

of sugar to each quart jar to be filled. Pick over the berries and pack carefully into clean glass jars, and when the syrup has boiled, pour it over the berries slowly, until the air-spaces are all filled and the jar will not hold another drop. As the berries settle, while pouring in the syrup, put more berries in the jar, but do not press. Next screw tops on perfectly tight while the syrup is boiling hot, and set the jars in an empty washtub, with a cloth under and between them so they will not break; then slowly pour the boiling water around the jars until they are covered, then cover the tub with old rugs, carpet, or blankets—enough of them—to keep the heat in. Do this at night if you can, and they will still be warm in the morning. Take off the rugs, and by the time the morning's work is done the jars will be cool enough to take out of the tub, wipe dry, screw down the tops as tightly as possible and set away in a cool, dark place. They will retain the flavor of fresh fruit and look nicely, keeping well.—Mrs. W. R. O., New York.

#### Contributed Recipes

For a breakfast dish, whip the whites of four eggs stiff, spread slices of bread with it, and on each drop the yolk, whole; set in the oven to firm the egg, dust with pepper and salt, and serve hot. The slices should be buttered before spreading the egg.

For fruit drinks, use saccharine instead of sugar. Put up all the fruit juices you can; they always come in handy.

A delicious sauce is made by whipping a cupful of rich cream, ice cold, with half a cupful of powdered sugar and a teaspoonful of lemon or vanilla extract. The white of an egg, stiffly beaten may be added and

#### FRESH AT NIGHT

##### If One Uses the Right Kind of Food

If by proper selection of food one can feel strong and fresh at the end of a day's work, it is worth while to know the kind of food that will produce this result.

A school teacher out in Kansas says in this connection:

"I commenced the use of Grape-Nuts food five months ago. At that time my health was so poor that I thought I would have to give up my work altogether. I was rapidly losing in weight, had little appetite, was nervous and sleepless, and experienced, almost constantly, a feeling of exhaustion.

"I tried various remedies without good results; then I determined to give particular attention to my food, and have learned something of the properties of Grape-Nuts for rebuilding the brain and nerves.

"I commenced using Grape-Nuts and have since made a constant and rapid improvement in health, in spite of the fact that all this time I have been engaged in the most strenuous and exacting work.

"I have gained twelve pounds in weight and have a good appetite, my nerves are steady and I sleep sound. I have such strength and reserve force that I feel almost as strong and fresh at the close of a day's work as at the beginning.

"Before using Grape-Nuts I was troubled much with weak eyes but as my vitality increased the eyes became stronger.

"I never heard of food as nutritious and economical as Grape-Nuts."

Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

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

the sauce served with stale sponge cake, or with fruit pudding.

For a hard sauce that goes with almost any pudding, use one cup of butter and two cupfuls of sugar, flavor as preferred, beating well together.

A liquid sauce, called white sauce, is made of a cupful of granulated sugar, a teaspoonful of butter and a pinch of salt; pour over these a cupful of boiling water, and thicken with a tablespoonful of flour blended with three tablespoonfuls of milk. Let boil a minute, take from the fire and stir in the beaten whites of three eggs, with another tablespoonful of sugar.

A strawberry cocktail is nice for luncheon or dinner. Mash one quart of hulled strawberries, cover with sugar, and let stand a half hour; then strain off the juice, make a syrup of a cupful of sugar just moistened with water enough to melt it, and cook until it spins a thread; remove from the fire and add the juice of the berries and the juice of one lemon. Chill it on ice, and just before serving add large strawberries cut in half and bits of banana and orange pulp.—Jessie C., Missouri.

#### Query Box

Mrs. L. H.—For canning soft berries, see recipe.

Alice L.—Leather furniture should have every bit of dust wiped off of it, then well rubbed with a little castor oil, rubbing until the oil is entirely absorbed.

New Cook—Mulligatawney means pepper pot, and is the name of an Indian soup. Rice should always be served with it, and it is very highly seasoned.

Mrs. B. C.—The capers used for sauces and pickles are the pungent grayish-green flower buds of the caper bush, a trailing shrub belonging to the Mediterranean region. You can not grow them here.

