

tion of the ruinous weeds you mention, put a bunch of thrifty shoats to pasture on the ground for several months. If the weeds are in patches, make a hog-tight fence, turn in the shoats and give the "rooters" full swing, until the ground is bare, then feed them on the ground for a while, letting them turn the soil upside down as they will. A movable fence is least trouble.

S. M.—A woman is wise to show herself willing to wait upon her husband to a reasonable extent; but if the husband imposes upon her, not only allowing, but expecting her to drudge beyond her strength, she is doing both of them an injustice, and she is exceeding her wifely duties. A wife should be helpful, but there are limits beyond which she is foolish to go. She has her own work, and the husband his.

**Some Contributed Recipes**

**Apple Snow**—Bake two sour apples until done; then take the pulp of these, one cupful of fine white sugar, the white of one egg, and beat the mixture together for fifteen minutes; serve as a dressing for apple pie, baked with or without a top crust. The amount is enough for two pies, and is not unlike whipped cream; it may be used for puddings.

**Apple Dumplings**—One cupful of lard and butter mixed, one quart of flour with a half teaspoonful of salt and three teaspoonfuls of baking powder sifted with it; mix with sweet milk, or cold water—about two-thirds pint. Prepare and core some nice, tart apples; roll out dough enough to make one dumpling, and put the apple in the dough with a tablespoonful of sugar, pinch the dough together, and lay in a pan with water enough to half cover the dumpling, and sprinkle nutmeg over the top. Put into the water in the pan a half cupful of sugar and butter the size of an egg. Put into the oven and baste the dumplings while

**MOTHER AND CHILD**

**Both Fully Nourished on Grape-Nuts**

The value of this famous food is shown in many ways, in addition to what might be expected from its chemical analysis.

Grape-Nuts food is made of whole wheat and barley, is thoroughly baked for many hours and contains all the wholesome ingredients in these cereals.

It contains also the phosphate of potash grown in the grains, which Nature uses to build up brain and nerve cells.

Young children require proportionately more of this element because the brain and nervous system of the child grows so rapidly.

A Virginia mother found the value of Grape-Nuts in not only building up her own strength but in nourishing her baby at the same time. She writes:

After my baby came I did not recover health and strength, and the doctor said I could not nurse the baby as I did not have nourishment for her, besides I was too weak.

"He said I might try a change of diet and see what that would do, and recommended Grape-Nuts food. I bought a package and used it regularly. A marked change came over both baby and I.

"My baby is now four months old, is in fine condition, I am nursing her and doing all my work and never felt better in my life." 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.

cooking—about three-quarters of an hour. Serve with a nice sauce.

**Corn Oysters**—Scrape sweet corn from the cob, or grate it; take one cupful of corn and two eggs and make a batter with this by adding a little milk and flour to have the batter sufficiently thick to lift with a spoon, and fry it in butter to a nice brown on both sides.

**Potato Loaves**—Take finely mashed Irish potatoes, mix with them a teaspoonful of finely chopped onion, a dash of salt and a dusting of pepper to taste, with melted butter enough to moisten the mass. Roll into small cones and set under a roast of meat for about twenty minutes before it is done. The cones should receive the drippings of the meat. Serve with the meat.

When roasting mutton, lay sliced ripe tomatoes over the roast to add to the flavor and neutralize the grease.

Vegetables may be cooked to a mush, rubbed through a sieve, with stock enough added to thin, and served as a puree.

**Some Sweet Potato Recipes**

Sweet potatoes are best baked in the oven, second best steamed, and third best when boiled. The following are a few ways in which the vegetable is voted as "very good."

**Glaced Sweet Potato**—Bake the potatoes for one hour—having them all as near of a size as possible; pare off the skins and cut into halves or quarters, dredge with flour and lay in a bake pan, flat side down. Spread over them bits of butter and sprinkle them with white sugar, set the pan in the oven for twenty minutes and serve when nicely browned.

**Fried**—Wash and scrape off the outer skin; bake for half an hour, then cut into slices and season with salt and pepper. Heat in a frying pan some pork or ham fat and on this lay the slices; let cook until one side is browned, turn and brown the other side and serve hot.

