

pieces. Put them in the fat and brown them carefully, then skim out and set them aside. Put your meat into the hot, seasoned fat, and turn to brown every side, searing all the surface to keep the juices in. Stir it about until all the surface is seared, then cover the meat with boiling water, add the browned carrot and onion and a like amount of each that has not been browned; salt to taste, add a bit of cayenne pepper—as much as you can take on the point of a pen-knife, and two tablespoonfuls of vinegar. Let boil for fifteen minutes, covered closely; then set where it will simmer slowly for four hours. Watch to see that the water does not boil away, and replenish it if it does, but cook in just water enough to keep it from drying or burning. About half an hour before serving time, take the meat out and set it in a quick oven to brown. Thicken the gravy left in the kettle with a little flour, add a cupful of stewed or canned tomatoes; put the meat on a large platter, surround with a border of plain boiled rice or spaghetti, and pour gravy over the whole. There are several nice ways of serving any that is left.

**Food Values**

When looking for substitutes for meat dishes, one would hardly be so foolish as to claim that potatoes or rice are of the same value for food as lean beef; but beans, peas, lentils, nuts, eggs and cheese contain more nitrogen than meats, and when properly cooked, are both palatable and wholesome. A diet made up largely of vegetables produces strength, rather than nervous energy, and if women who have households would only give more time and attention to studying the laws of chemistry and the selection of a well balanced diet, and experiment until she knows how to prepare wholesome

**GET POWER**

**The Supply Comes From Food**

If we get power from food, why not strive to get all the power we can. That is only possible by use of skilfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton and in time was compelled to keep to my bed.

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I have kept up its use ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed.

"All my unpleasant symptoms, the heart-burn, the inflated feeling which gave me so much pain disappeared. My weight gradually increased from 98 to 116 pounds, my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. Grape-Nuts did it."

A ten days trial will show anyone some facts about food.

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

food for her family, the expense of living would be greatly modified.

**Some Between-Season Dishes**

**Puree of Vegetables**—Cut one turnip, one carrot and one potato into thin slices; add to them a few celery tops, a bay leaf, a cupful of chopped tomatoes, and two quarts of water in which meat has been boiled (preferably beef). Let this simmer gently for an hour, then press through a very fine sieve; return the mixture to the fire, and add one tablespoonful of suet rubbed with two tablespoonfuls of flour; stir until it reaches the boiling point, then add a grated onion, a teaspoonful of salt and a saltspoonful of pepper. Serve with croutons. This is sufficient for a family of six.

**Serving Hominy**—Soak a pint of large, cracked hominy in two quarts of water over night, then wash and drain and cover with boiling water. Let cook slowly all day on the back of the range (or in a fireless cooker). An hour before serving, strain the hominy, saving the water in which it was cooked for soup. Put hominy in a saucepan with a pint of strained tomato and a grated onion, bring slowly to the boiling point and let simmer for half an hour, then add a quarter of a pound of grated cheese and stir until the cheese melts. Add a tablespoonful of salt, a dash of red pepper, and serve. This dish is as valuable as meat, and costs but a few cents.

**A Cheap Meat Dish**—Purchase a large "skirt," or flank steak; trim the steak nicely, dust it lightly with pepper and salt, sprinkle over it a few bread crumbs, a tablespoonful of chopped parsley and a little chopped suet. Roll it up the long way and tie securely with twine. Put it in the baking pan with a few pieces of chopped suet and half a cupful of boiling water and bake in a quick oven for nearly an hour, then serve with tomato or brown sauce.

A choice bit of flank, rolled and boiled slowly until perfectly tender, then taken from the vessel, put into a baking pan and covered with bread crumbs and baked in a quick oven, and served with brown sauce, is another economical dish. It must be carefully cooked.

**Household Helps**

For matting, get a good quality, for economy's sake. Measure the floor accurately, then measure the matting, allowing a few inches on each breadth for turning in at each end. Where a breadth must be cut, plan to have the piece come on the least exposed part of the room. Bind the cut edge with a plain carpet binding of about the same color as the matting; or, if this is not to be had, a strip of cotton or linen. Cover the floor with newspapers, and lay the matting, one strip at a time, tacking it smoothly and firmly; then lay the next strip, bringing the two edges close together, using matting tacks. Let the bound edge come next to the wall. If desired, a good way is to sew the edges together, instead of tacking, and this can be done after laying on the floor.

**For Cleaning a Corduroy Coat**—First wash the coat carefully in lukewarm water containing a small quantity of pure white soap; then rinse four times in clear, cold water, putting a handful of salt in the fourth rinsing water. After it is thoroughly dried, steam it in either of two ways—by hanging in the bath room with closed doors and windows, turning on the full steam from hot water, leaving the coat hang in this moisture for several hours; or, lay a wet cloth over the corduroy and hold a hot iron just to the surface of the wet cloth, but not touching it. Then thoroughly brush the coat, and hang where it will dry.

When ironing collars and cuffs and

shirts, have a bowl of cold water and two pieces of clean cheese cloth; spread the article to be ironed perfectly smooth, wring a piece of cheesecloth out of the cold water and rub the starched surface with it; spread the dry piece of cloth on the article; pass a hot iron over this; take off the cloth and iron the article until smooth and dry. Iron cuffs and collars on the right side; when the right side is nearly dry, iron the wrong side. Go over the right side with a damp cloth and polish with a hot iron.

**Some Health Hints**

The nutritive value of any fruit depends chiefly upon the starches and sugar which it contains; dates, plantains, bananas, prunes, figs and grapes contain the most starch and sugar, and are the most nutritious foods; cherries, apples, currants, strawberries, and grapes contain considerable vegetable acid, and are thus of value as blood purifiers.

Many persons can not eat raw fruits, and even some kinds of cooked

fruits are more harmful than otherwise. The only thing to do in these cases is to experiment until satisfied what is suitable, and eat even that only in quantities that leave no unpleasant feelings. Many cooked fruits are made highly injurious by using cream and sugar with them.

For heartburn occasioned by acidity of the stomach, absorbents are the proper medicines; the best is charcoal or magnesia, as it acts as a mild purgative, and the powder is not disagreeable. Spanish licorice has proved a good palliative; or half a teaspoonful of carbonate of soda, mixed in a little peppermint cordial with a teaspoonful of grape juice, or even water, will act effectually.

For relieving bunions, take twelve grains of iodine and one ounce of lard and make into an ointment by rubbing thoroughly together. Then rub gently on the bunion two or three times a day, covering it with a bit of absorbent cotton to protect the stocking. The plain colorless iodine is very good of itself, but on some skins it acts as a mild blister.

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3137—Ladies' Night Gown. A good model for plain or striped flannel, cambric or nainsook. Four sizes—32, 36, 40 and 44.



3136—Ladies' Shirt Waist. Adaptable to any of the season's shirtings. Five sizes—32 to 40.



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