

years later, in 1836. Sometime after its appearance, a friend handed her a leaflet containing the hymn, saying he was sure she would like it. Then, for the first time, she acknowledged its authorship.

Putting Up Vegetables

For canning corn and tomatoes together, the following is a good method: The proportions are one-third sweet corn to two-thirds tomatoes. Each vegetable should be prepared as for canning separately mixed and packed firmly in the jars as advised for corn, using a small potato masher or pestle. The jars should be filled to within a half inch of the top, and to each jar one-half level teaspoonful of salt should be allowed, then the jar should be filled to overflowing with fresh tomato juice or cold water. These jars should be fitted with new rubbers, and the glass or metal tops put in place, but not screwed down tightly; set the jars on the false bottom or rack in the wash boiler, or whatever they are to be boiled in, and the boiler filled to within two or three inches of the tops of the jars, with cold water; the vessel should then be put over the fire and the water brought to the boiling point gradually, then closely covered and allowed to boil for half an hour, then seal the jars tight and continue boiling for from one and one-quarter hours to two hours, then set off of the fire and the jars allowed to cool in the water before putting away. Some claim that after boiling for an hour or so, they should be allowed to stand for twenty-four hours, then the boiling repeated for an hour and a half, repeating on the third day.

This same process, though with longer boiling in the first water, will do for corn, beans and peas.

Fruits or vegetables put up with preservatives, such as are used by some cooks, are unhealthy, and will cause stomach trouble, as a preservative that will keep the contents

THE VERY TIME

When Powerful Food is Most Needed

The need of delicate yet nutritious food is never felt so keenly as when a convalescent gets a set back on account of weak stomach. Then is when Grape-Nuts shows its power for it is the most scientific and easily digested food in the world.

"About a year ago," says a Kansas woman, "my little six-year-old niece, Helen, left the invigorating and buoyant air of Kansas, where all her life she had enjoyed fairly good health, to live in the more quiet atmosphere of Ohio. She had a complete change of diet consisting of a variety of food, and of course a change of water, somehow she eventually contracted typhoid fever.

"After a long siege her case seemed hopeless, doctors gave her up, and she was nothing but skin and bones, couldn't eat anything and for weeks did not know even her father or mother. Her parents, wishing to get something delicate and nourishing, finally hit upon Grape-Nuts food for her and it turned out to be just the thing.

"She seemed to relish it, was soon conscious of her surroundings and began to gain health and strength so rapidly that in a short time she was well, playful and robust as if she had never been ill.

"We all feel that Grape-Nuts was the predominating factor in saving the sweet little girl's life."

Read the little book, "The Road to Wellville," 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.

of the jar will also keep them from digesting easily. Better depend on thorough sterilization and plenty of boiling.

Some Good Catsups

For catsups that are not intended to be cooked, everything should be of the best, and as freshly gathered as possible. Here are several good recipes:

Cucumber Catsup—Select fresh, tender cucumbers, not ripe, but in the white stage. Peel thinly and grate them into a large bowl until there is enough for two quarts of pulp after the juice is all drained out of them, pressing gently with a wooden spoon until the juice stops running. With this pulp add half a pint of grated white onions, half a pint of grated horseradish, half an ounce of ground black pepper, six level tablespoonfuls of very light brown sugar, and salt to taste. Mix the pulp and seasoning thoroughly. Have ready three quart jars; divide the mixture into three parts and put one part into each jar, then fill to overflowing with the best cider vinegar. As soon as all air spaces are filled with the vinegar, screw down the tops tightly, and set away in a cool place. Be sure that the jars are air-tight. This is fine.—Emory S.

Another—Half a peck of solid ripe tomatoes peeled and sliced; sprinkle lightly with half a cupful of salt and let drain for two hours. Then, to the pulp, add one cupful of grated horseradish, half a cupful of fine table salt, half a cupful of white and black mustard seeds, half and half, one cupful of grated onions, four celery heads chopped fine, or run through a chopping machine, one cupful of light brown sugar, one teaspoonful each of ground cloves, nutmeg and cinnamon, and three pints of best cider vinegar. Mix thoroughly and put away in large mouthed bottles or small jars; best sealed, but will keep without.

