

through; measure the pulp and return it to the kettle; simmer gently for half an hour. To four quarts of pulp allow half a teaspoonful each of cloves and allspice, two teaspoonfuls of cinnamon, table salt, one tablespoonful; one-fourth teaspoonful of cayenne pepper, and half teaspoonful of black pepper. Cook all together for ten minutes, stirring well; put in bottles while hot and seal; set in cool dark place. No vinegar is used in this, but may be added when used, if wished.

Watermelon Preserves.—Take a medium-size ripe watermelon, cut in slices half an inch thick; pare off the green outside thinly, remove all soft or colored inside, cut the strips into two or three inch pieces, and let lie in medium-strong alum water for two or three hours. Make a syrup, allowing four pounds of sugar to five pounds of the melon, adding one cupful of water to the sugar, and let it boil up once. When it boils, add the melon, two sliced lemons, from which the seeds have been removed, and, if liked, one ounce of ginger root, and boil until the melon is clear, which will be about an hour, boiling slowly

ART OF REST

May be Acquired and Used With Great Benefit

Complete and restful poise of the body and mind is an art not easily gained.

Perhaps nothing brings one as much content, comfort, happiness and pleasure as those conditions of easy, restful, resourceful and well balanced mind and body, that make of work a pleasure and the daily life happy and peaceful.

The nervous housewife busy with a hundred duties and harrassed by children; the business man, worried with the press of daily affairs, etc., cannot enjoy the peace and restful repose and healthful nervous balance unless they know how.

There is a way. First and foremost the stomach must be consulted. That means leaving off coffee absolutely, for the temporary stimulant and the resulting depression is a sure ruin to the nervous system, and the whole condition of health and happiness rests upon stomach, nerves and mind.

Start with the stomach, that is the keystone to the whole arch. Stop using things that break down its power, upset its nervous energy and prevent the proper digestion of the food and the consequent manufacture of healthful blood and nerves, brain and tissues.

When you quit coffee take on Postum Food Coffee. That is like stopping the payment of interest and starting on a career where you are loaning money and receiving interest. The good results are double. You stop poisoning the system with coffee and start building up the broken down nerve cells by powerful elements contained in Postum. These are pure food elements ably selected by experts for the purpose of supplying just the thing required by Nature to perform this rebuilding.

These are solid substantial facts and can be proven clearly to the satisfaction of anyone, by personal experience. Try the change yourself and note how the old condition of shattered nerves and worried mind changes to that feeling of restful poise of a well balanced nervous system.

The managing physician of a hygienic sanitarium in Indiana says that for five years in his practice he has always insisted upon the patients leaving off coffee and taking Postum Food Coffee with the most positive, well defined results and with satisfaction to the most confirmed coffee toper.

The Doctor's name will be furnished by the Postum Co., Ltd., Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."

so the melon will not burn. Then take out the melon and lay it on dishes, returning the syrup to the fire and boil until quite thick (if boiled too thick it will granulate); return the melon, boil up once, put in jars and seal while hot.

Alcohol Pickles.—Prepare a liquid as follows: One pint of alcohol, five pints of water, half pint of sugar; pick the cucumbers every day, being careful to leave the stem on, and not to bruise the spines; rinse them very carefully, drop them into the liquid and set in a warm place.—Journal of Agriculture Cook Book.

Mangoes.—Take one peck of large peppers, cut off the larger end and take out the seeds; put in weak salt water over night. Then stuff with the mixture given below, sew on the tops, or ends, and lay in a jar until full; then, to one quart of vinegar, add three pounds of sugar, boil, skim, and pour over the peppers while hot. For stuffing, take four large, crisp cabbage chopped fine, one quart of onions, two quarts vinegar (or enough to cover two pounds of sugar), two tablespoonfuls each of ground mustard, black pepper, cinnamon, tumeric, celery seed, mace, and one tablespoonful each of alum and allspice. Pack the cabbage and chopped onions in a jar, with a little salt between the layers; let stand over night; then put into a cheese-cloth bag and let drip twelve hours. Now put into a jar, and scald vinegar, sugar, and spices together and pour over the vegetables. Next day pour off the syrup, scald, and pour over again; doing this three mornings in succession. The fourth morning, boil all together six minutes, and pack in jars. Cover closely to keep out all foreign matter.

