

yolks and whites of one dozen eggs and beat the yolks until thick and lemon-colored, and the whites to a dry froth. Add the yolks, then the whites to the creamed butter and sugar; add one pound of flour (saving from this quantity one-third of a cupful with which to dredge fruit, which is to be added later). Now put in two teaspoonfuls of cinnamon, three-fourths of a teaspoonful each of nutmeg, allspice and mace; half a teaspoonful of cloves, and two tablespoonfuls of lemon juice. Beat this well, and then add to the dough the following mixture of fruit: Three pounds of raisins, seeded and cut in halves; one pound of currants, one pound of citron sliced very thin, and one pound of finely chopped figs. Dredge the raisins, figs and currants with flour and beat into the cake dough. Butter and flour a large round pan; into this put a layer of the cake mixture, dredge the citron with flour and lay half of it over the batter carefully, cover with the remainder of the batter and lay the rest of the citron on top; cover the pan with a buttered paper, tying it down about the rim of the pan; then put to steam for three hours; then take for one hour and a half in a slow oven. The juice and grated rind of one large lemon will improve it.—I. N.

The above recipe is given by request, as Mrs. F. H. tells us she found it one of the finest cakes she ever made, but has lost the recipe. This cake should be made six weeks before it is to be used. After it is made, it should be kept in a tightly covered jar or pail, and frosted the day before it is to be used.

Some Nut Cakes

For the cake, take one cupful of

UPWARD START

After Changing from Coffee to Postum

Many a talented person is kept back because of the interference of coffee with the nourishment of the body.

This is especially so with those whose nerves are very sensitive, as is often the case with talented persons. There is a simple, easy way to get rid of coffee evils and a Tennessee lady's experience along these lines is worth considering. She says:

"Almost from the beginning of the use of coffee it hurt my stomach. By the time I was fifteen I was almost a nervous wreck, nerves all unstrung, no strength to endure the most trivial thing, either work or fun.

"There was scarcely anything I could eat that would agree with me. The little I did eat seemed to give me more trouble than it was worth. I finally quit coffee and drank hot water, but there was so little food I could digest, I was literally starving; was so weak I could not sit up long at a time.

"It was then a friend brought me a hot cup of Postum. I drank part or it and after an hour I felt as though I had had something to eat—felt strengthened. That was about five years ago and, after continuing Postum in place of coffee and gradually getting stronger, today I can eat and digest anything I want, walk as much as I want. My nerves are steady.

"I believe the first thing that did me any good and gave me an upward start, was Postum, and I use it altogether now instead of coffee."

"There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

butter, two cupfuls of sugar, three eggs, one cupful of milk and four cupfuls of flour with which two teaspoonfuls of baking powder have been sifted. Cream the butter and sugar, add the milk, gradually add the flour, beating, then the well beaten eggs; bake in layers. For filling, boil three cupfuls of sugar with three-fourths cupful of water until it "spins" or threads. Whip the whites of three eggs to a stiff froth, and pour the boiling syrup over it slowly, beating rapidly until it cools. Spread the layers with the icing, sprinkle with chopped nut meats, and put the layers together. When cold, cut into blocks and ice, if liked.

Almond Square—Blanch a pound and a quarter of shelled almonds by pouring over them boiling water to remove the brown skins; pound into a paste, sprinkling in a little sugar as you work. Beat this paste with an ounce of flour, four ounces of sugar and the beaten yolks of four eggs. Butter little paper cases, fill them with this mixture, dusting the tops with flour and sugar; bake in a cool oven, and watch carefully; when a delicate brown, remove from the cases, ice and decorate with candied cherries or slices of crystallized fruits.

Cranberry Jelly

Wash and pick over two quarts of cranberries; place over the fire in a granite kettle and cover with a quart of cold water; let simmer until the berries are soft, then strain through a jelly bag; measure the juice, return to the kettle and boil twenty minutes, then add the same amount of sugar that you had berries at first (two quarts), stir until the sugar is dissolved, and cook five minutes longer. Dissolve a table spoonful of gelatine in a little cold water and add to the jelly; turn into individual molds and serve with whipped cream. This jelly may be cut into squares and used for garnishing.

