

sliced (all of them). Cook ten minutes, then add two peeled and sliced potatoes. Make ready a rich biscuit dough, and when the vegetables are about done, turn the mixture into a baking dish suitable to set on the table, and cover with the crust and bake. There should be plenty of gravy in the dish in which the mixture has been cooked, and this should be poured into the baking dish under the covering crust.

A Cold Day Dinner—Get a piece of cheap beef and cut into slices or small chunks. Season with pepper and salt, roll in flour and put into a bean pot or deep skillet and set in the oven to cook for three hours, after covering with boiling water. One hour before serving, put in some Irish and sweet potatoes which have been washed, peeled and scalded; add a generous piece of butter and finish baking. Another way is to use up ragged scraps of meat by cutting into small pieces, season with salt and pepper and add equal measures of prepared turnips, parsnips, carrots, potatoes, kohlrabbi, and a piece of butter as large as an egg. Add to this as much pork as would make two chops, cutting the pork into bits. Cover with just sufficient boiling water to keep from scorching, adding more as it boils away, and cook for four hours in a covered pot set in the oven.

Either of these dishes can be cooked without extra fire, on wash-day, or when ironing is to be done; or if the fire in the range is to be kept up for any purpose. These are both dishes for the fireless cooker.

Requested Recipes

Cream Chocolate Cake—(This was published recently, but its republication was requested, as it was found to be "very good.") For first part, take one-half cup of butter, one cup of sugar, two-thirds cup of sweet milk, two cups of flour, three eggs beaten separately (and whites folded in last of all the ingredients), and one teaspoonful of baking powder.

Second part: One cupful of grated baker's chocolate, two-thirds cup

CHEATED FOR YEARS

Prejudice Will Cheat Us Often if We Let It

You will be astonished to find how largely you are influenced in every way by unreasoning prejudice. In many cases you will also find that the prejudice has swindled you, or rather, made you swindle yourself. A case in illustration:

"I have been a constant user of Grape-Nuts for nearly three years," says a correspondent, "and I am happy to say that I am well pleased with the result of the experiment, for such it has been.

"Seeing your advertisement in almost all of the periodicals, for a long time I looked upon it as a hoax. But after years of suffering with gaseous and bitter eructations from my stomach, together with more or less loss of appetite and flesh, I concluded to try Grape-Nuts food for a little time and note the result.

"I found it delicious, and it was not long till I began to experience the beneficial effects. My stomach resumed its normal state, the eructations and bitterness ceased and I have gained all my lost weight back.

"I am so well satisfied with the result that so long as I may live and retain my reason Grape-Nuts shall constitute quite a portion of my daily food."

Read "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.

of sugar, half a cup of milk, yolk of one egg beaten well.

Put the second part over the heat in a double boiler, let come to a boil stirring all the time; then let stand until cold; then stir in a level teaspoonful of soda dissolved in a little hot water and mix this part well with the first part, adding beaten whites now. This may be used as a layer or a loaf cake. For frosting, boil up one cup of sugar and half a cup of water until it ropes, and turn this over a well beaten egg white, beating all the time until it is cold. A teaspoonful of thick, sweet cream added, and the flavoring as liked, are great improvements. One cannot fail with it except by getting in too much flour, in which case it is not so soft and delicate. (One of our readers who used the recipe thinks there is too much chocolate used; but tastes may differ.)

Prunes in Jelly—Cook large, selected prunes slowly in a little water until tender, being careful to keep them unbroken; drain and lay in a glass dish. Make a jelly as follows: Soak one-half box of gelatin in one cup of cold water for one hour; add one cupful of sugar, juice of two lemons, the grated yellow rind of one, and two cupfuls of boiling water. Strain into a deep platter or shallow mold when cold, cut in small cubes and turn over the prunes just before serving. The jelly should be made the day before using.

Waterproofing for Boots

Mix twenty parts of boiled linseed oil, four ounces of powdered resin and four ounces of sliced or shaved beeswax and put in an earthen jar or tin can. Set this in a vessel of boiling water on the stove, but the water must not boil up into the can; let heat gently until all the ingredients are melted and thoroughly blended by stirring. The result will resemble cart grease, and must be rubbed into the shoes or boots when wet, and the more rubbing the better.

Stains of Fabrics

This is said to remove stains from silk without injuring the color: Five parts of soft water and six parts of powdered alum. Boil a short time, after which pour into a vessel to cool. Previous to using, the mixture must be warmed, then the stained places washed and left to dry.

