scrambled eggs.

to prepare six slices of milk toast, will disappear. have the eggs slightly under-done, and sprinkled with four tablespoonfuls of grated cheese, then pour the eggs and cheese over the toast, set in the oven to heat through the cheese, and serve. Or, the egg may be poured over the toast, then the cheese grated over the top. They should be set in an oven until the cheese melts, and the eggs are done.

Query Box

Mrs. P. W .- It is said that any firm-meated fruits may be canned from now on. without cooking by using new jars, antiseptically clean, packing the jars as full of fruit as possible, and fill with pure cold water, seal, and put into a dark closet. The water is best ly sends some tested and recommendlet to flow into the jar from a hyd-ed recipes for our "girls." Of course rant, but any way, it must fill all we are grateful, and we do think air spaces and be "running over" we have the dearest, most helpful when the top is screwed down. It readers! Here are the recipes: would be best to experiment with a few jars.

is spelled correctly-"cole" slaw. exactly, and one teacupful always several species of the cabbage family of which the slaw is made. "Cold"

slaw is incorrect.

L. S. S.—Vinegar that is very strong should not be used for salad dressing, as it kills the delicate flavor, eating the tender leaves and pickling the other ingredients. Tarragon vinegar or lemon juice is preferred.

V. R.—Tarragon vinegar is made by wringing the buds, and leaves bruising the leaves. Put the tarragon into small stone jars, cover with good vinegar and let stand for several months; strain, and bottle the

fruit stains is given by a laundress. Get a two ounce bottle of good whiskey and put into it a heaping table-

HARD ON CHILDREN

When Teacher Has Coffee Habit

"Best is best, and best will ever about Postum they are glad to give testimony for the benefit of others. A school teacher down in Missis-

sippi says: "I had been a coffee drinker since my childhood, and the last few years it had injured me seriously.

"One cup of coffee taken at breakfast would cause me to become so ter with one-fourth teaspoonful of nervous that I could scarcely go through with the day's duties, and this nervousness was often accom-panied by deep depression of spirits and heart palpitation.

"I am a teacher by profession, and had to struggle against crossness

when in the school room,

"When talking this over with my physician, he suggested that I try teaspoonful of either cinnamon or Postum, so I purchased a package juice of lemon. and made it carefully according to vor, and nourishing.

"In a short time I noticed very gratifying effects. My nervousness disappeared, I was not irritated by my pupils, life seemed full of sun- add with one cup of milk or water. shine, and my heart troubled me no longer.

"I attribute my change in health and spirits to Postum alone."

Wellville," in pkgs. "There's Reason."

together, stirring for two minutes; spoonful of gum camphor broken inthen add five or six slightly beaten to bits; keep this well corked. When eggs with half a teaspoonful of salt sorting soiled clothes, look for the and a pinch of pepper, and cook as stains and apply the dissolved camphor freely after shaking the bottle A nice way to use egg on toast is well. Wash as usual, and the stains

The Fly Nuisance

Our weather in the north has been so cool that the house fly has not put in its appearance in the usual number, but even one is a nuisance and menace, and strict watch should be kept that the number does not increase. Try to have screen wire at the openings, and do not let foods lie about; keep the door yards free from anything that will attract them, and wage a war of extermination

Recipes for Young Housewives

Mrs. W. A. T., of New York, kind-

(Note-The measurements used in these recipes are as follows: Have Mrs. L.—The name of the dish a teacup that measures one half pint The word, cole, is the name given means the cup level full. One teaspoonful means level full, except where it says one rounded teaspoonful, in which case it means exactly two level teaspoonfuls; a heaping teaspoonful means one heaped up. The same rule applies to the tablespoonful.)

Lightning Cake-Put in mixing bowl one cup of sugar, one cup and one level tablespoonful of flour; two level teaspoonfuls of baking powder. In a cup put a piece of butter size of from the larger branches and stalks an egg, two eggs, one teaspoonful of the plant, just before it blooms, of vanilla extract, and fill the cup with sweet milk. Pour in mixing bowl and give all good beating; bake in pan about eight inches square.