"A Reader"—Instead of washing the window shades, try cleaning with flour, meal or bran. Lay them on the table and with a cloth or coarse mitten dipped in hot flour scrub them a little space at a time, changing the flour as it shows soil, until all has been gone over.

"Distressed"—It is claimed that apple or pear stain can be removed by dropping hot paraffin on the spot, let stand for a few hours and wash out as usual. Try the paraffin on something first, as it may not answer.

Housewife—To remove the stains from the wall paper where the heads have rested against it, mix pipe clay with water to the consistency of cream, spread on the spot and let stay for twenty-four hours, then remove with knife or brush.

Jennie D.—You can buy the sulphur candles used for fumigation from your druggist for ten to fifteen cents each. Before lighting, set the candle on an old china plate, and set the plate on a large piece of sheet iron, or a tray, to prevent possible burning of the floor. Or you may set the candle in an old kettle with sand in the bottom, then light it, go immediately out of the room, lock the door and stuff the key-hole with cloth. The room should be made as air-tight as possible before fumigation.

#### Requested Recipes

Angels' Food—Whites of eleven eggs, beaten until quite light, but not dry; add a level teaspoonful of cream of tartar and beat until quite stiff and glossy. Add to this a cupful and a half of sifted granulated sugar (the fine grade used for cakes) and mix well with an egg beater; sift in slowly, mixing carefully but thoroughly, one cupful of pastry flour that has been sifted five times, add a teaspoonful of vanilla, and turn at

once into an ungreased Turk's head or tube-tin cake pan, and bake slowly for three-quarters of an hour—first at not over 240 degrees Fahrenheit, then increase the heat to 280 degrees. When done, turn the cake upside down to draw the cake down and out. Do not disturb it; allow it to fall out without assistance. If it should bake too fast, it will stick to the pan; if baked too slow, it will be coarse-grained and dry. A sunshine cake may be made in the same way, with the addition of the yolks of four eggs beaten and added to the whites before adding the sugar.—Mrs. S. T. Rohrer.

In nearly all kinds of cake, the baking seems to be of more importance than the making, but both must be thoroughly understood if best results are to be had. You must learn the management of your oven from actual experience, and a thermometer or indicator for the oven is of great importance.

Canning Raspberries—The ordinary process of canning will ruin the red raspberry, but here is a way that

is recommended: For three one-quart cans (glass jars preferably) use three cupfuls of sugar and a little over four cupfuls of water. Put this on to boil. Have the cans sterilized, and fill with rather under-ripe fruit to have solid. Shake the fruit down gently in the can, and when the syrup has boiled two or three minutes, fill the cans, flooding them with the syrup to fill air spaces, adjust ribbers and seal immediately. Have on the stove a receptacle large enough to hold all the cans, and bring the water to a boil (enough water to nearly cover the sealed cans); remove from the stove, set the sealed cans in it, cover closely and let stand until cold. Try it and report.—Mrs. C. M. J.

Iron all summer dresses on the wrong side. White articles that have been scorched should be wet with cold water and laid on the grass in the sunshine; when dry, if the scorch has not disappeared, wet again and lay in the sunshine.

## Latest Fashions for Readers of The Commoner



3282—Ladies' Shirt Waist. A comfortable model developed in any of the summer shirtings. Five sizes—34 to 42.



3276—Ladies' Seven-Gored Skirt. Serge, cheviot or Panama cloth will develop to advantage in this style. Six sizes—22 to 32.



3278—Ladies' Semi-Fitting Coat, in thirty-inch length. Any of the season's coatings are adaptable to this model. Five sizes—34 to 42.

3249—Boys' Russian Suit, consisting of a blouse with sleeves plaited at bottom or finished with wristbands; and knickerbockers. Blue linen was used for the suit here illustrated. Four sizes—2 to 5 years.

3281—Girls' Dress. Linen, pique or chambray are the most serviceable materials for this dress. Four sizes—6 to 12 years.

3275—Misses' Dress, having an attached one-piece plaited skirt. An attractive model is here presented which is suitable for summer silk, nun's veiling, light weight wool goods, crash or pongee. Four sizes—12 to 18 years.



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