

# The Commoner.

able, you know, but what will help one may do another no good.

## The Salt Bath

An article much used in the bath room just now is salt. Nearly all physicians recommend its use in some form, with either hot, tepid or cold water, and, in many instances, without any water at all, except enough to just moisten the salt. With some, the coarsest salt possible to get (sea salt, preferably) is thrown into the bath water, and used as a sort of weak brine; the temperature of the water should be such as is ordinarily used for the bath, and only the best, if any, soap should be used. Another form of use is to complete the scrubbing process, then, taking large handfuls of moist salt, rub the whole body and limbs with this, following the "scour" with a rinsing off in cool, clear water. This is said to be very strengthening.

Another process is to take a small Turkish towel and dip it into a strong solution of salt and water, wring out and hang in the sunshine until dry; then, at night, in your room, give your whole body and limbs a "dry-rub" with this dry, salty towel. The same towel may be used several times, then washed out, re-salted and dried, and used again. This is an excellent tonic for the skin, and certainly brings the blood to the surface. These applications of salt are just as well for a well person as for a sick one, and is claimed to be the most refreshing of all baths and rubs ever tried. Its effect upon the skin and complexion are magical. The application is so simple and easy that any one can take these baths at home by simply putting a few pounds of coarse salt into a jar, pour just enough water on it to moisten it well, then, standing in a bath tub, or even on a piece of oil cloth, take up handfuls and rub briskly, but not so hard as to "scrape" the skin, over all parts of the body and limbs; then, take a thorough douching, or rinsing off with as cold water as can be comfortably borne, following this with a brisk rubbing with dry towels. These salt baths are becoming very popular with sanitarians, private hospitals and bath establishments, and for each bath you pay 50 cents to \$1 at these places, but taking them at home, you are out but the trifling sum of a few cents for the salt, and some exercise in applying it. There is nothing more refreshing for bodily exhaustion.

## Requested Recipes

Pare and take out the cores of seven good sized sweet apples without dividing them, boil half a pound of sugar in three-fourths of a pint of water for ten minutes, then put in the apples with the rind of half of a lemon or four cloves, as you prefer, and simmer (not boil) gently until tender, taking care not to let them break. Dish them neatly on a glass, or other pretty dish; boil down the syrup quickly to a nice syrup, let cool a little and pour it over the apples. Have ready a half-pint of nice custard and pour it round, but not over, the apples when they are quite cold. This is a nice dish for Sunday evening.

**Beef Loaf.**—For the children's school lunch. Chop fine one and a half pounds of raw beef; roll fine four square crackers and add to these one cup of milk, one-third cup of melted butter and two well-beaten eggs. Flavor with salt, pepper, sage and a few drops of onion juice; mix well, pour into a deep dish and bake for an hour in a moderate oven. Slice when cold.

**Mustard Pickles.**—Twenty-five med-

ium sized cucumbers, six mango peppers, one quart white onions, one quart green tomatoes, two quarts good vinegar, four cups brown sugar, tablespoonful of celery seeds, one-fourth teaspoonful of tumeric, three-fourths cup of flour, one-fourth pound ground mustard. Chop the vegetables well, mix all together (if possible run through a meat chopper) and cover with salt water over night; in morning drain, pressing out all the liquor; put the vinegar in a porcelain-lined kettle, mix the mustard, flour and tumeric together and moisten with a little cold vinegar and stir carefully into the boiling vinegar, stirring constantly until it begins to thicken; then add the sugar and celery seed and vegetables and boil all together carefully for five minutes, not allowing it to scorch.

**Apple Custard.**—Line a pie-plate with nice crust, put in two layers of sliced apples, sprinkle with one tablespoonful of flour, three tablespoonfuls of sugar, and scatter small bits of butter over it; pour over all one-half pint of rich milk, and, before placing in the oven, spice as preferred. Bake slowly, as any custard.

