

of your druggist a package of apple-tree bark, if you have no trees of your own from which to get it; it is the white inner bark that is used. Put a heaping tablespoonful of this bark in a granite sauce pan, pour boiling water over it and let boil for five minutes. Strain when cold, and drink instead of other liquids. The taste is not bad, and some persons grow to like it. For food, use only cereals or rice for the first week or two, gradually adding to your meals one easily digested article at a time, using the apple-tree bark tea all the time as a beverage. In a month's time, it is claimed that one can eat almost any plainly cooked wholesome food.

**Engraving Farm Tools**

Saws, axes, hatchets, spades, hoes, plows, and all such farm tools can be easily engraved, and thus many times loss may be avoided. Clean off a place where it is desired to make the engraving and coat it with a mixture of beeswax and tallow melted. Scratch the name, initials or number desired through the wax with an awl or any sharp-pointed instrument. Then pour a few drops of nitric acid (which can be obtained of any druggist) over the characters thus made, and in a few minutes peel off the wax; the lettering will

**SENSE ABOUT FOOD**

**Facts About Food Worth Knowing**

It is a serious question sometimes to know just what to eat when a person's stomach is out of order and most foods cause trouble.

Grape-Nuts food can be taken at any time with the certainty that it will digest. Actual experience of people is valuable to anyone interested in foods.

A Terre Haute woman writes: "I had suffered with indigestion for about four years, ever since an attack of typhoid fever, and at times could eat nothing but the very lightest food, and then suffer such agony with my stomach I would wish I never had to eat anything.

"I was urged to try Grape-Nuts and since using it I do not have to starve myself any more, but I can eat it at any time and feel nourished and satisfied, dyspepsia is a thing of the past, and I am now strong and well.

"My husband also had an experience with Grape-Nuts. He was very weak and sickly in the spring. Could not attend to his work. He was put under the doctor's care, but medicine did not seem to do him any good until he began to leave off ordinary food and use Grape-Nuts. It was positively surprising to see the change in him. He grew better right off, and naturally he has none but words of praise for Grape-Nuts.

"Our boy thinks he cannot eat a meal without Grape-Nuts, and he learns so fast at school that his teacher and other scholars comment on it. I am satisfied that it is because of the great nourishing elements in Grape-Nuts."

"There's a Reason."

It contains the phosphate of potash from wheat and barley which combines with albumen to make the gray matter to daily refill the brain and nerve centers.

It is a pity that people do not know what to feed their children. There are many mothers who give their youngsters almost any kind of food and when they become sick begin to pour the medicine down them. The real way is to stick to proper food and be healthy and get along without medicine and expense.

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

appear on the metal. The melted wax and tallow will prevent the acid from reaching the metal except where it is wanted.

**Canning Peaches Without Cooking**

Mrs. L. B. sends in the following, which she recommends from experience: Select good, fully ripe peaches, just right to eat out of hand. Do not use any with bruises. Have ready a kettle of water, boiling; make a good, rich syrup and set on the back of the stove where it will keep just at the boiling point, but do not allow to boil. Peel the peaches quickly, removing only the thin skin of covering which, in quite ripe peaches can generally be stripped off readily. As fast as peeled, and halved (to remove the pits), pack them at once, into good, clean self-sealing jars—until you have half a dozen filled, and then set the cans in warm water and fill to the brim with the boiling hot syrup, put on the covers and rubbers and screw down tightly, then set immediately in a large wooden pail and quickly cover the jars with boiling water from the kettle on the stove. Turn a pan, or other cover, over the pail and throw over this an old, clean piece of carpet, quilt or something of the kind to keep in the heat, and let stand until the water gets cold, usually overnight. In the morning take from the water, wipe dry and store. If the covers need tightening, screw them down. A larger quantity may be done at one time by using a tub to set the cans in, and a wash boiler to heat the water. Peaches put up in this way have a most delicious flavor.

