

pickles. The vinegar must cover every particle of the cauliflower.

**Canned Lima Beans**—A reader asks for directions to can lima beans. If gathered when ready for canning or cooking and dried without shelling then shelled and put away in paper bags they will be "just as good" and a little better than if canned. Try this way.

Apples are canned as any other hard fruit, by boiling until tender, but not mushy, and packing in glass jars, pouring in the jar all the water in which they were boiled until the air-spaces are filled, then sealing. Sugar may be added to the fruit when being boiled, but it is not necessary. Apples that are spoiling should have all defective places removed, and will be very nice for winter days.

#### Contributed Recipes

**Canning Plums with Syrup**—Put one cup of soft A sugar in a preserving kettle with three-fourths of a quart of boiling water, and bring to a boil; remove stems from the plums and wash carefully so as not to break the skin. Lift the kettle from the fire after skimming well, and let the syrup cool so it is not scalding hot, as putting the plums right into the boiling water will tend to break the skins. After putting in the plums let the syrup cook slowly until the plums are barely tender enough so a knitting needle can pierce them and be readily withdrawn, they are then ready to fill into the cans. Have the cans heated with dry heat—setting them on the back of the range, or the warming closet on top, but do not pour water into them. When the plums are ready to put into the can, tip the hot can sideways and slide the first few plums carefully into them with a spoon, having the plums boiling hot; fill the can full, shake or jar the can to settle, then put the syrup into the can until all air-spaces are full and

#### WELL PEOPLE TOO

##### Wise Doctor Gives Postum to Convalescents.

A wise doctor tries to give nature its best chance by saving the little strength of the already exhausted patient, and building up wasted energy with simple but powerful nourishment.

"Five years ago," writes a doctor, "I commenced to use Postum in my own family instead of coffee." (It's a well-known fact that tea is just as injurious as coffee because it contains caffeine, the same drug found in coffee.) "I was so well pleased with the results that I had two grocers place it in stock, guaranteeing its sale.

"I then commenced to recommend it to my patients in place of coffee, as a nutritious beverage. The consequence is, every store in town is now selling it, as it has become a household necessity in many homes.

"I'm sure I prescribe Postum as often as any one remedy in the *Materia Medica*—in almost every case of indigestion and nervousness I treat, and with the best results.

"When I once introduce it into a family, it is quite sure to remain. I shall continue to use it and prescribe it in families where I practice.

"In convalescence from pneumonia, typhoid fever and other cases I give it as a liquid, easily absorbed diet. You may use my letter as a reference any way you see fit." Name given by Postum Co., Battle Creek, Mich.

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.

the plums covered even to the brim. Use new rubbers; screw the tops on tightly, test the cover by standing the can on the top to see if there is any leak; if perfectly sealed, let get cool, then set away in a dark place. Be sure the top is perfectly sealed. —Mrs. C. L., Iowa.

**Damson Jam**—Fill a stone jar with fine, ripe damson plums, cover and set in a kettle of water having a wooden slat in the bottom; the water must be boiling hot. Cook gently until the stones separate from the pulp; pour into a wide bowl or pan, cool, pick out the stones and mash the pulp to a smooth consistency. Allow one and one-half pounds of good brown sugar to one quart of pulp, return to kettle and boil slowly for an hour or more, swimming well and stirring. When quite thick, fill small, wide-mouthed stone or glass jars and keep uncovered in a cool, dark place two days; then cover with melted paraffin and a paper cap fitted on with white of egg. After a while it should be firm enough to cut like cheese. Nothing makes a finer conserve than damson plums.—C. A. D., Missouri.

