

to put up the pickles, go over the cucumbers and reject all that are soft, then leave the firm ones in fresh water for two days more, changing the water at the end of the first day. Cut the cauliflower into small clusters and boil in a strong brine for three minutes, take out, sprinkle with salt and when dry, brush off the salt and lay in cold vinegar for two days. Young string beans, radish pods, and any other vegetable suitable, should be prepared carefully, then all the vegetables should be "greened" by laying together in a broad bottomed kettle, previously lined with vine leaves, fresh and juicy, sprinkling the pickles with a very little alum, covered with cold water, then a thick layer of vine leaves, and covered closely for six hours, bringing the water not quite to the boiling point, by steaming steadily. After this, throw the vegetables into cold water and leave for half an hour. The vinegar for the pickles is prepared thus: One cupful of brown sugar, three dozen each of whole cloves, and black peppers, a dozen blades of mace, and eighteen whole allspice to each gallon of vinegar; cook all together for five minutes, keeping at a steady boil for that time, then, having arranged your prepared vegetables in a stone crock, pour over them the boiling vinegar, cover, and set aside. The second day drain off the vinegar, heat to the boiling point again, and pour over the pickles; do this on alternate days three times; close tightly the crock or jars, and let stand for three months before opening.

**Odds and Ends**

If at all in doubt of the "life" of your yeast, take two-thirds of a cupful of water and dissolve in it a dessert-spoonful of sugar. Drop in to this your yeast; in a short time, if good, it will rise to the top in a mass of working bubbles. In this

**THREE REASONS**

Each With Two Legs and Ten Fingers

A Boston woman who is a fond mother writes an amusing article about her experience feeding her boys.

Among other things she says: "Three chubby, rosy-cheeked boys, Bob, Jack and Dick, aged 6, 4 and 2 years respectively, are three of our reasons for using and recommending the food, Grape-Nuts, for these youngsters have been fed on Grape-Nuts since infancy, and often between meals when other children would have been given candy.

"I gave a package of Grape-Nuts to a neighbor whose 3 year old child was a weazened little thing, ill half the time. The little tot ate the Grape-Nuts and cream greedily and the mother continued the good work and it was not long before a truly wonderful change manifested itself in the child's face and body. The results were remarkable, even for Grape-Nuts.

"Both husband and I use Grape-Nuts every day and keep strong and well and have three of the finest, healthiest boys you can find in a day's march."

Many mothers instead of destroying the children's stomachs with candy and cake give the youngsters a handful of Grape-Nuts when they are begging for something in the way of sweets. The result is soon shown in greatly increased health, strength and mental activity.

"There's a Reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

case, the yeast is all right, and you may go ahead and make your sponge sure of getting good bread. If the yeast sinks to the bottom, throw it out.

In draining out fruit juices, place a large square of cloth over the mouth of the jar or crock and fasten it on the edges with clothes-pins. This will hold it securely, and every drop of juice may be drained out.

As water is an almost universal solvent, there is great danger that in our drinking water we may also be taking in disease in the form of germs. Filtration through charcoal or sand, or through porcelain or porous stone will clear it of particles of solid matter, but not of dissolved substances. The surest way is to boil the water, but this gives it a flat taste, due to loss of the gases in the air. The air can be restored by pouring the water back and forth briskly several times, from one vessel to another.

**Some Valuable Recipes**

**Green Corn Omelet**—Cut and scrape the corn from four large ears of green sweet corn, mix with four well-beaten eggs, two tablespoonfuls of cream and salt and pepper. Put a tablespoonful of butter into a frying pan and heat, then pour in the mixture; shake and tip the pan till it is evenly cooked, then roll and serve at once on a hot platter.

**Corn Oysters**—One pint of grated green corn, or one pint of canned corn, one egg well-beaten, half a pint of canned corn, one egg well-beaten, half a cupful of flour and pinch of salt. Beat these well together and drop, a tablespoonful at a time, into smoking-hot fat, and cook until well done, but do not scorch. To have the batter slip easily from the spoon, dip the spoon into a cupful of water whenever it is empty, before using.

