

the teeth, it will cause them to become loose and fall out; a dentist should attend to it in time.

Tooth powder containing gritty substances, such as pumice stone, cuttle fish, bath brick, and similar ingredients are very injurious to the enamel of the teeth, and should not be used. Camphorated chalk makes an excellent tooth powder, and is composed of eight ounces of prepared chalk and one-half ounce of powdered camphor.

When the gums are tender and inclined to bleed, the following is a healing and soothing powder: Prepared chalk, one ounce; powdered borax, one-half ounce; powdered orris root, one quarter ounce. Myrrh is an astringent, and will harden the gums.

Common baking soda and fine table salt in equal proportions make a good tooth cleanser. The soda neutralizes the tenderness of the teeth arising from an acid stomach; with the addition of water, it makes an excellent mouth wash.

For the blue look imparted to the complexion by electric light, a tiny touch of liquid rouge lightly dabbed on, has been used by ladies of refinement. Carmin will yellow the skin after much use.

Almond meal is used in place of soap, where soap affects the skin disagreeably. It should be taken in the palm, moistened and applied to the face just as soap is; no soap is to be used with it. It can be had of the druggist, or at the department store, and is not expensive.

This remedy is recommended for falling hair: Three drams of aromatic vinegar, one ounce of acetic acid, one ounce of tincture of cantharides, two ounces of lavender water and six ounces of rose-water. Shake the mixture well before using, and rub a little well into the roots of the hair every other night, after brushing the hair well.

Some Contributed Recipes

Cooking Swiss Chard—Wash clean and pick over one peck of fresh swiss

CUBS' FOOD

They Thrive on Grape-Nuts

Healthy babies don't cry and the well-nourished baby that is fed on Grape-Nuts is never a crying baby. Many babies who can not take any other food relish the perfect food, Grape-Nuts, and get well.

"My baby was given up by three doctors who said that the condensed milk on which I had fed her had ruined the child's stomach. One of the doctors told me that the only thing to do would be to try Grape-Nuts, so I got some and prepared it as follows: I soaked 1 1/2 tablespoonfuls in one pint of cold water for half an hour, then I strained off the liquid and mixed 12 teaspoonfuls of this strained Grape-Nuts juice with six teaspoonfuls of rich milk, put in a pinch of salt and a little sugar warmed it and gave it to baby every two hours.

"In this simple, easy way I saved baby's life and have built her up to a strong, healthy child, rosy and laughing. The food must certainly be perfect to have such a wonderful effect as this. I can truthfully say I think it is the best food in the world to raise delicate babies on and is also a delicious healthful food for grown-ups as we have discovered in our family."

Grape-Nuts is equally valuable to the strong, healthy man or woman. It stands for the true theory of health. "There's a reason," and it is explained in the little book, "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.

chard; cover with cold water to which has been added one tablespoonful of salt. Boil twenty minutes, drain, and chop fine; melt two tablespoonfuls of butter, add a dash of pepper and four gratings of nutmeg, and rub into it one heaping teaspoonful of flour. Return to the fire and cook five minutes, then serve on a flat dish with slices of hard-boiled eggs as garnish. Spinach may be cooked in the same way.—Mrs. G. C. M.

Potato and Tomato Salad—Cut four cold-boiled potatoes into cubes, and two medium sized tomatoes into eighths; thoroughly mix the potatoes with three tablespoonfuls of olive oil, one tablespoonful of vinegar, salt and pepper to taste, and one tablespoonful of finely chopped chives. Mound in the center of a platter, surround with the sections of tomato, and border with lettuce.

Candied Pears—Peel and halve the pears, and take out the cores. Make a syrup by boiling one cup of water to each pound of sugar, cook until thick; drop the pears in this and let them cook until just tender—no more. Take from the fire and let stand in the syrup well covered, for two days. Then lift out the halves, drain them, and sprinkle sugar over each piece separately. Dry them slowly in the sun, or in a moderate oven heat with the door partly open. If well done, these can be sold readily. They may be packed in boxes lined with paraffin paper, with sheets of paraffin paper between each layer of candied fruit.

