

berries; in England they attain a much larger size, richer color and more delicious flavor than with us. We, in this country, do not even know the names of many gooseberry dainties, the recipes for which are set down in every English cook book. Gooseberry jam, gooseberry tarts, marmalade, gooseberry fool, puddings, preserves, jellies, wines and cordials are all favorites, and most of them are known in this country through our English neighbors. It is one of the very easiest fruits to can and will keep, like pie-plant, if a jar is filled with the berries, then filled to overflowing with cold water, sealed air-tight, and set away. Very few people will refuse a triangle of well-made gooseberry pie, and a sauce made by stewing the green berries with plenty of sugar is agreeable to most of lovers of the peculiar tartness of the fruit.

Farmers' Bulletins

Answering several querists, we will refer them to the following bulletins, issued by the department of agriculture. These can be had by addressing a postal card to your congressman, or to the Department of Agriculture, Washington, D. C. Farmers' Bulletin, No. 526, "Mutton and Its Value in the Diet," contains directions for cooking mutton in sixty ways, as well as containing other valuable matter. Farmers' Bulletin No. 521, "Canning Tomatoes," which is valuable. Another free bulletin is "Home Canning," and can be had from the same source by asking for it. There are large numbers of valuable pamphlets issued for free distribution, the con-

PUT AWAY PICKLES

Mathematician Figures Out the Food Question

If anyone requires a clear head it is a teacher of mathematics. He must reason in the abstract as it were, and full concentration of mind is necessary if correct results are to be forthcoming.

An Ohio man writes: "I am a teacher of mathematics and for 15 years prior to four years ago, I either took a lunch composed of cold sandwiches, pickles, etc., to school or hurried home and quickly ate a hot dinner.

"The result was that I went to my afternoon work feeling heavy, dull of brain and generally out of sorts. Finally I learned about Grape-Nuts food and began to use it for my noon-day lunch.

"From the first I experienced a great change for the better. The heavy, unpleasant feeling and sour stomach caused by the former diet disappeared. The drowsy languor and disinclination to work soon gave way to brightness and vim in my afternoon work, a feeling entirely new to me.

"My brain responds promptly to the requirements put upon it, and what is of more importance, the results have been lasting and more satisfactory, the longer I have used Grape-Nuts as a food.

"My wife had been suffering from weak stomach accompanied by sick headaches nearly all her life. She is invariably relieved of these when she sticks to Grape-Nuts, either eaten dry or with milk. Her stomach has gradually grown stronger and her headaches less frequent since she began to eat Grape-Nuts." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read the booklet, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

tents of which should be studied by the family. If the family who can have even a small garden would "gather up the fragments that nothing be lost," canning them according to instructions given through this medium, it would greatly reduce "the high cost of living." Try it this season.

Requested Recipes

Preserving Strawberries Whole—Have the fruit as fresh and firm as possible, not too ripe, and do not wash unless absolutely necessary, and then, by pouring water through the berries laid in a colander, letting them drain, and bur quickly. When prepared, fill glass jars about two-thirds full with the fruit, put into a preserving kettle one pound of sugar and one cupful of water to each two pounds of fruit, and let come slowly to a boil; then boil for a few minutes; when partly cool, pour this hot syrup into the jars over the berries, filling to overflowing; put the covers on the jars loosely, and set the jars in a pan of cold water having a wooden rack in the bottom, or other protection for the jars, and let the water come to a boil, and boil until the fruit is scalding hot clear through, then screw down the tops tightly and leave until cool enough to handle, then dip the top of the jar into melted paraffin wax to further insure its being air-tight.

For the "Strawberry Sunshine Preserves," put into a large preserving kettle in alternate layers, equal parts of fruit and sugar by weight, to a depth of four to six inches. Put over the fire and let come slowly to a boil; skim and boil slowly for ten minutes, then pour the mixture into large platters to a depth of about two inches, set in the sunshine covered with glass, wire screens, or other protection from insects, and leave in hot sunshine for five days. Then put into glass tumblers and seal.

Berries and Pie Plant—Measure equal quantities of strawberries, chopped pie-plant and sugar, put into a suitable vessel and boil rapidly for fifteen minutes. Pineapple may be used instead of the pieplant; and no more than two or three pints should be cooked at once. Pour while hot into jelly glasses, or small cans, cover with paraffin paper, and keep cool.

Recipes Wanted

Stick Candy—One pound of granulated sugar and one cupful of water, a quarter of a cupful of vinegar, or half a teaspoonful of cream tartar, and one small tablespoonful of glycerine. Boil without stirring for twenty minutes, or until it will crisp when dropped into water. Just before pouring upon greased platters, add half a teaspoonful of soda. Be careful to skim off any scum that rises while the candy is boiling. If part of it is wanted to be colored, so as to stripe the stick, add the coloring while pulling part of it, then pull together to "stripe" it. After pouring the candy on the platter to cool, any desired flavoring may be poured over the top, or it may be added while pulling. When partly cool, pull until very white.

Scotch Marmalade—One large juicy orange, one large lemon and one grape fruit. Wash the fruit so the rind will be perfectly clean, then cut open, and extract the juice, rejecting the seeds and all the tough fibrous parts; chop the fruits, peel and all, or run through a chopper; then put the juice and the ground material together, and for every cupful of the material, add two cupfuls of water; let this stand in a covered bowl for from twelve to twenty-four

hours, then cool it half an hour and let stand for another twelve to twenty-four hours; cook again for half an hour, and add sugar, pint for pound and cook until done. This should fill about ten jelly glasses, and is fine.

Orange Marmalade—Allow a pound of sugar for a pound of fruit; peel half the oranges and cut the peel into shreds; boil in three waters, (changing the water three times) until tender, then set aside. Grate the yellow rind from the remaining oranges rejecting every bit of the thick, white inner skin; quarter the orange and take out the seeds. Chop into small pieces, drain off all the juice that will come away without pressing and pour over the sugar; heat this, stirring until the sugar is dissolved, adding a very little water, unless the fruit is very juicy. Boil and skim five or six minutes, then put in the boiled shreds and cook ten minutes more, then add the chopped fruit and grated peel and boil twenty minutes longer, not allowing it to scorch. When cooled, put into small glass jars and seal tightly.

Gleanings

Do not forget that the time is at hand when you must begin putting up fruit juices, beginning with the strawberry. The pure fruit juices can not be bought, unless of your neighbor, and it serves so many purposes during the hot months, in cul-

nary preparations, as well as for cooling drinks, that you can hardly have too much of it. Put up a goodly quantity, and seal tightly to keep it from fermenting.

Do not despise the day of small things. If you have any left-overs of fruit, make it up into jelly, jam, or if there is a sufficient quantity to fill one jar, can it at once. A half glassful of jelly will "come in handy" many times during the cold weather, and a teacupful of jam or marmalade will serve delightfully with the cold-day pudding. Save the fragments.

A writer in the Farm Journal (Philadelphia) tells us how to remove burs from the mane and tail of the horse. Any one who has felt, while doing the milking, the weight of a mass of burs matted into the cow's tail, might try it. Here it is: Take an oil-can and put oil on the matted parts, rubbing and working the mass until the oil strikes through, and the burs will slip out easily.

If you have plenty of cans, and many left-overs of vegetables, it is a commendable thing to cook the vegetables as for soup and can the mass. It can be used any time to thicken the soup, even a week hence, when you are in a hurry. Country people do not use soup as much as they should, but it is an excellent appetizer, and preparation for the heartier foods to follow.

LATEST FASHIONS FOR COMMONER READERS

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