

Put into a preserving kettle with a little water, cover closely and let simmer until the apples turn yellow, then take them out into a dish and let them cool. Pare and core them. Put fresh, clean grape leaves in the bottom of a saucepan, add the apples and water and cook until tender, but do not allow them to boil. When cooked, weigh them, and to each pound allow one pound of sugar. Place sugar in saucepan with just enough water to dissolve it and stir over the fire until melted; then boil and skim until clear. Add the fruit and cook very slowly until very tender and clear. Pack the fruit in jars and pour the hot syrup over them and seal.

**Wild Crabapple Jelly.**—An economical way is to dip off the juice from cooked apples and leave the fruit in the kettle, adding more water to the apples, if necessary, and cook them down to a pulp, then rub them through a coarse sieve or colander, adding brown sugar, pint for pint, stirring down and cooking until thick. The juice dipped from the fruit will make a nice jelly, and you will thus have a jelly and a jam from the same apples.

**Gingered Peaches.**—Soak one-half ounce of green ginger in a cup of water. Peel and cut up four pounds of ripe peaches, and place in layer on a large platter, sprinkle well with sugar, add layers of peaches and sugar until all are used. In the morning turn them into a granite or porcelain kettle, add the ginger water and simmer—not boil—four hours, or until thick and rich.

#### Query Box

**Mrs. C. S.**—Any good cook book will give you many recipes for using tomatoes. I give you a few in another column.

**Katie L.**—There is nothing better for the sick than fresh air and pure

#### AS EASY.

##### Needs Only a Little Thinking.

The food of childhood often decides whether one is to grow up well nourished and healthy or weak and sickly from improper food.

It's just as easy to be one as the other provided we get a proper start.

A wise physician like the Denver Doctor who knew about food, can accomplish wonders provided the patient is willing to help and will eat only proper food.

Speaking of this case the Mother said her little four year old boy was suffering from a peculiar derangement of the stomach, liver and kidneys and his feet became so swollen he couldn't take a step. "We called a Doctor who said at once we must be very careful as to his diet as improper food was the only cause of his sickness. Sugar especially, he forbid.

"So the Dr. made up a diet and the principal food he prescribed was Grape-Nuts and the boy, who was very fond of sweet things took the Grape-Nuts readily without adding any sugar. (Dr. explained that the sweet in Grape-Nuts is not at all like cane or beet sugar but is the natural sweet of the grains.)

"We saw big improvement inside a few days and now Grape-Nuts are almost his only food and he is once more a healthy, happy, rosy-cheeked youngster with every prospect to grow up into a strong healthy man." Name given by Postum Co., Battle Creek, Mich.

The sweet in Grape-Nuts is the Nature-sweet known as Post Sugar, not digested in the liver like ordinary sugar, but pre-digested. Feed the youngsters a handful of Grape-Nuts when Nature demands sweet and prompts them to call for sugar.

There's a reason.

Get the little book "The Road to Wellville" in each pkg.

water, with suitable diet. Children's styles vary but little from season to season. Small boys are happy in Russian suits, and in Norfolk and Knickerbockers.

**Housewife.**—Squeeze the juice from a lemon, dip the shell in salt and powdered brickdust and use for scouring brass or copper.

**"Nervous."**—Physicians advise a bedtime lunch for nervous or emaciated people; often one is nervous and restless because the stomach being empty, the blood goes to the brain.

**Topsy.**—Being thin, you will not enjoy your water-drinking as much as your stout sister, as the stout sister will perspire a great deal more freely, and can, because of this, stand using more of the fluid.

**S. M.**—If the use of the gasoline in routing insect pests has failed you, it must be your fault; the gasoline treatment is "standard." Turpentine is also a "specific." Try again and again.

**Busy Bee.**—Fill the cracks in the plaster with a mixture of plaster of Paris and vinegar instead of using water. It will not "set" so soon, and you will thus have a longer time in which to finish before it hardens. Make but a small quantity at a time.

**Anxious.**—To take the stains of ice cream from your silk, place the stained spot on a piece of blotting paper or absorbent cotton and sponge with chloroform or gasoline; when dry, sponge with tepid water and a pure soap, and rub with a flannel until perfectly dry. The ice cream leaves a stain of both grease and sugar.

**Dan R.**—Staining the floor is preferable, as well as cheaper. The paint is opaque, and will conceal the grain of the wood, while the stain will simply dye it, giving it the appearance of hard wood finish. After thoroughly drying the stain, there should be given it two coats of varnish. If the work is well done, and the floor not much used, one coat of varnish a year will be sufficient; if much used, it will need two.

**Elizabeth.**—A good soap cream for cleansing the pores of the skin is made as follows: Melt fifty grams of strained honey, forty grams of pure castile soap and thirty grams of white wax together; add ten grams each of tincture of benzoin and storax, mixing thoroughly. Use this instead of soap for washing the face before retiring. Is this what you want? About the eczema, see your physician. Brushing does not affect the color of the hair, except that it makes it glossy. Use salts of tartar for a shampoo, two or three times a month. Your druggist will tell you how to dilute it.

