

cups of sifted flour and one of milk, sifting with the flour previously one teaspoonful of cream tartar and half teaspoonful of baking soda; into this mix the whites of six eggs whipped dry, stirring in very lightly; flavor with extract of vanilla and bake in three shallow square tin pans well greased with lard. For caramel filling put one cup of light yellow sugar and a half cup of cream, with two teaspoonfuls of butter into a sauce pan and cook until thick; take from the fire, flavor with vanilla, and stir until cool; then spread between the layers.

For a fruit filling, boil one cup of water and three cupfuls of fine granulated sugar until it will thread when dropped from the spoon, then pour gradually on the stiffly-beaten whites of three eggs, beating steadily until quite smooth; then stir in a cupful each of chopped raisins and pecan meats, with half a dozen dried figs cut into thin strips; spread this between the layers of cake and on the top. This is said to be fine.

For the Cook

Winter turnips should always have potatoes added; allow four potatoes to six turnips, but do not put them on to cook until the turnips are nearly tender enough for the table. Turnips should be put on in cold water, salted and boiled slowly until tender; the potatoes should be peeled and quartered, and when both are one, mash together, and season with plenty of butter, with salt and pepper.

Onions may be parboiled, halved and quartered, if very large, and put into a dish with a white sauce and bread crumb layers. The large bermuda onions have very little

RED

It's the Red Blood Corpuscles that Proper Food Makes.

An Ohio woman says Grape-Nuts food gave her good red blood and restored the roses of youth to a complexion that had been muddy and blotchy. She says:

"For 10 years I had stomach trouble which produced a breaking out on my face. The doctors gave it a long Latin name, but their medicines failed to cure it. Along with this I had frequent headaches, nervousness and usually pain in my stomach after meals.

"I got disgusted with the drugs, stopped them and coffee off short, and quit eating everything but fruit and Grape-Nuts, with Postum for my table beverage.

The headaches, stomach trouble, and nervous weakness disappeared almost like magic, which showed that when the cause was removed and good food and drink used nature was ready to help.

My blood was purified and my complexion became like a young girl's while my weight was increased from 90 to 120 pounds in a few months—good, solid firm flesh, where it used to be soft and flabby.

"I recommended Grape-Nuts and Postum to one of my friends, who was afflicted as I had been. She followed my advice and in a short time was restored to complete health and in about 8 months her weight increased from 100 to 148 pounds.

"Our doctor, observing the effect of Grape-Nuts and Postum in our cases, declared, the other day, that he would hereafter prescribe these food products for gastritis." 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. They are genuine, true, and full of human interest.

odor and no strong taste, and can be prepared as above and baked, making an excellent dish.

There are so many ways for cooking sweet potatoes, that one need never be at a loss. Baked in their jackets, or scraped and cooked with fresh meat or fowls; boiled and sliced, and fried in hot fat, or scraped and sliced, laid in a baking pan, and boiling water to cover poured over them, with salt, pepper and bits of butter, and baked; or boiled, sliced, laid in a pan with butter, pepper, salt, bits of butter and spices, are but a few of the ways to prepare them.

Green Tomato Catsup—To eight pounds of green tomatoes, chopped fine, add four pounds of brown sugar, and boil three hours; then add one quart of vinegar, one teaspoonful each of cinnamon and cloves and half a teaspoonful of mace. Boil fifteen minutes longer and put away in crocks.

"By Littles"

Into the salt cellars put three teaspoonfuls of corn starch to a cupful of fine salt, mixing thoroughly, and it will not clog or lump.

To remove a rusty screw, apply a pointed piece of metal heated red hot to the screw head; when the screw is well heated it will move readily with the screw driver.

The best duster is a damp cloth not moist or wet) passed lightly over the surface, and changed often for a clean one. A feather duster only stirs up the dust, which settles either back on the surface just brushed, or somewhere else.

