

be no possibility of their escape. The closer and tighter the packing is done, the better will be the condition of the contents when the trunk arrives at its destination.

**Whole-Wheat Bread**

"Whole wheat" flour is flour made of the entire grain, with nothing but the shell-like covering eliminated from the finished product of the mills. It differs from the old graham flour in that the bran is ground up as well as the grain, and it may be either coarsely ground or fine. It makes the most wholesome of breads, and, though a taste for it may have to be cultivated, when made rightly, it is fine-flavored. Here is a good recipe by which bread may be made of this flour in five hours' time: One cupful equal parts of scalded milk and boiling water, a half tablespoonful each of lard and butter, three-fourths teaspoonful of salt, one and a half tablespoonfuls of molasses, half a compressed yeast cake dissolved in two tablespoonfuls of lukewarm water, half a cupful of white flour and entire wheat flour to knead well. The dough must not be made quite as stiff as white flour bread. This should be well mixed, set to rise, and when kneaded, put in greased baking pans, allowed to rise a second time, and baked. Or the bread may be steamed.

**Soft Fruits**

An old fashioned drink is made when strawberries and raspberries are plentiful, and its old-fashioned name was raspberry vinegar; but it is now called "shrub." The drink may be made of strawberries or blackberries, but the red raspberries make the best. Pick and wash the berries by running water over them, and put into a half gallon jar enough to fill; pour over the berries enough of the best vinegar to completely cover, and let stand a week or ten days, then strain and measure the

**THINK HARD**

**It Pays to Think About Food**

The unthinking life some people lead often causes trouble and sickness, illustrated in the experience of a lady in Fond Du Lac, Wis.

"About four years ago I suffered dreadfully from indigestion, always having eaten whatever I liked, not thinking of the digestible qualities. This indigestion caused palpitation of the heart so badly I could not walk up a flight of stairs without sitting down once or twice to regain breath and strength.

"I became alarmed and tried dieting, wore my clothes very loose, and many other remedies, but found no relief.

"Hearing of the virtues of Grape-Nuts and Postum, I commenced using them in place of my usual breakfast of coffee, cakes, or hot biscuit, and in one week's time I was relieved of sour stomach and other ills attending indigestion. In a month's time my heart was performing its functions naturally and I could climb stairs and hills and walk long distances.

"I gained ten pounds in this short time, and my skin became clear and I completely regained my health and strength. I continue to use Grape-Nuts and Postum for I feel that I owe my good health entirely to their use." "There's a Reason."

"I like the delicious flavor of Grape-Nuts and by making Postum according to directions, it tastes similar to mild high grade coffee."

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.

liquor; allow a cupful of sugar to each pint of liquor and boil in a porcelain kettle for twenty minutes, skimming well. Bottle while boiling hot, and seal. It is served in water, more or less of the "shrub" to the glassful, according to taste. Strawberry juice, bottled boiling hot and sealed, is nice for flavoring drinks.

**Mending Hosiery**

For darning hosiery do not use too coarse a thread, as this will make a thick ridge and a heavy darn which will pull out holes along the edge of the darn, besides being hurtful to tender feet. Use a wooden darning egg, or a small gourd, or even a teacup inside the stocking, so that both hands may be free. Straighten out the edges and make the hole as small as possible. A good idea is to press the damaged place with a hot flat iron, which will leave the edges smooth and flat. Darn with a fine thread and then press the darn well with the flatiron after finishing. Large holes may be best mended—especially in the heels and knees—by putting on the inside a patch of stocking material and hemming down the edges on both sides without turning in. The raw edge will leave no ridge. An entire new heel can replace the old by cutting away the old and seaming the new piece in with flatly hemmed-down raw edges. Some mothers are not particular to have the stitches of the material all run the same way, sometimes setting the patch on diagonally, or across, and this should not be allowed.

**Cooking Vegetables**

When cauliflower is to be cooked, give it a thorough washing, as insects are very apt to hide in the deep flowerets. Remove the outside leaves and cut the stem off close to the flower, then give a thorough washing and set the head in cold salted water, flowerets down, for at least an hour, allowing one tablespoonful of salt to one gallon of water. This is the only sure way to draw out the insects.

Scalloped Cauliflower — After cleaning the cauliflower, cook in slightly salted boiling water until tender, having it broken into small pieces. When tender, drain the pieces and put in a buttered baking dish. Make a rich bread sauce with one cupful of bread crumbs soaked in three cupfuls of sweet milk, one beaten egg, one cupful of any nice cooked, chopped meats and salt and pepper to season highly. Pour this over the cauliflower and bake in a moderately hot oven until nicely browned. Serve hot or cold.

Tomato Soup—One can of strained tomatoes, one onion chopped fine, butter the size of an egg, one-fourth teaspoonful of ground cloves, one-fifth teaspoonful of ground red pepper, one rounded teaspoonful of salt and one quart of water. Fry the chopped onion in the butter, then add the tomatoes and water and put on to boil; when ready for the table, add cloves, salt and pepper, and two or three large square crackers rolled fine, and one-half cupful of boiled rice. Let all boil in the soup ten minutes and serve.

Tomato Jelly—Take one pint of beef soup stock and add to it one pint of tomatoes cooked and strained, add to this three cloves, one bay leaf, one slice of onion, one teaspoonful of powdered thyme, one teaspoonful of pepper, a handful of celery foliage and six sprigs of parsley; simmer all together for ten minutes, then strain and add to the liquor while hot one-fourth box of gelatin previously softened in one-half cupful of cold water; stir hot liquid until the gelatin is dissolved, turn into a bowl and set where it will become jellied; then break into

fine particles and heap into sherbet glasses when ready to serve.

**For the Laundry**

For muslin with green in it, add a little vinegar to the water in which it is washed—just enough to give the water a slightly acid taste. For lilac, a very little ammonia—a tablespoonful to a pail of water; for black and which which inclines to "run," soak in salt water before washing.

Before washing table linen, look over it carefully and remove all coffee and fruit stains by pouring boiling water through the spot, the goods being stretched over a bowl; let the spots get cold before putting into boiling suds water, as the boiling suds are apt to set the colors. After washing, bring in before entirely dry and iron on the right side until entirely dry.

Before hanging on the line, give

every article a good shaking to remove wrinkles; have the line stretched where the most sun and air can reach the clothes. In hanging sheets, tablecloths and other straight pieces, hang so the edges will be even, and they can thus be taken from the line, folded, and will require little ironing, except the finer sorts, if put under a weight.

All colored garments, especially muslin and cotton dresses, should be washed and dried quickly; very hot water will fade colors that will "hold" in cool water. After they are clean, put them into a warm water containing a little soap and a handfull of salt, wash lightly, then rinse through clear water containing just enough vinegar to give a slightly acid taste. For washing delicate colors of cotton goods, put a tablespoonful of ox-gall in the water instead of salt.

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