

a good recipe: Juice and yellow rind of six lemons, one-half pound of washed butter, three pounds of sugar, yolks of twelve eggs and whites of six. This is enough for twelve tumblersful. Wash the butter as above, put in a saucepan with the sugar and melt. Beat the yolks of the eggs very light, and the whites until stiff. Squeeze the juice of the lemons into the beaten eggs, and grate the yellow rind from each lemon into the same. Cook the mixture in a double boiler until like thick cream, then fill the tumblers and cover with melted paraffine. This is an excellent filling for tartlets or layer cakes.

Tongue—Boil and skin either a salt or fresh tongue, and when cold trim off the roots, cover it with beaten egg and bread crumbs and bake for half an hour, basting it with one cup of grape juice; with it, when done, serve a puree of chestnuts made of a quart of chestnuts boiled, peeled and chopped, and to them add sufficient white stock to season, adding a pinch of mace. Press this through a sieve, place the tongue on top of it and serve hot with a good sauce made of tomatoes, onions, herbs and bacon strained.—E. H. K.

Contributed Recipes

Eggless Frosting—One cupful of sugar, four tablespoonfuls of milk, and one teaspoonful of butter. Boil all together without scorching until it is thick enough to drop from a spoon, then beat until cool enough to spread. If you wish chocolate icing or filling, make in the same way by adding the necessary amount of chocolate to color and flavor.

Unless you are a very good cook, it will be difficult to make a delicate cake without eggs, but by following this recipe, you can have a very good eggless cake for ordinary: One cupful each of sugar and sweet thick cream, a pinch of salt, teaspoonful of lemon extract, two cups of flour sifted with one and a half teaspoonfuls of baking powder. Beat until well blended and smooth, and bake in layers, using any good filling. Do not have the cream too thick, or the cake may be too stiff.

Another—One cup of sugar, half cup of butter, one heaping cup of unsifted flour, three-fourths cup of sweet milk, and sifted with the flour, one level teaspoonful of soda and a heaping teaspoonful of cream tartar. (Two teaspoonfuls of good baking powder may be used instead.) Cream the butter and sugar together, sift the baking powder with the flour, or, if cream tartar and soda are used, sift them together twice before adding to the flour, then sift with the flour, and add the milk to the butter and sugar before you add the flour; stir in the sifted flour, beat well, and bake in a moderate oven; frost with the above milk frosting, and if you have taken pains, you will have a good cake. I am a little girl, thirteen years old, but mamma says I am a good cook.—Lissa Hancock, Tennessee.

Chocolate as a Beverage

While we are warned against the chocolate in the form of candy, we are assured that as a beverage, rightly made and used, it is very nourishing, and its use is advised. Chocolate should be used as a part of the day's nourishment, rather as a desert. Taken the first thing on getting up of a morning, it is claimed to be both nourishing and stimulating; it is sufficiently rich to be taken alone, or with plain bread or rolls, when made with milk and sweetened. It should not be taken with a heavy meal, or with cake or pastry. It is claimed that unsweetened chocolate, carried about in the pocket, and nibbled occasionally, is one of the



the shoulders and has a very loose arm fitting, with a sleeve that may be either long or short. The closing is in front. The pattern 6555 is cut in sizes 34 to 44 inches bust measure. Medium size requires 2 yards of 44 inch material.

6600—Girls' Kimono Apron.—This apron may readily be turned into a dress by placing the closing at the side of the front and adding a belt. As an apron it may have a seam along the shoulder and down the arm or not, as preferred and either a round or square neck. The pattern 6600 is cut in sizes 2, 4, 6, 8, 10, 12, and 14 years. Medium size requires 2 1/2 yards of 36 inch material.

6605—Ladies' Apron.—For the woman who works the apron will be satisfactory without being too much of a covering. The front panel is shaped in a little to the figure and continues in a bib and shoulder straps. The pattern 6605 is cut in sizes 34, 38 and 42 inches bust measure. Medium size requires 4 1/4 yards of 36 inch material.

6593—Misses' and Small Women's Dress.—Ideal in its simplicity, this dress has a blouse with body and sleeves in one and with very loose armhole. It also has a side front closing and a round neck. The four gore skirt has a panel front and back, and high or regulation waistline. The pattern 6593 is cut in sizes 14 to 20 years. Medium size requires 4 1/4 yards of 44 inch material.

6625—Ladies' Dress.—This plain frock may answer for home wear or for the morning hours in the street. It has a plain blouse, with an ornamental line of closing, a low neck and a fancy collar. The sleeve is straight and plain. The skirt is cut in four gores. The pattern 6625 is cut in sizes 34 to

44 inches bust measure. Medium size requires 4 1/4 yards of 36 inch material.

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6616—Girls' Dress.—This pretty style gives a frock with blouse and skirt. The blouse is plain except for the long line of closing which is trimmed with revers extending from the collar. The skirt is plaited all around and is attached to the blouse. Both open at the left side of the front. The pattern 6616 is cut in sizes 6, 8, 10, 12 and 14 years. Medium size requires 3 yards of 36 inch material.

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quickest and most effective preventives for the exhaustion of prolonged shopping. Chocolate sweets, taken as it is by shoppers, in the form of candies and confections, is apt to overload the stomach with sugar and adulterants, thus causing fermentation and distress.

Spring Salads

People living in the suburbs or in country places can have for the picking so many tender young herbs that may be used for salads and greens. Dandelions, dock, sorrel, and many other herbs regarded as weeds, make the best of greens, and serve to cleanse the system so long clogged through the use of the heavy cold weather dishes served through the winter. Young onions, lettuce, the tops of turnips or beets that have been put in the ground in sheltered places for this purpose, young horseradish leaves, and many other well known to the country housewife. For there, a simple dressing is usually made, but many prefer them boiled with a bit of bacon or fat pork. If you attended to sowing spinach and other garden salad plants last fall there will be little lack of greens, and they cannot be served too often. If you neglected to sow them last fall be sure to do so now that you may have them until other vegetables are grown.

"Mothers' Day"

Mothers' Day comes the second Sunday in May. Every one who can do so is asked to wear a white carnation on that day in memory of his or her mother. Any flower will do as well, and if you still have the dear mother with you, do whatever you can to show your love for her. You know you have not always regarded "mother" as entitled to love and tenderness on your part, and right now is the time to remedy the omission of the past.

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