years later, in 1836. Sometime of the jar will also keep them from we re-print two, not knowing which fit inside the keg, weight it down after its appearance, a friend hand- digesting easily. Better depend on may be wanted. ed her a leastet containing the thorough sterilization and plenty of hymn, saying he was sure she would boiling. like it. Then, for the first time, she acknowledged its authorship.

Putting Up Vegetables

gether, the following is a good meth- as possible. Here are several good soak and drain off the water till it given it, will usually mature in time od: The proportions are one-third recipes: sweet corn to two-thirds tomatoes. Each vegetable should be prepared as for canning separately mixed and packed firmly in the jars as advised for corn, using a small potato masher or pestle. The jars should be filled to within a half inch of the top, and to each jar one-half level teaspoonful of salt should be allowed, then the jar should be filled to overflowing with fresh tomato juice or cold water. These jars should be fitted with new rubbers, and the glass or metal tops put in place, but not screwed down tightly; set the jars on the false bottom or rack in the wash boiler, or whatever they are to be boiled in, and the boiler filled to within two or three inches of the tops of the jars, with cold water: the vessel should then be put over the fire and the water brought to the boiling point gradually, then closely covered and allowed to boil for half an hour, then seal the jars tight and continue boiling for from one and one-quarter hours to two hours, then set off of the fire and the jars allowed to cool in the water before putting away. Some claim that after boiling for an hour or so, they should be allowed to stand for twenty-four hours, then the boiling repeated for an hour and a half, repeating on the third cay.

This same process, though with longer boiling in the first water, will do for corn, beans and peas.

Fruits or vegetables put up with preservatives, such as are used by some cooks, are unhealthy, and will cause stomach trouble, as a preservative that will keep the contents

THE VERY TIME

When Powerful Food is Most Needed

The need of delicate yet nutritious account of weak stomach. Then is when Grape-Nuts shows its power for it is the most scientific and easily digested food in the world.

"About a year ago," says a Kansas woman, "my little six-year-old neice, Helen, left the invigorating and buoyant air of Kansas, where all her life she had enjoyed fairly good health, to live in the more quiet atmosphere of Ohio. She had a complete change of diet consisting of a variety of food, and of course a change of water, somehow she even- about twenty drops of vanila extract. tually contracted typhoid fever.

"After a long siege her case seemed hopeless, doctors gave her up, and she was nothing but skin and and pour the dough in this, then push bones, couldn't eat anything and for it out on a baking tin lined with a weeks did not know even her father buttered paper, in three lengths; or mother. Her parents, wishing to sprinkle powdered sugar over the get something delicate and nourish- dough and bake in a slow oven. ing, finally hit upon Grape-Nuts food for her and it turned out to be just the thing.

"She seemed to relish it, was soon conscious of her surroundings and juice of a lemon, an orange, and began to gain health and strength so rapidly that in a short time she was juice. This is enough for one pint well, playful and robust as if she had never been ill.

"We all feel that Grape-Nuts was the predominating factor in saving the sweet little girl's life."

Read the little book, "The Road for several hours before serving." 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.

Some Good Catsups

For catsups that are not intended to be cooked, everything should be

Cucumber Catsup-Select fresh, tender cucumbers, not ripe, but in the white stage. Peel thinly and grate them into a large bowl until there is enough for two quarts of pulp after the juice is all drained out of them, pressing gently with a wooden spoon until the juice stops running. With this pulp add half a pint of grated white onions, half a pint of grated horseradish, half an ounce of ground black pepper, six level tablespoonfuls of very light brown sugar, and salt to taste. Mix the pulp and full of good, strong brine; take the seasoning thoroughly. Have ready three quart jars; divide the mixture into three parts and put one part into each jar, then fill to overflowing with the best cider vinegar. As soon as all air spaces are filled with the vinegar, screw down the tops tightly, and set away in a cool place. Be sure that the jars are air-tight. This is fine.—Emory S.

