

sorb much of the juice, and give body to it. The seeds should be removed from apples, peaches, pears, cherries, plums and large-seeded grapes before putting into the pie-crust. Neat pies should have a slit cut in the top cover to let out the steam.

Stale Bread

Do not throw the scraps of bread into the garbage can or swill barrel. Do not let the scraps mildew. Take stale bread and put in water to soak over night. Mash well next morning, add a little flour, salt, a little sugar, three eggs, a pinch of soda and stir all well together; have your pan well greased, and hot, and with a spoon dipped in water, lift the stiff batter out by spoonfuls, dropping into the hot pan, and bake immediately in a rather hot oven. This will make excellent biscuits. Or the scraps may be used in batter cakes, or in a dish of tomatoes, or rolled and used on top of meats. There are so many ways, if one would only study them up.

For Our Young Housewives

Delicious Salad—Grind one-half cupful of peanuts; add half a cupful of vinegar, one beaten egg and butter size of an egg; cook the vinegar, egg and butter together, mix with the peanuts and pour over two sliced bananas.

Salad dressing—One level teaspoonful each of mustard and salt, one tablespoonful of sugar, one egg, and half a cup of vinegar, with a piece of butter size of an egg and one teaspoonful of flour. Stir all together and cook; pour over chopped cabbage with a little onion added. May be used with cold potatoes.—Mrs. W. A. T., New York.

Old Virginia Salad Dressing—(Good and very easy to make.) One egg well beaten, scant teaspoonful of sugar, one teaspoonful of mustard, a little salt, pinch of black pepper; beat all well together; add a small cup of vinegar, stirring all the time, then a spoonful of butter; set on the stove and cook until about as thick as cream; stir while cooking to keep it nice and smooth. Fine for potatoes, lettuce or any other salads.

FEED CHILDREN

On Properly Selected Food. It Pays Big Dividends

If parents will give just a little intelligent thought to the feeding of their children the difference in the health of the little folks will pay, many times over, for the small trouble.

A mother writes, saying: "Our children are all so much better and stronger than they ever were before we made a change in the character of the food. We have quit using potatoes three times a day with coffee and so much meat.

"Now we give the little folks some fruit, either fresh, stewed, or canned, some Grape-Nuts with cream, occasionally some soft boiled eggs, and some Postum for breakfast and supper. Then for dinner they have some meat and vegetables.

"It would be hard to realize the change in the children, they have grown so sturdy and strong, and we attribute this change to the food elements that, I understand, exist in Grape-Nuts and Postum.

"A short time ago my baby was teething and had a great deal of stomach and bowel trouble. Nothing seemed to agree with him until I tried Grape-Nuts softened and mixed with rich milk and he improved rapidly and got sturdy and well."

Read "The Road to Wellville," found 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.

—Mrs. D. D. O., Alabama. (Mrs. O. recommends the young housewives to get the recipe booklet, free for the asking, published by one of our best baking powder companies. Many of the free cookery books given out by advertisers are well worth having.)

For Salad Dressing—One beaten egg, one teaspoonful of mustard, one tablespoonful each of sugar, melted butter, a little salt and five tablespoonfuls of vinegar. Cook, and when ready to use, add half a cupful of cream; if no cream, use milk, but not quite so much. A few nuts chopped and added to cabbage salad with this dressing is very nice. If kept in a cool place, twice the quantity may be made and will keep several days.—Mrs. E. E. D., New York. (Mrs. D. kindly offers to "help out" our young friends in matters culinary if they will write to her; her address can be obtained from the Query Box.)

Using Imperfect Fruits

Many times one has fruit which, from some cause, is out of shape, or otherwise imperfect. A good way to use small or imperfect peaches is to make a small sponge cake, bake in a square pan, and when done slip out onto a platter. Have the peaches nicely peeled and cut and cover the top of the cake with the pieces, sliced and sugared, and serve with whipped cream. Other suitable fruits may be used the same way.

Pineapples may be canned when plentiful. This requires one-half pound of sugar to one pound of fruit sliced; no water is necessary. Boil for about fifteen minutes, then pack in jars, pour in the syrup until the jar is full, seal, and keep in a cool place.

