

be heavy, so it will last for years, when it can be re-plated if worn. One of the best makes, holding six to eight cups of coffee, will cost about \$3; but cheaper makes can be had even as low as \$1.80; with the percolator and a good grade of finely ground coffee, one can hardly fail to have a good, wholesome beverage. The percolator is a compact device for distilling, rather than boiling the coffee, the water being in the lower part of the vessel, and the coffee grounds in a cup with finely perforated bottom, which fits into the top of the vessel, and has a glass cover. There is a tube through the cup holding the grounds, reaching above the grounds, and extending down to the bottom of the water compartment, and when the water boils, it bubbles up to the top of the tube, falling on the grounds, which are also acted upon by the steam, and the bitter, strong taste of boiled coffee is entirely absent.

Another aid to the housewife is the self-heating flat iron. It can be had for gas, electricity, gasoline, or alcohol, and is excellent for either. The alcohol iron is preferred to the gasoline, as in careless hands it is less dangerous, and can be carried about and used wherever desired. The gas, or electric iron can only be used where the house is piped for gas or wired for electricity, and is connected in either case to the source of its fuel by a drop tubing. Either of these irons will cost about \$3.50 to \$5, but it is well worth it to any housewife. If living near a laundry, where the family wash can be brought home "rough-dried," the housewife can iron as she pleases, and snap her finger at the irresponsible laundress.

Using Fruits, Etc.

Pears are plentiful now, and lend themselves admirably to many ways of putting up, or cooking for immediate use. For a compote, peel, leaving the stem on, and simmer gently until pink and transparent in a syrup made of a cup of sugar to one of

RIGHT HOME

Doctor Recommends Postum from Personal Test

No one is better able to realize the injurious action of caffeine—the drug in coffee—on the heart, than the doctor. Tea is just as harmful as coffee because it, too, contains the drug caffeine.

When the doctor himself has been relieved by simply leaving off coffee and using Postum, he can refer with full conviction to his own case.

A Missouri physician prescribes Postum for many of his patients because he was benefited by it. He says:

"I wish to add my testimony in regard to that excellent preparation—Postum. I have had functional or nervous heart trouble for over 15 years, and a part of the time was unable to attend to my business.

"I was a moderate user of coffee and did not think drinking it hurt me. But on stopping it and using Postum instead, my heart has got all right, and I ascribe it to the change from coffee to Postum.

"I am prescribing it now in cases of sickness, especially when coffee does not agree, or affects the heart, nerves or stomach.

"When made right it has a much better flavour than coffee, and is a vital sustainer of the system. I shall continue to recommend it to our people, and I have my own case to refer to." Name given by Postum Co., Battle Creek, Mich. Read the little book, "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.

water, adding a few slices of lemon. When the fruit is done, skim out of the syrup and boil the syrup down thick; then pour over the fruit and serve cold. This is excellent for a luncheon or repast for special occasions. Whipped cream and macaroons should be served with it.

It is reported that wild grapes will be plentiful wherever they still grow. Jelly made from wild grapes is much finer flavored than that made from the varieties sold on the market. Unfermented wines made of the big wild grapes is very fine. They are also used for making catsup, which is much liked.

Apple butter is better if the cider or thickening is made of sweet apples; if the weather is warm, the cider should be boiled down to one-third the same day it is made. If the weather is cool, it can be left in the barrel a day, but should be boiled down or used very soon after making. The prepared apples should all be put in at once, in order that all may be cooked alike. It will take about four hours of boiling and stirring to cook the apples down so they will keep. The apple butter sold over the counter at the store is not to be compared with the home-made.

Try putting a few cinnamon buds in your preserved or canned pears. The buds may be had of the grocer or druggist. Five cents worth of the buds will be sufficient for putting up a bushel of pears. The fruit is better steamed than boiled, will keep its shape better, and is said to be of better flavor.

Odds and Ends

As soon as the weather will permit of long cooking, peas and beans are excellent substitutes for meat. Beans do not agree with all digestions, but an ordinarily good digestion has but little trouble with them, if properly cooked.

In a cream-of-pea soup you have practically all the food values—the proteids, fats of milk and butter, the vegetable juices and starches of bread or crackers eaten with it.