**Chili Sauce**

Pour boiling water over twelve ripe tomatoes, remove skins and cut into slices. Chop two large green peppers and one large onion. Put one pint of good cider vinegar, one tablespoonful of salt, one teacupful of brown sugar, one teaspoonful each of allspice, cloves, nutmeg and ginger in a porcelain-lined kettle, add the tomatoes, pepper and onion, and boil all together until all is soft. Seal.

**Ripe Tomato Catsup**

Mrs. L. R., of Missouri, says she does not use spices in her catsup—especially cloves and allspice, as it makes it dark. Here is her recipe: Chop fine nine large ripe tomatoes, three large onions, and three large green peppers; add to this three cupfuls of vinegar, one cupful of brown sugar, two tablespoonfuls of salt, a tablespoonful of celery seeds, and a teaspoonful of ginger. Boil one hour; strain through a colander, bottle, cork and seal.

**Query Box**

S. G. and Others—See recipes in another column. Do not hesitate to ask for what you want, and if we can produce it, you shall have it.

F. S. M.—Use the chicken feathers for a sofa or porch pillow. After thoroughly scalding and drying them, make a slip of good, firm muslin and wet it in stiff starch; while wet, put in the clean, dry feathers, shake well, sew up the slip and put it in the wind to dry. The down will coat the wet sides of the muslin and when dry, the slip will not shed feathers.

L. L.—For delicate fabrics, use naptha, which does not leave a stain of its own, as turpentine and gasoline are apt to do. Coarse brown paper, a piece under and over the grease spot on the black cloth, and a hot flat iron passed over it, is excellent, as it absorbs every particle of grease and leaves no mark.

W. A. K.—The dye inquired for is not injurious to either hair or scalp, but any dye is unsatisfactory, as the constantly growing hair al-

ways leaves a tell-tale line close to the scalp, and one can scarcely hide the fact that a dye is used. If you will send me a stamped, addressed envelope, I may be able to give you a better method of restoring the color, which is preferable to dyeing.

Mrs. C. E. G.—After thanking you for kind words, will promise the recipes called for next week. We are in the midst of pickling just now. (2) Tartaric acid should not be used, as cream tartar is better, being harmless. (3) To set the blue in cottons, put one ounce of sugar of lead into a pail of water and soak the garment in the solution for two hours and let dry before putting in the wash. Some recommend that the goods should be rinsed out of the lead solution in an alum solution of the same proportions (one ounce to a pailful of water), and then quickly washed in warm soap suds, hung wrong-side out in a shady place, and

when sufficiently dry, roll, and iron without further sprinkling.

**Requested Recipes**

Lemon Butter Sauce—Put two tablespoonfuls of powdered sugar and half that quantity of corn starch in a sauce pan; grate the rind of one lemon over the top; then add half a pint of boiling water, the juice of the lemon, and a piece of butter about the size of a hickory nut. When these ingredients are blended thoroughly add, little by little, the beaten yolks of two eggs, being careful to stir the mixture constantly during the minute or two that it must remain over the fire; otherwise, the eggs will be certain to curdle.

Hard Sauce—Beat together one teacupful of sugar with half a teacupful of butter, flavor to taste and form to suit the fancy.

*Latest Fashions for Readers of The Commoner*



2986—Ladies' Shirt Waist. Heavy linen, madras, lawn or taffetas make up well in this model. Seven sizes—32 to 44.



2984—Ladies' Six Gored Skirt, closing under an inverted box-plait at center-back seam, and in short sweep or round length. A good model for any of the season's suitings. Six sizes—22 to 32.



2992—Ladies' Semi-Princess Dress closing with buttons down the front. Heavy linen, rep, mercerized poplin or serge are adaptable to this model. Six sizes—32 to 42.



3006—Ladies' Semi-Fitting Coat, in 42-inch length and with or without shawl collar. An excellent model for serge, cheviot or broadcloth. Six sizes—32 to 42.



2997—Misses' Five-Gored Skirt with plaited flounce. Navy blue serge was used for this stylish skirt. Three sizes—13 to 17 years.



3001—Childs' One-Piece Dress, closing at center-back. A good model for lawn, batiste, challis or cashmere. Four sizes—1 to 7 years.

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