

pockets, and grate the fruit on a coarse kitchen grater. Put the sugar and water over the fire, stir until the sugar is dissolved, let boil five minutes, skimming well; then stir in the gated quince pulp and let cook slowly, stirring occasionally, for about thirty minutes, until it is thick, like honey. Put this into jars and seal as usual. This will keep, and improve with age.

Peaches and plums make a nice confection. Scald like tomatoes to remove the skin; plunge the peaches into the boiling water and leave for three minutes, then into cold water, and peel and pit with a silver fruit knife. One of the wire baskets used for frying is fine to hold the fruit when put into the boiling water. Have a bowl of cold water to which the juice of half a lemon has been added, and drop each peach into this as it is peeled, to prevent discoloration. When the syrup reaches the boiling point, skim the fruit out of the acid water and drop into the boiling syrup and let cook gently until tender; each quart of ripe peaches will require one-half cup of granulated sugar to one and one-half cups of water. Put one or two pits in each quart jar of fruit when cooking before canning. Be sure to seal air-tight.

For baking apples wash and remove the cores from as many apples as the pan will hold; put in the pan and fill the hole where the core was removed with granulated sugar and a little dab of butter; pour into the pan a cupful of water; bake in a moderate oven for twenty minutes, basting occasionally, or cover with another pan. Let the apples stay in the oven as it gradually cools, and

**A FOOD CONVERT**

**Good Food the True Road to Health**

The pernicious habit some persons still have of relying on nauseous drugs to relieve stomach trouble, keeps up the patent medicine business and helps keep up the army of dyspeptics.

Indigestion—dyspepsia—is caused by what is put into the stomach in the way of improper food, the kind that so taxes the strength of the strength of the digestive organs they are actually crippled.

When this state is reached, to resort to tonics is like whipping a tired horse with a big load. Every additional effort he makes under the lash diminishes his power to move the load.

Try helping the stomach by leaving off heavy, greasy, indigestible food and take on Grape-Nuts—light, easily digested, full of strength for nerves and brain, in every grain of it. There's no waste of time nor energy when Grape-Nuts is the food.

"I am an enthusiastic user of Grape-Nuts and consider it an ideal food," writes a Maine man:

"I had nervous dyspepsia and was all run down and my food seemed to me but little good. From reading an advertisement I tried Grape-Nuts food, and, after a few weeks' steady use of it, felt greatly improved.

"Am much stronger, not nervous now, and can do more work without feeling so tired, and am better every way.

"I relish Grape-Nuts best with cream and use four heaping teaspoonfuls as the cereal part of a meal. I am sure there are thousands of persons with stomach trouble who would be benefited by using Grape-Nuts. Name given by Postum Co., Battle Creek, Mich. 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.

the water in the pan will be like jelly. If the apples are sweet, more water is needed, and they will keep their shape; but tart apples will soften and become mushy if too much water is in the pan. When done, lift onto a platter, sprinkle thickly with sugar, and when cold, serve.

**Requested Recipes**

Mrs. S. C. A. wishes a recipe for a hot salad. Salads are usually served cold and as crisp as possible. Here, however, is a salad made of boiled, or cooked ingredients, which is perhaps what she wants. This is compounded of boiled or baked onions, baked beet-roots, cooked cauliflower, broccoli, celery and French beans, or any of these articles one happens to have, in quantities to suit the taste, or in left-overs; add to these articles a common salad dressing, and, if at hand, a small quantity of endives, lettuce, or chervil, as fresh and crisp as may be.

Melted Butter—Cut two ounces of butter into little bits and as soon as melted, add a large teaspoonful of flour and two tablespoonfuls of sweet milk. Instead of the flour, arrow root, or potato starch may be used. Stir until thoroughly mixed, then add six tablespoonfuls of water, hold over the fire and shake continuously in the same direction until it just begins to simmer; then let it stand to boil up. It must cook but an instant, and should be like thick cream. If the butter oils, put a spoonful of cold water to it and stir with a spoon; if it is very much oiled, it should be poured back and forward from one vessel to another until it is right again. Beating with a Dover's egg beater will make it perfectly smooth.

