to knead. Pour this dough into a five minutes. Fine for lunch or pic- ery is to sow the seeds very early in whites of the eggs beaten to a stiff well greased pan and cover; let stand nic dinner.-Mrs. E. J. M., Missouri. the spring in one's own garden, but froth and mix slowly; turn into hot in a warm place for an hour, then bake for three-quarters of an hour in a moderate oven.

Illinois.

and bake in a hot oven thirty never be revived. minutes.

Steamed Graham Bread-Two cupfuls of graham flour, one cupful of sour milk, half a cupful of molasses, half a cupful of seeded raisins and is not in good condition. A width one teaspoonful of soda dissolved in of some carpet of plain color and the milk. Put into moulds and good quality may be tacked down, steam three hours.

Sweet Yeast Buns-Two cupfuls of light bread sponge that is very light; one cupful of sugar; half a cupful of lard, half a cupful of butter, onefourth cupful of cold water and a dash of cinnamon. Mix all together in a bowl, add flour to make a stiff dough and knead until smooth. Set in a warm place to rise for several hours. When light, form into balls and place in greased pans about two inches apart. When again light, bake in a moderate oven for forty-

## WISE WORDS

## A Physician on Food

A physician out in Oregon has views about food. He says:

"I have always believed that the duty of the physician does not cease with treating the sick, but that we owe it to humanity to teach them how to protect their health especially by hygienic and dietetic laws.

"With such a feeling as to my duty I take great pleasure in saying to the public that in my own experience and also from personal observation I have found no food to equal Grape-Nuts and that I find there is almost no limit to the great benefit this food will bring when used in all cases of sickness and convalescence.

"It is my experience that no physical condition forbids the use of Grape-Nuts. To persons in health there is nothing so nourishing and acceptable to the stomach especially at breakfast to start the machinery of the human system on the day's work. In cases of indigestion I know that a complete breakfast can be made of Grape-Nuts and cream and I think it is necessary not to overload the stomach at the morning meal. I also know the great value of Grape-Nuts when the stomach is too weak to digest other food.

"This is written after an experience of more than 20 years treating the woods where the native ferns all manner of chronic and acute diseases, and the letter is written voluntarily on my part without any request for it."

Read the little book, "The Road ing matting will cause it to wear to Wellville," in pkgs. "There's a longer. If the family forms the Reason."

one appears from time to time. They A slovenly dragging of the feet are genuine, true, and full of human should not be allowed. interest.

#### Feathers

Tongue and Jelly Salad-To one lows are heirlooms, and are kept as planting because of the dryness and quart of ripe tomatoes add one slice such long after they should have heat. of onion, one bay leaf, a sprig of been consigned to the place where parsley and a stalk of celery. Sim- worn out feathers go. Feathers, like mer fifteen minutes. Cover one-half everything else, wear out, break, get box of gelatine with one-half cup of dusty and lump into heavy masses, cup of chopped cucumbers, half a cold water, let stand half an hour; if not attended to and aired regular- teaspoonful of salt, a few grains of dissolve over hot water, add to the ly. After having been used for cayenne pepper, half a teaspoonful of tomatoes, and strain. This may be many years, feathers are unhealthy, chopped parsley, one tablespoonful of done with the breakfast fire. Chill as they have absorbed all sorts of onion chopped fine, one and one-half small cups and fill with the jelly, and impurities and odors, and while no when ready to serve, turn out on longer fit for head-rests in bed, they slices of tongue; serve with mayon- may be renovated and put into new naise on lettuce leaves.-O. T. M., ticking for sofa and porch pillows. Whole Wheat Gems-One cupful under any circumstances, be used for cut and fold in the whipped cream, plates at table; make bibs for the of white flour, quarter cupful of pillows. Unless thoroughly dried and add the salt and cayenne just besugar, three teaspoonfuls of baking carefully attended to, they are propowder, half teaspoonful of salt, one lific breeding places for vermin and heap on molds. -- Mrs. LeB., Iowa. cupful of milk, one egg well beaten, are apt to take on an odor that is in one heaping tablespoonful of warmed no sense healthful or pleasant. They ful of dried beef as fine as may be yez lived to be two hundred years butter. Sift together thoroughly the should not be put into ticking until and mix with one tablespoonful of old?" flour, sugar, baking powder and salt; thoroughly cured, cleaned and puri- finely chopped parsley and the yolks add gradually the milk, egg and but- fied. The day for featherbeds to of three eggs; beat well; add the Brooklyn Life. ter; put in hot buttered gem pans, sleep on is happily past, and should

### Outside the Rug

Various methods are adopted where the floor left bare by the rug and the color must not be obtrusive. There are cotton and wool fillings, plain tapestries, and other kinds that may be used. In some rooms, matting may be used to cover the bareness. Denims in solid dark colors is sometimes used, as it is very inexpensive. A good coating of paint, followed by two or three coats of varnish will answer in most instances.

