

in another case. The pastiles for which a recipe was recently given have been successful in some cases, in others, not.

Ammonia for Leavening

The following recipes in which carbonate of ammonia is used, are sent in by our readers:

Cookies—One and one-fourth cupfuls of sugar; half a cupful of butter or lard; one egg; one cupful of sweet milk; one and one-half table-spoonfuls of pulverized carbonate of ammonia in the milk; oil of lemon to taste. Mix and roll about as thick as pie crust, cut and bake in a hot oven; prick with a fork to keep from blistering. The sender, Mrs. T., says they are very nice, and thinks Mrs. C. M. L. will like them.

"M. M.," of St. Louis, sends in another: Two cupfuls of sugar, three eggs, one pint of lard and butter mixed (equal quantities), five cents worth of powdered hartshorn (carbonate of ammonia) dissolved in a little hot milk; flour enough to roll. Wet up with milk, but do not have the dough stiff, or the cake will be tough.

A recipe copied from Chase's Recipe Book gives the following:

Federal Cake—Flour, two and one-half pounds; pulverized white sugar (fine granulated will answer), one and one-fourth pounds; fresh butter ten ounces; five eggs; carbonate of ammonia one-eighth ounce; water, half a pint—milk is best, if you have it. Grind down the ammonia and rub it with the sugar; rub the butter with the flour; make a bowl of the flour (unless you wish to work it up in a dish) and put in the well-beaten eggs, milk, sugar, etc., and mix well; roll out to about a quarter of an inch in thickness.

ORIGIN

Of a Famous Human Food

The story of great discoveries or inventions is always of interest.

An active brain worker who found himself hampered by lack of bodily strength and vigor and could not carry out the plans and enterprises he knew how to conduct, was led to study various foods and the effects upon the human system. In other words before he could carry out his plans he had to find a food that would carry him along and renew his physical and mental strength.

He knew that a food which was a brain and nerve builder, (rather than a mere fat maker) was universally needed. He knew that meat with the average man does not accomplish the desired results. He knew that the soft gray substance in brain and nerve centers is made from Albumen and Phosphate of Potash obtained from food. Then he started to solve the problem.

Careful and extensive experiments evolved Grape-Nuts, the now famous food. It contains the brain and nerve building food elements in condition for easy digestion.

The result of eating Grape-Nuts daily is easily seen in a marked sturdiness and activity of the brain and nervous system, making it a pleasure for one to carry on the daily duties without fatigue or exhaustion. Grape-Nuts food is in no sense a stimulant but is simply food which renews and replaces the daily waste of brain and nerves.

Its flavor is charming and being fully and thoroughly cooked at the factory it is served instantly with cream.

The signature of the brain worker spoken of, C. W. Post, is to be seen on each genuine package of Grape-Nuts.

Look in pkgs. for the famous little book, "The Road to Wellville." "There's a Reason."

then cut out, place on tins so they touch each other, and, instead of rising up thicker, in baking they fill up the spaces between, making a square-looking cake, all attached together. While they are yet warm, sprinkle over with coarsely pulverized sugar. The recipe is commended by the writer—an "Admirer of The Commoner."

Requested Recipes

Mango Pickles—Large sweet green peppers are to be used. Extract the seeds by making a slit in the side; pour over them a brine strong enough to bear up an egg, and let stand twelve hours. Prepare the filling as follows: One gallon small green tomatoes, twelve small onions, one-half medium-sized solid white head of cabbage, one-half medium-sized red cabbage, six roots of celery, half pound of sugar, one-half cupful of grated horse-radish; run all these through a meat or vegetable chopper, and sprinkle with two teacupfuls of salt; let stand twelve hours, then drain well and boil half an hour in just enough cider vinegar to cover it, adding pepper, cloves (ground), celery seeds, and two or three pieces of whole cinnamon to taste. After boiling, drain off the vinegar. Drain all the brine from the pepper shells, being careful to get it all out of the shells, then fill the pepper shells with the boiled filling and sew or tie them up, pack in a jar and cover with cold vinegar. Keep under the vinegar with weight.