## Timely Recipes

**Dried Pear Tomatoes.**—Make a syrup in proportion of one-half pound of sugar to one-half pint of water to each pound of fruit; boil the pear tomatoes until tender, then skim from the syrup and spread on plates; the following day, boil up again in the syrup, and spread on plate, repeating this for three days. Then, after spreading the fruit on plates pour syrup over the fruit and set to dry, in the sun if possible; when dried, put in bags so that no insect can reach them.

**Green Tomato Sweet Pickles.**—Slice thin one peck of nice green tomatoes and six large onions; sprinkle one cup of salt over them and let stand over night. Drain in the morning, cover with three quarts of water and one quart of vinegar; boil five minutes, then drain; add to the tomatoes four quarts of vinegar, two pounds of brown sugar, two tablespoonfuls each of ground cinnamon, cloves, ginger and mustard, a small piece of red pepper, and boil all for fifteen minutes. If preferred, use stick cinnamon and whole cloves, ginger and mustard, tying all in a muslin bag and leaving among the fruit.

**Tomato Figs.**—Peel small tomatoes, then add to them their weight in granulated sugar; let stand until morning. In the morning, drain off liquid strain, and cook to a thick syrup and pour over the tomatoes. Repeat daily until the juice does not thin the syrup; then spread tomatoes on plates, set in hot sunshine or a slow oven, turn often, sprinkling each time with sugar. The syrup from this should be strained through the colander to take out the seeds, add two or three peach leaves, and cook down as thick as molasses, and use for honey.

**Baked Pears.**—Core medium sized pears and fill the cavity with a mixture of cherry, red currant or quince jelly and chopped almond, or other nuts; place in a deep baking dish, pour in one cupful of hot water in which a half cup of sugar has been dissolved, and bake slowly until tender; baste frequently with the syrup, and serve hot or cold, with sweetened cream.

## Contributed Recipes

**Baked Sweet Potatoes.**—Pare five or six sweet potatoes and cut into thin slices; put a layer into the bottom of a baking dish sprinkle with sugar, salt and a bit of paprika, then another layer of potatoes, etc., and so on until the dish is full, covering the last layer with bits of butter; add sufficient water to come to the top

of the potatoes; cover dish and bake one hour in a slow oven, then uncover and slightly brown.

**Watermelon Rind Preserves.**—(Requested.) Pare the thin green rind off the outside, and remove the soft pulp from the inside of the rind. Cut into squares, or fancy figures as preferred, sprinkle with one-third of a teacupful of salt to each gallon of prepared rind, put into an earthen or porcelain vessel and let stand overnight; in the morning drain off all the brine carefully, pressing it out of the rind, and cover with cold water, and bring to a boil. Cool again until it can be handled with the hands, and squeeze out all the water possible. Make a thick syrup from sugar and water, allowing one quart of sugar to each quart of rind; add the juice of three lemons and the parings from six, for each gallon of rind. Then put all into the syrup and cook until tender, skimming well; when done, bottle and seal.

**Fruit Salad.**—One-half box of pink gelatin, one-half box of white gelatin, dissolved in cold water; let stand half an hour, then add one quart of boiling water, pouring the mixture over three cups of granulated sugar; have ready eight oranges sliced, eight bananas, one and a half pounds of white grapes, several slices of pineapple and a few candied cherries. Pour the liquid over these and let it stand until it "jells."

**Peaches for Dessert.**—Select free stones, drop them into boiling water for two minutes, then take them out and drop them into ice water; slip the skins, divide the peaches and take out the stones; chill them on ice and fill the cavities with fine white sugar join the halves and serve them with cream on pretty dishes. Only choice peaches should be used this way.

## Sulphurated Fruits

Some years ago, while spending a vacation in the woods country of the southwest, I was given a recipe for keeping apples, but I have not tried it. It was vouched for by several of the best housekeepers of the neighborhood. I have seen, in other papers, calls for the recipe, and I give it here, hoping some one may try it and report.

