

throw into rapidly boiling salted water, and keep furiously boiling for half an hour with just enough water to prevent scorching. Then drain through a sieve or fine colander, put into a dish or pan and set into a hot oven for a few minutes, not letting it brown.

Fruit Cup—Five tablespoonfuls of good Ceylon tea infused in one quart of boiling water; let stand five minutes, steeping, then strain, and pour over two pounds of granulated sugar. Cook this to a thick syrup, cool and add to the juice (strained) of six lemons, six oranges, one pineapple, one quart of berries—the fruit to be according to the season. Add one teaspoonful of vanilla extract and one teaspoonful of almond flavoring extract. When ready to serve, add a quart of any filtered, mineral or ice water and serve cold. This quantity should make one gallon of liquid and may be increased or diminished, keeping the above proportions.

Tomato Jelly—For eight to ten persons, the following will be sufficient: Three cupfuls of water, one and one-half pounds of fresh tomatoes or the same of canned, one slice of onion, one stalk of celery, one tablespoonful of tomato catsup, one tablespoonful of tarragon vinegar, whites and shells of two eggs, six whole white pepper corns, one bay leaf, one blade of mace, teaspoonful of salt, half teaspoonful of sugar, two whole cloves, red coloring matter sufficient. Put three heaping tablespoonfuls of powdered gelatine into a sauce pan, add the water and all the other ingredients except the coloring, and beat over the fire until

boiling; remove the whisk and allow to boil up, draw to one side and cover for five minutes. Pour two quarts of boiling water through a jelly bag, then the jelly and add the coloring. Pour into a wet mold. It may be poured into a ring mold and when turned out salad may be served in the center.—Good Cookery.

Summer Laundering

For navy blues in cotton or linen, rinse in a thin starch water made a deep indigo blue, always using soft water. They should not be made stiffer than new cloth.

For stiffening thin black goods, use gum arabic water, or very thin glue water. The best way is to wash in very thin starch water, using no soap. No extra starching will be needed.

Black lawns, percales, dimities and other mourning goods, where the color is apt to "streak," should, after washing, be rinsed in water to which turpentine in proportion of one tablespoonful to each pailful of water has been added. Black sateen skirts should be treated the same.

The same proportion of turpentine and water should be used for delicate pinks, greens and lavenders. These colors must not be rinsed in blue water, as it gives them a dirty look.

"Shepherd's plaid" in fine black and white checked prints, should be dipped in a hot suds when washed clean, which will give them a fresh look, clearing the white.

When a muslin becomes limp without being soiled, freshen without washing by sprinkling with gum arabic water, then iron. When starching such goods, turn wrong side out, dry in shade as rapidly as possible, sprinkle and roll in a damp towel for a little time, then iron on the wrong side and press all rough seams.

If so unfortunate as to scorch any article, hang it in the hot sunshine and, unless too badly scorched, it will clear. White goods should be wet and laid on the grass in the hot sunshine, repeating until the scorch disappears.

Try to have soft (rain) water for the rinsing, if not for the whole washing, as the bluing is even in soft water, while with hard water it is apt to cause it to streak.

Some Vegetable Recipes

String Beans—Remove the strings from one quart of beans, cut each pod through lengthwise twice, then cut into two inch lengths; parboil; put into the stew pan an ounce of butter, a teaspoonful of sugar, pepper and salt to taste; saute (cook in this butter for a few minutes) until the butter is absorbed, then add a very little stock, or water, a half teaspoonful of lemon juice, and let simmer until perfectly tender.

String Beans—Snap, after stringing, into short pieces and, if the beans are not quite fresh, let lie in cold water for half an hour before cooking, then throw into boiling water and cook rapidly, uncovered, for at least an hour, but they will probably require much longer cooking, if they are not the golden wax beans. At the end of the first half hour, change the water and add an ounce or two of fat salt pork to the water; cook until done. The water should be nearly all cooked away, and the remainder should be used to make a drawn butter sauce, which should be poured over them when dished up; or they may be seasoned with butter, salt, pepper and a little thick cream. It is better to cook in soft water, but if the water is hard, a bit of bicarbonate of soda as large as a small pea will soften it sufficiently.

Corn Salad—Three stalks of celery chopped fine, mixed with half a

can of corn or with tender green corn, with a nice salad dressing.