Yellow Pickles—Boil small, hard heads of early York cabbage in salted water until soft enough to pierce with a straw; lay them in the sun on a cloth for a few hours; put into a jar and cover with vinegar; allow them to remain there for three weeks. Have ready two gallons of cider vinegar, one pound of white mustard seeds, one pound of ginger, one ounce of long green peppers sliced, one ounce each of mace, cloves, finely powdered nutmeg, two ounces of celery seeds, a small handful of black pepper, one cupful of ground mustard, one handful of grated horse-radish, six lemons sliced thin, one ounce of tumeric and two and one-half pounds of coffee C sugar. Let these ingredients come to a boil and pour boiling hot over the cabbage.—Lily I. Jackson, Lady Manager World's Fair, West Virginia, in Home Queen Cook Book.

Query Box

Housewife—If the cellar is too light, a set of shelves may be darkened by curtains of black cloth, old or new goods.

E. E.—Try laying the nails in coal oil, or in soft soap, and this will probably enable you to drive them easily into the wood.

J. L.—For the black kid, try a teaspoonful of salad oil with a few drops of black ink in it, applying with a feather and dry in the sun.

Joe C.—For this hining coat collar, wet with benzine, let lie for an hour, then sponge well with a nice soap suds.

"D. R."—Coal oil, oil of lavender, and several other "smelly" oils are recommended for keeping away mosquitoes and flies, but do not always result as desired.

Housewife—To clean the decanters, roll into balls small bits of soft brown or blotting paper, well wet with soft soap, put them into the decanter, which should be about one-fourth full of quite warm water, shake about well, and turn out. Then rinse thoroughly with clear cold water, put to drain, and when dry, polish the outside with a soft, dry cloth. They should be bright and clear.

"Fannie"—Fruit stains may be removed from the hands by washing the hands in clear, quite warm water

(no soap), and drying them in the smoke of burning sulphur. Be careful not to breathe the fumes.

Flora L.—For the bunion, try painting it several times a day with colorless iodine—five cents worth will last a long time. Of course, easy shoes.

L. L.—A good face powder is made of fine wheat starch, one pound best orris root, three ounces oil of lemon, thirty drops oil of bergamot and oil of cloves each, fifteen drops; rub this together with the hands until thoroughly incorporated together, then put through a fine sieve, and then through a muslin cloth to have it very fine.

In canning gooseberries, if care is taken to seal them up perfectly airtight, the prepared berries should be put into the cans, shaken down as solid as possible, and then overflowed with boiling water until all

space is filled and air forced out. Be sure the water is boiling when poured over them, and the sealing perfect. If tin cans are used, have the lids hot when put on the cans and seal as quickly as possible. Gooseberries must not be cooked out of shape.

Let there be a good proportion of substantial, as too many sweets or light foods are a source of much discomfort. The meat between the slices of bread should be ground, or chopped fine, and the bread generously buttered.

Last year 12,554 women registered in Boston to vote for school committee. Twenty-nine years ago, when the privilege of voting at these elections was first granted to women, only 900 registered, and for the following nine years the average was only a little over 1,000.

Latest Fashions for Readers of The Commoner



2933—Misses' Shirt Waist, with One-Piece Tucked Sleeves or Regulation Shirt Sleeves. A simple every-day model, developed in chambray, linen or Indian-head cotton, with hand-embroidered collar of similar material. Three sizes—13 to 17 years.



2925—Girls' Dress, with Princess Panel High or Dutch Neck and Long or Three-Quarter Sleeves. This simple model is adaptable to lawn, linen, cotton voile or any summer material. Five sizes—6 to 14 years.



2923—Misses' and Girls' Chemise or Combination Corset-Sover and Short Petticoat, Slipped over the Head. Fine French batiste, lawn, nainsook, jaconet, or China silk are all used for undergarments this season, trimmed with ribbon-run beading and lace edging. Five sizes—9 to 17 years.

2942—Ladies' Shirt Waist, with One-Piece Plain Sleeves or Regulation Shirt Sleeves. An excellent model for the strictly tailored waist of Madras or any material on that order. Seven sizes—22 to 44.

2935—Childs' Bishop Dress. Fine lawn, batiste or organdie are all adaptable for this model, which is gathered to the neck by a ribbon-run casing. Four sizes—one-half to 3 years.

2920—Ladies' Five-Gored Skirt, Closing at Left Side of Front. Linen, either in white or its natural color, pique or duck are suitable for this model. Seven sizes—22 to 34.

2924—Ladies' Open Drawers, with Straight or Circular Ruffles. Fine nainsook, batiste, lawn or jaconet are used for these garments. Eight sizes—22 to 36.



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