

tuffing material was the wicking, used in the old candle molds, I believe. Will some one tell us soon?

Mrs. C. E. McL.—If you have the March 18 issue of The Commoner you will find two home-made fireless cookers described. If the number has been misplaced, a request for a copy of that date sent to The Commoner office will bring you one.

Hannah B.—Always use deodorized (not denatured) alcohol in making fruit extracts. (2) Gluten in flour is a flesh former, while starch is heat making.

"Busy-Body"—Common shellac, dissolved in enough alcohol to make it the right consistency, is an excellent cement for uniting broken furniture. For this purpose it should be thicker than for varnish.

Emma C.—Get a quantity of clean bark from a shell-bark hickory tree, and make a strong tea by boiling in water. Strain, and to the tea add dark brown sugar to make a good syrup when boiled down. This is claimed to be as good as maple syrup.

Old Reader—Fennel for flavoring dishes can be readily grown from seeds sown now. It is not often found fresh in the small markets. The seeds will flavor very well, and can be had cheaply. Celery seeds are often used when fresh celery can not be had.

K. B.—In cake-making, the proportions generally used are half as much butter as sugar, from two to three times as much flour as sugar, and from half to an equal amount of milk as of sugar. Twice as many eggs as there are cupfuls of sugar is a good rule. One egg to half a cupful of sugar is about right.

**Cooking Cauliflower**

Plain Boiled Cauliflower—Remove all the green leaves but the last layer, cut off the stem end and place head down in cold salted water and leave to freshen for half an hour; the salted water will bring out any insects that may be among the

**POSTUM FOR MOTHERS**

**The Drink that Nourishes and Supplies Food for Mother and Child**

"My husband has been unable to drink coffee for several years, so we were very glad to give Postum a trial and when we understood that long boiling would bring out the delicious flavor, we have been highly pleased with it.

"It is one of the finest things for nursing mothers that I have ever seen. It keeps up the mother's strength and increases the supply of nourishment for the child if partaken of freely. I drank it between meals instead of water and found it most beneficial.

"Our five-year-old boy has been very delicate since birth and has developed slowly. He was white and bloodless. I began to give him Postum freely and you would be surprised at the change. When any person remarks about the great improvement, we never fail to tell them that we attribute his gain in strength and general health, to the free use of Postum and this has led many friends to use it for themselves and children.

"I have always cautioned friends to whom I have spoken about Postum, to follow directions in making it, for unless it is boiled fifteen or twenty minutes, it is quite tasteless. On the other hand, when properly made, it is very delicious. I want to thank you for the benefits we have derived from the use of your Postum."

Read "The Road to Wellville," found 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.

florets. Place the cauliflower in a kettle of salted boiling water to which has been added a quarter teaspoonful of white pepper, and boil until tender—about half an hour. Drain and serve with drawn butter sauce.

Baked Cauliflower—Prepare as above, then boil until tender, but do not break in taking it up; split down the middle with a sharp knife and lay cut side down in a baking dish; pour over it a large cupful of melted butter, sift fine bread crumbs over the top, set in oven and brown; serve in the baking dish.

Cauliflower au gratin—If the cauliflower is exceptionally perfect and fine, pick off the coarse outer leaves, wrap in a cheese cloth cover and cook in boiling water for half an hour, but do not cook until it is sodden; drain well and put into a deep dish, dredge thickly with grated cheese, then a thin layer of stale bread crumbs, and on this strew plentifully little dabs of butter about the size of small filberts; cook in a brisk oven for time enough to turn it a golden brown, and serve hot.

If the cauliflower is not perfect, after cooking in the salted water, break the florets apart, put them with the stem broken to pieces in a shallow baking dish, sprinkle with pepper, grated cheese, bread crumbs moistened with melted butter, add a little milk to moisten, then another layer of florets, crumbs, cheese, etc., with a thin layer of moistened crumbs on top, and bake to a delicate brown.

**Contributed Recipes**

Crust for One Pie—One even cupful of flour, half teaspoonful of salt, half teaspoonful of baking powder, and sift three times; with a knife cut into the flour half a cupful of lard, to the size of peas; add four tablespoonfuls of ice water and stir with a spoon. If more water is needed, sprinkle in a few drops, but not as much as a tablespoonful.

