

until they become softened, then force them into the neck of the bottle, and the contents will be sealed. To further protect, dip the neck of the bottle in melted paraffin.

To Remind You

All fruits and vegetables should be freed from possible insects and their eggs, either by washing or soaking in salted water. This is especially necessary if the vegetables are to be eaten raw, in the form of salads. Even soft fruits may have cold water dashed over them, putting them in a colander, and pouring the water through. Some fruits may need to have the colander or sieve dipped up and down in a vessel of water to remove sand, or insects or dirt.

All vegetables should be carefully looked over when brought in from the garden, leaf by leaf, and carefully washed. This is especially necessary if brought from the store, as roaches are sometimes brought into the house in this way. Oranges, lemons, and like fruits should be washed, for one does not know through what hands they may have passed in transit, or to what conditions they have been subjected.

The cupboards and refrigerators should be carefully watched, as mold will quickly develop on foods if neglected. A strong solution of soda will clean and sweeten the refrigerator. No strong odored foods should be allowed in the refrigerator, especially if milk and butter is to be kept therein. Let everything become cold before putting in the refrigerator, and the ice will last longer.

Requested Recipes

The real mint sauce is very simply made, and there are many ways of making it, according to individual tastes. Here is a good recipe: Gather and pull from the stems the tender leaves of fresh mint, wash, and cut fine with scissors; to a half cup-

FAMILY FOOD

Crisp, Toothsome and Requires no Cooking

A little boy down in North Carolina asked his mother to write an account of how Grape-Nuts food had helped their family.

She says Grape-Nuts was first brought to her attention in Charlotte, where she visited.

"While I was there I used the food regularly. I gained about 15 pounds and felt so well that when I returned home I began using Grape-Nuts in the family regularly.

"My little 18-months-old baby shortly after being weaned was very ill with dyspepsia and teething. She was sick nine weeks and we tried everything. She became so emaciated that it was painful to handle her and we thought we were going to lose her. One day a happy thought urged me to try Grape-Nuts soaked in a little warm milk.

"Well, it worked like a charm and she began taking it regularly and improvement set in at once. She is now getting well and round and fat as fast as possible and on Grape-Nuts.

"Sometime ago several of the family were stricken with La Grippe at the same time, and during the worst stages we could not relish anything in the shape of food but Grape-Nuts and oranges, everything else nauseating us.

"We all appreciate what your famous food has done for our family."

Read "The Road to Wellville," found 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.

ful of the shredded leaves, add two tablespoonfuls of sugar and the same of boiling water, cover closely and let set until cool; when quite cold, add vinegar to make it sour as you like, cover again and set in the ice box, as it should be ice-cold when served, in order to have it at its best. If liked, the gravy of the roast may be added. The herb, mint, is easily grown, and its health value is very great.

For cherry acid, dissolve three ounces of citric acid in a quart of water; pour this over a quart of pitted cherries, and let stand eight hours; strain the liquid of another quart of cherries, and let stand as before, then strain again, and add for each pint of juice one pint of sugar, bring to a boil, skim, and put into bottles and seal while boiling hot. A few spoonfuls of this to a glass of cold water makes a refreshing drink in hot weather.

The tomato syrup asked for is made without alcohol, and will keep a long while if bottled and kept in a cool place. Squeeze the juice from ripe tomatoes, strain through a cheese-cloth, add half a pint of sugar to each pint, strain again, bottle and keep in a cool place.

Lemon syrup is used for lemonade, pies, custards, sauces, and is a great convenience when lemons are not to be had. Carefully grate the yellow rind from one dozen lemons, allowing none of the white to be used. Squeeze out the juice from the lemons and add to the grated rind, letting stand for three or four hours. Then take four pounds of sugar and make a thick syrup with just enough water to boil smooth. Stir into this the lemon juice and grated yellow rind and bottle in small bottles; cork, and dip the neck of the bottle in wax to seal. This will keep perfectly, and the wax should be saved for use again when the bottle is emptied.