Long-Stemmed Violets

There is a general complaint that early violets are too short-stemmed, and here is a remedy, which should be cut out and pasted in the scrap book, where it can be got at when wanted: Pick all the early appearing buds for at least a week after they begin to come; do not let any bloom. Then do not pick any more of the buds, but sprinkle the beds once a week with a solution of nitrate of soda, one ounce of the soda to one gallon of water, dissolving thoroughly. This will cause the plants to bloom abundantly, with long stems to the flowers.

For Worn-Out Brussels Carpet

Where the cheaper grades of brussels carpet are used, the nap wears away, leaving the carpet smooth and colorless. To make good use of this, try painting it. Have the carpet thoroughly cleaned, all rips sewed up and damaged places mended, then tack smoothly on the kitchen, or other floor where it is to lie. Have soaked overnight one pound of glue to one gallon of water, and in the morning put the glue pail into another pail containing boiling water, as is done with a double boiler, and set over the heat, stirring frequently until the glue is thoroughly dissolved. Let this cool; then with a brush—a paint brush is best, give the carpet a coating with

the glue, which is called sizing the carpet. Let this stand for a day to dry, then go over it with a coating of paint, as you would paint a floor; let this dry for a couple of days, then give it another coating, and after the second is thoroughly dry, give it a third coat, following this when dry with a coat of floor varnish. Warm, pleasing colors are liked for this—maroon, red yellow, or brown; but a dark green is liked very well by some. This should be cared for as any linoleum. A worn rag carpet may be treated in the same manner and will wear a long time.

Timely Recipes

Baked Apples—Wash and core, but do not peel, tart apples; cut into eighths, put a layer in a baking dish or pan, sprinkle over it two tablespoonfuls of sugar, then another layer of apples and more sugar; pour over this half a cup of water, cover the pan or dish set in the oven and bake for ten minutes, then take off the lid and bake ten minutes longer. Serve this hot with a meat course.

Boston Brown Bread—Mix half a pint of rye meal with half a pint of granulated corn meal and the same quantity of whole wheat flour. Measure a level teaspoonful of bicarbonate of sodium, dissolve it in a tablespoonful of warm water; add it to a cupful of New Orleans molasses, mix well, and add one pint of thick sour milk, or buttermilk. Add a teaspoonful of salt. Pour this quickly into the dry ingredients, mix thoroughly, turn into a well-greased bread mold, tie down the cover, place

in a steamer or in a kettle, and steam over boiling water for four hours, not allowing it to cease boiling.

A Cream and Soda Cake—Dissolve a level teaspoonful of bicarbonate of soda in two tablespoonfuls of warm water, and stir it into a half cupful of New Orleans molasses, mix and add quickly one cupful of thick, sour cream, a cupful of sugar, tablespoonful of cinnamon and two and a half cups of pastry flour. Beat three minutes, stir in one cupful of seeded and chopped raisins after having floured them with an extra half cupful of flour; bake slowly. Anything made with soda and sour milk must be quickly put together, as the gas is liberated the instant the soda is mixed with the milk, and it must be quickly incorporated with the other ingredients. The loss of the gas leaves the cake or bread flat and sodden.

In making soup stock, cover the meat to be boiled with cold water and let simmer, instead of boil. This will draw out the juices and flavoring. In soup-making, it is necessary to soften the fibres so the juices will flow out, thus getting all the nourishment in the water, instead of having it in the meat.

Leggings should be made for the little children, and for the small ones, knitted leggings are much worn. For older children, leggings may be made of Jersey cloth, of leather (this being for boys), and of cloth and velvet. These are easily made at home, or may be bought, ready-made, at the stores.

Latest Fashions for Readers of The Commoner



8708—LADIES' COAT DRESS

Sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. Requires seven and five-eighths yards of 44-inch material for the 36-inch size.



8852—LADIES' APRON

Sizes: Small, Medium and Large. Requires six and one-fourth yards of 27-inch material for the medium size.



8836—GIRLS' DRESS

Sizes: 6, 8, 10 and 12 years. Requires three and one-half yards of 44-inch material for the 8-year size.



8823—BOYS' SUIT

Sizes: 2, 4, 6 and 8 years. Requires two and one-eighth yards of 44-inch material for the four year size.

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