The Why Of It.

There are two principal salts in our blood, and the supply has to be kept up. These are salts of potassium and salts of sodium. There is sufficient of the first in the food we consume, but not a full supply of the latter, and it is therefore necessary that we should add to the sodium salts a quantity of ordinary salt, or chloride of sodium. It is also necessary that the stomach contains a certain quantity of hydrochloric acid in order that the digestion may be aided, and also in order that many microbes we swallow may be killed. The acid is manufactured in the stomach by the combination of the chlorine of the salt and the hydrogen. For this reason we use salt on our meats and other foods.

O O

Pepper, mustard and other spices are used to arouse the glands of the stomach to their work, and supply the digestive juices. These condiments stir up the liver, which is very necessary for people who live sedentary lives. The less craving one has for spices, the stronger are the digestive organs. With elderly people, spices are generally beneficial, in moderate quantities.

O O

When tannic acid meets with albumen, they fall desperately in love with each other, and live together ever afterwards as tannate of albumen, or leather. In tea, there is any quantity of tannic acid, and the lining of the stomach is one huge mass of albumen. The tannic acid, when tea is taken into the stomach, absorbs as much of this as is allowed by the laws of chemistry, but it kills it in the process, and to this extent injures the stomach. Milk also contains albumen and, therefore, when milk or cream is taken into the stomach, the molecules of tannic acid select their albumen partners from it, and the albumen of the stomach remains single, and thus the lining is uninjured.

O O

Many raw vegetables contain a hard, fibrous substance, called cellulose. Cabbage contains a very large quantity of this matter, and taxes the di-

gestive powers greatly. But acids dissolve cellulose—and vinegar is an acid. This is why we take it with cabbage and salads, and perhaps that is why we like it so well, as there is no better judge of what is good for the stomach than a healthy palate. Oil or cream is also taken, because it protects the stomach from the biting acid.

O O

Our bodies need a certain quantity of nitrogenous and carbonaceous foods. Porridge does not contain sufficient of the former, and this is admirably supplied by the use of skimmed milk or buttermilk. Sugar and butter are useless for this purpose, but the butter is wanted, also, to a certain extent, for neither the porridge nor the skim-milk has sufficient fat. The best way to take porridge, and the most palatable when you can do so, is to boil the oatmeal in buttermilk and eat it with cream.—Washington Times.

Query Box

Holly.—Answered you by mail, as requested. "Ass, and ye shall receive," you know. We are glad to help you.

Sufferer.—The charcoal tablets will certainly do no harm, and willow charcoal is recommended to sweeten the stomach. I think they can be had of any druggist.

Tessie.—To bleach your faded summer dresses, boil in soapsuds until the color disappears, rinse, and dry in the sun. One or two washings will entirely whiten them.

Mrs. H. M. B.—Thanks for the "mite" which will appear in "Little Helps;" also for kind words. Sent the verses as requested. Am glad if I can serve you.

Louie.—A good home polish for the patent leather foot-wear is new milk, applied lightly with a soft cloth, and as soon as dried a little, polish with a bit of soft old silk.

Allie.—The whole wheat bread recipes were given in The Commoner of date of August 21, under heading, "Biscuits and Breads." Many thanks for kind words. If the recipe is not what you want, write again.

Annie.—An exchange says, to avoid the effects on the eyes when peeling onions, stick a small piece of pared potato on the point of the knife you are using. A chemical affinity attracts the fumes, till the potato reaches a certain degree of saturation, when it can be replaced by another piece.