**Potato Chips**—Use a flat-bottomed steel kettle, or deep skillet; a plain vegetable slicer (the kind inset in a board), a wire basket that fits half-way into a long-handled stew pan, and a perforated ladle. Pare and slice the potatoes, using those of uniform size, and drop into cold water long enough to stiffen, then dry the slices between soft cloths or towels, taking from the cold water only as many as will about cover the top of the hot lard in the skillet or kettle, at one time, and keep the lard at the boiling point; stir the chips about with the ladle to keep them from sticking to the vessel and to each other, and as soon as they become a light brown and crisp, lift them out with the ladle into the wire basket, draining them, as others are put in the fat to cook, and when drained dust with fine salt to taste, shaking them about and turn them out on a towel or brown wrapping paper to free them from all grease.

Another way to fry potatoes is to cut the peeled potatoes into quarters, lengthwise, and lay in water as above, drop into smoking-hot fat and cook until a nice brown, then dish out as above. Serve hot.

**Little Helps**

As soon as anything boils over on the stove, wipe it off quickly. It will come off more easily than if left to burn on the stove. Some women, when cooking, bring out the flour can, the butter crock, the salt and pepper, the egg beater and dish all at once, and the consequence is that the table is crowded from the first; the utensils are stacked up without washing as they are used, and the whole place seems out of order. To accomplish, you must put each thing away as soon as done with it, wash up the vessels as you empty them, and thus have clean

things and elbow room when you work. Egg dishes should not be put into hot water, as the hot water bakes the egg to the dish; soak them in cold water. A wire dish cloth should be kept for washing iron pots, but not enameled ware.

**A "Right Hand" in Housework**

Sal soda, or washing soda, as it is called, is one of the most valuable helps the housewife can have. It is cheap, costing but a cent or two a pound, and in bulk, less than that. For laundering, or cleaning about the kitchen, a solution of it should be kept at all times. Into a large bottle or jar put one pound of the soda and add to it one quart of water. Cork, and label the bottle. One table-spoonful of this in the boiler of "hard" water acts like magic in softening the water for laundry pur-

poses. A like amount put into the dishwater will remove the disagreeable effects of the lime and the soil will easily slip from the dishes, pots, pans and kettles. For the sink or drain, nothing is better than this solution. For this latter use, one pound of soda to three gallons of hot water may be used. For taking the "scorch" from vessels having anything burnt in them, put a table-spoonful of the soda into a quart of water, let boil in the vessel a few minutes, then draw from the heat and let stand for an hour or more, when the vessel can be perfectly cleaned without scraping. For scouring, taking out stains, and other cleaning work, there are few things that do the work better than the "caustic soda" called washing-fluid, made by the dissolving of one-half pound of lime to one pound of soda, boiling with five gallons of water.

**Latest Fashions for Readers of The Commoner**



2970—Ladies' Waist, with body lining and long or three-quarter sleeves. Suitable to form a part of a costume or for the separate waist. Six sizes—32 to 42.



2754—Misses' Four Gored Skirt, closing at left side. A good design for serge, mohair, and the heavy washable material. Three sizes—13 to 17 years.



2967—Misses' and Children's Gümpe, with simulated yoke, high neck or Dutch square or round neck and long or short sleeves. This is an excellent model for any desired material. Eight sizes—2 to 16 years.



2975—Girls' "Middy" Suit, consisting of a blouse slipped on over the head, having a removable shield, and sleeves plaited at bottom or finished with wristbands; and a separate plaited skirt. A smart development may be had in pique, linen or duck trimmed with colored braid. Five sizes—6 to 14 years.



2837—Ladies' Shirt-Waist, with pompadour yoke. A dressy model suitable for the soft silks. Seven sizes—32 to 44.

2953—Boys' Russian Suit, consisting of blouse and knickerbockers. A simple little suit, blouse dress, closing down the front and worn over little knickerbockers. Serge, broadcloth, linen and galetea are all suitable for the making. Four sizes—2 to 5 years.

2966—Ladies' Semi-Princess Dress closing at left side of front, having an attached nine-gored skirt, a removable chemisette, and long or three-quarter sleeves. A pretty style for afternoon wear, attractively developed in dark blue cashmere, trimmed with braid and buttons. Seven sizes—32 to 44.

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