

this the water-hyacinth, water-poppy, parrots' feather, water lilies, the common yellow and white kinds that grow in ponds and stagnant places in rivers, or the Egyptian lotus, can be grown here. Try it.

**Requested Recipes**

**Preserving Green Figs**—Weigh the fruit and allow an equal quantity of sugar, the thinly pared rind of a lemon and a little ginger. Lay the figs in cold water for twenty-four hours, then simmer them until tender; put them again in cold water and let them remain for two days, changing the water each day; if not quite soft, simmer again, and replace in cold water until the next day. Make a syrup of two-thirds of the sugar allowed and water in proportion of a pint to two pounds of sugar, and simmer the figs in this syrup for ten minutes. In two days pour the syrup from the figs onto the rest of the sugar already weighed. After adding the lemon and ginger boil the syrup for five minutes, when the fruit can be added and cooked slowly until done and transparent. The figs may be cut in halves, if liked. Put away in small glass jars.

**Black Cake**—Two pounds of flour, two pounds of sugar, two pounds of butter, eight pounds of raisins, four pounds of currants, one pint of grape juice, two pounds of citron, two dozen eggs, two ounces of nutmeg, two teaspoonfuls of cloves, and enough good molasses to make it more moist and black. This will make two very large loaves, or four ordinary ones. It would be best to try one-fourth of the proportions at

**COFFEE CONGESTION Causes a Variety of Ails**

A happy old lady in Wisconsin says:

"During the time I was a coffee drinker I was subject to sick headaches, sometimes lasting 2 or 3 days, totally unfitting me for anything.

To this affliction was added, some years ago, a trouble with my heart that was very painful, accompanied by a smothering sensation and faintness.

Dyspepsia, also, came to make life harder to bear. I took all sorts of patent medicines but none of them helped me for any length of time.

"The doctors frequently told me that coffee was not good for me; but without coffee I felt as if I had no breakfast. I finally decided about 2 years ago to abandon the use of coffee entirely, and as I had read a great deal about Postum I concluded to try that for a breakfast beverage.

"I liked the taste of it and was particularly pleased to notice that it did not 'come up' as coffee used to. The bad spells with my heart grew less and less frequent, and finally ceased altogether, and I have not had an attack of sick headache for more than a year. My digestion is good, too, and I am thankful that I am once more a healthy woman. I know my wonderful restoration to health came from quitting coffee and using Postum." Name given by the Postum Co., Battle Creek, Mich.

"There's a reason," and it is this. Coffee has a direct action on the liver with some people, and causes partial congestion of that organ preventing the natural outlet of the secretions. Then may follow biliousness, sallow skin, headaches, constipation and finally a change of the blood corpuscles and nervous prostration.

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.

first. I should not think it would be very digestible, but it is evidently the recipe called for by M. B.

**Nut and Date Bread**—Measure one cupful of warm mush made from any kind of wheat preparation; add one-quarter cup of sugar, one-half level teaspoonful of salt, two-tablespoonfuls of melted butter and one-fourth yeast cake dissolved in four table-spoonfuls of lukewarm water; mix well and add one cup of finely chopped or rolled walnut meats, one cup of stoned dates cut into pieces. Mix flour enough to make a dough, and let rise over night. In the morning, knead, shape into loaves, let rise in the pan and bake, as you would any bread.

**Contributed Recipes**

**Eggs in Cases**—Mix two table-spoonfuls of creamed butter with four table-spoonfuls of bread crumbs, one table-spoonful of chopped parsley and a seasoning to taste of salt and pepper; butter small patty-pans and put a layer of the bread crumbs in the bottom; break an egg into each pan, cover with a layer of the crumb mixture, and put the pans on a baking sheet of tin; set in the oven and bake four or five minutes.—Mrs. L. M.

**Buns**—One-half gallon light-bread sponge, one pint of white sugar, two eggs, one-half pint of soft butter or lard, one pint of warm water and a pinch of salt mixed with enough warm flour to make a soft dough. Put into a greased jar and let rise. Knead well and make into biscuits and place into a well buttered pan a half inch apart. Let rise, and when light, press down lightly with the back of the fingers, let rise again, and bake in a moderate oven.—Mrs. H. R. T.

**Cold Tongue**—Cut cold tongue in small, thin slices, chop a table-spoonful each of onion, mushroom, tomatoes and parsley, and beat with two table-spoonfuls of butter. Put this mixture into a saucepan, and when it gets hot, drop in the pieces of tongue which have been seasoned with salt and pepper; toss over the fire several minutes until heated through, and serve at once.—Masie Harmon.