Another-Half a peck of solid ripe tomatoes peeled and sliced; sprinkle lightly with half a cupful of salt and let drain for two hours. Then, to the pulp, add one cupful of grated horseradish, half a cupful of fine table salt, half a cupful of white and black mustard seeds, half and half, one cupful of grated onions, four celery heads chopped fine, or run through a chopping machine, one cupful of light brown sugar, one teaspoonful each of ground cloves, nutmeg and cinnamon, and three pints of best eider vinegar. Mix thoroughly and put away in large mouthed bottles or small jars; best sealed, but will keep without.

For Chili Sauce, eight quarts of tomatoes, peeled; three cupfuls of green peppers, two cupfuls of onions, three cups of sugar, one cupful of salt, three pints of vinegar, three teaspoonfuls each of cloves and cinnamon, two teaspoonfuls each of ginger and nutmeg. Chop tomatoes, a convalescent gets a set back on peppers and onions very fine and boil tle and seal.

Requested Recipes

Lady Fingers-Put into a large bowl one-half pound of powdered sugar and the yolks of eight eggs; beat until it forms a soft froth. Then beat the whites separately, and after you have stirred one-half pound of flour in with the yolks and sugar, stir beaten whites into the mixture lightly, adding at the same time Have on hand what is known as a paper cornet (a piece of stiff paper folded somewhat like a cornucopia)

A sweet salad dressing is made as follows: Boil one cup of sugar in one cup of water until the syrup begins to thicken; when cold add the two tablespoonfuls of pineapple of fruit, and may be used for any kind of fresh fruit which has been prepared by peeling and slicing the large kinds and seeding the small kinds. Mix and put into a cool place

Canning Corn With Salt

One of our readers asks for a corn" recipe which appeared some time last year. As we gave several,

To Can Corn-Nine pints of corn, cut from the cob; one pint of sugar; half pint of salt, one pint of water. cob absorbs the brine. When to be Mix and let stand a few minutes until used, cut the corn from the cob and the juice rises to nearly cover the soak overnight. Early sweet corn, corn, then boil fifteen minutes and planted in July or even as late as For canning corn and tomatoes to- of the best, and as freshly gathered seal while hot. To prepare for use, the first of August, if good care is tastes just salt enough, then season for putting up in this way. with a little butter and cream thickened with a spoonful of flour; sweetsays she has used this recipe for three years and never lost a jar.

> Pickling Corn-A Reader recommends this method of putting up ears, not too hard for table, and pick clean of silks; pour boiling water on a tubful of corn thus preears from the tub and pack closely top; make a good, strong cover to gar, and stir well; seal scalding hot.

and keep the corn under the brine all the time. The corn will not be as salty as one would suppose, as the

A Corn Salad—One dozen large ears of sweet corn, just ready for en a little if liked. The sender of table use; one medium sized solid this recipe, Mrs. A. V. S., of Iowa, head of cabbage chopped quite fine; three tablespoonfuls of ground yellow mustard cooked in one pint of vinegar; one cupful of sugar (co:fee C), two red peppers chopped corn for winter: Take good, firm fine, three tablespoonfuls celery seeds, one tablespoonful of salt. Take one quart of good vinegar and heat to a boil; put into it corn, salt and pared. Have a barrel or cask half sugar and let boil ten minutes; then add cabbage which should heat well through; take off the heat, add celto within four or five inches of the ery, peppers, hot mustard and vine-

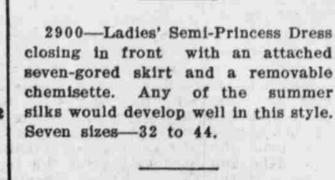
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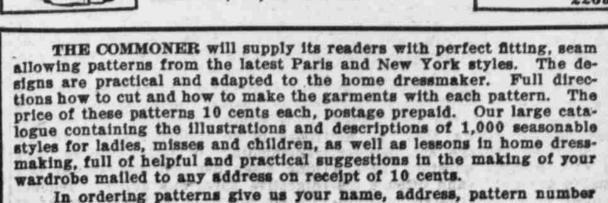


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