A Stomach Tonic—Peruvian bark, bruised, one and a half ounces; orange peel, bruised, one ounce; proof spirit, one pint; let these ingredients steep for ten days, shaking the bottle every day; let alone for two days, then pour off the clear liquid and cork tightly. Dose—a teaspoonful in a wine-glass of water twice a day, when you feel languid, when the stomach is empty, about an hour before meals. In low nervous affections arising from a languid circulation, or where the stomach is in a state of debility from age, or other weakening cause, this is most acceptable. This tends to promote appetite and aids digestion.—Medical Magazine.

**Contributed Recipes**

Creole Corn—Peel and cut into quarters four good sized, ripe tomatoes; put into a sauce pan with a dozen okra pods washed and cut into thin slices; cover and stew slowly for twenty minutes; add the pulp of a dozen ears of corn, a level teaspoonful of salt, one sweet pepper chopped fine, a dash of white pepper; cook over hot water, or in a double boiler for fifteen minutes, then add either four tablespoonfuls of cream, or two level tablespoonfuls of butter, and send at once to the table. This forms a most desirable sauce served with chicken.—Mrs. L. S.

Fried Tomatoes—Have only solid, nearly ripe tomatoes, not in the least soft; or green tomatoes, just ready to ripen may be used. Slice without peeling about one-fourth inch thick; roll in bread, or cracker crumbs, or in flour; have some butter, lard, or other frying materials in the skillet and let get very hot; salt the slices and lay them carefully in the hot fat, and let cook a few minutes, then turn carefully, and cook the other side. Take up as soon as the outer surface is cooked; do not wait until they are so soft they fall to pieces. This makes an excellent breakfast dish.

Corn Puffs—Score down the cen-

ter of each row of grains on six ears of corn, and with a dull knife press out the pulp. There should be one and a half cupfuls. Add to this a cupful of milk, the yolk of two eggs and half a teaspoonful of salt; then stir in one cupful and a half of pastry flour that has been sifted with one rounding teaspoonful of baking powder. Fold in the well beaten whites of the eggs and bake in gem pans in a moderate oven for about twenty minutes. Serve for breakfast. Excellent.—Mrs. M. L. H., Iowa.

**Care of Cooking Vessels**

It is claimed that many mischiefs result from the breaking and chipping of the enamel on cooking vessels of this material, as the fine, sharp particles go into the stomach with the foods. One can not be too careful of their cooking vessels, and it is absolutely necessary that they be kept perfectly clean, especially in such hot weather as we have in mid-summer; but cleanliness pays at all seasons.

**THE TWO BULL-MOOSERS**

When it comes to the part of bull-moose, it is evident that Brother Roosevelt has nothing on Brother Bryan. They are incontestably the two greatest bull-moose statesmen in the world. We forbear to forecast how Brother Bryan will come out at Baltimore—whether all the other delegates will eventually be pitched

out on his formidable webbed antlers, whether some desperate band of resolute democrats, bent on saving the party, will saw away the underpinning beneath his stall and drop him into the cellar, or whether some hardy candidate with spurs will presently jump on his powerful back, blind him with progressive blinders, and ride him to triumphant victory. We can't guess how it will come out. We do not know what finally happens when these wild creatures come inextricably up against civilization, and we have no mind to guess and be rated as a nature fakir.

It is enough to point out the great advantage Brother Bryan has over his rival bull in being a delegate and present in the convention and able to make his charges on the floor of the hall. That advantage he gained by not being himself an acknowledged candidate. Sagamore Hill must be full of pits pawed in futile wrath by Brother Bull-moose Roosevelt since he has seen what sensations his brother bull has been able to compass and by what means.

Not that it is certain that Brother Roosevelt could have done the like, even though unencumbered with candidacy. In vocal feats in a public assemblage he is not a match for Brother Bryan, and with an animal-trainer of the talents of Mr. Root to cope with, and Mayor Harrison's police force confronting him, his field would not have been as favorable as that at Baltimore. Nevertheless, the dirt must be flying on Sagamore Hill.—Harper's Weekly.

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