and brown. Or, the pudding may boil for five minutes. Have ready fact that others have individual lessness and destruction. A child have a very little water added, and cream sauce made by beating to- rights which must be respected, or that is careful of its belongings set, covered, in the oven to bake slowly. About half as much crumbs as apples may be used. Any preferred sauce may be used when served hot.

Or, instead of the crumbs, a nice, light batter may be poured over the top for a crust, making a few holes in it as it bakes to let out the steam.

Contributed Recipes

Pears are now plentiful in the market, and they make excellent compote. Peel, leaving the stems on, and gently simmer until pink and transparent in a syrup made of a cupful of sugar and one of water, adding a slice of lemon; when the fruit is done, skim out of the syrup and allow the syrup to boil down quite thick; pour this over the fruit and serve quite cold. Whipped cream may be served with this dish if liked.

For a peach cobbler, peel the peaches, but do not pit, and put them on to simmer in a very little water, if the cling-stones are used. Make a good pie crust, not flaky, but like short-cake dough; butter the baking dish and line the sides, but not the bottom with the crust. If the peaches are free stones, and very ripe, fill the pan with them after removing the pits. If cling stones are used, when they are tender let cool a little, fen turn them with the juice in which they have been stewed into the pan; add a heaping cupful of sugar and a spoonful of butter; roll out a top crust, make two or three slits in it, and cover the fruit. Bake in a moderate oven, and when done turn out, bottom up, on a big meat platter; or, lift the top crust, lay it on the platter, cut into portions and put the fruit and the rich syrup over it, and serve. It is best eaten cold; but can be used

Cider sauce to be used with boiled ham, is made in this wise: Put one pint of sweet, fresh cider, a couple of whole cloves, half a dozen peppercorns and a bay leaf to boil in a porcelain vessel, letting

A LADY LECTURER

Feeds Nerves and Brains Scienti-

A lady lecturer writes from Philadelphia concerning the use of right food and how she is enabled to withstand the strain and wear and tear of her arduous occupation. She says:

"Through improper food, imperfectly digested, my health was completely wrecked, and I attribute my recovery entirely to the regular use of Grape-Nuts food. It has, I assure you, proved an inestimable boon to me.

"Almost immediately after beginning the use of Grape-Nuts I found a gratifying change in my condition. The terrible weakness that formerly prostrated me after a few hours of work, was perceptibly lessened and now only a memory-it never returns.

"Ten days after beginning on Grape-Nuts I experienced a wonderful increase in mental vigor and physical energy, and continued use has entirely freed me from the miserable insomnia and nervousness from which I used to suffer so much.

"I find Grape-Nuts very palatable and would not be without the crisp, delicious food for even a day on any Indeed, I always consideration. carry it with me on my lecture tours."

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 strongly impressed upon the mind human interest.

gether one tablespoonful of flour and somebody will get into trouble; and should reap the reward of the care. one of butter and stirring it into one of the things that should surely Every child should be made to aping well. Add the white sauce to wanton meddling with what does not must be respected, or evil results minutes longer.

of green tomatoes chopped small; respect those rights, the adult will six onions, one quart of vinegar, one have fewer bad half hours in after For the Window and Door Screens pound of sugar, one tablespoonful life. each of ground mustard, ground black pepper, and salt; half a tablesponful each of allspice and cloves, ground. Put all together in a preserving kettle and stew, stirring often, until tender, then pack into glass jars and seal air-tight. Do not keep "hands off." use for one month.

Little Helps

Where much fat is used in the food, the dishes are more or less greasy when to be washed. Have some newspaper handy and wipe out the paper can be burnt, and the dishwater will be much cleaner. If this is done, there will be no need of soap, provided the water is hot enough.

vinegar to which a pinch of soda has been added, and they will look like new. Wicks will give a better light if occasionally boiled in vinegar.

Brooms should be soaked in hot brine every week and hung up to dry, as this will make them last much longer. The brine softens the straws which otherwise get brittle.

It is said that cream of tartar will remove iron rust from cloth without injury to the daintiest fabric. Mix it with water to a paste, wet the spot and spread on the paste, hang the article in the sun and as fast as it dries, wet again until the rust disappears.

