

chill. Peaches, pineapples, the soft fruits may any of them be used. When flavoring is used instead of the fruit pulp, only half the cream is whipped, and the soaked gelatine and flavoring added to the other half.

Nice Rolls—One cup of slightly warmed milk, one teaspoonful of sugar, half a teaspoonful of salt, two teaspoonfuls of shortening, half an ounce of yeast; dissolve yeast in one-fourth cup of warm water; about three cupfuls of flour. If set in the morning, it should be ready to knead in three hours or less; work smooth and let rise again; in two or three hours it should be ready to shape into rolls. When each is ready to lay in the pan, oil a knife handle and press down through the middle lengthwise, making a cleft; let rise again until light, then bake quickly. Only experience will teach the exact amount of flour.

The wise housewife cuts down the amount of meat used in hot weather, eliminating pork, except a small amount of bacon or ham. The system can not stand large quantities of meat and pastry, and fried foods and hot breads should not be indulged in until the fall weather demands heavier foods.

For the Garden

July and August are the best months in which to sow pansy seeds. They should be given a cool, moist, but well drained soil, and well cared for. It is claimed that, while the plants do better if started in the early spring, the finest bloom is obtained by the summer sowing. Keep the plants growing, and give shelter during the winter, and they will bloom profusely next spring and summer.

Don't give the garden over to the weed crop just because the early vegetables are gone. Plant late crops for the home-cannery, and you will find that many vegetables and field crops make excellent preserves, marmalades, sweet pickles, soup mixtures and relishes. Many of them may be dried as well as canned, and there should be no shortage in quantity, though the finer qualities made of fruits may be wanting.

Many varieties of perennials and biennials should be given attention this month. Seeds should be sown and the young plants nursed through the hot, dry season; the cool nights of early fall will start them growing wonderfully. Take care of the tea and other roses, keeping the ground well stirred and mulched. Remove all dead flowers.

Burn all weeds as they are removed from the garden beds, and destroy all seeds. If you can plant nothing else, sow turnip seeds or fall spinach, or other like things, which will grow as well as the weeds, and bring you good interest on the ground. Don't grow weeds!

Uses for Pie-plant

Don't despise the rioting pie-plant. With raspberries, half and half, it is good to can; put the pie-plant on to cook, without water, heating slowly until the juice starts, adding sugar to sweeten, then add the raspberries and heat through, sealing as usual.

Pie-plant jam is good. Cut up the stalks, and add one pound of sugar to one pound of fruit; let stand until the juice is started, or set in a slow oven, covered. Then cook down to the required thickness, stirring constantly. If cooked in moderate oven, uncovered, will not need stirring. Seal as other fruits.

Gleanings

For preserving eggs, use one-half pint of coarse salt, one pint fresh, unslacked lime and one teaspoonful of saltpeter, to three gallons of water. The water must cover the eggs

and the eggs should be added, perfectly fresh, as gathered, if enough can not be had at one time.

If lettuce is washed and shredded while perfectly fresh, then put into a tightly closed receptacle, such as a fruit jar, it may be kept crisp and nice for a day. Of course, put in a cool, dark place.

Rubber rings may be advantageously dipped in melted paraffine and laid on waxed paper to harden before putting on fruit jars. When the jar is ready to seal, have the metal top hot, put on the rubber and screw down the cover quickly. This helps to seal the jars securely. When to be opened, put the tops in hot water for a minute or two.

If inlaid linoleum is given a coating of floor varnish two or three times a year, it will always look nice. Ask for the kind that hardens over night, and apply in the evening. If you have an old brussels carpet that is worn smooth, lay it on the kitchen floor, make a stiff flour starch and rub it well into the carpet with a stiff brush or old broom; let dry thoroughly. Then give it one or more coats of floor varnish. For twenty-five to thirty yards, use about a gallon and a half of paint, and after the first coat, about a half gallon of paint will be enough to give it a new coating every six months or a year. It will save time, money and strength, besides furnishing a use for a disreputable looking carpet that is otherwise serviceable.

Some Health Notes

During the hot months, when one is apt to perspire freely, some persons give out a very unpleasant odor, no matter how clean they may keep the person. Such persons should seek the source of the trouble internally. A clogged system, or an unhealthy condition of the organs often cause it, and those afflicted with the unpleasantness should attend first of all to the general health, using water freely, externally in the form of washings and baths, and internally, through drinking copiously at all hours, except at or immediately after meals. Perfumery is only "adding insult to injury," and it is much better to procure a bottle of compound spirits of ammonia and place about two tablespoonfuls in a basin half full of water; wash the face, hands, neck, arms and under the arms with this, which will leave the skin clean and fresh. This is perfectly harmless, and very cheap, and easily within reach of all through the druggist.

When removing clothing wet or damp with perspiration, do not throw it down in a heap, but hang it where the air will reach it freely. This will apply to all clothing, and to shoes and stockings. Some garments which can not be washed may be sponged carefully, but the best way to remove stains and stiffness caused by perspiration is to put the garment through the laundry. The perspiration of some people stains the clothing badly, while that of others does not color. Look after the general health, and drink water copiously, and do not neglect the daily bath, even if you can take but a hand-towel wash-off.

Be sure to sun the clothing, and the bed clothing as often as possible, and hang nothing away in the closet that is not clean.

Requested Recipes

Breakfast Cakes—Put one cupful of sour milk in a mixing-bowl; sprinkle over it one cupful of bread flour, but do not mix; lay a fine sieve over the flour and sift through it one-half level teaspoonful each of soda and baking powder, and one-fourth level teaspoonful of salt; mix slightly, then add one well beaten egg and one tablespoonful of melted

butter; beat vigorously until smooth. If one could have three parts of sour milk and one part sour cream, the butter may be omitted. If the batter is not thick enough (like thick cream), add another tablespoonful of flour; if too thick, thin with a little milk or water. Rub the griddle with a bacon rind or bit of fat meat, and when hot enough, drop the batter on it with a spoon; when full of bubbles, turn; serve at once.

Corn Cakes—Mix one cupful of sifted bread flour, one cupful of yellow granulated meal; two level teaspoonfuls of baking powder, one-half level teaspoonful of salt and one rounded tablespoonful of sugar; stir in one cupful of sweet milk, one well-beaten egg and two tablespoonfuls of melted butter or lard. Beat thoroughly and turn into greased muffin rings and bake in a quick oven about twenty minutes.

Jellied Strawberries—Make the jelly according to recipe given on the package of gelatine; pour half into the mold, set on ice to harden, then

cover with a layer of very ripe, sweet fresh strawberries, and pour over them the rest of the jelly which has been kept as nearly cold as possible to retain the liquid state.

Gelatine should always be soaked in cold water in a cool place. Both sugar and gelatine must be thoroughly dissolved before pouring into a mold, and should be set on ice, or in a very cold place to harden, allowing about six hours, after adding the berries.

PRUDENCE

The contradictions of life are many. An observant man remarked recently that he was prowling about a certain city square, when he came upon a drinking fountain which bore two conflicting inscriptions.

One, the original inscription on the fountain, was from the Bible: "And whosoever will let him take the water of life freely."

Above this hung a placard: "Please do not waste the water."—Youth's Companion.

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