Tourist.—Heavy, rainy day shoes which have hardened after a wetting may be softened by rubbing freely with coal oil. Hot castor oil, rubbed into the leather until all grease disappears, will make the shoes nearly waterproof. The oil must be well rubbed in, not merely applied.

T. S.—As your query concerned only your own affairs, and was not of general interest, you should have sent a stamped, addressed envelope, or, at least, your name and address, that I might have answered you by mail, which I should have gladly done. If my opinion is worth anything to you, you might try it again, under those conditions.

Mrs. C. J. B.—Your encouraging words, both of The Commoner as a whole, and of the Home Department, are appreciated, with thanks for same. As we may not publish addresses of business houses in this department, and as you did not give your address, I will have to ask you to write again, giving your address, and I will aid you, if I can.

Young Cook.—To make rhubarb jam, wash and cut the rhubarb into inch pieces and lay in an airy place for two days, thus drying out some of the super-abundant water. Use three-quarters of a pound of sugar to one of rhubarb. Put the sugar into a preserving kettle with a cupful of water, teaspoonful of essence of ginger and the juice and grated rind of a large lemon. Boil for ten minutes. Put in

THE ROOT OF THE MATTER.

He Cured Himself of Serious Stomach Trouble, by Getting Down to First Principles

A man of large affairs in one of our prominent eastern cities by too close attention to business, too little exercise and too many club dinners, finally began to pay nature's tax, levied in the form of chronic stomach trouble; the failure of his digestion brought about a nervous irritability making it impossible to apply himself to his daily business and finally deranging the kidneys and heart.

In his own words he says: "I consulted one physician after another and each one seemed to understand my case, but all the same they each failed to bring about the return of my former digestion, appetite and vigor. For two years I went from pillar to post, from one sanitarium to another, I gave up smoking, I quit coffee and even renounced my daily glass or two of beer, but without any marked improvement.

"Friends had often advised me to try a well known proprietary medicine, Stuart's Dyspepsia Tablets, and I had often perused the newspaper advertisements of the remedy, but never took any stock in advertised medicines nor could believe a fifty-cent patent medicine would touch my case.

"To make a long story short I finally bought a couple of packages at the nearest drug store and took two or three tablets after each meal and occasionally a tablet between meals, when I felt any feeling of nausea or discontent.

"I was surprised at the end of the first week to note a marked improvement in my appetite and general health and before the two packages were gone I was certain that Stuart's Dyspepsia Tablets was going to cure completely and they did not disappoint me. I can eat and sleep and enjoy my coffee and cigar and no one would suppose I had ever known the horrors of dyspepsia.

"Out of friendly curiosity I wrote to the proprietors of the remedy asking for information as to what the tablets contained and they replied that the principal ingredients were aseptic pepsin (government test), malt diastase and other natural digestives, which digest food regardless of the condition of the stomach."

The root of the matter is this, the digestive elements contained in Stuart's Dyspepsia Tablets will digest the food, give the over-worked stomach a chance to recuperate and the nerves and whole system receive the nourishment which can only come from food; stimulants and nerve tonics never give real strength, they give a fictitious strength, invariably followed by reaction. Every drop of blood, every nerve and tissue is manufactured from our daily food, and if you can insure its prompt action and complete digestion by the regular use of so good and wholesome a remedy as Stuart's Dyspepsia Tablets, you will have no need of nerve tonics and sanitariums.

Although Stuart's Dyspepsia Tablets have been in the market only a few years yet probably every druggist in the United States, Canada and Great Britain now sells them and considers them the most popular and successful of any preparation for stomach trouble.

the fruit and boil half an hour, or until thick enough, stirring constantly. It will not need sealing.

Don't plant your bulbs upside down. The bottom of the hyacinth is slightly flattened, with a small, raised ring around which the roots start; plant this ring down. The crown, or top of the bulb is usually a little pointed, and this top, or point should be just even with the top of the soil in your pots. If you are planting out in the border, the bulb should be planted five or six inches below the soil.