For Chili Sauce, eight quarts of tomatoes, peeled; three cupfuls of green peppers, two cupfuls of onions, three cups of sugar, one cupful of salt, three pints of vinegar, three teaspoonfuls each of cloves and cinnamon, two teaspoonfuls each of ginger and nutmeg. Chop tomatoes, peppers and onions very fine and boil all together for three hours, then bottle and seal.

Requested Recipes

Lady Fingers—Put into a large bowl one-half pound of powdered sugar and the yolks of eight eggs; beat until it forms a soft froth. Then beat the whites separately, and after you have stirred one-half pound of flour in with the yolks and sugar, stir beaten whites into the mixture lightly, adding at the same time about twenty drops of vanilla extract. Have on hand what is known as a paper cornet (a piece of stiff paper folded somewhat like a cornucopia) and pour the dough in this, then push it out on a baking tin lined with a buttered paper, in three lengths; sprinkle powdered sugar over the dough and bake in a slow oven.

A sweet salad dressing is made as follows: Boil one cup of sugar in one cup of water until the syrup begins to thicken; when cold add the juice of a lemon, an orange, and two tablespoonfuls of pineapple juice. This is enough for one pint of fruit, and may be used for any kind of fresh fruit which has been prepared by peeling and slicing the large kinds and seeding the small kinds. Mix and put into a cool place for several hours before serving.

Canning Corn With Salt

One of our readers asks for a "corn" recipe which appeared some time last year. As we gave several,

we re-print two, not knowing which may be wanted.

To Can Corn—Nine pints of corn, cut from the cob; one pint of sugar; half pint of salt, one pint of water. Mix and 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 just salt enough, then season with a little butter and cream thickened with a spoonful of flour; sweeten 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.

Pickling Corn—A Reader recommends this method of putting up corn for winter: Take good, firm ears, not too hard for table, and pick clean of silks; pour boiling water on a tubful of corn thus prepared. Have a barrel or cask half full of good, strong brine; take the ears from the tub and pack closely to within four or five inches of the top; make a good, strong cover to

fit inside the keg, weight it down and keep the corn under the brine all the time. The corn will not be as salty as one would suppose, as the cob absorbs the brine. When to be used, cut the corn from the cob and soak overnight. Early sweet corn, planted in July or even as late as the first of August, if good care is given it, will usually mature in time for putting up in this way.

A Corn Salad—One dozen large ears of sweet corn, just ready for table use; one medium sized solid head of cabbage chopped quite fine; three tablespoonfuls of ground yellow mustard cooked in one pint of vinegar; one cupful of sugar (coffee C), two red peppers chopped fine, three tablespoonfuls celery seeds, one tablespoonful of salt. Take one quart of good vinegar and heat to a boil; put into it corn, salt and sugar and let boil ten minutes; then add cabbage which should heat well through; take off the heat, add celery, peppers, hot mustard and vinegar, and stir well; seal scalding hot.

Latest Fashions for Readers of The Commoner



3313



3322



2900



3323



3319



2269

3313—Ladies' Shirt Waist. A very pretty waist developed in taffeta, pongee or China silk. Six sizes—32 to 42.

3322—Girls' Dress. Any of the pretty silk poplins or ginghams may be used to advantage for this model. Four sizes—6 to 12 years.

2900—Ladies' Semi-Princess Dress closing in front with an attached seven-gored skirt and a removable chemisette. Any of the summer silks would develop well in this style. Seven sizes—32 to 44.

3323—Ladies' Corset Cover. Embroidery flouncing is the best material for this model. Six sizes—32 to 42.

3319—Boys' Suit, consisting of a blouse slipped on over the head; and knickerbockers. Chambray would be best suited to this model. Three sizes—2 to 4 years.

2269—Ladies' Work Apron. Checked gingham, percale or muslin are adaptable to this design. Four sizes—32, 36, 40 and 44.

THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making, full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents.

In ordering patterns give us your name, address, pattern number and size desired.

Address THE COMMONER, Pattern Dept., Lincoln, Neb.