

ground white pepper, two teaspoonfuls of white sugar, one teaspoonful of plain ground mustard, or two of prepared mustard. Mix these until perfectly smooth, then add four tablespoonfuls of vinegar. Drop into this a tablespoonful of butter not melted, and put all into a small double kettle (one vessel holding the salad set in one containing hot water) and heat, stirring rapidly and steadily until the dressing is the consistency of thick cream. A little practice will enable you to make it to suit any taste, using more or less condiments, sweet or sour, as preferred.

Quick Pickles—Here is a good way for quick work: Place a layer of grape leaves in the bottom of the jar, then a layer of small cucumbers, then grape leaves, then cucumbers, until the jar is full. Make a brine half as strong as you would if you intended to put up in brine alone; add one pint of good vinegar to each gallon of brine and a small lump of alum. Place a weight on the cucumbers to keep all under brine. The last layer must be a thick one of grape leaves. In a week's time the pickles will be ready to eat.

Fried Tomatoes—Select large, firm tomatoes not quite ripe; cut in slices about three-fourths of an inch thick and dust with pepper and salt and sprinkle with finely-rolled crackers; put plenty of equal parts of butter and drippings (or lard) into the skillet, with a thin slice of onion. When the fat is very hot drop the slices of tomato in and brown, turning quickly, lift out carefully and serve at once.

Cream for filling layer cakes—Half a cupful of sugar, half a cupful of flour, whites of two eggs; beat the eggs and stir in sugar and flour; add, stirring, half a pint of boiling

MAKING SUNSHINE

It is Often Found in Pure Food

The improper selection of food drives many a healthy person into the depths of despairing illness. Indeed, most sickness comes from wrong food and just so surely as that is the case right food will make the sun shine once more.

An old veteran of Newburyport, Mass., says: "In October, I was taken sick and went to bed, losing 47 pounds in about 60 days. I had doctor after doctor, food hurt me and I had to live almost entirely on magnesia and soda. All solid food distressed me so that water would run out of my mouth in little streams.

"I had terrible night sweats and my doctor finally said I had consumption and must die. My good wife gave up all hope. We were at Old Orchard, Me., at that time and my wife saw Grape-Nuts in a grocery store there. She bought some and persuaded me to try it.

"I had no faith in it but took it to please her. To my surprise it did not distress me as all other food had done and before I had taken the fifth package I was well on the mend. The pains left my head, my mind became clearer and I gained weight rapidly.

"I went back to my work again and now after six weeks' use of the food I am better and stronger than ever before in my life. Grape-Nuts surely saved my life and made me a strong hearty man, 15 pounds heavier than before I was taken sick.

"Both my good wife and I are willing to make affidavit to the truth of this."

Read "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.

milk, and one cupful of shredded or grated cocoanut, mix well. Make frosting for outside and sprinkle with cocoanut before it gets dry.

Cucumber Pickles

Make a brine by putting one pint of rock salt into a pail of boiling water, and pour this solution over the cucumbers; cover tight to keep in the steam, and let them stand all night and part of a day—say, until noon; make a second brine in the same proportions, drain the cucumbers from the first brine and let them stand in the second brine the same length of time. Pour off the brine, scald and skim it, and pour over the pickles, leaving them as above; then pour off the brine again, rinse and dry the cucumbers carefully, and pour over them enough scalding hot vinegar to cover. To every pail of pickles (about three gallons), add a lump of alum the size of a walnut, and this will harden them, and they will become green; add spices to the vinegar when scalding, tie them in little bags, and keep the pickles under the vinegar by means of a weight. Should a scum arise and collect on the weight, wash it off and return the weight to the pickles. Bringing the vinegar to scald-heat is better than boiling, as boiling weakens it.

Chopped Pickles

What is generally called chopped pickles goes also by the names of chow-chow; picklette, picallily, hig-dum, etc., is readily made; is liked by most of pickle-eaters, and admits of the use of whatever material one has at hand. There is no particular rule for making it, green tomatoes, large cucumber, small green melons, cabbage, cauliflower, onions, celery, green peppers, being the general basis in proportions to suit, and these should be chopped rather finely, or run through a chopping machine, sprinkled with salt and allowed to remain for twenty-four hours, then drained, and enough spiced vinegar prepared to cover the material. Whole peppers, cloves, mustard seeds, bits of cinnamon bark, sugar or not as liked, and if a yellow color is wanted, tumeric is boiled with the vinegar. The vinegar should be poured off and scalded for several mornings, then the pickle is sealed up in jars, boiling hot.

