

ly. The mixture must be used dry. This will answer for light, or delicate colors. A white serge skirt can be cleaned in the same way. Corn-meal is a good dry-cleaner for even colored clothes.

There are gas stove tops which, in concert with a fire arrangement, distribute the heat over the entire surface, thus making the one burner do double duty. The cover can be had for two burners, or to cover the entire top, just as a coal range is covered, with lids and cross pieces. A cake griddle for use on the gas stove makes it possible for the breakfast to be supplied with lovely cakes. The common griddle is anything but satisfactory in this line of cooking.

A portable oven may be had that will make the two-burner gas plate almost as serviceable as the regular family range. In one of these handy, compact ovens, quite satisfactory baking can be done, even for a family.

#### Contributed Recipes

**Preserved Quinces**—Peel, core and quarter the fruit, then weigh and allow one pound of sugar to one pound of fruit. Take the peelings and cores (no defective ones) and put in a preserving kettle, cover with water and boil for half an hour; then strain through a fine sieve and put the juice back into the kettle and into it put the quinces a few at a time, and boil until the fruit is tender; lift out as they are done, using a draining spoon for the lifting, and lay on a dish until all are done, using a draining spoon for the lifting, and lay on a dish until all are done; if there is not enough water, add a little more—enough to cook them. When all are cooked, throw the sugar into the juice in which the

#### THE WAY OUT

##### Change of Food Brought Success and Happiness.

An ambitious but delicate girl, after failing to go through school on account of nervousness and hysteria, found in Grape-Nuts the only thing that seemed to build her up and furnish her the peace of health.

"From infancy," she says, "I have not been strong. Being ambitious to learn at any cost I finally got to the High School, but soon had to abandon my studies on account of nervous prostration and hysteria.

"My food did not agree with me, I grew thin and despondent. I could not enjoy the simplest social affair for I suffered constantly from nervousness in spite of all sorts of medicines.

"This wretched condition continued until I was twenty-five, when I became interested in the letters of those who had cases like mine and who were getting well by eating Grape-Nuts.

"I had little faith but procured a box and after the first dish I experienced a peculiar satisfied feeling that I had never gained from any ordinary food. I slept and rested better that night and in a few days began to grow stronger.

"I had a new feeling of peace and restfulness. In a few weeks, to my great joy, the headaches and nervousness left me and life became bright and hopeful. I resumed my studies and later taught ten months with ease—of course using Grape-Nuts every day. It is now four years since I began to use Grape-Nuts, I am the mistress of a happy home, and the old weakness has never returned." Name given by the 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.

fruit has been cooked, and allow to boil ten minutes before putting in the quinces; then let the fruit boil until they change color—about an hour and a quarter, over a slow fire, lifting occasionally with a silver spoon so they do not scorch to the bottom. Do not stir. Have two fresh lemons cut in slices, and when the fruit is being packed in the jars, lay a slice or two in each. If preferred, the fruit may be steamed until tender, and the syrup made of the juice of the peels and cores.

**Quince Jelly**—The fruit should not be very ripe for jelly. Rub the down off of them, remove the core and cut them small; put in a preserving kettle with a teacupful of water for each pound of fruit, let stew gently until soft, without mashing, then turn into a thin muslin bag just as they are in the kettle, water and all, and press very lightly. To each pint of the juice put a pound of sugar and stir until it is all dissolved, then set it over the fire and let boil slowly until, by cooling a little on a plate it "sets" to a jelly. Then turn into pots or tumblers and, treat as other jellies. Part apples and part quinces make a nice jelly or preserve, if you have few quinces.

#### Query Box

**Mrs. L.**—Rub the creaking doors and drawers with hard soap, and they will run smoothly. This is more cleanly than grease.

**L. L.**—To make acidulated water, allow one tablespoonful of acid to one quart of water. Vinegar or lemon juice is generally used.

