

cold water to fill all the interstices between the peaches, and reach the brim of the can; let stand long enough for the water to soak into all the crevices—say six hours; then pour in water to overflow the can and completely fill it in every space. Seal up the can, and all is done. Canned this way, peaches retain all their freshness and flavor. If preferred, a cold syrup may be used instead of water, but the peaches are most natural without any sugar.

Putting up strawberries without cooking is done in this manner, writes Mrs. E. M.: Jars, rubber and tops must be thoroughly sterilized with hot water. If the fruit (strawberries) is at all dusty or sandy, wash by pouring water over it through a colander, before hulling. Hull as many pounds of fruit as desired, allowing equal weight of sugar. In two or more quart bowls (as many as desired), place alternate layers of fruit and sugar, set in the ice box for a couple of hours. Then stir gently from the bottom with a wooden spoon. A foam collects on top; return the bowls to the ice chest and leave until the foam disappears. Have pint jars ready sterilized and dry; fill to the brim, pouring in all the juice it will hold, and seal. Keep in a cool dark place, and examine occasionally, and if any show signs of fermenting, use at once. In trying these recipes, it is well to put up only a small quantity at first, until you are sure you know "just how to do it."

For Canning Rhubarb by the cold process: Cut the rhubarb into quite small pieces; have the jar perfectly clean and well sunned, and fill with the rhubarb; cover with cold water (rain water is said to be the best, if it can be had fresh and pure), running the jar over until sure it is perfectly filled, then screw on the top, but not tight. Let stand until the next day, then remove the lid and put in enough more water to refill

FEED YOU MONEY

Feed Your Brain, and It Will Feed You Money and Fame

"Ever since boyhood I have been especially fond of meats, and I am convinced I ate too rapidly, and failed to masticate my food properly.

"The result was that I found myself, a few years ago, afflicted with ailments of the stomach, and kidneys, which interfered seriously with my business.

"At last I took the advice of friends and began to eat Grape-Nuts instead of the heavy meats, etc., that had constituted my former diet.

"I found that I was at once benefited by the change, that I was soon relieved from the heartburn and indigestion that used to follow my meals, that the pains in my back from my kidney affection had ceased.

"My nerves, which used to be unsteady, and my brain, which was slow and lethargic from a heavy diet of meats and greasy foods, had, not in a moment, but gradually, and none the less surely, been restored to normal efficiency.

"Now every nerve is steady and my brain and thinking faculties are quicker and more acute than for years past.

"After my old style breakfasts I used to suffer during the forenoon from a feeling of weakness which hindered me seriously in my work, but since I began to use Grape-Nuts food I can work till dinner time with all ease and comfort." Name given by Postum Co., Battle Creek, Mich.

"There's a reason."

Read the little book, "The Road to Wellville," in pkgs.

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

the jar to the brim, and screw the top down air-tight, setting it away in a cool place, in the dark.

Some Nice Dishes

Tomato Jelly—This calls for a can of tomatoes and a package of white gelatin. Dissolve the gelatin in water, heat the liquid of the can of tomatoes and pour very hot over the gelatin; set aside to cool and to harden, and serve on lettuce leaves with boiled dressing using only a small quantity on each leaf.

Cheese balls are nice for luncheon. Mix the grated cheese with chopped parsley, two drops of onion juice, a dash of cayenne pepper and a pinch of salt. Mold into balls, dip into bread crumbs and fry in boiling fat.

In cooking green peas, remember to wash the shells (or hulls) perfectly clean, then shell out the peas. Cook the shells for half an hour by themselves in a little water, being sure to have enough water, when drained from the shells, in which to cook the peas. Do not put salt or seasoning in the peas until nearly ready to serve. The water from the shells will give a fine flavor to the peas.

New beets are nice cooked in this wise: Wash and clean, being careful not to break the fine roots, as this will allow the juice to escape, leaving the vegetable poorly flavored and hard. Put in boiling water and cook until tender. Do not probe with a fork, but dent with the finger, and when done, drain off the water, drop the hot vegetable into cold water and slip off the skin immediately, then cut into thin slices, and put into a dish and while hot season with butter, pepper and salt and enough sharp vinegar to give a sour taste to the sauce. A little sugar may be added, if liked.

