

bake for five or six hours. This is the old recipe, and the bread was baked in a bake kettle, over coals on the hearth, with coals heaped on top of the lid.

Young Rabbits

Take two nice young rabbits—the very tender ones, and to one and a half pints of milk add one blade of mace, one dessertspoonful of flour, a little salt and a dash of cayenne; mix the flour very smoothly with a little of the milk, and add to the remainder of the milk. Cut up the rabbits, put them into a stew pan with the milk, and simmer very slowly, covering closely, until quite tender, stirring frequently that the milk will be smooth and not scorch. If the rabbits are not very tender, cook in a very little water, slowly until they are done, then lay in the milk and set in a moderately hot oven for half an hour. Do not scorch the milk.

Bread Recipes

Answering M. B.—For using the dried yeast cake mentioned, put the cake of yeast to soak in a pint of tepid water, then when dissolved, add flour and beat to a stiff batter, let rise for several hours, or until evening. Fill the bread pan half full of flour, pour into it two quarts of warm whey, add a pint of warm water, teaspoonful of salt, and beat up smooth. Let stand over night. In the morning mix with the hand until the dough is stiff, then knead until it blisters; let rise and knead again, then let rise and form into loaves; when the pan is two-thirds full, put to bake, and bake one hour in a steady oven.

No. 2—The evening before you want to bake, boil three good-sized potatoes in a quart of water until perfectly soft, remove from the fire and mash fine through a colander. Soak one cake of dried yeast, and when the potatoes are just warm add the yeast and enough flour to make a rather thick batter, beat well, and set in a warm place over night, covering. In the morning it should be light. Add one tablespoonful of salt, one tablespoonful of sugar, and one

BOTH GAINED

Man and Wife Fatten on Grape-Nuts

"The notion that meat is necessary for real strength and the foundation of solid flesh is now no longer as prevalent as formerly.

Excessive meat eaters are usually sluggish a part of the time because they are not able to fully digest their food, and the undigested portion is changed into what is practically a kind of poison that acts upon the blood and nerves, thus getting all through the system.

"I was a heavy meat eater," writes an Illinois man, "and up to two years ago, was in very poor health. I suffered with indigestion so that I only weighed 95 pounds.

"Then I heard about Grape-Nuts and decided to try it. My wife laughed at me at first but when I gained to 125 pounds and felt so fine, she thought she would eat Grape-Nuts too.

"Now she is fat and well and has gained 40 pounds. We never have indigestion any more and seldom feel the desire for meat. A neighbor of ours, 68 years old, was troubled with indigestion for years; was a heavy meat eater, and now since he has been eating Grape-Nuts regularly, he says he is well and never has indigestion. I could name a lot of persons who have really been cured of indigestion by changing from a heavy meat diet to Grape-Nuts." "There's a Reason." Name given by Postum Co., Battle Creek, Mich.

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

quart of warm water. Mix up stiff, and in two hours work down by kneading; then, when light again, make into loaves and let rise twice its bulk, and bake. Have your oven good and hot, butter the top of your loaves, and put into the oven. Let the oven gradually cool, but keep it cooking all the time, for one hour.

Gluten Bread—Gluten bread is made of whole wheat, or gluten flour. Scald a pint of flour; when lukewarm, add half a cake of compressed yeast dissolved in a quarter of a cupful of water (the same of dried yeast may be used); add half a teaspoonful of salt and the whites of two eggs well beaten; stir in slowly two cupfuls of gluten flour, beat thoroughly and stand aside in a warm place (75 degrees Fahrenheit) for three hours, then add as much gluten flour as the dough will hold and enable you to stir it. Pour the batter into two square, greased pans, cover and stand in the same warm place for one hour and a half, then bake in a moderate oven for three-quarters of an hour.

Carving

Hacked meats are an abomination, taking away the refinements of the table, and blunting the edge of the appetite, but not every man knows how to carve even tolerably. A knowledge, theoretical and practical, of how to carve the different meats is as much a necessity to the man of the family as is a knowledge of how to properly serve the meals on the part of the housewife. The carving set should be of good steel, and kept for carving only. The knife should not be used for the services required of a butcher-knife, but should be kept always bright and sharp, and the steel for sharpening should be kept for this purpose only. The fork must be held in the left hand, and stuck into the meat so firmly that it will be held securely on the platter. The knife should be so sharp that no force is required to pass it through the meat, which should be shaved off in thin slices, across the grain, in order that it may be separated for eating without difficulty. A good carver should sit while carving, but in order to make a "fine art" of it, much practice and a strong self-confidence is necessary. Much poor carving is the result of embarrassment. Proficiency comes only from the education of the eye and hand through practice. Boys might well try their hand at the work at the home table.

