

blended. It may be flavored, if preferred.

Sweet cider is an old fashioned accompaniment for the Thanksgiving festivities, and has been decided by expert testimony, to be absolutely non-injurious.

**Salted Nuts**

For Salted Almonds—Blanch half a pound of almond kernels by pouring over them one pint of boiling water and let stand three minutes. Drain, and cover with cold water, remove the brown skins and dry the almonds by rubbing with a towel. Fry in hot fat, using equal parts of butter and lard, and drain on brown paper, sprinkling with salt. Or, after removing the brown skins, stir into them melted butter and a little salt, and brown in the oven. Drain and lay on brown paper, or dry them on a towel.

Pecans should be shelled carefully to keep the kernels in whole pieces; parched in a pan in the oven, stirring until a light brown, moistened with a little butter, sprinkled with salt and served in little individual plates before each guest.

**Cooking Tongue**

Before putting the tongue into the water, trim it carefully and skewer it into good shape; when it is boiled, remove the skin; if it is to be eaten cold, replace the skewer, put it again in the water in which it was boiled, and let stand until cold, then cover it with a meat glaze. If served hot, pour over it a white sauce and garnish with parsley, or sliced pickles. If a smoked tongue is used, soak it over night in cold water, then put it into water in the morning and bring to the boiling point, then simmer three or four hours, or until tender. A fresh tongue should be boiled an hour and a half to two hours; a few soup vegetables may be added if liked.

Fillets of Tongue—Cut cold boiled tongue in pieces about four inches

**CAREFUL DOCTOR**

**Prescribed Change of Food Instead of Drugs**

It takes considerable courage for a doctor to deliberately prescribe only food for a despairing patient, instead of resorting to the usual list of medicines.

There are some truly scientific physicians among the present generation who recognize and treat conditions as they are and should be treated regardless of the value to their pockets. Here's an instance:

"Four years ago I was taken with severe gastritis and nothing would stay on my stomach, so that I was on the verge of starvation.

I heard of a doctor who had a summer cottage near me—a specialist from New York, and as a last hope, sent for him.

"After he examined me carefully he advised me to try a small quantity of Grape-Nuts at first, then as my stomach became stronger to eat more.

"I kept at it and gradually got so I could eat and digest three teaspoonfuls. Then I began to have color in my face, memory became clear, where before everything seemed a blank. My limbs got stronger and I could walk. So I steadily recovered.

"Now after a year on Grape-Nuts I weigh 153 pounds. My people were surprised at the way I grew fleshy and strong on this food."

Read the little book, "The Road to Wellville," in pkgs.

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

long and two inches wide, about half an inch thick; dip each in melted butter and roll in flour. For eight fillets, put two tablespoonfuls of butter in the frying pan, and when hot, put in the slices of tongue; brown on both sides, but do not scorch or burn. Take up and put one or more spoonfuls of butter in the pan and stir in one heaping teaspoonful of flour, stir until a dark brown; then add one cupful of stock the tongue was boiled in, half a teaspoonful of chopped parsley, and one tablespoonful of lemon juice, or the same amount of vinegar; let this boil up once, then pour it around the tongue, which has been put on thin slices of toast; garnish as desired.

The French Way—Boil the tongue until tender, drain and cool it and remove the skin; cover it with egg and bread crumbs and bake it half an hour, basting with cider; with it serve a puree of chestnuts made of one quart of chestnuts boiled, peeled and chopped, to which add enough stock to season, and also a pinch of mace. Press through a sieve; place the tongue on top of the puree and serve hot with a sauce made of tomatoes, onions, herbs and bacon, cooked and strained.—Mrs. S. W. K. Louisiana.

**BOOKS RECEIVED**

The Fate of Icliodorum, being a story of a city made rich by taxation. By David Starr Jordan, President Leland Stanford University. Published by Henry Holt & Co., New York. Price 90 cents.

Shibusawa, or the Passing of Old Japan. By I. Williams Adams. G. P. Putnam's Sons, New York.