Some Timely Recipes

Fried Chicken—Clean and cut up a tender young chicken and lay the pieces in salted water for about an hour. Season some flour with powdered sage or prepared poultry dressing, pepper and salt and roll the pieces of chicken in it. Lay the floured pieces in a heavy baking pan with just enough lard in the bottom to a little more than cover the bottom of the pan. Put the pan in the oven, instead of on the top of the stove, as the chicken will cook more evenly and thoroughly and will not scorch before it is done through, as it is apt to do when on top of the stove. If the oven is not too hot, and the cooking has been evenly done, by the time it is done it will be cooked through, and will be colored a nice brown.

Spring Lamb—This can be given a most delicious flavor if a few whole cloves and bits of stick cinnamon are dropped into the kettle while it is being boiled. If to be roasted, the spice water is excellent to baste it with. It is very nice served cold.

Apple Sauce—Peel tart apples and quarter them; if very large, cut the quarters in two. Have enough to fill a half gallon measure. Put them into a granite or porcelain-lined pan or kettle and pour over them two cupfuls of granulated sugar, and set them in the oven where they may cook slowly, keeping the vessel covered closely. The sugar will draw out the juice, and no water is needed. Apple sauce cooked this way will jell when cold, and is delicious.

Another Way—Use red apples, if you have them; cut them up, but do not peel; have two quarts when they are cut. Put them into a stone jar or crock, pour over them two heaping cupfuls of sugar and cover closely; put them in a slow oven and let remain for at least four hours. When taken from the oven, the ap-

ples will be a beautiful red color, and clear through, and they won't "keep" unless you turn the key on them.—R. S. M.

Poor Cooking

The women of this generation can do no greater work for the progress of civilization and improvement of the human race than to enlighten all women, especially the mothers and housewives, upon subjects of physiological chemistry, food values, and healthful preparation of food. While the more thoughtful women living in intellectual communities have for a number of years given attention to such matters, women in isolated places, leading narrow lives, are still uninterested. There are meals set upon farmhouse tables, and in homes of small incomes, boarding houses, and in the city itself, that are a disgrace to civilization and a menace to health, because of the ignorance of those to whom this most important of all work is entrusted. The time cer-

tainly will come when a housewife will be ashamed not to have this knowledge, and we pray you, hasten the day!—Medical Magazine.

For the Housewife

Yellow soap should not be used to wash blankets that are to be put away, as it contains resin. One pound of good white soap with two ounces of borax is enough for a good sized pair of blankets, or other woollens in proportion. Be careful to rinse out all soap before packing away.

When putting articles away, paste a label on every box or package; this label should contain a list of the contents, and in this way time and worry will be saved, should the article be wanted again at any time.

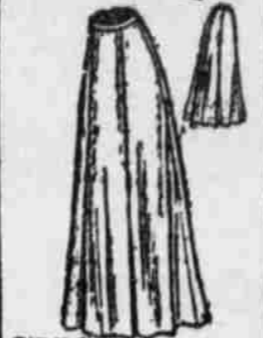
London requires all automobile taximeters to be attached to the rear wheels, because the hind wheels are more liable to slip than the front ones.—Ex.

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3271

3271—Girls' and Childs' Rompers, with circular bloomers. Percale, gingham or cambric develop well in this style. Four sizes—3 to 9 years.



3259

3259—Misses' Six Gored Skirt, with front and back gores forming box-plaits. Serge, brilliantine or broadcloth may be used to advantage in this model. Three sizes—13 to 17 years.



3262

3262—Ladies' Dress, to be worn with a guimpe. Voile, pongee and foulard are best adapted to this style. Five sizes—34 to 42.

3252—Ladies' Shirt Waist. This garment is made of white linen and the fronts and collar are decorated with hand embroidery. Six sizes—32 to 42.

3277—Girls' Princess Dress. This is a most becoming dress and will develop well in challis, cashmere or linen. Five sizes—6 to 14 years.

3273—Ladies' Coat, in 30-inch length. Any of the season's coatings will develop to advantage in this style. Five sizes—34 to 42.



3252



3277



3273

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