Breakfast Cake-Butter (cold) vinegar, keeping it tightly corked. size of an egg; half a cup of sugar, Ella S.—This method of removing one egg; cream together well; half cupful of sweet milk, two level teaspoonfuls of baking powder and one and one-half cups of flour. Beat well together. Bake in two layer-cake tins. I often put one layer on the other with no filling. Jelly is good between. This is good for twelve patty-pans.

Coffee Cake-One cup of cold coffee, one cup of brown sugar, one cup live." When a person feels this way of New Orleans molasses, one cup of shortening (lard), one egg, one level teaspoonful of soda, one level teaspoonful of ginger, flour to mix just soft enough to drop from spoon. Flavor with teaspoonful of lemon juice if liked.

Rice Dessert-Wash one cup of rice and add five cups of boiling wasalt. Boil fast for fifteen minutes, then set uncovered in a moderate oven for about twenty minutes, or until the water evaporates. Each grain will be fluffy and white and separate. Make a sauce for it thus: when under the influence of coffee One cupful of sugar, two tablespoonfuls of butter, one tablespoonful of flour; beat together and add one cup of boiling water, flavoring with one

Gems-One teacup of sifted gradirections; found it excellent of fla- ham flour or meal, one teacup of white flour, four level teaspoonfuls of baking powder, half a cup of sugar; stir well together with tablespoonful of lard; beat one egg and

Requested Recipes

Strawberry Shortcake-Beat one Read the little book, "The Road to tablespoonful of butter with a cupful of sugar until creamy; then add three well beaten eggs and half a Ever read the above letter? A new cupful of milk or water. Sift toone appears from time to time. They gether two and one-half cups of flour are genuine, true, and full of human and two teaspoonfuls of baking powder; stir the flour into the other in-

ter. Bake in a quick oven in two serve hot. layers, buttering the first on top before laying the other on, so they will the root, not breaking the small separate smoothly. When done and roots while washing. Cook by rapid cool enough, separate the layers and boiling until tender (or they may be spread each with boiled icing; cover baked). When done, drop while still the icing thickly with whole ripe hot into a pan of cold water and restrawberries, pressing them down in- move the skin by rubbing, at once. to the icing, and sprinkle the berries Slice, dress with butter, pepper and with powdered sugar; eat the cake salt and serve hot; or put a little cold. Or, the layers may be baked sugar and vinegar with the dressing in separate tins, and two cakes made and pour over them hot, and serve. if desired.

Butter Beans and New Potatoes-Just before the potatoes are done, remove from the stove and let cool. the potatoes are cold cut into dice, New York and Washington. and arrange potatoes and butter sprinkling each layer with butter Chicago, Ill. and pepper and salt to taste. Pour let get hot through, remove the Press, Chicago, Ill.

gredients and beat to a smooth bat- cover and let brown a little, then

Beets-Wash carefully, and leave about an inch of the leaf stalks on

BOOKS RECEIVED

The Slavery of Progress. Its Cut one pint of butter beans into causes and its cure. By A. F. small pieces after cooking. When Thomas. The Neale Publishing Co.,

An Interview. By Daniel W. beans in layers in a deep dish, Church. The Berlin Carey Company,

Common Honesty. A study of over this one cupful of cream and fundamental principles and their recover the top with rolled cracker; lation to the labor problem. By cover the dish, set in the oven and Orren M. Donaldson. Pan-American

Latest Fashions for Readers of The Commoner



3258-Ladies' Shirt Waist. This style model will develop well in washable or silk fabrics. Five sizes -34 to 42.

3268-Ladies' Skirt, with or without tunic. Foulard, messaline or pongee will develop well in this style. Five sizes-22 to 30.

3254-Ladies' Russian Dress, with a separate five-gored skirt and with or without sleeve caps. This is a becoming model and may be made of cloth, foulard, pongee or wash materials. Five sizes—34 to 42.

3265-Childs' Coat. White cashmere was used for the development of this model. Four sizes-1 to 7 years.

3257-Childs' Dress, with long or short sleeves. Lawn, or challis are the best materials for this little model. Three sizes-1 to 3 years.

3267-Misses' Russian Blouse Coat. This can be made of any material such as broadcloth, serge, duck or linen. Three sizes-13 to 17



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