When sweeping or dusting, if there is much dust (and there generally is), always have windows or doors open, and begin sweeping on the side of the room into which the wind comes, and the dust will be carried ahead of the broom out of the house.

For deodorizing or disinfecting, a solution of chloride of zinc, used in proportion of one pint of the zinc to four gallons of water, is one of the most efficient agents. This will promptly neutralize noxious effluvia and arrest animal decay and vegetable rotting. For sink pipes, water closets, and like out-houses, this is invaluable.

Any acid spilled upon marble will quickly disfigure and spoil it. Its effects should be neutralized by pouring a solution of any alkali such as washing soda, borax, or ammonia, over the stain at once. Restore the polish by rubbing with powdered pumice stone moistened with water. It will call for much patience and work to restore it to its first condition.

If the cream gives out at the wrong moment, try beating together the white of one egg and a teaspoonful of sugar in a teaspoonful of water. Put the whipped mixture in the cups before pouring the coffee out.

Cornish Pot Pie

Make a crust of a pint of flour in which has been rubbed a quarter of a pound of finely chopped beef suet, mix to a dough with a scant cup of cold water in which a teaspoonful of salt has been dissolved. Line the sides, but not the bottom of a deep pudding pan with this, reserving enough for a top crust. Draw, wash and wipe dry two young pigeons, or two tender young chickens, and lay them in the pan; dust inside with salt and pepper; over these put a layer of sliced apples and onions; have a pound and a half of lean mutton cut up and simmered in a little water until tender, with two peppercorns and a spoonful of salt; be sure to cook until tender; then cut it into very

small bits and add it to the pie, dotting all over with bits of butter. Continue until the pan is full; pour in the water in which the meat was cooked, and cover with a thick crust of the dough; cut slits in the top for the escape of the steam; fasten the edges together and bake an hour in a brisk oven, covering the crust if it is likely to burn.

Pumpkin Pie—Mash two cupfuls of pumpkin that has been cooked very dry, sweeten well, stirring in gradually while warm three well-beaten eggs, one tablespoonful of sifted flour, the grated rind of one lemon, a pinch of powdered cinnamon, allspice and mace, each; two tablespoonfuls of butter and about a cupful of rich milk—enough to thin to a thick batter; beat well, fold in one cupful of chopped figs and one-fourth of a pound of seeded raisins cut in half. Have nice pastry shells and bake until a golden brown in a moderately hot oven.

Apple Pie—Line a pie tin with any good pastry and fill it with peeled, cored and sliced apples, having the apples ripe and tart; when full add bits of butter, one-half cup of sugar, and dust over it a heaping teaspoonful of flour; over this grate half a nutmeg and add enough water to cook the apples; bake until done and the apples soft. Eat with whipped cream.

Winter Boquets

Very few homes are supplied during the winter with blossoming plants, but the winter bouquet is still

a possibility, if you do not delay longer. As yet, in most localities, the woods and country lanes are still lighted up with bright leaves and gay colored vines and these may be brought home, pressed and crystallized; a tall jar, or jardiniere filled with gay-colored leaves or grasses make a beauty spot in the dullest corners, and if the gay leaves have faded, it is easy to dye them with the ten-cent package dyes. A simple way to preserve leaves is to crystallize them. Into a jar of boiling water turn all the alum the water will dissolve, making what is known as a saturated solution of alum; dip the leaves, one at a time, in the solution until the coating is as thick as desired; these crystallized leaves, if allowed to dry each time before dipping them again, make a very dazzling appearance, but the coating is transparent, and the colors are not dimmed. Bunches of seeded grass, dipped until well coated, will recall an ice-storm. There is no excuse for a dull home.

The "Ready-Made" Garments

For those who have little time, and less strength, many things may be profitably bought ready-made. It is certainly a saving of time and vitality for the over-worked housewife to get the garments ready to put on. But it is best to see the garments before you buy, for in many of them the cutting has been badly done, and the seams will never set right, because they are cut without regard to thread.

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