**J. F.**—To make meat glace, boil down four quarts of good stock until there is only one cupful left.

**Housewife**—If the ceiling can be washed, the smoke can be removed by washing with a cloth wrung out of a weak solution of sal soda and water. It can be dry-cleaned by rubbing with cloths dipped in corn meal or wheat bran.

**Mrs. F. H.**—For the hardwood floor, put into a sauce pan one part of beeswax shaved thin and two parts of turpentine; set on the back of the range and keep just warm enough to melt the beeswax, when a paste will be formed of the mixture. A very little of this, warm, should be applied at a time, with a clean cloth, going over a small space on the floor, finishing before leaving. Must be well rubbed in.

**Frances M.**—For the clogged drain pipe, pour down the drain a strong, hot solution of either sal soda or copperas, allowing one-fourth pound of copperas to two quarts of boiling water. Repeat if necessary.

"**Troubled**"—A good polisher for the hardwood floor is made of equal parts of linseed oil and turpentine, using a very little at a time, and rubbing in thoroughly, finishing as you go. If the mixture is not well rubbed into the wood it will serve to catch and hold lint.

**Mrs. O. L.**—For destroying ants, it is recommended to dilute a nickel's worth of potassium cyanide with a pint of water; early in the morning, while the colony is at home, or in the late evening, pour a few drops of the solution down the main entrance of each colony, and the work of extermination will be sure, if properly applied.

#### For Dessert

Cook a sufficient quantity of rice in a double boiler, and when thoroughly done, season with cream, salt and sugar to taste. Then put one-half cupful of granulated sugar in a perfectly clean sauce pan, one heaping tablespoonful of flour, and stir well until mixed; then add a little cold water to melt the mixture, stirring well; then add a pint of boiling water. Stir this until it cooks done; add a tablespoonful of fresh butter and flavor with lemon; color with

fruit coloring desired. Serve the rice in any fruit or dessert dishes and pour over each portion the sauce. This makes a very excellent sauce, and a very pretty one.

After canning plums there is often some left, but not enough to fill a can. Put this through a sieve, and add the same quantity of cooked apples that you have of the plum pulp, sweeten to taste and add a very little cinnamon and cloves and cook for an hour, stirring until it is quite thick, then seal or tie up in small jars when cold. This makes a nice, inexpensive jam.

#### Gumbo File

**Mrs. S.** asks how to make this southern dish, and what is called "file."

The file, which is the tender sprigs and young leaves of the sassafras tree, dried and powdered, was prepared by the old-time southern cooks on the marble slab of their biscuit board, but it can now be bought, bottled, at the grocers. Chop together one quart of tender young okra pods, six large tomatoes, one onion, and one bull-nose green pepper; add to these three pints of strong beef stock and simmer until they are thoroughly cooked; just before taking the mixture from the fire add salt to taste and a heaping tablespoonful of the file, and mix well.

#### Sand for the Toilet

This is strongly recommended for softening and smoothing the hands: Fill a basin half full of clean, white

sand and warm suds made of a vegetable oil soap; wash the hands in this in the usual way for five minutes at a time, rubbing them well with the sand; do this every day, and when clean, dry thoroughly and apply a very little cold cream.

#### DEAD PARTY AND DEAD CANDIDATE

While Mr. Fairbanks was reading the republican platform at the Chicago convention the crowd was cheering Mr. Bryan, to the intense discomfort of the lofty Indianian. Such is the penalty of trying to infuse life into a dead party headed by a still deader candidate.—Nashville Tennessean.

#### UNENTHUSED

"I was talking to Digby this morning about the latest dreadnought. He didn't appear to be much interested."

"I should think not! Digby married one."—Birmingham Age-World

#### GOOD SIGN

Employer (to his cashier)—"Mayer, I don't know what to think of you; every time I see you, you are asleep."

Cashier—"Why, sir, surely it's a good sign that I have a clear conscience."—Fliegende Blaetter.

Improved land in American farms has increased 63,000,000 acres in 10 years, or 15 per cent.

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