

pork drippings may be used.—Mrs. F. C., of New York.

Requested Recipes

Mrs. Belle C.—For the vinegar custard, this is recommended: Three eggs, one cupful of sugar, half a cupful of good cider vinegar, one heaping tablespoonful of flour, butter the size of an egg, and half a cupful of hot water. Beat the yolks of the eggs with the sugar, add the butter and hot water and the juice of one lemon with the vinegar; mix the flour smooth with a little cold water and add to the other ingredients. Bake with one crust, as other custards. Beat whites of the eggs with a little sugar, spread on top and return to the oven to brown very slightly. This amount will make two pies, and is recommended.

L. P.—This is recommended for canning grapes: Use only fresh, not too ripe fruit, and have them perfectly clean of all trash or stems. Fill as many jars as you have fruit, shaking down the grapes as you fill them so the fruit will pack closely. Have a flat-bottom wash boiler (a steam cooker is fine for this), and lay flat sticks over the bottom on which to set the jars; which must be set closely as possible with a little hay between to keep them from touching; cover the jars loosely with the tops, leaving the rubbers off; put enough water in the boiler to come well up to the top of the jars, but not to boil over into them—up to the shoulder will be about right. Let the water come to a slow boil, then continue the boiling for half an hour, keeping the boiler covered until the fruit is cooked. Have

SURPRISED HIM

Doctor's Test of Food

A doctor in Kansas experimented with his boy in a test of food and gives the particulars. He says:

"I naturally watch the effect of different foods on patients. My own little son, a lad of four, had been ill with pneumonia and during his convalescence did not seem to care for any kind of food.

"I knew something of Grape-Nuts and its rather fascinating flavor and particularly of its nourishing and nerve-building powers, so I started the boy on Grape-Nuts and found from the first dish that he liked it.

"His mother gave it to him steadily and he began to improve at once. In less than a month he had gained about eight pounds and soon became so well and strong we had no further anxiety about him.

"An old patient of mine, 73 years old, came down with serious stomach trouble and before I was called had got so weak he could eat almost nothing, and was in a serious condition. He had tried almost every kind of food for the sick without avail.

"I immediately put him on Grape-Nuts with good, rich milk and just a little pinch of sugar. He exclaimed when I came next day, 'Why doctor, I never ate anything so good or that made me feel so much stronger.'

"I am pleased to say that he got well on Grape-Nuts, but he had to stick to it for two or three weeks, then he began to branch out a little with rice or an egg or two. He got entirely well in spite of his almost hopeless condition. He gained 22 pounds in two months which at his age is remarkable.

"I could quote a list of cases where Grape-Nuts has worked wonders."

"There's a Reason." Read "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.

ready a thick syrup, allowing half a cupful of sugar to each quart of fruit, using only water enough to make the syrup. When the fruit is to be sealed, fill one jar from another, having each jar full when ready to seal, allowing space for the amount of syrup, which should be added last, and boiling hot. With a damp cloth, wipe off the neck of the jars and put on new rubbers, screw the lids down tight as they can be turned, and put away in a cool, dry place.

Elderberries are picked when fully ripe, cleared of all but the berries, put into the preserving kettle with just enough vinegar to prevent burning until the juice starts, bring to a brisk boil, fill into glass jars and seal tight. Excellent for winter pies. Or, to nine pints of berries, take three pints of sugar, and one pint of water; boil and can as other soft fruit, and when wanted to use, add three tablespoonfuls of vinegar to each quart of fruit and thicken with a little corn starch—about two tablespoonfuls to each quart.

In canning berries and soft fruits with but little heating, the air spaces must be filled with some liquid, and to do this, the jars will need several fillings as the syrup or liquid settles slowly. They must be sealed while boiling hot. Each jar should be tested by turning on the top after tightening, to locate any leak; if there is a leak, remedy it at once, either by gently pounding down the rim of the top, or replacing the top, if defective, with a perfect one. Use only good rubbers—new ones are best, and they are cheaper than spoiled fruit.

With the Watermelons

Watermelon Pickles—Take the rind of a good-sized melon which has a thick, brittle rind, cut in strips about an inch wide, peel, and put into salt water and cook until tender. Pour off the water, put the rind on a slanting hardwood board to drain over night. Boil together one quart of vinegar, one pint of water, one pint of sugar, a teaspoonful each of whole cloves, allspice, and cinnamon. When this comes to a good boil add the rind and let cook slowly for a few hours. This should make two quarts.