Filling for Pie—One cup of raisins chopped fine; one cup of sugar, one cup of boiling water, one tablespoonful of vinegar, one teaspoonful of butter, one-fourth teaspoonful of cinnamon, one-fourth teaspoonful of cloves; cook all well together on stove; bake with two crusts.—Mrs. S.

Biscuit—Two cups of flour, four teaspoonfuls of baking powder, one teaspoonful of salt; sift carefully into the mixing bowl; add two tablespoonfuls of lard; mix thoroughly with the fingers. Then add a scant cup of sweet milk, stirring with a silver fork; roll out and bake twenty minutes in a hot oven. If sour milk is used, scant one level teaspoonful of soda is used with half the baking powder.—Mrs. S.

Strawberry Sauce—One cupful of sugar, half a cupful of butter creamed together; white of one egg beaten stiff, one quart of strawberries slightly chopped; mix all together, set on back of stove to warm. This is fine to serve with cake or pudding.—Mrs. S. M. B., Columbia, Mo.

For making jelly, if one cup of sugar only is used to two cups of juice, and the jelly is made in a porcelain vessel, it will not be spoiled if it is boiled an hour. For apple jelly, one cupful of jelly to four of juice is enough.—Mrs. M. L., Council Bluffs, Iowa.

**"Pickling Olives"**

Answering several inquiries for this method of putting up olives, we refer the writers to Farmers' Bulletin No. 296, which may be had free by sending a request for it on a postal card, to United States Department of Agriculture, Washington, D. C. This bulletin gives in detail very clear directions for pickling olives. The successful result of the work depends

upon following the directions exactly.

A state experiment bulletin gives directions for making "mock olives" from green plums, in this wise: Pick the plums when just beginning to ripen; use sea salt preferably, but common salt may be used for the brine. The sea salt can be had of any large grocery house. Make a brine strong enough to hold up an egg and pour it hot over the plums. Let stand twenty-four hours, drain off, put into fresh brine, boil one minute, put into jars and seal immediately.

**Helps for the Housewife**

In looking over your supply of jars, if the tops are otherwise in good condition, dip those having rusty places inside in a supply of melted paraffin, slightly coating them, put them away in a clean place, or placed loosely on the jar, and they can be used again.

A supply of bottles should be on hand for the catsup, small pickles, fruit juices, or scraps of "things"

left over when filling the regular cans. Corks can be bought for them at the grocers, and when filled, the tops of the corks should be coated by dipping in paraffin wax, or in sealing wax. If no corks, cut out several rounds of muslin large enough to reach down on the neck of the bottle or jar, and tie them securely with stout twine below the round at the top of the neck. Dip the bottle as deeply as the muslin extends into the sealing wax or paraffin. Label each jar or bottle with the name of the contents before putting away.

To hang prepared burlap, which comes in any color, width or design wanted, at about twenty-five cents a yard, spread the paste on the wall, then moisten the back of the burlap with a sponge dipped in cold water and place carefully on the wall. To make paper stick to a wall that has been whitewashed, make the paste with vinegar instead of water, brushing the wall with vinegar and letting dry.

**Latest Fashions for Readers of The Commoner**



3237



3234



3245

3237—Ladies' Shirt Waist. Madras or linen are excellent materials for this style waist. Five sizes—34 to 42.

3234—Child's One-Piece Dress, closing at center-back. Challis, cashmere or linen are adaptable for this model. Four sizes—3 to 9 years.

3245—Ladies' Combination Corset Cover and Open Drawers. Muslin, batiste or lawn are most suitable for this model. Six sizes—34 to 44.

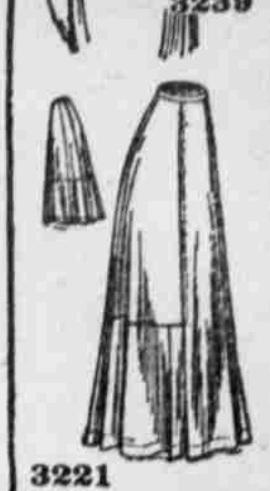
3239—Ladies' Dressing Sack. Cretonne, cotton crepe or flannelette develop well in this style. Four sizes—32, 36, 40 and 44.

3221—Ladies' Seven-Gored Skirt, with plaited flounce. Ladies' cloth, homespun or nun's veiling are suitable for the development of this model. Five sizes—22 to 30.

3228—Misses' Semi-Fitting Coat in three-quarter length. Serge, covert cloth or hopsacking are adaptable to this model. Three sizes—14 to 18 years.



3239



3221



3228

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