For strawberry syrup, take fine ripe strawberries, crush them in a thin cloth and press the juice from them. To each pint of the juice put a pint of simple syrup, boil gently for one hour, then let it become cold and bottle it; cork, dip the neck of the bottle in sealing wax, and set away. When served, reduce it to taste with water, set on ice and serve in small tumblers half filled.

Some Requested Recipes

Recipes for chili sauce, etc., will be given soon.

Walnut catsup can be made by the following recipe, which is claimed to be good. Bruise to a mass one hundred and twenty green walnuts gathered when a pin could pierce through them; put to it three-fourths pounds of salt and a quart of good vinegar; stir the mass every day for a fortnight, then strain and squeeze the liquor from it through a cloth; set it aside, and put to the husks half a pint of vinegar, and let stand over night. In the morning strain and squeeze the husks as before, and put the second liquor to the first squeezed out; add to the liquor one ounce and a quarter of whole pepper, forty cloves, half an ounce of sliced nutmeg, half an ounce of ginger, and boil it for half an hour closely covered, then strain it; when cold, bottle for use. The bottles should have new corks, and the corks softened in boiling water, then forced into the neck of the bottle slightly below the edge, then the neck should be dipped in good sealing wax, well heated.

Pickled Cherries—Five pounds of cherries, stoned or not; one quart of vinegar, two pounds of sugar, half an ounce of cinnamon, half an ounce of cloves, half an ounce of mace; boil the sugar and vinegar and spices together (spices should be ground and tied in little muslin bags), and pour hot over the cherries. Heat the syrup one or two mornings, after draining from the cherries, and return hot to the fruit.

Good Things to Know

For making an Irish whey, try this: Add one-third as much buttermilk as there is sweet milk; boil the latter, add the buttermilk, stir well, letting it boil hard a minute or more; take from the fire, let settle and strain off the whey. It is a refreshing drink for an invalid.

To prepare real beef tea that has the strength of the meat in it, never boil the beef; cut a juicy piece, without fat, into small pieces and put them into a clean jar or bottle. Cork tightly and set in a saucepan of cold water; bring this to a boil and keep boiling for an hour. There will be found a few spoonfuls of delicious essence of beef better than the extracts of the stores, only needing a little salt to make it palatable.

When serving an invalid, a very small portion should be on the dish at a time; if the appetite calls for more, it can be given; but a large amount causes a feeling of surfeit.

Certain sauces or jellies are best served with certain meats or poultry, and may take the place of a third vegetable. With mutton or venison, serve currant jelly. With turkey, cranberry sauce must be used, and may also be used with chicken. Wild duck is improved by adding sour grape jelly, and for this, wild grapes are best. With pork or goose, apple sauce is liked, and with boiled chicken, grape jelly.

For a red sauce, this recipe is good enough to cut out and keep, or copy for use when sauce-making time comes about: Thirty red tomatoes, three red peppers, six red onions, five

tablespoonfuls of salt, ten of brown sugar, and eight cups of vinegar. Chop the onions and peppers fine; scald and peel the tomatoes and chop them; mix all well together and cook until thoroughly done, then rub through a colander, or coarse sieve.

Odds and Ends

When putting up soft fruits or berries, there will always be more juice than one wishes for the cans. Fill the jars closely with the fruit, pour on juice enough to fill all air spaces, and then can the surplus juice. Fill the jar full of fruit, letting the juice run over for a minute or two, boiling hot; then screw down the top tightly. Whatever of the juice is left, strain, and re-heat, and bottle, just as you do the fruit. Bottles, instead of jars, may be used, with new corks, then the cork forced down as far as possible, the neck of the bottle dipped in hot sealing wax, or melted paraffine wax, and this will serve to make it air-tight.

The "mint" season will soon be with us, and every family should have a supply for the winter. There is a little medicine chest tucked away in every bunch. Both in the green and the dry state, the health value of mint cannot be over-valued. In drying, pick the stalks just before blossoming time, tie in bunches and hang, head-down in a cool, dry garret, or spread on papers in a cool room. Do not dry in the sun. When quite dry, put in paper bags, or bundles, heads down, and hang in a cool, dry place.

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