

beets are nice roasted in ashes or baked in the oven, then peeled, sliced and seasoned as above.

Celery Vinegar—Cut into small pieces about one pound of the tough ends of celery or use the whole stalk, after having washed and dried it. Put into a jar and cover with three teaspoonfuls of salt, and a pint of boiling vinegar; when it is cold, cover the jar tightly and leave for a month. Then strain the vinegar through a cloth, turn into bottles and seal. Use new corks, and soak first in hot water, force into the necks of the bottles, a little below the top of the rim, then fill the space with sealing wax, or dip the neck into melted paraffine.

Canned Lima Beans—Shell and boil the beans until tender, but not soft; season as for the table with salt; dip out the superfluous water and pour the beans and remaining water, boiling hot, into the jars, overflowing them, then seal.

Cucumbers—Peel very thin, slice and sprinkle with salt; let stand four or five hours, strain all water off, put into vinegar and boil until tender; can hot, as other vegetables. Seal closely.

For Ripe Gooseberries—To one pint of ripe gooseberries use one pint of sugar, a tablespoonful of cinnamon, teaspoonful of cloves, and cook for half an hour, stirring constantly. If not liked so strong of spices, use half the amount. If not cooked down sufficiently in half an hour, cook a little longer. Some berries are more juicy than others.

Contributed Recipes

Pickled Onions—Use small, white onions, peel and pack in an earthen jar, and pour over them two quarts of boiling water in which one heap-

HARD TO PLEASE

Regarding the Morning Cup

"Oh, how hard it was to part with coffee, but the continued trouble with constipation and belching was such that I finally brought myself to leave it off.

"Then the question was, what should we use for the morning drink? Tea was worse for us than coffee; chocolate and cocoa were soon tired of; milk was not liked very well, and hot water we could not endure.

"About two years ago we struck upon Postum and have never been without it since.

"We have seven children. Our baby now eighteen months old would not take milk, so we tried Postum and found she liked it and it agreed with her perfectly. She is today, and has been, one of the healthiest babies in the state.

"I use about two-thirds Postum and one-third milk and a teaspoon of sugar, and put it into her bottle. If you could have seen her eyes sparkle and hear her say "good" today when I gave it to her, you would believe me that she likes it.

"If I was matron of an infants' home, every child would be raised on Postum. Many of my friends say, 'You are looking so well!' I reply, 'I am well; I drink Postum. I have no more trouble with constipation, and know that I owe my good health to God and Postum.'

"I am writing this letter because I want to tell you how much good Postum has done us, but if you knew how I shrink from publicity, you would not publish this letter, at least not over my name."

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.

ing tablespoonful of salt has been dissolved. Change this brine every day for nine days, always pouring the boiling salted water over them. The tenth day drain them and put into pint bottles with two small red peppers to each quart (the tiny red peppers found in mixed spices). Fill the bottles to overflowing with cold cider vinegar and cork; seal tightly by dipping the neck of the bottle into melted paraffine.

Rhubarb and Orange Marmalade—To one quart of red rhubarb cut in small pieces add half a dozen oranges. The oranges should not be over ripe; for half a dozen, allow one and one-half pounds of sugar; peel and cut up the oranges and parboil them for twenty minutes; pour off the water, add the sugar and let stand for two hours. Set the kettle over a moderate fire and add the thin yellow rind of two oranges cut in fine strips with scissors. Boil gently until it will jell when tested with spoon and saucer. When the oranges have boiled for half an hour, add the rhubarb and finish cooking together.

Chili Sauce—Twenty-four large, ripe tomatoes, seven white onions, medium size, three green peppers, and chop all fine, or run through a vegetable chopper. Heat five cupfuls of vinegar with two tablespoonfuls of salt and one cupful of sugar, as soon as boiling hot add the vegetables and boil for one hour; add mixed spices to suit taste. The mixed spices may be had of the grocer.

Pickled Sweet Corn—This is recommended: Pull good, firm roasting ears, not too hard, pick clean of silk and pour boiling water on a tubful of ears thus prepared. Have a clean, sweet keg half full of good, strong brine; take ears from the tub and fill the keg, packing closely, to within four or five inches of the top. Make a good, strong cover to fit within the keg, and weight it down to keep the corn under the brine. The corn will not be as salty as one would think, as the cob absorbs much of it. When ready to use, cut off the corn, soak over night, and cook. It is fine. —L. L. D.

