

not boil, for four minutes, then serve.

Coffee—Have the coffee finely ground, and allow a dessert-spoonful to each cupful of water. Mix the coffee with just enough cold water to make a thick paste, and let stand until five minutes before wanted. Have the fresh water boiling, and pour on a cupful of water for each dessert-spoonful of coffee, and an extra one for a second call. Put the pot over the fire and let the infusion come to a boil, let boil for one minute, then dash a half cupful of cold water in the pot, and serve. There are many ways of making coffee, all good under proper conditions, but this one is easy and sure.

To test flour, look at its color; if it is white, with a slightly yellowish or straw color, it is a good sign; if it is very white, with a bluish cast, or with black specks in it, the flour is not good. Second, wet a little and knead between finger and thumb; if it works dry and elastic, it is good; if it works soft and sticky, it is poor. Flour made from spring wheat is likely to be sticky. Third, throw a little lump of dry flour against a dry, smooth, perpendicular surface; if it adheres in a lump, the flour has life in it, if it falls like powder, it is bad. Squeeze some of the flour in the hand; if it retains the shape of the hand, that is a good sign.

Requested Recipes

Cucumber and Onion Salad—Peel the green cucumbers and onions, and shave on a vegetable slicer; arrange the raw vegetables in alternate layers in the jars, sprinkling with a tablespoonful of yellow and black mustard seeds, one level teaspoonful of salt; prepare vinegar by boiling and letting become cold before using; this will prevent the life in it eating up the vegetables. Mix thoroughly together three parts of the cold boiled vinegar and one part olive oil, then fill into the jars on the vegetables. Seal as you would any pickle.

Cream Slaw—Put into a sauce pan,

A DETERMINED WOMAN

Finally Found a Food that Cured Her

"When I first read of the remarkable effects of Grape-Nuts food, I determined to secure some," says a woman of Salisbury, Mo. "At that time there was none kept in this town, but my husband ordered some from a Chicago traveler.

"I had been greatly afflicted with sudden attacks of cramps, nausea, and vomiting. Tried all sorts of remedies and physicians, but obtained only temporary relief. As soon as I began to use the new food the cramps disappeared and have never returned.

"My old attacks of sick stomach were a little slower to yield, but by continuing the food, that trouble has disappeared entirely. I am today perfectly well, can eat anything and everything I wish, without paying the penalty that I used to. We would not keep house without Grape-Nuts.

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

half a tablespoonful of butter, two tablespoonfuls of sugar and one cupful of vinegar, and bring to a boil. Rub one level teaspoonful of flour to a paste with two tablespoonfuls of thick sour cream, add one beaten egg and six tablespoonfuls more of the sour cream, mixing well. Pour over this slowly the hot vinegar mixture and return to the fire, stirring until it thickens. Strain it over two quarts of finely shaved cabbage which has previously been seasoned with half a teaspoonful of salt and one-fourth teaspoonful of pepper.

Canning Cauliflower—Select good, white, perfect heads; after washing, break into small florets and pack them in glass jars solidly as possible, then set them in the boiler, just as you do any other canned vegetable, having rubber and tops adjusted loosely, and after the water in the boiler begins to boil, let boil for three-quarters of an hour; then, lift the jars, one at a time, fill with boiling water, adding a teaspoonful of salt to each jar, set back in the boiler and cook forty minutes longer, then screw down the covers tightly and remove boiler from the fire and let stand until the water is cold. Tighten the lids again, and keep in a dark, cool place.

Contributed Recipes

To Can Corn and Tomatoes—Take two parts of tomatoes to one part corn; peel the tomatoes, and cook together for about three hours, skimming well; then season with salt, pepper and sugar to taste, and seal air-tight in either tin or glass jars.—M. M. F., Mo.

Chili Sauce—Eighteen medium sized ripe tomatoes, six onions, three green peppers, one cup of sugar, two cups of vinegar; scald and peel tomatoes, chop peppers, onions and tomatoes up and cook at least an hour. Then add vinegar, sugar, one teaspoonful of cinnamon, one of spice and one of nutmeg. Cook about twenty minutes, then bottle. It is best to cook vinegar, sugar and tomatoes awhile before spices are put in. This is fine.—Mrs. S. M. B., Mo.

Fig and Rhubarb Preserves—For ten glasses full, use four pounds of rhubarb, two pounds of dried figs and two pounds of sugar. Chop figs and rhubarb into small pieces and stew for an hour and a half or until soft. Add sugar and boil slowly until all moisture is gone, which will probably be three or four hours. It must cook very slowly, and care must be taken not to burn, especially towards the last. When the bubbles are thin, showing no juice, the preserves will be done.—C. M. B., Texas.

Gingered Figs—Wash one pound of dried figs and remove the stem. Add cold water to cover, then add the juice and rind of one lemon and a large piece of white ginger root. Stew until the figs are soft. Remove to a dish; measure the syrup made by the figs, and add one-half as much sugar; simmer until thick, and pour over the figs. Serve with whipped cream.—Mrs. E. T. B., Ky.

In canning by the cold water process, a reader advises putting in the water first, then filling the jar, and there will be no air-spaces. Pack the fruit in tightly, and overflow the jar and seal.

Timely Recipes

Green Peppers Saute—Slice the green peppers (the large, sweet kind) and remove seeds and pulp; heat two tablespoonfuls of butter (or olive oil) and add a pinch of salt; add the peppers and cook until they are brown and tender. Season and serve with cold meats.

Corn Oysters—One pint of corn pulp, two eggs, two tablespoonfuls of flour, and same of butter; one teaspoonful of salt and quarter tea-

spoonful of pepper. Beat the eggs, mix the corn pulp, salt, pepper and flour with the eggs, smoothly, and moisten with two tablespoonfuls of milk. Heat the butter in the skillet and drop the mixture in it from a tablespoon, turning to brown either side.

Tomato Cutlets—Cut as many firm, nearly ripe tomatoes as wanted into half-inch slices; season with pepper and salt, roll in bread-crumbs, then in beaten egg, then in crumbs again, and fry in hot fat or butter to a light brown, and serve hot. Only firm, meaty tomatoes will do. Nearly ripe green tomatoes may be used.

Pineapple Punch—To four cups of cold water add two cups of sugar, and two cups of chopped pineapple. Bring to a boil and let boil twenty minutes. Remove from range and add half a cup of lemon juice and one cupful of orange juice. Cool, strain and bottle. When used, dilute with ice to suit individual tastes.

Russian Tea Punch—This is absolutely non-alcoholic, but very re-

freshing: Use for it one quart of strong tea, two cupfuls of granulated sugar, two tablespoonfuls of orange juice, five tablespoonfuls of lemon juice and a quart bottle of apollinaris water. Add slices of orange, pineapple and preserved cherries.

Try boiling turnips with the skins on; their flavor will be better; they can be peeled just as scalded tomatoes are, and the thick white part usually pared and thrown away will be found as good as any other part.

When ironing anything, be sure to have the flatirons clean and smooth and free from rust, and have a paper on which salt and a little coal oil has been placed, close at hand to polish the iron on.

For navy-blue prints or linens, starch water should be made deep indigo. If washed in bran water (water in which bran has been boiled and which has been strained and cooled), it will give a clear, new appearance. Soap should not be used.

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