

gas iron consumes about three cents per hour, but the cost of operating by either depends on the price paid for the heating material. The alcohol iron can also be heated by gasoline, and with either as fuel, the cost of running per hour is claimed to be less than one cent for a continuous heat all day. Any of these irons will cost from four to six and one-half dollars each, family size.

Washing machines are now made to operate by hand, electric, gas, or water power, and for the ironing, there are family size mangles which smooth all straight pieces, and the cost of the cold mangle, run by electricity, is about \$10. Hand, electric, gas, or water power may be used. The ideal laundry outfit is entirely electrical, which is the quickest and cleanest, but much the most expensive. Plenty of hot and cold water is a necessity in any case.

There is an alcohol table lamp which is clean and sanitary, and gives a pure, white light with no disagreeable odor; it is claimed to be safe, and satisfactory. The cost ranges from \$4.50 up. There are also improved burners which greatly add to the value of the coal oil lamp, and there is a device for heating a room by gas burners or lamps. The heater is light, ornamental and easy to control, with no ashes or dirt to litter the room. Its principal value is for heating liquids where there is no convenient stove, and unless very cold weather, will heat comfortably a small room, it is claimed. We all know the heat given out by the large Rochester lamp, or the oil stove.

A ramble through the house-

**SCOFFERS**

Often Make the Stanchest Converts.

The man who scoffs at an idea or doctrine which he does not fully understand has at least the courage to show where he stands.

The gospel of Health has many converts who formerly laughed at the idea that coffee and tea, for example, ever hurt anyone. Upon looking into the matter seriously, often at the suggestion of a friend, such persons have found that Postum and a friend's advice have been their salvation.

"My sister was employed in an eastern city where she had to do calculating," writes an Oklahoma girl. "She suffered with headache until she was almost unfitted for duty.

"Her landlady persuaded her to quit coffee and use Postum and in a few days she was entirely free from headache." (Tea is just as injurious as coffee because it contains caffeine, the same drug found in coffee.) "She told her employer about it, and on trying it, he had the same experience.

"My father and I have both suffered much from nervous headache since I can remember, but we scoffed at the idea advanced by my sister, that coffee was the cause of our trouble.

"However, we finally quit coffee and began using Postum. Father has had but one headache now in four years, due to a severe cold, and I have lost my headaches and sour stomach which I am now convinced came from coffee.

"A cup of good, hot Postum is satisfying to me when I do not care to eat a meal. Circumstances caused me to locate in a new country and I feared I would not be able to get my favorite drink, Postum, but I was relieved to find that a full supply is kept here with a heavy demand for it." 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.

furnishing department of some of our large department stores, watching the various "demonstrators" at their work, would be worth a trip to any woman, and would be a revelation to any one.

**The Shirt-Waist Box Plait**

Many beginners find considerable trouble in making the box plait on the front of the shirt-waist. If the goods were cut and marked according to the pattern, there should be a row of marks down the front edge of the material. Crease the goods at the perforations, and stitch a certain distance from the crease, as the directions tell you to do; this will make the outer tuck, and the unfinished hem will be loose underneath; the second, or inner tuck of the box-plait is then creased according to markings, and before it is stitched in place, the unfinished edge is folded in with it; the tuck is then stitched with the edge inside of it, leaving no raw edge, and the button-holes are made in this closing plait. The left side may be merely hemmed, or a narrow facing may be used, and on this the buttons are to be sewed. In sewing any double goods, the foot of the machine is apt to hold the upper fold back, while the feeder underneath pushes the under fold forward. Basting the two sides together will in a measure overcome this.

**Contributed Recipes**

**For Caramel Frosting**—Take three cupfuls of coffee C sugar and one cupful of rich milk or cream, with one heaping tablespoonful of butter. Put into a granite saucepan and boil without stirring until when dropped in cold water it is hard enough to be waxy; stir it only on the bottom to keep from scorching, then set the saucepan in cold water, and as it cools spread it on the cake, as it will harden very quickly. This is recommended.

**Jellied Prunes**—Stew a dozen good-sized prunes and allow them to get cold; take the pits out. Stew them just long enough to have them tender. Blanch a dozen almond kernels and brown them in the oven and put one in each prune. Dissolve half a cupful of gelatine in water enough to cover it. Heat the juice the prunes were boiled in, measure out one pint and pour boiling hot over the gelatine; add half a cup of sugar and the juice of three lemons, strain it and pour over the prunes. Put into a mold to harden. Serve with whipped cream.

**Salmon Loaf**—Open and drain the liquor from a can of salmon, turn the fish out and mince finely; mix with it one tablespoonful of butter, one-half cup of bread crumbs, a salt-spoonful of salt, a little pepper and two eggs beaten very light. Mix well together and put into a buttered mold or pan and set the pan in another pan of boiling water; cover the pan that holds the fish closely and set in the oven; cook for one hour, replenishing the water in the lower pan as it boils away. For a sauce to eat with the loaf, heat one cup of sweet milk, beat one egg into it, some of the liquor poured from the can of fish, salt and pepper, and let come to a boil, over the water. Chop parsley very fine and put a spoonful into the sauce, and pour it over and around the portions of loaf when served.

**Quantity of Refreshments to Serve**

Allow one quart of oysters to every four persons; for one hundred guests, allow twenty-five quarts.

Six large chickens and eighteen large heads of celery for sixty guests. Three gallons of ice cream for sixty guests. One quart of ice cream makes six portions.

One hundred and twenty sand-

wiches for 100 guests. About one and one-half pounds of butter will scantily cover the sandwiches.

One quart of soup makes six portions; one quart of salad makes eight portions. One gallon of beverage makes twenty-four portions.

**Requested Recipes**

**For making a sweet chocolate for coating candies**, use the unsweetened chocolate; to every half pound, when melted add sufficient confectioner's granulated sugar to make it the desired sweetness. The chocolate should be shaved into a cup or dish and set in a pan of hot water until melted, no water being added to the chocolate.

**Southern Spoon Bread**—Into a pint of nice sour milk break one egg. Sift together into the sour milk one heaped teacupful of white corn meal, half a teaspoonful of salt and a half teaspoonful of soda and beat thoroughly together. Have a well greased pan, holding a quart, on the stove heating, and when very hot pour the batter into it and put into a very hot oven. It should be done a delicate brown in fifteen minutes, and must be served at once.

**Date Cookies**—One cup of sugar, half a cup of butter, half a teaspoonful of baking powder, two cups of flour, yolk of one egg, a cupful of chopped dates and enough milk to moisten. Cream butter and sugar together and add the egg yolk beaten in a little milk; sift the flour and

baking powder together; add the dates to the moist ingredients, with the flour; mix well; add more milk if the dough is too stiff to roll out. Roll and cut the thin cookies and bake in a moderately hot oven.

**Dried Apricots and Peaches**—Pick over the dried fruit, removing all imperfect ones. For one pound, divide in half and put half a pound into each of two-quart self-sealing jars. Put into a sauce pan two quarts of water and two cupfuls of sugar. Pour this, when it has boiled a few minutes, over the fruit in the jars, using it boiling hot. