

vinegar to make a smooth paste, then add one pint of sugar and enough vinegar to make two quarts in all. Add this to the drained vegetables, put into the preserving kettle and cook about ten minutes, then bottle and seal.

Green Tomato Chow-Chow—Chop fine one peck of green tomatoes, six green sweet peppers and four onions. Stir in a cupful of coarse salt and let stand over night, drain in the morning and put into a granite pan with good vinegar to cover. Add one tablespoonful each of cinnamon, allspice, and half a tablespoonful of cloves, one cupful of sugar and cook until soft, then seal in air-tight jars. If preferred, the ingredients need not be chopped, but sliced coarsely.

For Pickling Small White Onions—Peel and boil them in salt water until tender, then lift into glass jars with a fork or perforated spoon, until the jar is filled, settling once or twice, fill in with vinegar, and on top of each jar put a tablespoonful of ground mustard.

Query Box

E. D. B., Mo.—This reader wishes to know if any one has had experience with the toad as an insect exterminator in cellar, pantry or kitchen. Would like to hear from any one who has.

P. C.—Wash the colored Japanese floor covering with a solution of salt and water after each weekly sweeping; this will keep it soft and prevent the tendency to brittleness.

T. L. M.—To expel the mosquitoes, it is recommended to take a piece of gum camphor about as large as a small hickory nut and evaporate it

THE NEW WOMAN

Made Over by Quitting Coffee

Coffee probably wrecks a greater percentage of Southerners than of Northern people for Southerners use it more freely.

The work it does is distressing enough in some instances; as an illustration, a woman of Richmond, Va., writes:

"I was a coffee drinker for years and for about six years my health was completely shattered. I suffered fearfully with headaches and nervousness, also palpitation of the heart and loss of appetite.

"My sight gradually began to fail and finally I lost the sight of one eye altogether. The eye was operated upon and the sight partially restored, then I became totally blind in the other eye.

"My doctor used to urge me to give up coffee but I was wilful and continued to drink it until finally in a case of severe illness the doctor insisted that I must give up the coffee, so I began using Postum and in a month I felt like a new creature.

"I steadily gained in health and strength. About a month ago I began using Grape-Nuts food and the effect has been wonderful. I really feel like a new woman and have gained about 25 pounds.

"I am quite an elderly lady and before using Postum and Grape-Nuts I could not walk a square without exceeding fatigue, now I walk ten or twelve without feeling it. Formerly in reading I could remember but little but now my memory holds fast what I read.

"Several friends who have seen the remarkable effects of Postum and Grape-Nuts on me have urged that I give the facts to the public for the sake of suffering humanity, so, although I dislike publicity, you can publish this letter if you like."

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.

by placing in a tin vessel and holding over the blaze of a lamp, taking care not to ignite it. It is claimed that the smoke will drive out the mosquitoes and prevent their return for hours.

"Sunny Jim"—The Philadelphia ice creams are made without eggs, and are smooth, delicious creams. Neapolitan creams are made with eggs, sugar, cream and flavorings, fruits and nuts. Fruits and nuts may also be used in the Philadelphia creams.

L. L.—Cards "To Inquire" are not sent by mail, but delivered personally by yourself, or one of the family, to whom the information will be given out.

Other queries answered under other heads.

Contributed Recipes

Meat Sauce—Chop fine two quarts of green tomatoes, two quarts of yellow cucumbers, one pint of onions, one small head of cabbage, six red peppers (measuring to be done after the chopping). Scald all together in salt water and drain. Make a sauce of half a pound of mustard, two pounds of sugar, two quarts of vinegar, one cupful of flour, making a paste of the flour and mustard, cooking them in vinegar before adding the sugar. Stir into this paste the vegetables and bring all to the scalding point, but do not allow to boil. Put away boiling hot in jars.—Mrs. H. T. N., South Dakota.

Loaf Cake (with soda and buttermilk)—One-half cup of butter, one cupful of sugar, three eggs, yolks and whites beaten separately, one cup of buttermilk, two cupfuls of flour, one-half teaspoonful of soda. Cream or beat butter and sugar together, add the beaten yolks, then the buttermilk and flour alternately, a little at a time; dissolve the soda in a very little cold water and add to the cake batter, and last, add the beaten whites and flavoring. Bake forty-five minutes in a moderate oven.—Mrs. F. M. R., Colorado.

