

for about five minutes. Then drain them, and place in a porcelain-lined stew-pan, adding a quarter of a pound of sugar for each pound of quince, with a suggestion of grated cinnamon, a teaspoonful of lemon juice and a little water. Let this simmer until the fruit is tender, then place the quinces on a dish and cover with ordinary syrup.

Seasonable Recipes

To Can Corn—Nine pints of corn, one pint of sugar, half pint of salt, one pint of water; let stand a few minutes until the juice rises to nearly cover the corn, then boil fifteen minutes and seal while hot. To prepare for use, soak and drain off the water till it tastes about salt enough, then season with a little butter and cream thickened with a spoonful of flour; sweetened a little if liked. The sender of this recipe, Mrs. A. V. S., of Iowa, says she has used this recipe for three years and never lost a jar.

Clover Vinegar—Nine quarts of boiling water, one quart of cooking molasses, and allow to get lukewarm; then put in two quarts of red clover blossoms (pressed down) and two cupfuls of baker's yeast or two cakes of compressed yeast. Let stand for two weeks, stirring often, then strain, and it is ready for use. It is claimed that nothing will mould that is put into it, and the flavor is excellent.—Mrs. G. H., Massachusetts.

Canning Whole Tomatoes—Scald and peel perfect tomatoes, cutting out the hard, stem end (and some say, the blossom end); pack the whole tomato in jars, add to each closely packed jar one-half teaspoonful of salt, lay on the lids lightly and set in the oven. Before putting the jars in the oven, lay the oven-rack on the bottom of the oven and put several thicknesses of newspaper on

ON FOOD

The Right Foundation of Health

Proper food is the foundation of health. People can eat improper food for a time until there is a sudden collapse of the digestive organs, then all kinds of trouble follows.

The proper way out of the difficulty is to shift to the pure, scientific food, Grape-Nuts, for it rebuilds from the foundation up. A New Hampshire woman says:

"Last summer I was suddenly taken with indigestion and severe stomach trouble and could not eat food without great pain, my stomach was so sore I could hardly move about. This kept up until I was so miserable life was not worth living.

"Then a friend finally, after much argument, induced me to quit my former diet and try Grape-Nuts.

"Although I had but little faith I commenced to use it and great was my surprise to find that I could eat it without the usual pain and distress in my stomach.

"So I kept on using Grape-Nuts and soon a marked improvement was shown, for my stomach was performing its regular work in a normal way without pain or distress.

"Very soon the yellow coating disappeared from my tongue, the dull, heavy feeling in my head disappeared and my mind felt light and clear; the languid, tired feeling left, and altogether I felt as if I had been rebuilt. Strength and weight came back rapidly and I went back to my work with renewed ambition.

"Today I am a new woman in mind as well as body and I owe it all to this natural food, Grape-Nuts."

"There's a Reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

it under the jars. Let the oven get quite hot, and allow the tomatoes to boil for five minutes in the jars, then fill any vacancy in one with tomatoes with another, having each jar full, adjust the rubbers and screw down the tops at once before removing from the stove. Turn the jar upside down to cool, and give a final twist to the top, then set away, top-side down until used. Put up this way, the work can be done a few jars at a time on wash or ironing day, or when the top of the stove is in use and not the oven. They are like fresh tomatoes when served.—Mrs. W. S. R.

Ripe Cucumbers

Sweet Pickles—Thinly peel the rind from large ripe cucumbers, take out the seeds and cut into desired size; place a gallon of these pieces in a porcelain-lined kettle and cover with water in which two heaping teaspoonfuls of salt have been dissolved. Bring to a boil and boil until tender enough to be pierced with a fork, then pour into a colander and drain over night. When thoroughly drained, place the pieces in a jar of earthenware. Make a syrup of one quart of best cider vinegar and three pints of sugar, bring to a boil and skim until clear, then pour, boiling hot, over the fruit. Drain off this syrup, re-heat and pour over the pickles every day until they are colored to the center, then place the fruit in the jar to the depth of three or four inches, then sprinkle over the layer broken bits of cinnamon bark and a few cloves, then another layer of the pickles, then spices, until the pickles are all used, then pour the boiling hot syrup over the fruit, re-heating as before for three days after putting in the spices, and the fourth day cook the syrup until like molasses and pour over the fruit, cover closely or seal.

Cucumber Catsup—Three dozen medium-sized cucumbers and eighteen onions, peel and chop fine; sprinkle over them three-fourths pint of table salt, put the whole in a large meal-sieve and let drain over night; in the morning, add a teaspoonful of mustard seed, half a teaspoonful of ground black pepper; mix thoroughly and put into a stone jar, cover with best cider vinegar, and cover closely; set in a dark cool place.

Summer Drink

Fruit Punch—Sweeten the juice of six large lemons and three oranges put into a punch bowl a small block of ice, add a few slices of orange, a few malaga grapes or preserved cherries, and enough raspberry or blueberry juice (from canned berries) to give a nice color and flavor. When time to serve, pour over two quarts of aerated table water. A large cluster of grapes is a pretty garniture. The aerated water should not be opened until ready to use, as it loses its sparkle very quickly.

The Pansy Bed

One of the worst enemies of the pansy plant is the cutworm, which needs prompt attention as soon as his coming is noticed. With a sharp stick stir up the soil about the plants, doing this in the early morning. As soon as one is seen, kill. Worms will not have time to go far into the ground if this is done early enough, as they feed only during darkness. Dig them out mercilessly and kill on sight.

Query Box

R. B. R.—The ink made from package dye can not be used in a fountain pen, as the fluid is too thick.

A. R.—For removing the fresh stains of iodine, this is recommend-

ed: Soak the fabric in cold water for half an hour, then cover the stain with common baking soda, making the covering quite thick; let lie for a short time, moistening again if necessary, then wash as usual. The stain will be removed.

E. S.—The food should be relished and not forced on the child. Relished food carries its own pepsin, without which the most scientific food preparations are but a wearisome drug to the stomach.

Anxious—Equal parts of linseed oil and lime water, mixed and well shaken, is called carron oil, and is particularly good for burns. Apply to burn and cover with cotton batting, or sterilized cotton gauze.

Housewife—"Riced potatoes" are potatoes boiled, mashed and seasoned and rubbed through a little kitchen utensil called a ricer. The same result may be obtained by rubbing the potato through a colan-

der with a potato masher or a large spoon.

Fannie D.—For coloring soups brown, use browned flour or burnt sugar, for amber color, use grated carrots; for red, use ripe tomato; for green, bruise a handful of spinach leaves, tie in a cloth and squeeze the juice out, adding it to the soup five minutes before serving. There are paste colors to be had at the druggists.

Laundress—For the pink garment that fades in the wash, take a piece of turkey-red cheese-cloth and pour boiling water over it; let stand long enough to extract the dye from it. Wash and rinse the garments as usual, then dip into the dye, and let remain, stirring and lifting so as to get the dye well distributed, until of the desired color. Dry in the shade. A very hot flat iron will fade delicate colors. Blues may be renovated with indigo water.

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2959—Misses' Shirt Waist. An exceedingly smart model for linens and light weight woolens. Four sizes—14 to 17 years.



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