Our young people of either sex should be taught to do; they need the combination of manual effort with mental work, and real results of importance can not be obtained without this combination of hands and heads. This is being recognized, and the future is bright with promise.

Ellis L.—Bathe the sprain in hot salt water, every half hour, and sponge between baths with witch hazel, until improvement shows.

R. S .- For the ridge or shoulder on fruit jars, take any old file and file down smooth with the rest of the surface. Not difficult.

"Toilet"-Lanolin is the fat extracted from freshly clipped sheep's wool; is the basis of many toilet preparations, and is readily absorbed by the skin.

C. S .- House maid's knee is some times cured by keeping the knee bandaged and giving it a rest. If the fluid has to be drawn, it must be done by a skilled surgeon.

Housewife-The bleaching of flour injures its bread-making qualities, affecting both flavor and texture. It is claimed that the bleaching is done by the use of nitrogen peroxide.

Jennie L. - This correspondent says she is constantly admonished not to worry, but as she has real troubles, what is she to do? I do not know. I should like to be able to cut out a few worries, myself.

Lottie D.—The very best soil in which to grow house ferns, begonias and yellow oxalis is to be found in grow rankly. The soil is usually but a shallow deposit of soft, black, rich mellow earth.

E. S .- It is claimed that varnishhabit of lifting the feet and walking Ever read the above letter? A new carefully, the wear will be decreased.

H. H.—The best way to raise cel-

In many families, the feather pil- giving extra good care to the late M., Missouri.

## Contributed Recipes

Cucumber Sauce - Three-fourths teaspoonfuls of tarragon vinegar or lemon juice, and one-fourth cup of whipped cream. Let all but the whipped cream drain through a sleve fore adding the whipped cream, and uses.

Dried Beef Souffle-Mince a cup-

the plants can be bought, and should greased souffle dishes. If the mixbe set out up to the first of August, ture is too dry, add cream .- E. S.

> Don't put cheese, onions, melons, or other odorous articles of food in the refrigerator with other things. The odor will linger even after the things are taken out, and will spoil other foods.

A few yards of table oil-cloth will save a great deal of hard work for the housewife; use it on the pantry shelves; lay a square of it over the unused range; tack a piece on the wall beside the stove; make "plate Freshly-plucked feathers should not, for an hour, and when ready to serve squares" to lay under the children's baby for the summer. It has many

Flannigan-"Phot would yez do if

Lanigan-"Ol don't know yit."-

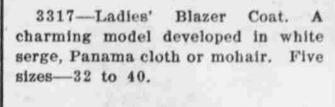
# Latest Fashions for Readers of The Commoner



3317

3327-Ladies' Shirt Walst. Lawn, linen or madras are adaptable to this stylish model. Six sizes—32 to 42.

3320-Ladies' Five Gored Skirt. Almost any material may be used to develop this skirt. Five sizes-22 to 30.



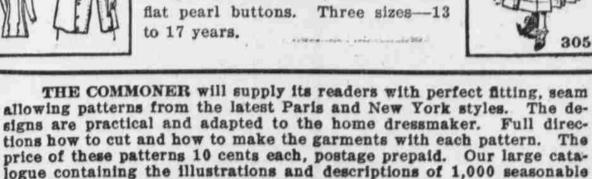
3324-Ladies' Shirt Waist. This pretty model is adaptable to linen, madras, lawn or taffeta. Six sizes-32 to 42.

3311-Ladies' Combination Corset Cover and Drawers. Developed in Persian or Victoria lawn, crossbarred lawn or nainsook this model will prove satisfactory. Seven sizes -32 to 44.

3052—Misses' Semi-Princess Dress closing with buttons down the front. This would look very becoming developed in blue linen, trimmed with



3052



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