Currency Reform. (Booklet.) By John G. Roberts, editor and publisher, 418 1/2 E. Adams St., Springfield, Ill. Price 25 cents.

The Assassination of Abraham Lincoln and Its Expiation. By David Miller DeWitt. The MacMillan Co., New York.

The trail of the Lonsome Pine. By John Fox, Jr. Charles Scribner's Sons, New York.

A Pound of Brains. By George M. Fadner, 3226 Indiana Ave., Chicago. Price \$1.10, postage prepaid.

A Practical Arithmetic. By F. L. Stevens, Tait Butler & Mrs. F. L. Stevens. Charles Scribner's Sons, New York.

Practical Radium. The practical uses of radium in the treatment of obstinate forms of disease. By Heber Roberts, M. D., 5899 Cates Ave., St. Louis, Mo.

That Affair in Philadelphia. By Mrs. Darby, Broadway Publishing Co., 835 Broadway, New York.

The Trial Before Pilate. Chapters I-IV. By Edward Holton James, publisher. Edward Holton James, Concord, Mass.

The Men of Saplo Ranch. By H. M. Dubose, editor Epworth Era, 810 Broadway, Nashville, Tenn. Published by Smith & Lamar, publishing agents, Nashville, Tenn. Price \$1.00 postpaid.

Mendelism. By R. C. Punnett. Preface by Gaylord Wilshire. Wilshire Book Co., 200 William St., New York.

The Primary Cause of Antisemitism. An answer to the Jewish question. By Abraham S. Schomer. Israel Publishing Co., New York.

Miss Eagle, the Suffragette. By Mary Dale. Aberdeen Publishing Co., 225 Fifth Ave., New York.

Mary of Magdala. A tale of the first century. By Harriette Gunn Roberson. The Saalfield Publishing Co., Chicago and New York.

Socialism vs. Christianity. By Edward R. Hartman. Cochrane Pub. Co., New York.

Robert Y. Hayne and His Time. Letters from my friend, the Knight. Published by H. C. Hensel, 327 Dearborn St., Chicago, Ill. \$1.00.

The New Columbia of the Re-

United States. By P. Q. Tangent. Published by the News-Columbia Pub. Co., Findlay, O. Price 50 cents.

Mysteries Unveiled. By William A. Redding. Ernest Loomis & Co., Publishers, Peekskill-on-Hudson, New York.

Choosing a Vocation. By Frank Parsons, Ph. D. Houghton-Mifflin Company, Boston and New York. \$1.00 net.

Jonathan Uplade. By Wilfrid Earl Chase. Published by W. E. Chase, Madison, Wis. Price \$1.25.

Recollections of Grover Cleveland. By George F. Parker, A. M., LL. D. The Century Co., New York. Price \$3 net.

The Doctrine of Justification. By Rev. M. Loy. The Lutheran Book Concern, Columbus, O.

Upbuilders. By Lincoln Steffens. Doubleday, Page & Co., New York. \$1.20 net.

The American People. A study in national psychology. By A. Maurice

Low. Houghton Mifflin Co., Boston and New York. \$2.25 net.

A Curb to Predatory Wealth. Containing practical methods of dealing with certain of our grave industrial ills. By W. V. Marshall. R. F. Fenn & Co., 18 East 17th St., New York.

Life, Battles and Career of Battling Nelson, lightweight champion of the world. By himself. Hegewisch, Ill. Paper, 50 cents; cloth, \$1.

Christianity, Its Nature and Its Truth. By Arthur S. Peake, D. D., professor of Biblical Exegesis in the University of Manchester. Thomas Y. Crowell & Co., Publishers, New York. \$1.25 net. Postage 12 cents.

The Soul of the World. By Estella Bachman. Equitist Publishing House, Station A, Pasadena, Cal. \$1 postpaid.

My Own Philosophy and other poems and dramas. By Werner Eggerth. R. R. Donnelly & Sons Co., Chicago, Ill.

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