(Some cake-makers prefer to sift the soda with the flour, then stir in, claiming it has better results.—Ed.)

Apple Jelly—Select tart fruit, wash, remove cores and (unless you wish the jelly particularly clear) slice without peeling. Put the fruit over the fire with barely water enough to prevent scorching, adding the thin yellow rind of a lemon for each dozen apples; simmer until soft and reduced to a pulp; wring out a flannel jelly-bag in hot water, pour the fruit into this and let drip all it will. Do not squeeze. The bag may hang all night in some cool place. In the morning measure the juice and allow to each pint of juice one pint of white sugar; put on to boil in a porcelain-lined kettle and boil slowly until a little will stiffen in a saucer when cooled. Have glasses hot and dry, and fill with the jelly, and set in the sun to get firm. When cold, pour over the top of each one-fourth inch of melted paraffine wax. Two or three quinces added to the fruit will give a delightful flavor.—Mrs. W. D. B., Missouri.

Ice Creams

The best and richest ice creams are made with eggs, but a very good cream can be made without them. An excellent rule calls for the yolks (never the whites) of three or four eggs, one pint of cream, and about one cupful of sugar. The exact amount of sugar depends on the quality of fruit or flavoring to be used. When pure cream is used without milk, there is sometimes difficulty in freezing it, for if it is very rich it may turn to butter in the process, so it is best to use half milk and half cream.

Grape Ice—Take one dozen or-

anges and half a dozen lemons and prepare as for orangeade; sweeten a little sweeter than for drinking, as some of the sweetness is lost during the freezing process. Dilute with water, adding one quart of grape juice and freeze. The ice will be delicious, and of a beautiful color.—Marion S.

Fruit Ice Cream—Peel and cut into small pieces two oranges (removing the pith and the seeds), two bananas, and juice of two lemons. Add one pint of sugar, mix well, and put into a freezer which is partly packed with ice and salt. Add three cupfuls of cream and one cupful of milk and freeze immediately.—J. J.

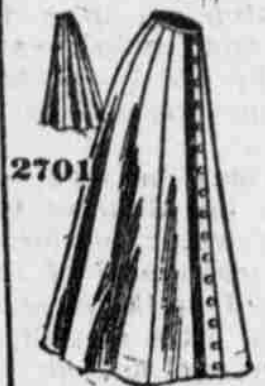
Peach Ice Cream—Chop two quarts of perfectly ripe fresh peaches (or the same of canned peaches) and sweeten to taste, beginning with one cupful of granulated sugar and adding more if necessary. Stir into this sweetened peach pulp, which

should be chopped very fine, a few drops of the extract of bitter almonds, then beat the fruit mixture into one quart of rich cream and turn into the freezer. Grind until very stiff, then grind as fast as possible until the crank refuses to turn. This will make it very smooth.

The Laddie's Blouse

Mrs. H. D. T., of Iowa, says: Let me suggest that the tape in the bottom of the blouse be fastened in front, making it the right size around the waist. Then make a button-hole in the hem on the button side of the waist, and sew a button on the inside of the button-hole side. In putting on the blouse, button this button first. The blouse will slip on the tape for ironing, and there will be no strings to hang out, nor to draw back into the casing.

Latest Fashions for Readers of The Commoner



2943—Child's French Dress, with Low Neck and Short Sleeves. Fine white or delicate colored batiste or organdie, with wide insertions of cream-colored or white flet lace has been used for this model. Five sizes—1 to 9 years.

2701—Ladies' Twelve-Gored Skirt. Closing at Center of Back Under an Inverted Box-Plait. A good model for any material, trimmed with a band of silk or linen in a contrasting shade. Six sizes—22 to 32.

2930—Ladies' Semi-Fitting Coat, in 44-inch Length. An excellent model for broadcloth, Panama, flannel or serge. Seven sizes—32 to 44.

2940—Ladies' Shirt-Waist, with Long or Seven-Eighths Length Sleeves. Linen, chambray, duck or percale are all being used for this model with excellent effect. Seven sizes—32 to 44.

2931—Childs' Reefer. White linen, pique, or duck with a hand-embroidered collar may be used for this model. Four sizes—one-half to 3 years.

2948—Ladies' Combination Circular Corset Cover and Short Petticoat. Fine nainsook, batiste, jaconet, Persian or linen lawn, or thin cambric may all be used to advantage for this useful garment. Seven sizes—32 to 44.



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