Soup Stock

In making soup stock, use only good meat, well flavored, for you will get out of the kettle only what you put in. There should not be more than one-fourth of the weight bone, and this must be chopped or broken. A quart of water to one pound of meat is the usual allowance, but for a very rich soup, half the quantity of water may be used. The meat should be cut into small pieces and put into cold water, and left stand on the back of the range for an hour or so, then drawn to the front where it may be slowly brought to the boiling point, and any scum rising on it should be carefully taken off. Let boil steadily for half an hour, skimming frequently, then closely cover the kettle, draw it back where the water will barely bubble (simmer) for six to eight hours, then the soup should be strained to remove all bits of bone, shreds of fiber, gristle, none of which now contain any nutriment. This stock may be "canned" as one cans fruits or vegetables, air-tight, and set in a cool, dark place, using as wanted. It is best not to make a great deal at one time, but several quarts will soon be used up. If bones are boiled very hard, the lime in them is apt to be set free, and the soup given a milky appearance. This stock should be made the day previous to the one on which it is to be used; when left to get cold, the fat can readily be removed, and the stock be poured carefully off of the sediments in the bottom. Or, if the stock jellies, the sediments can be scraped off the bottom. From this stock any kind of soups may be made by the addition of various ingredients. For ordinary family soups, all meat trimmings that are

sweet and clean and any bones from which the meat has been used, should be slowly simmered for some hours, and the trimmings and bones should not be kept very long at a time, but put on in a stewpan and simmered for several hours, then strained and bottled for use in making gravies, sauces, or a bowl of soup for a delicate appetite. The water in which any soup meat is boiled should boil down one-half. Stock may be made of any kind of meat or fowls, but the meat generally used for soups is beef. The tough and coarse parts are all good for soup making; if cooked at a low temperature, the stock is not so apt to "jell" on cooling as when kept at a higher temperature.

Some Tested Recipes

Tomato Jelly—Soak one-half box of gelatine in one-half cupful of water for thirty minutes; then set in a

vessel of hot water to melt. Stir the liquid gelatine into three cupfuls of strained tomatoes previously seasoned with one teaspoonful of salt, one-fourth teaspoonful of red pepper, half a teaspoonful of onion juice and one tablespoonful of strong vinegar. Pour this into fancy-shaped molds and put in a cold place to harden. Serve plain, or covered with mayonnaise dressing.

An excellent cake may be made of dried apples, and it may be elaborated by the addition of fruits and nuts, if liked. To make it, take three cupfuls of dried apples, soaked over night and chopped fine; cook these in two cupfuls of New Orleans molasses (not corn syrup, or sorghum) and let cool. Then add one cupful of sugar, three-fourths cupful of butter, three beaten eggs, one teaspoonful each of cinnamon and cloves, one cupful of raisins and two teaspoonfuls of soda.

Latest Fashions for Readers of The Commoner



2590—Ladies' Princess Apron, in Suspender or Bib Style. Every sort of dainty material is used for the development of aprons of this style. Three sizes—small, medium and large.

2620—Dolls' Set, Consisting of Cap, Coat, Dress, Petticoat and Drawers. White nainsook or jaconet should be used for the petticoat and drawers; the dress would be pretty in any of the light colored sheer materials while the coat may be developed in serge or flannel, the cap being of embroidery flouncing. Six sizes for dolls—14 to 24 inches high. (Measuring from crown to sole.)

2602—Ladies' Seven-Gored Skirt, Closing with Buttons Down Left Side of Front and Having Habit Back. This is an excellent model for broadcloth in any preferred shade. Seven sizes—22 to 34.

2589—Misses' Shirt-Waist Suit, Consisting of a Tucked Shirt-Waist with Long or Elbow Sleeves, and a Separate Nine-Gored Plaited Skirt. Nothing is more serviceable for the every-day attire of the young girl than one of these jaunty little shirt-waist suits developed in serge, Panama cloth, mohair or any of the novelty mixtures. Three sizes—13 to 17 years.

2323—Ladies' Jumper. A pretty model for voile, cashmere or taffetas. Three sizes—small, medium and large.

1739—Child's One-Piece Apron, Slipped on over the Head. Figured percale, Persian or Victoria lawn is used to a great extent for this little apron. Five sizes—2 to 11 years.

2448—Ladies' Combination Corset-Cover, Drawers and Short Petticoat. Nainsook, jaconet, Persian lawn or batiste are excellent materials for this dainty undergarment. Eight sizes—32 to 46.

1745—Infants' Kimona, Wrapper and Sack. Flannel or flannelette are the best materials for garments of this style at this time of the year. One size.



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