#### Canning Time

**Canning Sweet Potatoes**—Select small potatoes of uniform size, wash and scrape, but do not peel; cook until tender in salted water, but do not break or mash; they should be firm, while they are tender. Have ready a syrup made of sugar and water so thick that when allowed to cool in a cup for a few minutes it will crystallize. Fill the jar with the potatoes, keeping them as whole as possible, then hold a fork or sieve across the mouth of the jar and drain out every bit of the water while still very hot, then pour the boiling hot syrup over the potatoes and seal as other canned things. Both syrup and potatoes must be very hot. When wanted for use, turn into a pan, add a little butter and bake as you would fresh potatoes. Small potatoes that would otherwise be wasted are just the size for canning. They must be fully matured.

Here is a way to can string beans that has the merit of being but little trouble: Prepare the beans just as you would for the table, and cook them the same, only cooking enough for several jars when cooking for dinner. When they are perfectly done, fill one or more jars full, shaking well to settle them, then put into each jar three or four tablespoonfuls of vinegar, boiling hot, and seal at once. The water the beans are boiled in may be used to fill the can, if any is needed, but it must be boiling hot. In this way, the housewife can put up small quantities, a jar or two at a time, while she is getting dinner. Seal as other vegetables.

**Canned Pineapple**—Make a syrup in proportions of two and one-half pounds of sugar to three pints of water for six pounds of prepared fruit; boil for five minutes, skimming well, then add the pineapple, which should be peeled and sliced, and let boil a few minutes until thoroughly hot through, then pack in well scalded cans and seal, boiling hot.

#### Good Recipes

The small seckle pear makes the nicest spiced relish, if properly prepared. Cut out the blossom end with a sharp knife, but leave the stem and peel on, wiping the pear with a damp cloth. Prepare a syrup, allowing five pounds of sugar and one pint of vinegar to nine pounds of the fruit; when the syrup is ready, boiling hot, after skimming well, put in the pears a few at a time, and cook until tender; drain as soon as they are done, and put into jars, and when the jars are full,

shake gently to settle, and pour over the fruit the prepared syrup. For spicing, an ounce each of stick cinnamon, mace, and green ginger, tied in a cloth, should be added to the vinegar in making the syrup, and should be put into the jar with the pears.

It is better to buy good, pure spices whole and grind as wanted.

For crystallizing fruit, have the best of sugar; weigh two pounds and put into a new, or thoroughly good, preserving kettle with barely enough water to dissolve the sugar, beginning with half a cupful at first, stirring the sugar slowly, and if more is wanted, add a very little more—a tablespoonful at a time until the sugar is thoroughly dissolved, but not liquid; then set the kettle on the stove and bring to a boil. Have the fruit ready prepared, peeled cored and sliced, and in a suitable dish or pan, and pour the boiling syrup over, turning so that every side may receive its coating; set aside to cool, then pour off the syrup and set the pan as upright as possible so that the remaining particles may drain off. It is better to have the syrup boiling hot when poured over the fruit, for, though it may soften it somewhat, when cold it will be all right, and the crystals will be more brilliant. The fruit, when thoroughly drained and dried, should be packed in boxes in sugar, with paraffin paper between the layers. Peaches, pineapple, oranges, lemon, apricots, pears, limes, are all fine put up this way. The main thing is to do the work carefully and proper-

ly, and it is much cheaper than the "store" article, and better.

#### DRINK BARRED BY RAILROADS

Special dispatch to Chicago Tribune: New York, July 29.—As a result of an investigation conducted by the management of the Delaware, Lackawanna and Western railroad following the recent disastrous wreck at Corning, N. Y., an order was issued today to the employes of the transportation service forbidding the use of intoxicants, either while off or on duty.

All classes of employes directly connected with the movement of trains are prohibited from using their time while off duty in any manner that may unfit them for the safe, prompt, and efficient performance of their duties.

This rule applies particularly to men who might spend their time off playing cards.

#### SOUNDS BETTER

The feeling of many men with regard to public office is much the same as that which a certain distinguished Frenchman had toward the academy—that group of forty who are called "the immortals." He was asked one day why he did not propose his candidacy for the academy.

"Ah," said he, "if I applied and were admitted, some one might ask, 'why is he in it?' and I should much rather hear it asked, 'why isn't he in it.'"—Christian Register.

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