The first recipe calls for whole fruits. Take a clean barrel with but one head; place an old kettle in the bottom of the barrel, and into this put some live coals, on which pour a few tablespoonfuls of sulphur. Have your apples nicely cleaned and packed in a basket, and hang the basket over the burning sulphur in the barrel, covering closely with anything that will keep the fumes of the sulphur inside. Let the basket of fruit hang under cover until the fire has died out, which will be for some hours. The apples will be covered with a "sweat," and must be packed closely in a barrel, keg, jar, or other receptacle that will not leak, adding more apples as you prepare them until the receptacle is full. Then put a weight on them, cover closely, and leave for future use.

When wanted for use, wash the fruit, as you take it out of the water, which the fruit itself will make.

Another way, is to pare, quarter and core the apples (or other fruits), and, having prepared your barrel, and the burning sulphur, pack in baskets and suspend over the sulphur inside the barrel covering thickly, to confine the sulphur fumes, and leave for three or

four hours, occasionally stirring the fruit so that the fumes may penetrate to every part being careful not to keep the barrel open. Then pack the fruit in earthen jars, tie a cloth over them and keep in a cool, dark place. When wanted soak for a little while in clear water, then cook as usual. When ready to use, it would be best to expose the amount

wanted to the air for a few minutes or an hour, in order to dissipate all trace of the sulphur which may linger. There are several other methods, all pretty much the same; and I wish any one who tries any of them will let us know how the plan succeeds. The fruit should be weighted down to keep it under the water it makes.

## COMPLIMENTS TO MR. BRYAN

An exercise in the study of style and thought that sometimes affords amusement is to choose a fine passage from some famous orator or writer, suppress the name and submit to the company the question, "Who is the author?" We suggest that those interested in oratory and in the great topics of the time should try this upon some passages of a recent famous public utterance. Take this for instance:

"What is needed in legislation is a vigilant and effective control of corporations, so as to secure just and equitable dealing on their part toward the public generally, toward their smaller competitors, and toward the wage-workers in their employ."

Or take this:

"The only way effectively to meet the corporations is to give to the executive department of the government a more direct and there more efficient supervision of their management."

Or again, a third:

"I believe that all corporations engaged in interstate commerce should be under the supervision of the national government."

Nine men in ten would say this is Bryanism, and therefore it must be from Bryan. And if anybody should say this is from Mr. Roosevelt's address at Chautauqua he would be accused of vilifying the chief magistrate.—*New York World*.

## HONEST PHYSICIAN

### Works with Himself First

It is a mistake to assume that physicians are always skeptical as to the curative properties of anything else than drugs.

Indeed, the best doctors are those who seek to heal with as little use of drugs as possible and by the use of correct food and drink. A physician writes from Calif. to tell how he made a well man of himself with Nature's remedy:

"Before I came from Europe, where I was born," he says, "it was my custom to take coffee with milk (*cafe au lait*) with my morning meal, a small cup (*cafe noir*) after my dinner and two or three additional small cups at my club during the evening.

"In time nervous symptoms developed, with pains in the cardiac region, and accompanied by great depression of spirits, despondency—in brief, 'the blues!' I at first tried medicines, but got no relief and at last realized that all my troubles were caused by coffee. I thereupon quit its use forthwith, substituting English Breakfast Tea.

"The tea seemed to help me at first, but in time the old distressing symptoms returned, and I quit it also, and tried to use milk for my table beverage. This I was compelled however to abandon speedily for while it relieved the nervousness somewhat, it brought on constipation. Then by a happy inspiration I was led to try the Postum Food Coffee. This was some months ago and I still use it. I am no longer nervous, nor do I suffer from the pains about the heart, while my 'blues' have left me and life is bright to me once more. I know that leaving off coffee and using Postum healed me, and I make it a rule to advise my patients to use it." Name given by Postum Co., Battle Creek, Mich.

There's a reason.