Corn and Tomatoes—Cut a slice from the top of each large smooth tomato, scoop out the seeds, leaving the inside like a cup. Fill with grated corn seasoned with butter, pepper and salt, cover with the tops, pour a little water in a buttered pudding dish, set the stuffed tomatoes in, cover the dish and bake in a moderate oven for an hour.

Applying Designs for Needle-Work

There are two ways to apply a design to the material on which it is to be worked. If your material is sheer, such as handkerchief linen, lawn, batiste, and the like, the simplest method is to lay the material over the design and, with a well-pointed pencil, draw over each line. If the material is heavy, secure a piece of transfer or impression pa-

per; lay it, face down, upon the paper, then draw over each line of the paper design with a hard pencil or the point of a steel knitting needle. Upon lifting the pattern and transfer paper you will find a neat and accurate impression of the design upon the material. If you would do the work successfully, you must see that your material is level—cut and folded to a thread, and that your design is placed upon it evenly at every point. When placed accurately, secure the design to the material with thumb tacks or pins so they can not slip during the marking. Transfer paper comes in white, black, blue, red and yellow. Use the lighter colors when possible, as the black or blue are so liable to crock. Do not rest your hand or fingers upon any part of the design you are transferring, else the imprint of hand or fingers will be as distinct upon the material as the drawn lines.—Fashion Magazine.

HOME TESTING

A Sure and Easy Test on Coffee

To decide the all important question of coffee, whether or not it is really the hidden cause of physical ails and approaching fixed disease, one should make a test of 10 days by leaving off coffee entirely and using well-made Postum.

If relief follows you may know to a certainty that coffee has been your vicious enemy. Of course you can take it back to your heart again, if you like to keep sick.

A lady says: "I had suffered with stomach trouble, nervousness and terrible sick headaches ever since I was a little child, for my people were always great coffee drinkers and let us children have all we wanted. I got so I thought I could not live without coffee but I would not acknowledge that it caused my suffering.

"Then I read so many articles about Postum that I decided to give it a fair trial. I had not used it two weeks in place of coffee until I began to feel like a different person. The headaches and nervousness disappeared and whereas I used to be sick two or three days out of a week while drinking coffee I am now well and strong and sturdy seven days a week, thanks to Postum.

"I had been using Postum three months and had never been sick a day when I thought I would experiment and see if it really was coffee that caused the trouble, so I began to drink coffee again and inside of a week I had a sick spell. I was so ill I was soon convinced that coffee was the cause of all my misery and I went back to Postum with the result that I was soon well and strong again and determined to stick to Postum and leave coffee alone in the future."

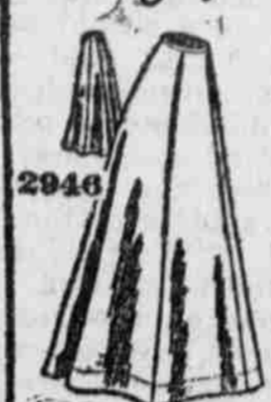
Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

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

Latest Fashions for Readers of The Commoner



2952—Ladies' Shirt Waist. Any of the sheer white materials, such as lawn, batiste, organdie, muslin or any material on that order may be used to advantage with this waist. Seven sizes—32 to 44.



2946—Ladies' Five-Gored Skirt. A plain and simple model, suitable for any of the washable materials or for serge or Panama. Seven sizes—22 to 34.



2918—Ladies' Shirt Waist Suit, Consisting of a Shirt Waist Having One-Piece Plain or Regulation Shirt Sleeves, and an Attached Nine-Gored Skirt. This model is a simple one for the plain every-day model made up in gingham or chambray. Seven sizes—32 to 44.



2559—Ladies' Shirt Waist with Seamless Yoke. A good model for almost any material that the wearer wishes. Six sizes—32 to 42.



2945—Girls' Sailor Dress, Closing with Buttons Down the Front and Having a Removable Chemisette. Plain colored linen, Indian-Head cotton, madras, mercerized, poplin or racquet cloth are good materials for this model. Five sizes—6 to 14 years.



2947—Misses' Semi-Princess Dress with Empire or Regulation Waistline at the Back. Dotted foulard with a yoke and insertions of cluny lace makes this a pretty model for best wear. Three sizes—13 to 17 years.

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