

hot syrup made of sugar and water as for other preserves. Allow this to stand for several hours where it will cool very slowly, and it will be found that the flavor of the apple and the syrup flavor are blended deliciously. If a fairly rich syrup is made, it will keep indefinitely. The fruit may be preserved in molasses, or even sorghum of a good quality.

**Baked Apples**—Choose tart, juicy apples, and wash; cut out the stem and blossom ends in form of a little cone. Fill the holes with nice brown sugar, and set the apples in a baking dish or pan, crowding close together. On the sugar in the hole on top place a bit of butter, pour a little water in the pan around (not on) the apples, cover with another pan and set in the oven and cook until the apples are fully done. Then lift each apple carefully out of the pan and put on a platter to cool. If spices are liked, these may be added to the butter and sugar, but a little spice will go a good way toward spoiling a good apple flavor.

**Cake Recipes**

**Apple Sauce Cake**—One cupful of sugar, half a cupful of butter, a pinch of salt, half a nutmeg grated, one teaspoonful of ground cinnamon, half a teaspoonful of cloves, one teaspoonful of soda dissolved in half a cupful of hot water. Cream the butter and sugar together, add the salt, then add the spices to one cupful of hot, unsweetened stewed apples, and add the apple sauce to the creamed sugar and butter, one cupful of raisins, and two cupfuls of sifted flour and the dissolved soda; stir until thoroughly mixed, pour into a buttered cake pan and bake one hour.—Mrs. C. C.

**Potato Cake**—One cupful of butter, one cupful of mashed Irish potatoes, two cupfuls each of sugar and flour, half a cupful of sweet milk, one cupful of English walnut kernels chopped and rolled in flour, one cup of melted chocolate, four eggs, one teaspoonful each of ground cloves, cinnamon and nutmeg, and two teaspoonfuls of baking powder. Proceed in the usual manner of mix-

**A BANKER'S NERVE**

**Broken by Coffee and Restored by Postum**

A banker needs perfect control of the nerves and a clear, quick, accurate brain. A prominent banker of Chattanooga tells how he keeps himself in condition:

"Up to 17 years of age I was not allowed to drink coffee, but as soon as I got out into the world I began to use it and grew very fond of it. For some years I noticed no bad effects from its use, but in time it began to affect me unfavorably. My hands trembled, the muscles of my face twitched, my mental processes seemed slow and in other ways my system got out of order. These conditions grew so bad at last that I had to give up coffee altogether.

"My attention having been drawn to Postum, I began its use on leaving off the coffee, and it gives me pleasure to testify to its value. I find it a delicious beverage; like it just as well as I did coffee, and during the years that I have used Postum I have been free from the distressing symptoms that accompanied the use of coffee. The nervousness has entirely disappeared, and I am as steady of hand as a boy of 25, though I am more than 92 years old. I owe all this to Postum." "There's a Reason." Read the little book, "The Road to Wellville," in pkgs. Grocers sell.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

ing ingredients, adding the potato last.—Mrs. W. M. S.

**Oatmeal Cookies**—One cupful of butter, one and one-half cupfuls of sugar, two eggs, four tablespoonfuls of sour milk, two cupfuls of oatmeal, two cupfuls of flour, one cupful of chopped seeded raisins, one teaspoonful each of ground cinnamon, nutmeg and soda. Mix as usual for cakes and drop the dough by teaspoonfuls in a buttered tin and bake in a moderate oven.

**Nice Loaf Cake**—Beat to a cream half a cupful of butter and one cup of sugar; add two eggs well beaten, half a cupful of buttermilk, half a teaspoonful of soda, two cups of sifted flour, half a cup of raisins or currants, and flavoring. Beat until well mixed, then bake in square cake pan.—F. H.

**Helps for the Housewife**

**Serving Sauce**—For mutton or venison, use currant jelly; for turkey or chicken, cranberries; for wild duck, sour grape jelly; for pork and goose, serve apple sauce.

