

may take the place of butter entirely, or the lard and butter may be equal parts.

Good Cookies—Cream half a cup of butter and a cupful of sugar until smooth; add two eggs, half a cup of milk, a tablespoonful of vanilla extract, or the strained juice of a lemon; add enough flour to make a soft dough; it is this that makes cookies either good or indifferent; if too much flour is used, they will be too stiff; there should be just enough to be able to roll the dough; dust the board with as little flour as will keep the dough from sticking, cut off a small piece of the dough, roll and cut it out, repeating until you have a small pan full, using up the scraps of dough each time. Or, the scraps of dough may be laid aside each time until the dough is all used, then work the scraps together and roll and cut out until all are in the pans. Have a hot oven for cookies; have the dough rolled quite thin, lift with a knife, or pancake turner and lay in the pan. Put into a crock or tin box with cover, to keep from getting either too soft, or too hard. Nut cookies are made by adding the shelled nut kernels, mashed, to the dough while mixing. Raisins may be stirred in.

Contributed Recipes

Sweet Pickle Cucumbers—Large ripe cucumbers are used for this. Peel and cut into thick slices, add one ounce of alum to one gallon of water, and when scalding hot pour over the sliced cucumbers; stand the pan on the back of the stove where the contents will remain hot, but not boiling, for half an hour; strain and throw the cucumbers into cold water, and leave until thoroughly chilled, then drain again and put in to the preserving kettle with a syrup prepared as for peaches. Let cook slowly for half an hour; then leave overnight in the syrup; drain off the syrup in the morning, heat to the boiling point and pour again over the cucumbers. Repeat this for three mornings, then pack in jars and seal. To prepare the syrup, for eight

HARD TO SEE

Even When the Facts About Coffee are Plain.

It is curious how people will refuse to believe what one can clearly see. Tell the average man or woman that the slow but cumulative poisonous effect of caffeine—the alkaloid in tea and coffee—tends to weaken the heart, upset the nervous system and cause indigestion, and they may laugh at you if they don't know the facts.

Prove it by science or by practical demonstration in the recovery of coffee drinkers from the above conditions, and a large per cent of the human family will shrug their shoulders, take some drugs and—keep on drinking coffee or tea.

"Coffee never agreed with me nor with several members of our household," writes a lady. "It enervates, depresses and creates a feeling of languor and heaviness. It was only by leaving off coffee and using Postum that we discovered the cause and way out of these ills."

"The only reason, I am sure, why Postum is not used altogether to the exclusion of ordinary coffee is, many persons do not know and do not seem willing to learn the facts and how to prepare this nutritious beverage. There's only one way—according to directions—boil it fully 15 minutes. Then it is delicious." 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.

pounds of fruit weigh four pounds of sugar and measure one cupful of whole mixed spices (to be had of the grocer)—stick cinnamon, allspice, cassia buds and cloves. Tie the spices in a cheese cloth bag and put in the preserving kettle with the sugar and one pint of good vinegar, and let heat slowly, skim as necessary, let boil until clear, then pour over the cucumbers.

Pickled Cauliflower—Cut up the head or heads into small sprigs, soak them in salt water for half an hour, then boil in fresh water until tender; then skim out carefully into a jar, so as not to break them; turn over them spiced vinegar prepared as for cabbage. A few slices of cabbage, red, or white, cooked until tender, may be used with the cauliflower. The sprigs should not be boiled too tender. For the spiced vinegar, put an ounce of mixed whole spices in a cheese cloth bag and scald in a pint of vinegar; take out the bag and add a tablespoonful of mustard and half a cup of sugar to each quart of vinegar; stir well, and pour, boiling hot, over the cauliflower, which should also be boiling hot, pack in jars and seal.

Odds and Ends

Dates are both healthful and nourishing. They should be as fresh as possible. Wash and take out the corn starch. Excellent for children's lunches.

When ironing any garment having buttons that can not be removed, fold a turkish towel into several thicknesses, lay the garment, buttons down, on the towel and iron on the wrong side; the buttons will sink into the folds of the towel, and the garment can be ironed smooth and even.