Information Wanted

Mrs. C. M. L. wishes to know the proportions in which carbonate of ammonia is used in cookery. Personally, I have never used it, and have not known any one who has. In something like a score of good cookery books and several encyclopedias I have failed to find the information wanted, and have found only two recipes in which it is given. Its use seems to be confined to the bakeries and factories and not generally practiced by housewives. If anyone has had experience with it, we would be glad to have her write to us.

Mrs. H. J. wishes a recipe for a "good loaf cake made with soda and buttermilk." Here, too, the general run of cookery books are silent. Eggs, baking powders and yeasts seem to be about the only leavenings used. Soda has such a detestable way of ruining things that it is avoided as much as possible, and either baking powder or soda and cream of tartar are used.

Joining Materials

Answering Emma S.—When beading is used for joining parts of garments, there should be only sufficient margin beyond the embroidery to stitch a French seam. After carefully measuring and pinning a small section of the material to the beading the correct width will be gauged and

all extra width should be cut off so that when the seam is finished the material will just touch the edge of the beading and show no margin whatever. After the first seaming, trim off the edges of the seam, turn on the wrong side and stitch a second seam which will form a perfect finish on the right side.

To Color Pickles Green

Answering M. B.—This recipe is taken from a valuable old recipe book which was in use during the days of a former generation: A beautiful green color, entirely destitute of any poisonous qualities, may be made by dissolving five grains of saffron in one-fourth ounce of distilled water, and in another vessel dissolving four grains of indigo carmine in one-half ounce distilled water. After shaking each up thoroughly they are allowed to stand

twenty-four hours, and on being mixed together at the expiration of that time, a fine green solution is obtained capable of coloring five pounds of sugar. This should be poured into the pickle until the proper color is had.

For the sweet pickle jar, melons, peaches, plums, apples, pears and many vegetables in green or ripe stages are excellent materials. They are all prepared by the same general rule. Use seven pounds of fruit to a pint of vinegar and four pounds of sugar; cloves, cinnamon and ginger root, with sliced lemon, a little mace and any other desired spice are used, but not all for the same fruits. For peaches and plums, cinnamon and cloves are enough spices, but with apples and pears, a sliced lemon and two ounces of ginger root to every seven pounds of fruit is deemed an improvement.

Latest Fashions for Readers of The Commoner



2671—Ladies' Corset Cover, with High Neck, or Low, Square or Round Neck. Nainsook, Jaconet, Persian or Victoria lawn or batiste are all adaptable to this neat model. Eight sizes—32 to 46.

2676—Girls' Dress, Closing with Buttons Down Left Side of Front. This is an excellent model for every-day wear developed in linen, Indian-head cotton or chambray. Five sizes—6 to 14 years.

2673—Ladies' One-Piece Plaited Skirt, with Straight Lower Edge. Serge, mohair, pongee or linen are pretty developed in this style. Seven sizes—22 to 34.

2670—Childs' Dress, with High or Low Neck and Long or Short Sleeves. White dotted Swiss was used in the development of this dainty model, though it is adaptable to any of the washable materials. Four sizes—one-half to 5 years.

2679—Ladies' Shirt-Waist, Closing at Back, with Round Yoke and Fancy Trimming Piece. Taffetas, messaline or any of the pretty summer silks develop well in the style. Seven sizes—32 to 44.

2676—Girls' Dress, with a Separate Guimpe. This is a pretty model for pongee, linen, lawn or mercerized poplin. Four sizes—8 to 14 years.

2670—Girls' and Childs' Apron. Gingham, linen, or Indian-head cotton make up well in this serviceable little garment. Five sizes—1 to 9 years.

2700—Misses' Semi-Princess Dress, in "Gibson" style and Having an Attached Seven-Gored Skirt. The model here illustrated was developed in Nile green linen. Three sizes—13 to 17 years.



THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making, full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents.

In ordering patterns give us your name, address, pattern number and size desired.

Address **THE COMMONER, Pattern Dept., Lincoln, Neb.**