White lead is the most effective agent for mending broken crockery, as it will resist both heat and water: apply thinly on the edges of the broken pieces, press tightly together, binding to keep them in position, and set the article away for several weeks.

For cleaning the sink, bath tub. hand-wash basin, or other utensils that have become greasy, saturate a cloth with coal oil, and you will be pleased with the result. Soap will not remove such grease.

When cleaning oiled wood-work, rub with a soft cloth dipped in coal oil. The oil does not dull the polish as soap and water would, and will remove the dirt. Used to clean and polish furniture, it should be well rubbed in the wood, as, if surplus oil is left on the surface, it will gather lint and dust. The odor will soon evaporate if doors and windows are left open.

Clean hot sand and sawdust rubbed into dark furs and then beaten out with a light rattan beater will clean and make them look like new. Ermine and other white furs should be treated similarly with plaster of paris and corn starch, which freshens and softens them. Coats, boas and collarettes may be treated the same.

Valuable brushes, such as those with ivory or tortoise-shell backs, may be thoroughly cleaned by using bran instead of soap and water. Rub the bran in the bristles as you would soap, dipping the brush in the bran and rubbing, and when clean, the bran may be removed by tapping the brush, bristles downward, on the The back of the brushes table. should not be wet, and especially should the fastening of the bristles be kept dry.

Respecting the Right of Others

One of the lessons which should be of the child at a very early age is the

half a pint of boiling water, season- not be excused in any child is the preciate the fact that others' rights the spiced cider and cook ten belong to him. If this lesson is will follow. Right now is the time firmly impressed upon the youthful to begin the lesson, if it has been Green Tomato Soy-Four quarts mind, and the youngster forced to neglected.

No matter how much they may love the baby, the older children don't love to have him destroy their belongings, or needlessly upset their plans, and the youngster can be readily taught, by precept and example, to Any article, clothing, or toilet article, or toy, should belong strictly to one child, and the other children should be taught to ask for its use of its real owner. The owner should be taught politeness and a desire to accommodate, if the request can be granted; but in no case should the other child each dish before using the dishcloth; be allowed to fight for possession of a refused article. Clothing should not be passed around from one child to another so that none of them feels a sense of ownership and consequent responsibility for its good usage. Lamp burners should be boiled in Every garment should belong strictly to one child, and if it has to "be passed down," it should be so understood, and the new owner held upon another. ownership" puts a premium on care-

To prevent the screens from rusting, use a mixture of two parts boiled linseed oil with one part powdered rosin, heated and stirred until well dissolved and mixed; put on with a paint brush, keeping the mixture hot all the time, as the rosin will harden on cooling and should be hot enough to flow evenly and smoothly. Put it on sparingly, in order not to form a film over the openings. If you have not yet put up screens, do not delay, for from now on, the flies and mosquitoes will be their busiest.

Autumn Apples

There are few fruits that are so generally used, and in such varying ways, as the apple. The summer apple is good; but it comes in with such a lot of other good fruits that we are apt to disregard its goodness, in a measure. When used as plain responsible for its care. Books and apple sauce, apple fluff, baked sweet playthings should not be owned in apples, apple jelly, apple fritters, general, for in this case, nobody is shortcake, tarts, fried, boiled, responsible for them, and each will roasted, or made into apple butter, be quick to shift the blame of abuse this fruit is always wholesome, and "Community of in some way should be served at every meal.

LATEST FASHIONS FOR COMMONER READERS

9033—LADIES' APRON

Sizes, small, medium and large. Requires 3 % yards of 36-inch material for the medium size.

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Sizes, small, medium and large. Requires 3 % yards of 36-inch material for the medium size with ruffle, without ruffle will require 3 1/2 yards.

8990—LADIES' WAIST

Sizes, 32, 34, 36, 38, 40 and 42 inches, bust measure. Requires 2 1/4 yards of 44-inch material for the 36-inch size.

8973—GIRLS' COAT

Sizes, 1, 2, 4, 6 and 8 years. Requires 21/4 yards of 40-inch material for the 2-year size.