**"Maple" Syrup**—For breakfast cakes, get dark brown sugar, break into lumps and pour over one pound of the sugar one pint of boiling water. Boil steadily ten minutes, skimming well. Cool and bottle. This is better and less expensive than the "maple" syrup sold in cans, and has quite as much "maple" in it as most of the so-called syrups that command fancy prices.

If you must dig the parsnips, or if you buy more than you can use at once, pack in a box of damp sand in order to keep them plump and well flavored. They are best left in the soil until needed.

Wash the dishes, pots and pans, as you cook. Wash every cooking utensil as soon as emptied; it will save time in several ways. Have a dish pan of water setting where it will keep warm, but not hot, and it will take but a minute longer to wash than to set it down dirty. If washed at once, it will come clean quicker.

If spaghetti or the American macaroni is not cooked enough before dressing, it will be neither good-flavored nor wholesome. Cook books usually say twenty minutes; but experience demonstrates that forty minutes steady boiling is none too long. Although the paste should not be so soft as to fall to pieces, it should be quite tender, with no "raw" taste.

A delicious sauce for baked apples is made by whipping a cupful of rich cream, ice-cold, with half a cupful of powdered (or fine granulated) sugar, flavored or not, to suit the taste. The white of an egg may be added, and the sauce is fine for fruit puddings also.

**Old Fashioned Cider Apple Sauce**—Fill a bright five-gallon brass kettle with fresh cider and boil down until it is a rich syrup; fill the kettle with pared, cored, and quartered sweet apples and cook slowly until the apples are nearly as clear and ruddy as jelly. It is fine.

**Health Notes**

Mothers, especially those having little children needing attention during the night, should not neglect providing warm bed-slippers to slip over the feet when called out of bed. They can be made at home of any thick cloth, or knit plainly like the foot of a stocking, or they may be made as elaborate as desired; but the plain ones are just as serviceable as any, and the mother's health is a very precious commodity.

For feeble persons, old, or invalid, there is no sleep if the feet are cold, as they are apt to be as the cool weather comes on. A hot water bag is excellent, but a tin flask, or large glass bottle, filled with hot water and slipped into a woolen

covering is inexpensive, and well "worth while." A sand-bag is good, and if made of two or three thicknesses of cloth-muslin will do—filled with salt or sand, and made quite warm in the oven; will keep warm a long time. A clean brick, heated in the oven, dropped into water for a minute, then wrapped in a piece of flannel blanket, is good for cold feet. A bath in hot salt water, made quite strong with salt, then the feet showered with quite cold water and at once wiped dry and well rubbed with the bare hand will give permanent warmth.

For a cough, wring out a piece of soft cloth in quite cold water, lay on the throat and cover quickly with a few folds of flannel; as soon as warm, replace with another cold cloth, cover and repeat if necessary. Usually one application is sufficient. If the cough extends to the lungs, lay a cold wet cloth on the chest,

cover with flannel, changing as often as it gets warm. Slip the wet cloth from under the flannel without uncovering, and replace with a cold one. This will stop almost any cough, and is better than cough medicine; it is invaluable, where there are children, though it serves as well for adults.

A cool cellar does not mean a damp one. The cellar should be well aired every pleasant day, and the walls will be all the better for a coat of whitewash. If possible to get the material, have a concrete floor. The "gude mon" can learn on this, and be ready to make the walks or foundations for out-buildings when the time comes. Any one of average intelligence can lay concrete, but experience and the knowledge which comes of practice is worth a whole lot.

**Latest Fashions for Readers of The Commoner**



2337—Ladies' Tucked Shirt Waist with front yoke and three-quarter length sleeves. Black satin was used in the development of this stylish waist. Six sizes—32 to 42.



3040—Ladies' Nine-Gored Skirt. Black taffetas was used for this charming model, trimmed with small black jet buttons. Six sizes—22 to 32.



3042—Misses' Full Length Coat. Adaptable to any of the season's coatings. Three sizes—13 to 17 years.



2384—Misses' Tucked Shirt Waist, closed at back and with long or three-quarter length sleeves. Adaptable to linen, lawn, madras or pongee. Three sizes—13 to 17 years.



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