**Spoon Cornbread**—Over half a cupful of cornmeal, pour a pint of hot milk, and stir well, bringing to a boil together; add a salt-spoonful of salt and stir in two table-spoonfuls of butter; let stand to cool to lukewarm, then add four eggs well beaten, but not separated; turn into a buttered baking pan and cook half an hour in a quick oven. Eat with maple syrup.—Southern Sister.

**House-Cleaning Helps**

To clean lamp shades, procure a soft-bristle brush—one used for infant's hair is best—and use for cleaning. If the shades are merely covered with dust, they may be satisfactorily renovated by a gentle scouring or scrubbing with this little brush. To free lace-covered shades from dust, apply corn-meal for the light ones, and Fuller's earth for dark, and remove all loose powder by gently brushing and tapping, or, if you can have compressed air, that is best. Fly specks can generally be picked off with a knife.

A detergent which is gaining in favor with the housewife is cream of tartar. For ink-spots, old or fresh, this is recommended: Dampen the stains with hot water and rub into them all the cream of tartar they will hold; leave this on for ten minutes, then hold the stained parts under a stream of boiling water, repeating the process twice. Then lay the wet spots in the hottest sunshine for five or six hours, keeping them wet all the time. If the stains are not removed after the sunning, soak them overnight in pure water, then

repeat the cream of tartar treatment next day.

If lemon juice and salt is used in the same way, it is almost sure to remove the stain, and the juice is harmless. A bath of an hour in lemon juice will not harm the most delicate fabric, while oxalic acid will eat holes in fabrics in an almost incredibly short time if not at once washed out thoroughly with clear water.

Fire balls, made of pounded brick, reducing the brick to a tolerably fine powder, moistened and molded into bricks or balls, will, if placed in a grate or open stove increase the heat and save coal; they increase combustion and leave no ashes or cinders. It is claimed that a row of these balls, placed in the bottom of a base-burner, on the grate will prevent ashes clogging and always provide a draft.

**For the Laundry**

It saves time, labor and detergives to soak the clothes in soft water over night. If soft water is not at hand, soften it with a handful of borax. The borax will serve to bleach the clothes. Wring out of the water next morning, soap all soiled spots and put into the boiler and boil for twenty minutes. The boiler should contain as much warm water as is needed, to which has been added at the rate of half a teacupful for every three pails full, the following solution. Mix together one pound of good potash (dissolve the potash in one gallon of water), one ounce each of sal ammoniac and salts of tartar; mix this well and cork tightly in a jug. Use only one-half teacupful to

every three pails of water, with the usual soap, either dissolved in the water, or rubbed well on the clothes. After boiling take out into the tub or machine and wash them, adding no more soap, then rinse well, blue and hang out to dry.

For washing a linen skirt, make a large dish-pan of flour starch, making it quite thick; pour the strained starch into the tub and if the "natural color" is wanted, add a cupful of strong coffee after straining, and put into the starch enough water to cool it so the goods can be handled. Rub it on the wash board (or in the machine), until the dirt is all out; use no soap, as the starch will foam up like suds, and the dirt will slip out. If wanted rather stiff, do not rinse it before hanging; but in that case, the second water should have a small quantity (say a quart) of the thick starch dissolved in it. When nearly dry, sprinkle, roll, and iron rather wetter than is required of cotton.

Rice starch is excellent for lingerie garments. Wash one-fourth cup of starch, put into a quart of boiling water and boil slowly, stir, ring often, adding water as it evaporates, and cook until the rice is a pulpy mush; to this add one quart of boiling water and strain through a white flannel or linen bag, without pressing, letting drip as long as may be; then, if too thick, dilute to the proper thinness with cold water, and use the starch warm.

"Is your mother painting any still life now?"

"Yes; father's portrait."—Meg-gendorfer Blaetter.

**Latest Fashions for Readers of The Commoner**

**8894-8884—LADIES' COSTUME**

Waist, 8894, cut in sizes 34, 36, 38, 40 and 42 inches, bust measure. Skirt, 8884, cut in sizes 22, 24, 26, 28 and 30 inches, waist measure. Requires 9 yards of 36-inch material with 1½ yards for the tucker, of 27-inch material for the entire gown. This illustration calls for two separate patterns which will be mailed on receipt of 10c for each, in silver or stamps.



**8924—LADIES' WORK APRON**

Sizes, small, medium, and large. Requires 3½ yards of 36-inch material for the medium size.

**8902—BOYS' SUIT, WITH UNDERWAIST**

Sizes, 2, 4 and 6 years. Requires 1 yard of 36-inch material for the underwaist and 3 yards of 44-inch material for the 4-year size for the suit.



**8657—CHILDS' YOKE DRESS**

Sizes, ½, 1, 2 and 4 years. Requires 2½ yards of 36-inch material for the 4-year size.



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