Watermelon Rind Preserves—The rind from a melon that has a thick shell should be used. Cut into strips little more than a half inch wide, remove all the soft, colored part and the thin green cover; cut into pieces to suit—one to three inches long. Throw this prepared rind into cold water in which a lump of alum about as large as a small hickory-nut to a gallon of water has been dissolved. The water must cover the rind completely, and it must be kept under by a plate. Let stand over night, then pour into a colander and drain. The alum is to toughen the pieces. Make a syrup of this proportion—to seven pounds of the fruit, six pounds of sugar, three pints of water, two sliced lemons, and half an ounce of bruised white ginger root. Bring this to a boil, skimming, and then add the melon rind, cooking until the rind is clear. Skim out the preserves, and put into big mouthed bottles or fruit jars—pint jars are best. Cook the syrup a little longer, until as thick as you want it (it will "candy," if too thick), and pour over the fruit in the jars, and seal while boiling hot. If sealed, the syrup need not be so very thick.

Query Box

Amy M.—Setting type is a good trade for a girl to learn, provided she likes the work. A small country office such as your village affords, is a good place for a beginner. The wage will doubtless be small, and will increase as you become skilled.

(2) In some offices the work is paid for by the day's work; in others, by the "thousand ems," or piece work. A very ordinary worker should soon set six thousand ems per day. Ten thousand ems per day is creditable work, and the average typesetter will fall short of that amount through "correcting" his proofs, if not from other causes.

Tourist—It is said that, to be safe, one should never eat a berry that is smooth all over. The roughness at the bloom end is said to indicate its non-poisonous qualities. Apples, rosehips, gooseberries, huckleberries, all have rough bloom ends, while deadly nightshade and poison ivy berries are smooth as an ivory ball.

E. G.—Many things are better left for pickling until September, as the weather is then cooler, and the second crop of vegetables will be coming on. Such work, however, may be done according to your time, and

the supply of vegetables and fruits. (2) There are some varieties of peaches that do not ripen until November, but the flavor is not fine in most of them, if not all.

Housewife—If you allow dirt to accumulate on your oil stove it will surely "smell bad." Turn the wick down low and leave it turned down when not using; if the wick is left turned high, it will draw the oil up and dirty the outside, becoming "gummy."

Mrs. L. H.—To prevent insects getting into foods set away in the cellar, make a frame the desired size and cover with screen wire, getting with as small mesh as possible. Have legs to the frame, and stand these in cans or cups of water—any can will do, so it holds water. The bottom of the stand should be of boards, and the top, also, with hinges on the back side that it may be opened.

Latest Fashions for Readers of The Commoner



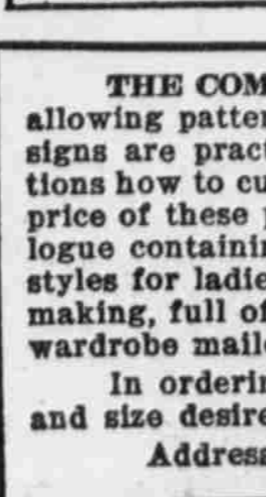
2927—Misses' Shirt-Waist, with Dutch Neck and Long or Three-Quarter Sleeves. Any of the pretty summer materials make up well in this model with the front embroidered with mercerized cotton. Three sizes—13 to 17 years.



2921—Girls' and Child's Empire Dress, with Princess Panel, High or Dutch Neck and Long or Short Sleeves. A simple and attractive model for best wear, adaptable to any material. Five sizes—2 to 10 years.



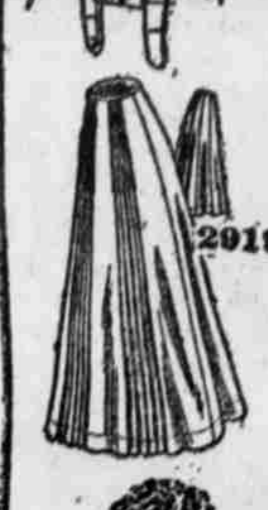
2934—Ladies' Night-Gown. Nainsook, batiste, lawn, jaconet, or thin cambric is used for this garment. Four sizes—32, 36, 40 and 44.



2944—Ladies' Shirt-Waist, with Dutch Neck. Chambray, lawn, batiste, nainsook, gingham or cotton voile are all adaptable for this pretty model, which is simple in construction and becoming when worn. Seven sizes—32 to 44.



2919—Ladies' Eleven-Gored Skirt. This model is an excellent one for the separate skirt of any material to wear with either the plain or fancy waist. Six sizes—22 to 32.



2932—Ladies' Work Apron, with or without Bib. Checked plaid, striped, figured or plain colored linen or gingham, chambray or duck may all be used to advantage for this useful all-cover apron. Three sizes—small, medium and large.

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