**Emma T.**—You should not need anything to keep your hands smooth at this season of the year. Here is the recipe: Mix equal parts of glycerine and lemon juice; after washing the hands, before drying them, pour a little of the mixture in the palm and rub thoroughly over the hands. Rub until the mixture dries in. This is simple and inexpensive. Another is as follows: One small cake of good toilet soap, grind or pound fine, and melt in a double boiler with a teaspoonful each of borax and oatmeal (not rolled oats), a tablespoonful each of witch hazel and glycerine and two ounces of rosewater. Melt and pour into a jar. This is a soap jelly, to be used in washing the hands.

**Housekeeper.**—Castile soap can not profitably, if at all, be made at home in small quantities, as it calls for expensive ingredients and special machinery.

#### Putting Up Fruit

Use as little water as possible when canning fruits. Berries, plums, cherries, grapes and tomatoes do not need

any water, if set on the back of the range with gentle heat until the juice is started. Tomatoes keep better if salted and peppered as for table use when put up. Fruit will not keep unless air-tight; to test the jars, after screwing on the top, turn the jar upside down on the table and if there is the slightest oozing of juice from any point around the edge, put the jar upright again and, with the handle of a knife, press the rim of metal down tightly against the rubber and test again. When thoroughly tested, leave the jar setting upside down until cold, then put away in a cool dark place. Many kinds of fruit and vegetables are affected by the light after being canned, and it is better to wrap them in brown paper, such as the groceries come in, or the paper sacks may be saved and slipped over the jars.

In making plum jelly, add a teaspoonful of soda to a gallon of juice to take away the strong taste. While making, be sure to remove all scum from the top as it rises. Always put the jelly in small glasses or jars, so that only the quantity to be used within a short time may be disturbed. As the jelly cools, a hollow is formed in the top, and when it is cold, pour into this a little melted paraffin wax, in order to effectually exclude the air, and avoid mold.

In making tomato preserves, butter or catsup, cook slightly, pour into a strong cloth bag and drain over night. In the morning, pour the juice out, for its use will only make the tomato strong-tasted, besides, it will save much time which would be required to boil it down. The juice can be used for making vinegar.

Use porcelain or marbled kettles for putting up fruits. If one has a bell-metal kettle, which has the virtue of remaining "as good as new" from generation to generation if taken care of, it should be kept perfectly clean, else its use is not to be encouraged. It is really a simple matter, however, to keep it clean, and only requires to be set over the fire and in it boil a cupful of good vinegar and half as much salt, swabbing the liquid all over the inside while hot with a rag fastened mop-fashion on a stick; after having brightened it in this wise, scour it, inside and out with some good scouring material—brick-dust, spanish whiting, wood ashes, etc., give it a washing all over and dry thoroughly. When ready to use it, scald with the vinegar and salt, wash quickly with hot water and use. Always wash it at once on turning the contents out, and rinse thoroughly before putting more fruit into it. If taken care of, it is much to be preferred, on account of durability, to the frail, easily ruined porcelain.

#### Green Grape Jelly.

Pick the green grapes just as they begin to turn, if you want "looks" as well as taste to your jelly. Stew them in water enough to cover them, mash and pour into a thin flannel bag and let drip until thoroughly drained; do not squeeze the bag, as this will force the fine pulp through with the remnant of juice, and make your jelly muddy-looking. To one pint of the juice, add one pound of granulated sugar, and boil until it jells, which will ordinarily be in about twenty minutes.

#### For the Sewing Room.

The summer is practically ended, and the thoughts of the careful mother turn to the wardrobe of the little folks who are either already, or soon-to-be in the school room. The wise mother is she who carefully looked over the last winter garments, carefully sorting and parcelling them before putting them away for the summer. A



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little overhauling, in this case, will show the available material now on hand for first wear during the crisp autumn days before the real "flannel" weather begins, and also the number and size of the garments to be passed down the line by letting out, making over and remodelling with the aid of a few yards of new material for trimmings, etc.

Many of the dainty little dresses worn through the summer can still serve their purpose, the necessary additional warmth being secured by wearing light weight flannels, or those worn thin through last winter's service. A little, light weight jacket may be added for the quite cool, or damp days. Many of the little dresses are made in suspender style, to be worn with a suitable gump and these patterns, the "made overs" may be made with the skirt and suspenders of one material, the gump being made of another. The suspender suit is particularly becoming for the over-grown girl of thirteen or fourteen years of age.

The girl's school outfit should contain plenty of aprons, and there are many attractive ways of making them. A very pretty style, quickly made and easily laundered is one which entirely covers the dress, shaped only by shoulder and under-arm seams, and finished at the lower edge with a deep hem. It is plain at the front, and at the back, where a button-closing is arranged. A flat collar completes the neck, and tie-strings bow at the back. This apron may be made with or without the collar, pockets, tie-strings or sleeves, and can be trimmed as elaborately as one wishes, or can be made entirely plain.

The long blouse is invariably becoming to the small boy, and is of easy construction. It is shaped by under-arm and shoulder seams, and is box plaited at the back and front, a short closing being arranged under the center front plait.

#### BETTER THAN SPANKING.

Spanking does not cure children of urine dimitties. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 169, Notre Dame Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it