make a batter stiff enough to hold its form. Put into a pan and steam for one hour and a half, serving, when done, with a nice cream sauce.—M. C., Montana.

Split Pea Cutlets—This is called "vegetable beefsteak," and is made thus: Soak one and one-half pints of split peas over night in cold water adding a pinch of soda; put into a double boiler with water enough to cover, in the morning, adding a sprig of thyme, two cloves, one small red pepper from which the seeds have been removed, and steam until the peas are tender; then drain, and partly mash them. Mix with the mashed peas a very little minced onion or celery; form into balls like fish cakes, shake over them a dash of pepper, dip first into a beaten egg

NEW LIFE

Found in Change to Right Food

After one suffers from acid dyspepsia, sour stomach, for months and then finds the remedy is in getting the right kind of food, it is something to speak about.

A New York lady and her young son had such an experience and she wants others to know how to get relief. She writes:

"For about fifteen months my little boy and myself had suffered with sour stomach. We were unable to retain much of anything we ate.

"After suffering in this way for so long I decided to consult a specialist in stomach diseases. Instead of prescribing drugs, he put us both on Grape-Nuts and we began to improve immediately.

"It was the key to a new life. I found we had been eating too much heavy food which we could not digest. In a few weeks after commencing Grape-Nuts, I was able to do my house work. I wake in the morning with a clear head and feel rested and have no sour stomach. My boy sleeps well and wakes with a laugh.

"We have regained our lost weight and continue to eat Grape-Nuts for both the morning and evening meals. We are well and happy and owe it to Grape-Nuts." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

and then roll in corn meal and fry in hot fat until brown. Dried lima beans may be prepared in the same way, except that a little tomato or minced parsley may be used. Either of these dishes is very substantial, but not every one can eat peas or beans with comfortable results.—Ella S., Missouri.

To Get Rid of Rats

Rats are so destructive about buildings that any method promising their extermination is worth heeding. One farmer tells us that he put about half a teaspoonful of molasses on each of a number of old shingles, and on that, with a pocket-knife blade, he scraped a small amount of concentrated lye. He then placed the shingles about under the stable doors and in the runways of the rodents, and the next morning he found many dead rats. He continued the treatment for a few times, and his farm was cleared of them. He says he has never known it to fail. It is an accepted claim that rats will not eat anything that bears the smell of the hand, and by this method, their "medicine" is clear of the human odor.

Tested Recipes

Old Fashioned Spice Cake—Two cupfuls of sugar, one cupful of butter, yolks of five eggs and the whites of three, one cupful of sour milk, one teaspoonful of soda, two teaspoonfuls of cinnamon, one teaspoonful of allspice, half a teaspoonful of cloves, half a teaspoonful of grated nutmeg, and three and one-half cupfuls of flour, sifted. Beat all well together and make in a loaf.

Cream of Chicken and Celery—One pint of chopped celery cooked until tender and put through a sieve, one pint of chicken stock, and one pint of milk or cream; thicken this with one teaspoonful of flour mixed smooth in a little of the milk, when it begins to boil. Season to taste and serve with thin slices of lemon. To obtain a supply of chicken stock, crack and boil all chicken, turkey and goose bones, and when well done, strain, season with salt and pepper, and set away to jelly. This will keep several days in cold weather.

For the Laundry

No woman should attempt to use hard water for laundry purposes without having first "broken" it with some chemical. Soap used in such water is wasted, and the clothing gets a gray, dingy color and a hard disagreeable "feel." The lime in the water kills the soap. One of the best compounds for "breaking" the water is three parts of powdered borax to one part powdered alum, neither of which is expensive, the borax costing by the single pound about twelve cents, and in five-pound boxes, it sells for 40 cents per box. This amount will last a long time, and it is useful for many purposes besides the laundry. Powdered (or ground) alum will cost five cents a pound. Mix the above proportions (three-fourths borax and one-fourth alum) thoroughly, and dissolve four ounces of the mixture in a little warm water, adding the solution to each ten gallons of water to be softened, and stir well. The water will "curdle," and if left to stand a few hours, all the impurities will settle to the bottom of the tub or barrel, and the soft, clear water should be carefully drained off. The best way to get soft water is to have a cistern, but when the water in the cistern gets low, as it does when rains are long withheld, it is apt to become hardened, and will need breaking for best results. Where hard water is

the only water to be had, one should have two barrels, and in each of them there should be two faucets—one as close as possible to the bottom of the barrel, and the other six or eight inches higher up. If one must do without the faucet, use a plug in each hole, but have the holes. Fill the barrels with water, and use the borax and alum in the above proportions—three ounces of borax and one ounce of alum to every ten gallons of water, stirring thoroughly down to the bottom. Let the water stand for several hours, or over night, and the sediment will fall to the bottom. The water can be drawn off from this through the upper faucet, without disturbing the layer of impurities, and when the barrel is nearly emptied, it can be washed out through the lower hole. By having two barrels, one barrelful can be "softening" while the other is being used.

A Sign

of poor blood circulation is shortness of breath after walking, going up stairs, sweeping, singing, excitement, anger, fright, etc. Poor blood circulation means a sick heart, and a sick heart is the result of weak and impoverished nerves.

Everyone knows the results of poor blood circulation, but everybody does not know that the quickest and safest treatment is Dr. Miles' New Heart Cure. If you find these symptoms present you should not neglect them, but at once procure a bottle of

Dr. Miles' New Heart Cure

It will cure, and at a very little expense, compared with doctors' bills. We are so sure of it, that if the first bottle does not benefit, your druggist will return your money. It will do for you what it has done for thousands in like instances.

"For two months I walked on the edge of the tomb from weak heart, poor blood circulation and nervous prostration. Dr. Miles' New Heart Cure, and Nerve gave me back my health."—REV. W. A. ROBINS, Port Elgin, Ont.

Latest Fashions for Readers of The Commoner

2370—Boys' Russian Suit, Consisting of a Blouse, with a Removable Shield and Knickerbockers. Serge or flannel are used to a great extent for these little suits. Four sizes—2 to 5 years.

2597—Childs' One-Piece Dress, Closing at Centre-Back. Developed in dark red serge trimmed with narrow black velvet ribbon and brass buttons. Five sizes—1 to 9 years.

2417—Girls' Russian Dress. Brown cashmere was used for the development of this charming model. Four sizes—6 to 12 years.

2387—Ladies' House Dress, Consisting of a Waist with High or Dutch Neck and Long or Elbow Sleeves and an Attached Seven-Gored Skirt. Heavy linen, thin serge, cashmere or challis are all adaptable to this neat house gown. Seven sizes—32 to 44.

2587—Childs' One-Piece Dress and One-Piece Cap. Specially suitable for laundering. Four sizes—one-half to 3 years.

2593—Misses' Three-Piece Skirt, in Empire Style. The model here illustrated is adaptable to any of the Autumn materials. Three sizes—13 to 17 years.

2503—Girls' Dress, with a Separate Guimpe Having High or Low Neck and Long or Three-Quarter Sleeves. Tan cloth with trimming of narrow strips of brown velvet make this a charming little model for best wear. Five sizes—6 to 14 years.

2387—Ladies' Bath Robe, with Sleeves in Bishop or Flowing Style. Canton or French flannel, bath toweling, flannelette, or silk quilting may all be used for the development of this simple but becoming bath robe. Seven sizes—32 to 44.

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