Tartaric acid removes almost any iron rust blemishes, and is an excellent article for removing yellow marks.

This is recommended for cleaning wall paper, but the work must be quickly and carefully done: Dip a new whitewash brush in hot vinegar and brush quickly over all the surface, doing the work thoroughly, but doing it quick enough not to "soak" the paper. The vinegar will have to be changed, as it gets very dirty. When dry, the paper should be clean and fresh.

A yellow cake-frosting is made by beating the yolks very light and thicken with fine sugar, as you would the whites. It will take a little longer to harden than if the whites were used.

When you get a piece of beef that seems too tough to make a good roast, run it through the sausage mill, season with pepper, salt and onion, make into a pone, put in the oven and bake thoroughly. When cold, cut in slices and serve. Nice for luncheon or supper. Cheap pieces of meat may be served in this way; should be cooked slowly after the outside is seared, and basted often.

Canned fruit, nuts, fresh fruits, or chopped nut kernels, added to a good custard foundation, makes a nice dish. Is improved by freezing.

Some Appetizing Desserts

Lemon Milk Jelly—Put one and one-half heaping tablespoonfuls of powdered gelatine into a saucepan, add two cupfuls of boiling water, six tablespoonfuls of sugar, the well-beaten yolks of three eggs, and two cups of sweet milk. Stir until almost boiling; add the grated rind and juice of one lemon, and strain into a wet

mold. Turn out when cold, and decorate with cream whipped to a froth, and lay on top two or three cherries.

Egg Jellies—The well-beaten yolks of four eggs, one heaping tablespoonful of powdered gelatine, two cups of water, three tablespoonfuls of sugar, the grated rind and juice of one lemon. Put the gelatine, water, sugar and lemon juice into a sauce pan and stir over the fire until the mixture comes to the simmering point; have ready the well-beaten yolks of the eggs and add them to the contents of the saucepan, and stir over the fire for a few seconds, but do not let boil; set aside, and when nearly cold, strain into a mold previously rinsed in cold water. If wanted for an invalid, set in little molds in order to serve conveniently in small quantities without disturbing. Serve with small cakes.

Pineapple Meringue—Cream one cup of fresh butter with one-half cup of sugar, and add two cupfuls of shredded pineapple; heat the pineapple to boiling point, then add two beaten egg-yolks mixed with one-half cupful of fresh cream or rich milk, one tablespoonful of lemon juice and the grated peel. Fill a pie crust and bake, and afterward cover with the meringue and brown. Any nice custard filling will do for filling the crust.

Peach Ice—Press through a sieve enough soft peaches to make a pint of pulp; add a cupful of sugar, two

cupfuls of orange juice, and two tablespoonfuls of lemon juice. Freeze and serve in pretty glass dishes.

THE MAN WITH A GRUDGE

Every political party has its internal dissensions. Some grow out of honest differences of opinion, some from intense rivalries and some from mere personal spite. The democratic party is no more free from such trouble than other parties, but at this moment it can offer better reasons why strife should be buried than any other party. The democracy has the best opportunity for success that has been presented to it in years. It is offering to the people a programme of needed reform which it has demonstrated that it can carry out. It is putting principles above men and every man's duty is to forget what is personal in politics and look steadfastly at great truths which bind the party together. Small consideration should be given at this time to the man who parades his personal disappointments and berates his personal foes to the detriment of the party. Nursing grief and keeping old wounds fresh is poor business at any time. It is downright party disloyalty to go into that sort of thing now, when every sign points to democratic victory in November. The sorehead should be firmly squelched, rivalries should be dropped, differences reconciled, and an unbroken front presented to the enemy.—St. Louis Republic.

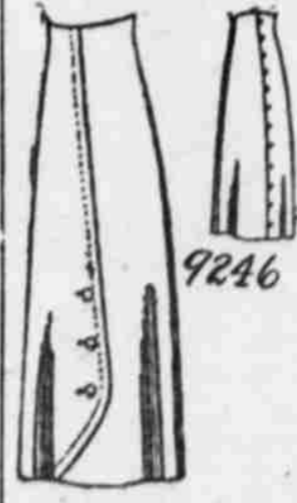
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