Preserved oranges; while the fruit is plentiful, select large fine ones; boil in clear water until they can be pierced with a broom-straw. Drain and pack into jars. Make a syrup of three pounds of sugar to four pounds of fruit; pour over the fruit and let stand over night; next day boil in this syrup until the whole is thick and clear; pack in self-sealing jars, pour the syrup over them and seal.

Rhubarb Ways

One of the "never-falls" is a rhubarb plant, and it is not half so appreciated as it deserves to be. We do not know whether to call it a fruit or a vegetable, but from its uses, should judge the name of fruit would best suit its possibilities. We have been asked for some ways of using it, and right now is a good time to begin putting it up. If the stalks are old and tough, it is as well to peel them, but the tender stalks need no peeling, and the skin gives the product a better flavor. Use as little water as possible with it, as the stalks make their own juice, if a little sugar is added. When cooking for sauce, wash clean, lift out of the water and drain a little, then put into the cook vessel, add the sugar, and cover, and as it cooks, the sugar will draw out plenty of juice.

Rhubarb Jam—Allow one pound of sugar to each pound of rhubarb, and add one lemon. Grate the thin yellow rind from one lemon (for each pound of the fruit), then slice the pulp, remove the seeds and put into a stoneware or china vessel; over this lay the chopped rhubarb, cover all with the sugar, and let stand over night. In the morning put all into the preserving kettle and cook very slowly for about an hour; stir frequently as it thickens, using a wooden spoon or paddle. When thick enough, pack into china, earthenware or glass jars, and let get cold; then pour over the top one-fourth inch of paraffin wax, melted. Cover closely and set away in a cool, dry place.

Rhubarb Jelly—Wash the stalks well, and cut into pieces; put in a

preserving kettle with just enough water that clings to the pieces from the washing to start the plant cooking without scorching. Some prefer to cover with water to start with. Boil to a pulp, and pour into a jelly bag to drain. Take sugar, cup for cup, heat in the oven and when the juice is returned to the stove and brought to a boil, add the hot sugar; let boil briskly until it jellies on the spoon, then treat as other jellies. An orange or lemon added to each quart of juice will add to the flavor, only the juice of the fruit being used.

Rhubarb stewed down thick, can be used as soft fruits in making shortcake. For canning, it is not necessary to cook the rhubarb; clean and cut into small pieces, pack closely in self-sealing jars, and run cold water in to overflow and fill all air-spaces, then seal. Others claim that the rhubarb will keep fine if packed in jars, and sealed air-tight without any water. It adds to the flavor of many fruits if combined with them, and if fruits are scarce, this is an economical way of using the stalks.

For the Home Seamstress
When the inside seam of the sleeve is always pulling out of its proper place (which is a straight line from the inside of the arm to the wrist bone, or root of the thumb) it is a very difficult fault to remedy, as the trouble lies entirely in the cutting. These seams pull crooked because the material was cut crooked. The grain or thread of the goods should be straight along the inside seam. Or it may be that the sleeve is not put in right, or the arm-hole itself may be too large. Before cutting into material, study the directions and indicating marks and notches in the pattern, and do the altering to fit the figure, if any is necessary, according to directions.

Many breads can be mixed up by a child, if she can read and follow directions; but the baking must be correctly done, or the result will be failure. The housewife must know how to control conditions and be fully acquainted with her cook-range.

Latest Fashions for Readers of The Commoner



3266—Ladies' Shirt Waist. Fine lawn, batiste or jaconet are adaptable to this model. Five sizes—34 to 42.



3261—Boys' Russian Suit, consisting of a blouse having sleeves plaited at bottom or finished with wristbands, and knickerbockers. Serge, chambray or duck are adaptable to this model. Four sizes—2 to 5 years.



3255—Ladies' Apron. Lawn, gingham, chambray, cambric or dimity are all adaptable to this model. One size.

3280—Ladies' Shirt Waist. Fabrics which will develop best in this style are linen, cotton polin or silk gingham. Five sizes—34 to 42.

3256—Ladies' Tunic Skirt. This is a graceful model and will develop well in plain or bordered nun's veiling in any desired shade. Five sizes—22 to 30.

3250—Ladies' Dress, with an attached nine-gored skirt. Washable fabrics are best suited for this model. Five sizes—34 to 42.



THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making, full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents.

In ordering patterns give us your name, address, pattern number and size desired.

Address THE COMMONER, Pattern Dept., Lincoln, Neb.