

ing; put them into an earthenware bowl and with a heavy potato masher mash until the mass is pulp-like in consistency. Filter this through cheese cloth carefully, squeezing out as much of the juice as you can from the pulp; put the refuse and the juice both into a perfectly clean enameled sauce pan and simmer (must not boil) for ten minutes, then restrain, and when cold add alcohol in proportion of one tablespoonful of alcohol to half a pint of strained liquid. The alcohol should preserve the juice until it is all used. Bottle and use to sponge the face instead of washing it during the day. As alcohol does not agree with all skins, the juice may be made of one cucumber, every day, in order to have it fresh. It may be diluted with one part juice to two parts water. The clearing effects do not appear for several weeks, but the constant use refines the skin, and at the end of six months, the condition will be decidedly improved.

Contributed Recipes

Oil Pickles—Slice rather thinly without peeling one gallon of medium-sized cucumbers. Put into a stone jar a layer of cucumbers and a sprinkle of salt, alternately, using one teacupful of salt to one gallon of cucumbers. Let stand three hours, then drain off the brine and wash off the salt. Peel and slice six large onions; place in a gallon jar a layer of cucumbers and a few slices of onion, and strew black and white mustard and olive oil, continuing until the jar is full, using three quarters of a cupful of oil and two tablespoonfuls of mustard. Pour over this enough cold vinegar to cover the ingredients and let stand one month before serving.—R. M.

The Cotton Batting Method—For all fruits, melons, tomatoes, pumpkins, squashes, this is an old, tried

BAD DREAMS
Caused by Coffee

"I have been a coffee drinker, more or less, ever since I can remember, until a few months ago I became more and more nervous and irritable, and finally I could not sleep at night for I was horribly disturbed by dreams of all sorts and a species of distressing nightmare.

"Finally, after hearing the experience of numbers of friends who had quit coffee and were drinking Postum, and learning of the great benefits they had derived, I concluded coffee must be the cause of my trouble, so I got some Postum and had it made strictly according to directions.

"I was astonished at the flavor and taste. It entirely took the place of coffee, and to my very great satisfaction, I began to sleep peacefully and sweetly. My nerves improved, and I wish I could wean every man, woman and child from the unwholesome drug—ordinary coffee.

"People really do not appreciate or realize what a powerful drug it is and what terrible effect it has on the human system. If they did, hardly a pound of it would be sold. I would never think of going back to coffee again. I would almost as soon think of putting my hand in a fire after I had once been burned.

"A young lady friend of ours had stomach trouble for a long time, and could not get well as long as she used coffee. She finally quit coffee and began the use of Postum and is now perfectly well. Yours for health."

Read "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.

way of canning: Cut a square of cotton batting the thickness it lies in the roll, and over this lay several thicknesses of paper and a square of muslin a little larger than the batting. Have plenty of very strong wrapping twine. Prepare the fruits or vegetables as you would for canning, and pour into the jars while boiling hot, filling to an inch of the top; cover instantly with the batting next to the contents of the jar, and wrap the string around several times, making it very tight, and tie. The cotton and steam will seal the jar perfectly. The jars should be small, though a large one may be used, and when opened, the contents may be filled into smaller jars by reheating. It is claimed that mold will not form on the contents, and the fruit or vegetables will not spoil.

In making catsup, it is recommended to use whole spices, which may be put into a soap-shaker, using it to stir the catsup instead of a spoon. It is claimed that, used thus, the color of the catsup will not be damaged.—M. D. S.

Requested Recipes

Apple Slump—This is an old dish, much liked by old-timers: Pare and slice thin enough apples to fill the pan to be used—a pint, or a quart, and put into a deep baking dish or pudding pan with, for a pint of apples, half a pint of water, with sugar, grated nutmeg to suit the taste; or allspice may be used. Have ready a dough made of a pint of sifted flour with a teaspoonful and a half of baking powder and a level teaspoonful of salt; shorten with a teaspoonful of butter or lard, use cold milk or part milk and water sufficient to make a soft dough, just hard enough to roll on a well-floured board. Cut the sheet of dough into strips or quarters and cover the apples in the dish, then cover the dish closely and set in a steamer or steam-cooker and cook until done. To be eaten with any desired sauce.

Fruit Cookies—Cream together a cupful of sugar and half a cupful of butter; add two eggs, three tablespoonfuls of sour milk (or cream) and a scant teaspoonful of baking soda; seed and chop (or use seedless) raisins to fill a teacup and add; also a cupful of chopped nut meats (pecan or walnut preferable), a teaspoonful of cinnamon and a quarter teaspoonful of cloves (ground). Mix with flour to a batter or dough soft enough to drop from a spoon—about two cupfuls of flour after sifting; use a teaspoon and drop the dough on a well-greased baking sheet or pan and bake until a nice brown.

Corn Timbales—Score six ears of sweet corn and press out the pulp; to one cupful of this add one tablespoonful of butter melted, one-fourth teaspoonful of salt (more, if liked), one-fourth teaspoonful of paprika, the beaten yolks of three eggs, then the stiffly beaten whites and one tablespoonful of flour; butter corn timbale molds, fill two-thirds full of the mixture, set in a pan of water and place in a hot oven, bake until firm; turn out onto a hot plate.

Education

Education in literature is not so reliable a means of support as a good mechanical trade, for while the products of the mechanical trades are always in demand, those of the intellect are variable and often poorly paid. The mind should be cultivated, and the moral faculties developed, but with these advantages there should be a well-developed body and physical powers trained to do well some one thing. A man with nothing but his intellectual resources find himself severely handicapped in this utilitarian age, but if he have a good handicraft to fall back on, he

is doubly equipped for the battle of life. It is well to keep the boys and girls in school, but mere book learning is never education in its broad sense. The eye, the ear, the hand, the foot must all be educated, if one would have the best success in life. If every boy and girl knew some one trade by which they could support themselves if necessary, the temptation to sacrifice the moral character to secure favor would be greatly lessened. Not the least of Paul's qualifications to preach the gospel was his ability to make tents; in this knowledge and skill, he was independent of the people among whom he found himself, and this independence gave moral strength, which is always a source of spiritual power with others. In America everything else is an outgrowth of the three productive activities—trade, manufacturers and agriculture; there is no limit to the devel-

opment of any one of these; the learned professions can enlarge only as fast as these three primary activities have use for them. As this truth is recognized, industrial schools are being established more and more, and in nearly all institutions of learning in these days, some show is given to the teaching of the manual arts.

INTENSITY

"This play in its intensity," said the go-between-the-acts young man, "fairly takes my breath away." "I only wish it would!" gloomily remarked the lady in the next seat.—Tit-Bits.

SUCCESSFUL

"I started out on the theory that the world had an opening for me, and I went to find it." "Did you find it?" "Oh, yes, I'm in a hole."—Baltimore American.

Latest Fashions for Readers of The Commoner

2964—Boys' Russian Suit, consisting of a blouse closing at front, having removable shield, and sleeves plaited at bottom or finished with wristbands and knickerbockers. An excellent model for heavy linen, duck, serge, Venetian cloth or tweed. Four sizes—2 to 5 years.

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