Cooking Recipes

Curried Potatoes—Cook one-fourth cupful of butter with one small, finely chopped onion until yellow; add three cupfuls of cold boiled potatoes cut in cubes, and cook until the potatoes have absorbed the butter, then add three-fourths cupful of stock (preferably beef) and a half tablespoonful each of curry powder and lemon juice. When the potatoes have absorbed the stock, season with salt and pepper. This is nice served with cold sliced meats.

Egg Plant au gratin—Pare the egg plant, cut in half inch slices, then into cubes; cook in a small quantity of boiling water until soft, then drain. Cook two tablespoonfuls of butter with half an onion finely grated, until yellow; add the egg plant and one tablespoonful of finely chopped parsley. Season with salt and pepper; put into a slightly buttered baking dish, cover with buttered cracker crumbs and bake until the crumbs are brown.

Making Cocoa—Beat the cocoa or chocolate with an egg-beater to improve the flavor. Let the cocoa boil thoroughly, as this is essential to best results, then add the milk and wait until the liquid comes to a boil; when it does, take the egg beater and beat until it is covered with a heavy froth. The beating will give a creamy texture to the beverage. Use the usual proportions in making.

Braised Calf's Liver—Select a fine calf's liver, lard the upper side, or draw the lardons through the liver with a larding needle about an inch and a half apart. Put the liver in a

braising pan, dredge with salt, pepper and flour, place around it a cupful each of carrot, onion, turnip and celery chopped finely, and add half a teaspoonful of peppercorns, six cloves, one bay leaf, blade of mace, and two cupfuls of brown stock; cover closely and cook slowly for two hours in the oven, uncovering the pan the last fifteen minutes to brown it. Remove from the pan, strain the liquor and make of it a brown sauce to be served with the liver.

Substitutes

Where apples are scarce, green tomatoes serve well in mince meat, if prepared thus: Chop fine one peck of green tomatoes, pour on cold water and let drain in a cheese cloth bag; then pour on a little hot water and scald thoroughly; then add two pounds of seeded raisins, four pounds of sugar, two scant tablespoonfuls of salt, one cupful of chopped suet, one cupful of vinegar, strained juice of three lemons, and

two teaspoonfuls each of cinnamon, cloves and nut meg; cook slowly about twelve hours, then can and seal.—Mrs. F. M., Mass.

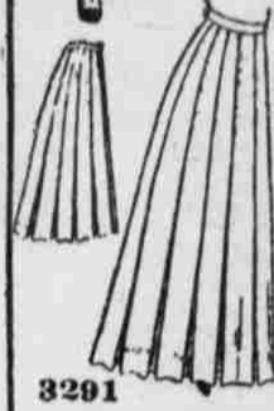
Tomato Jam—Four pounds of tomatoes, six pounds of sugar; wipe the tomatoes and scald to take off the skins, then slice and take out a good many seeds. Put skins, seeds and any juice collected while slicing into a sauce pan with two cupfuls of water, boil steadily for half an hour, then strain through a sieve or piece of cheese cloth. Throw away the skins and seeds and into the water put the sugar and boil until dissolved, then cut the tomato shells into small pieces, add to the syrup and boil until it jellies, or is thick enough for jam, which will be about an hour, with good stirring. Seal in jars. Where fruit is scarce, this is very good.—Mrs. H. T., Illinois.

Where dry-cleaning (such as gasoline) leaves a ring, try holding the ring over a boiling tea-kettle spout, and the ring often disappears.

Latest Fashions for Readers of The Commoner



3306—Girls' Dress. A simple frock for school wear made of silk gingham, galatea, madras or linen. Four sizes—6 to 12 years.



3291—Ladies' Six-Gored Plaited Skirt. Voile or serge in any desired shade will develop in this model. Six sizes—22 to 32.



3289—Ladies' Empire Wrapper. This model is very effective developed in any sheer material for summer wear. Six sizes—32 to 42.

3308—Ladies' Shirt Waist. Nothing could be prettier than the pictured model made of embroidery flouncing or bordered material. Six sizes—32 to 42.

3297—Ladies' Seven-Gored Skirt. Messaline, silk mull, or pongee are adaptable to this model. Five sizes—22 to 30.

3302—Girls' Dress. The model here illustrated was developed in black and white shepherds' plaid and trimmed with red satin piping. Four sizes—6 to 12 years.



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