bottle or jar you wish to break longer if not thick enough. Just salt and baking powder well with the soft dough with sweet milk, roll half evenly, putting the string just where before taking from the fire add the flour with the hand, then add the an inch thick, cut into any desired you wish the glass to break; fill it just to the string with cold water, thoroughly heated again, then bottle like a pound cake, and fill well- ten minutes. and set fire to the string. It is said that the glass will snap off cleanly all along the heated line.

tomatoes, three red peppers, six red onions, five tablespoonfuls of salt. ten of sugar, and eight cupfuls of vinegar. Chop the onions and peppers fine, scald and peel the tomatoes; chop them, mix all together and cook until thoroughly done, then bottle and seal.

To bake peaches, take nice, firm ones, scald and pull off the thin skin, as you would a tomato skin, remove the pit without splitting open the peach, and lay the peach in a baking dish, adding a little hot water and bits of butter and bake until nearly done; take out of the oven and sprinkle chopped nut-meats and a little brown sugar of a mild flavor (or white can be used, if preferred), over the top thickly, then return to the oven until nicely browned; serve with a nice cream sauce.

Timely Recipes

Plum Butter-Let the plums get so ripe that they are soft enough to rub through a sieve or colander without previous cooking, then use the pulp with an equal amount of sugar, boiling slowly until done. If the butter is made in this way, it will not have the strong taste that comes from the outside of the fruit, but retain the taste of the pulp.

Tomato Soy-One peck of ripe tomatoes, one pound of sugar, two large onions, two peppers, one cupful of salt, two tablespoonfuls of cinnamon, one tablespoonful of cloves. one quart of cider vinegar. Peel the tomatoes by scalding and skinning, and put all the ingredients, except the vinegar, together in a preserving kettle and boil for two hours, or

STRONGER THAN MEAT A Judge's Opinion of Grape-Nuts.

A gentleman who has acquired a judicial turn of mind from experience on the bench out in the Sunflower State writes a carefully considered opinion as to the value of Grape-Nuts as food. He says:

"For the past 5 years Grape-Nuts has been a prominent feature in all our bill of fare.

"The crisp food with the delicious, nutty flavour has become an indispensable necessity in my family's everyday life.

"It has proved to be most healthful and beneficial, and has enabled us to practically abolish pastry and pies from our table, for the children prefer Grape-Nuts and do not crave rich and unwholesome food.

"Grape-Nuts keeps us all in perfect physical condition-as a preventive of disease it is beyond value. Lewis, Iowa. I have been particularly impressed by the beneficial effects of Grape-Nuts when used by ladies who are eruptions, etc. It clears up the com-

plexion wonderfully. "As to its nutritive qualities, my experience is that one small dish of to take out grape seeds, and this will Grape-Nuts is superior to a pound of meat for breakfast, which is an important consideration for anyone. It satisfies the appetite and strengthens the power of resisting fatigue, while its use involves none of the disagreeable consequences that sometimes follow a meat breakfast." Name given by Postum Co., Battle

Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a

reason." Ever read the above letter? A new one appears from time to time. human interest.

in small bottles.

pounds of green tomatoes, full grown hot oven. For a red sauce, take thirty red but not beginning to ripen; one pound of brown sugar, one pint of vinegar, teaspoonful of mace, cinnamon and cloves. Slice and boil the green tomatoes in ordinarily strong ginger tea until the green taste is gone, then add all the above ingredients and boil all together for ten minutes, then seal in glass jars.

Tomato Catsup-One bushel of ripe tomatoes, two quarts of vinegar, one dozen medium-sized onions, teacupful of fine salt, two ounces each of cloves and allspice, three tablespoons of black pepper, one-half teaspoonful of cayenne pepper, and a above amount, a scant tablespoonful handful of nice, fresh peach-tree of lard should be divided in the gem leaves. Boil tomatoes until soft, and pans. The batter may be poured into rub through a sieve; add other in- one large pan and baked, making degredients except vinegar; mix well licious squares of breakfast bread. and boil for two hours, or until quite thick, then add the vinegar, and stir gradually with a pint of hickory wood ashes, a shovel or two boil up well for a few minutes, lukewarm milk; then stir in enough of these and enough soft water to strain, bottle and seal.