"Improving the Babies"

It has taken a long time and much talk to interest men and women in the idea that babies were worth fully as much as the stock on the farms, and that with the application to the younglings of the home of the improved methods of care in breeding, care of the prospective mothers, care of the newly-born younglings, care as to their food, hygiene, sanitation of their shelters, and careful training in health of mind and body, the "better babies" theory could be worked out to even greater satisfaction than that of the stockyards. To succeed in this much needed work we must go back to the babies yet unborn, and look after the health and morals of the future fathers and mothers, and satisfactory conditions must be had for the mothers of the hoped-for babies. All these things are developing. Speed the day of their coming!

Tomato Relish

Mrs. C. S. wishes directions for making a tomato relish. Here is one that is recommended: Scald and skin enough ripe tomatoes to make one peck; (they should not be too ripe, and the tomatoes should be measured before scalding and skinning.) Chop them, or run them through a chopping machine, as they must be cut fine, then put them into a thin cloth bag and hang up to drip overnight. In the morning chop four bunches of celery, six ripe peppers and six onions, and mix all together; add two ounces of mustard seed, five pounds of brown sugar, one pint of vinegar, one-half cupful of salt, a little cinnamon; and mix all well. Do not cook, as it will keep in crocks, but it is better to can and seal.

The Egg-Plant

Where egg-plant fruit is well known, it may be served many tempting ways, and is a favorite dish. It may be cooked plainly, or with elaborate dressing. For baked or boiled egg-plant, cook the plant without removing the skin or cutting. Baking is the preferred way of cooking, since it has a better

flavor. When it is perfectly cooked, so a fork can be run through the soft pulp, take off the skin as you would a baked potato, mash the pulp with a potato masher, or run it through a food chopper. Melt one tablespoonful of butter in a skillet and put the mashed pulp in this, season with pepper and salt as liked, and let cook until all the moisture has evaporated and the egg plant shows a tendency to stick to the bottom of the pan and brown. Boil as many eggs as you like until quite hard, peel, cut into slices about a quarter of an inch thick and fry in butter to a golden brown; put the egg-plant pulp in a dish and arrange the garnish of fried-egg slices around it.

For Fried Egg-Plant, peel very thinly and cut into slices about a quarter of an inch thick; do not put it in water to soak as is usually done, but dip the slices either in bread-crumbs, or in batter; or it may be simply salted and rolled in flour; fry in sufficient boiling fat to prevent sticking to the pan.

These are but two ways of cooking the vegetable, but there are a great many ways of dressing and serving it, either alone, or in combination with other vegetables.

Putting Up Tomatoes

Chili Sauce—Twelve ripe tomatoes, four medium size onions, two green peppers; one cupful of cider vinegar, four tablespoonfuls of salt, two teaspoonfuls of allspice, two tea-

spoonfuls of cloves. Run all these through a food chopper, and boil all together until the ingredients are tender, but not "mushed." Seal in small bottles or jars while hot.

Tomato Catsup—One bushel ripe tomatoes, one-half gallon cider vinegar, 13 medium size onions, one-half pint of salt; one half teaspoonful of cayenne pepper, two ounces each of cloves and allspice, three tablespoonfuls of black pepper. Boil the tomatoes until soft, and rub through a colander; have fresh, good spices, ground, and add to the pulp and boil all together for two hours, stirring frequently to keep from scorching when it thickens. Strain through a sieve and bottle boiling hot.

Tomato Jelly—Cut one peck of green tomatoes in pieces and boil until soft; strain, adding two cupfuls of sugar to one cupful of the juice, then boil for twenty minutes, adding one slice of lemon to each cup of juice.

Tomato Mustard—One peck of green tomatoes, one-fourth peck of sliced onions, one pound ground mustard; vinegar sufficient. Slice the tomatoes thin, sprinkle with salt (a teacupful is enough, and let stand over night; in the morning drain and squeeze out the juice. Run onions and tomatoes through a food chopper, then put in the porcelain kettle with the mustard and vinegar and boil steadily until it is thick as catsup, then pack in jars and seal. One quart of vinegar is the usual amount used to a peck of tomatoes.

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