Washington News

The following is from the Associated Press: Chairman Clapp announced the following program for this week's hearings, after a conference with Senator Pomerene of Ohio, representing democratic members of the committee on campaign funds:

Monday, September 30.—Ormsby McHarg, assistant manager in Colonel Roosevelt's pre-convention campaign; Cornelius N. Bliss, jr., who had been asked to produce the books of his father, treasurer of the republican national committee in 1904; Charles A. Peabody, counsel for Mrs. E. H. Harriman; C. C. Tegethoff, private secretary to the late E. H. Harriman, who has been asked to produce papers relating to the so-called Harriman fund of 1904.

Tuesday, October 1.—William Flinn of Pittsburgh and Klon H. Hooker, treasurer of the progressive national headquarters, who will be asked to testify in general regarding campaign expenditures.

Wednesday, October 2.—Senator James M. Dixon of Montana, manager of Colonel Roosevelt's campaign.

Thursday, October 3.—J. Pierpont Morgan.

Friday, October 4.—Colonel Roosevelt.

Samuel Untermyer, attorney for the house "money trust" investigating committee and for the Waters-Pierce Oil company in its fight with the Standard Oil company, conferred with President Taft, lending interest to rumors that the government is watching developments in the oil case.

Attorneys for the so-called "bath-tub trust," in a brief filed with the supreme court of the United States declared anarchy could not prepare a more enervating, paralyzing pre-

scription than the Sherman anti-trust law.

The senate committee investigating campaign contributions in 1904 has requested the secretary of state of New York for a transcript of the testimony in the Armstrong insurance investigation in 1905 and 1906.

A national bureau of health was urged by President Taft in his address of welcome to the 3,000 delegates to the international congress of hygiene and demography at Washington.

An Associated Press dispatch says: Senator Clapp made public the names of the majority of the witnesses who are to be heard by the committee. The list includes J. P. Morgan, H. C. Frick, Elbert H. Gary, George W. Perkins, William R. Hearst, Thomas F. Ryan, Former Senator Chauncey M. Depew, William Loeb, jr., George B. Cortelyou, Alton B. Parker, George R. Sheldon, Cornelius N. Bliss, jr., and C. C. Tegethoff, all of whom have been mentioned as probable witnesses.

The broad character of the investigation that is to be made to determine whether campaign contributions have influenced tariff legislation is indicated in the character of the witnesses. Among them are William Whitman and William M. Wood of Boston, two leading figures in the woolen industry; Edwin F. Greene, J. R. MacCol, Charles H. Harding, John P. Wood and N. T. Folwell, all of Boston; Joseph R.

Grundy, Bristol, Pa.; B. F. Barnes, jr., a steel manufacturer of Pittsburgh; Henry L. Towne of New York; John Kirby, jr., Dayton, O., and Fred Schwedman and D. P. Challenger of St. Louis.

All are manufacturers or interested in important industries.

Although his name is not on the list, Daniel L. Reid, a leading figure in the tin plate and steel industry, is also to be asked to appear before the committee.

Wayne MacVeagh, former attorney general of the United States and a brother of Secretary Franklin MacVeagh of the treasury department, has also been asked to appear. It is understood the specific purpose of summoning J. Pierpont Morgan and Mr. MacVeagh is to question them concerning the charges made by Charles Edward Russell, socialist candidate for governor of New York, that Mr. Morgan had been asked by Colonel Roosevelt to contribute a certain amount to his campaign fund in 1904. Both Mr. Morgan and Mr. MacVeagh have denied the report.

D. E. Thompson of Lincoln, Neb., former minister to Mexico; Chancellor James R. Day, of Syracuse university; Governor Eugene N. Foss of Massachusetts; Judge C. H. Dull, of New York, and E. T. Stotesbury, who was reported to have collected republican campaign funds in Philadelphia, have been added to the committee list.

Those who will be asked to explain the sources of campaign funds (Continued on Page 15.)

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