Home Cookery

As the cold weather makes fires a necessity in the cooking room, more breads will be baked at home, and table supplies to be kept over will be provided. "Machine cookery," at best is but a poor substitute for even second-rate individual cooking, as many things are used in the "store foods" which do not conduce to perfect digestion. The wife should inform herself in regard to the "whys" of certain facts in the use of the various materials she handles. Cookery is a science in itself, and few women can tell you why she must use cold flour and water for making biscuit, and warm flour and water for mixing up breads. Read, ask questions, get all the information possible, and "hold fast that which is good."

Laundering Embroidered Pieces

Do not take any chances with embroidery. Do not put in the regular wash, but wash each piece by itself in an earthen bowl, with fairly hot suds made of a fine, white soap. It would be well to keep a supply of fine castile, or other pure soap just for this purpose; it is not expensive, as a very little of it will suffice. Do not rub soap on the piece, but if

any portion is soiled, rub that portion between the hands, avoiding a general rubbing. As soon as clean, rinse thoroughly in clear water until no trace of soap suds appears. If the embroidery silk or thread is of a kind that fades, try washing the article in starch water instead of soap, but do not allow to stand wet. A wet piece of embroidery should never be hung up to dry, or folded upon itself and thrown in a heap. Attend to this alone, while at it. Lay the piece flat between two dry towels, or thick cloths, and roll it up inside these in such a way that no part of the embroidery can touch any other part of the same piece. Wring or twist to get all the water out of it or pat and pound so the dry cloth will absorb the moisture. Leave in this cloth until the embroidery is entirely dry. Do not iron on the right side. Lay right side down, on a thick Turkish towel, and iron on the wrong side. Iron until perfectly dry.

Christmas Greetings

"The English have a very gracious custom of sending to kinspeople and acquaintances at Christmas time a simple personal card, on which is written: "Mr. and Mrs. So-and-So have the honor to wish you the compliments of the season," or "Merry Christmas to Mr., Mrs., or Miss Blank. From their friends, So-and-So." Such a Christmas token may be very inexpensive, and it conveys precisely as much affectionate greeting and loving desire as a box, or packet of jewels, or bit of silver or glassware, which one might send, but could not afford to do so without being dishonest"—Margaret Sangster.

Frank Wayland Palmer, formerly postmaster of Chicago and at one time public printer at the national capital, died at the home of his son at Chicago.

Latest Fashions for Readers of The Commoner



2157—Childs' Dress with Guimpe. Plain blue mohair with a guimpe of blue and white striped flannel has been used for this dainty little dress. Four sizes, 3 to 9 years.



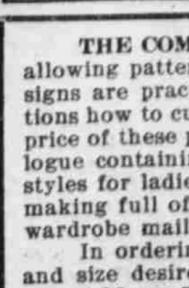
2132—Girls' Slip, with High Neck or Low or Dutch Round or Square Neck and Long or Elbow Sleeves. This pattern may be developed with good effect in Chinese, India, or Taffetas silk, in French flannel or Liberty or cotton-backed satin. Five sizes, 4 to 12 years.



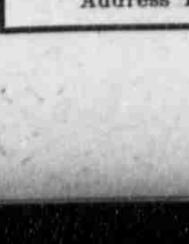
2144—Ladies' Three-Quarter Length Coat, with Vest. Coats with fancy vests, cut somewhat on redingote lines, are very popular at the present time for both morning and afternoon costume. Seven sizes, 32 to 44.



2150—Ladies' Thirteen-Gored Flare Skirt, closed at Left Side of Front. A popular habit-back model, which develops well in all materials. Seven sizes, 32 to 34.



2137—Girls' Dress. Forest green lady's cloth combined with brilliant colored plaid silk is used for this dainty frock. Four sizes, 6 to 12 years.



2136—Misses' Double-Breasted Shirt-Waist with a Removable Chemisette. A decided relief from the ordinary shirt-waist, and yet one which fills its place admirably is this pretty blouse of golden brown challis, with collar, cuffs and chemisette of red challis. Three sizes, 13 to 17 years.



2160—Ladies' Chemise or Combination Corset-Cover and Short Petticoat, Slipped on Over the Head. This garment which accentuates the slenderness of the figure will appeal to all women. Four sizes, 32, 36, 40 and 44.



2147—Misses' Circular Skirt, with or without Centre-Front Seam. This pattern is adaptable to materials of both wide and narrow widths and is especially appropriate for the reversible tweeds which are so popular again this season. Three sizes, 13 to 17 years.



THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents.

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