Some Contributed Recipes

The rich, red heart of a ripe watermelon, cooked in its own juice, makes a ruby-red butter that is very fine; marmalade of yellow muskmelon is very fine. Yellow, red and out the seeds and then cooking down butter or marmalade, to keep from scorching.

Here is a famous French sauce. very rich, and but a little is served with any portion. Beat together with a whip the yolks of four eggs and a scant cupful of powdered sugar; the sauce-pan containing the mixture must be set on the back of the range and the beating should be rapid-a Dover's beater is good to use in this. When the mixture is creamy, add slowly a glass of fruit juice, still beating, and as soon as all the juice is poured in, remove from the stove, but continue to beat until smooth and quite thick, as it

Black Bean Soup-Soak two cupfuls of black beans in cold water over night; fry one-third pound of salt pork thinly sliced, add a sliced onion, and brown; stir in a half pound of round steak chopped fine; then add the beans and cover with five quarts of cold water; cook slowly two and one-half hours, add a small carrot thinly sliced, and four cloves and cook for another hour. Strain through a coarse sieve and return to the kettle to heat; cut one hardboiled egg and one-quarter of a lemon in thin slices, and put in the soup tureen and pour the hot soup over it. Serve hot .- Mrs. Adele

For making apple butter of inferior apples, try this: Do not peel, but quarter and take out the cores, troubled with face blemishes, skin cut out all decayed places and hard knots, then cook soft in crocks in the oven; when thoroughly softened, rub through a sieve just coarse enough remove all bits of skin and hard little knots. Then return to the crocks, or kettle and let cook slowly in the oven until done. Try this .- Mrs. M. N. R., Missouri.

Breakfast Breads

With the coming of the cool, crisp mornings of late summer and early autumn, one likes the thought of warm breads or hot cakes. Here are some recipes for trial:

Graham Muffins-Allow one egg, a teaspoonful of salt, two of baking They are genuine, true, and full of powder and a pint of sweet milk to a quart of graham flour. Mix the

greased muffin rings about two-thirds Green Tomato Sweet Pickles-Two full. Bake twenty minutes in a very

Corn Meal Gems-Sift a cupful of corn meal with a half teacupful of salt, and stir until thoroughly moist and wet all through, using a cupful or more of boiling water, stirring all the time the water is being added. Add half a cupful of sifted flour containing a teaspoonful of baking powder, then beat into the dough half a cupful of sweet milk and two eggs. Have gem pans very hot and a little lard in each, and pour the lard into the dough, stirring to mix; drop the batter into the pans and bake in a very hot oven; for the

and set in a warm place to rise. When the surface is covered with bubbles, turn it onto a board and form into flat cakes. Bake on a griddle and and a sticky surface. serve hot or cold, as desired.

"Quick Biscuit"-Put a teaspoongreen tomatoes may all be used in ful and a half of best baking powder the most delightful form of conmaking butters, by cooking, pressing into a pint of flour and sift well versation, is to pass lightly from one three times; add a tablespoonful of subject to another, exhausting the until quite thick; the stirring must salt, scant; rub into the flour butter interest in none of them by dwelling be constant in cooking any kind of the size of a small egg, mix into a too long on them.

vinegar and let boil slowly until milk and mix into a batter quickly, shape and bake in a quick oven for

"Maid-of-all-Works" Passing

The old-fashioned "maid-of-allworks" is about obsolete. It is an age of specializing, and there are now cooks, housemaids, cook's assistants, laundresses, scrub women, and every line of house work is now given over to a separate worker. All this used to be done by one woman. It is still done by one woman, where the wife has to "do her own work," and there are additional duties that must be carried on by the lone woman who dares to be a "housewife" without help. The remedy is machinery, and labor-saving devices.

Cleaning Burners

For cleaning burners in lamps or stoves, a strong suds of some good soap powder or condensed lye is good Rye Cakes-Beat well two eggs to boil them in. If one has good rye meal to make a thick batter. Add completely cover the burners, allowa teaspoonful of brewer's yeast, stir ing them to boil until all the sedia little, cover the basin with a cloth ment or crust is loosened, then scrub them well with a stout brush. When not in use, turn the wick low down to prevent the evaporation of the oil

The essence of chatting, which is

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