**Sweet Potato Pie**—Bake six sweet potatoes for half an hour, then grate them; beat half a cupful of butter and one cupful of sugar to a cream, and add the beaten yolk of three eggs, the grated rind and juice of one lemon, and add to this by degrees the grated potatoes, beating. To this add a half a gill of sweet milk, put the mixture in a deep pie dish, and bake for twenty minutes; cover with the beaten whites of the three eggs as a meringue, and brown in the oven for a few minutes.

**Creamed Potatoes**—Scrape the skins from two pounds of sweet potatoes, slice them thin lengthwise, and lay them in a bake pan; sprinkle over them four tablespoonfuls each of sugar and softened butter; dust with flour, and pour over them a half a cupful of water and the same of sweet milk; set in the oven and bake for one hour. Serve hot.

**Plain Baked Potatoes**—Wash and scrape the skin from large, smooth sweet potatoes, and lay in a moderately hot oven, and let bake for one hour, or longer, according to size. When soft, take out of the oven and cover with a towel to keep from getting hard on the outside. Serve with butter.

**For the Seamstress**

In setting on cuffs, stitch on the wrong side first, then when the cuff is ready to stitch on the right side, any crooked stitching will be on the wrong side instead of in view. In making loops for a dress, run the thread over a small lead pencil and cover the threads with buttonhole stitching. In mending gloves, slip a marble on the glove finger and darn against this, saving the finger.

It is sometimes very hard to match plaid or striped goods without wasting the material; place the center of the front gore exactly over

the middle of the plaid or stripe and see that the checks or stripes are alike on the edges. The same should be done when cutting a circular skirt. Place the edge of the cut gore on the width for a circular skirt to the uncut material and match the crosswise stripes, moving the gore up or down a block or stripe until it matches exactly. Then lay the cut edge of the second gore to the uncut material and match as before, continuing this until all the skirt is cut out.

In stitching hems on table cloths or sheets, begin a little way from the edge of the material, sew back to the edge, down the opening in the hem, and then on in the usual manner. This will prevent the ragged frazzle seen on so many corners when the stitches break or come loose.

Make the children's guimpes on waists to which the little petticoats

may be buttoned, to prevent the guimpe slipping up above the dress. Cheap muslin can be used for the lower waist.

If the hems on thin material are turned by hand and pressed with a flat iron, one can sew closer to the edge, and sew lace on at the same time.

In folding a skirt, close the placket fastening and place it flat against the exact middle of the front breadth, bringing a fold down each side of the garment and leaving the front breadth flat and smooth. Grasp the skirt band of each of these side folds and fold the skirt in threes. This is usually about the width of the front breadth, so that it is kept without wrinkles.

Sereno E. Payne, chairman of the ways and means committee of congress, was renominated at Auburn, N. Y., for the thirteenth time.

*Latest Fashions for Readers of The Commoner*

2498—Ladies' Coat in 27-inch Length known as the "Clarice Vance." An excellent model for any of the season's new coatings. Seven sizes—32 to 44.

2507—Girls' Dress, with Plaited Skirt and a Separate Guimpe, Having Long or Three-Quarter Sleeves. Challis, serge or mohair are all available to this stylish little frock. Five sizes—6 to 14 years.

2536—Ladies' One-Piece Circular Skirt, in Medium-Sweep or Round Length and with an Inverted Box-Plait at Center of Front and Back. A pretty model for broadcloth or serge. Seven sizes—22 to 34.

2518—Ladies' Combination Brassiere and Circular Open Drawers. Persian lawn, thin cambric, nainsook or batiste are all used for garments of this sort. Seven sizes—34 to 46.

2337—Ladies' Tucked Shirt-Waist, with Front Yoke and Three-Quarter Length Sleeves. The model here illustrated was developed in dark green taffetas with Yoke of all-over cream-colored lace. Six sizes—32 to 42.

2529—Girls' Tucked Apron, with Front and Skirt Portion in One. Fine lawn, nainsook or batiste combined with embroidery insertion and edging, this is a neat little school model. Five sizes—4 to 12 years.

2516—Ladies' Sixteen-Gored Circular Skirt, Closing with Buttons down the Front and Having an Inverted Box-Plait at Center of Back. A good model for almost any material. Eight sizes—22 to 36.

2223—Ladies' Work Apron, Over-Sleeves and Cap. Cross-barred gingham is the best medium for sets of this description. Three sizes—small, medium and large.

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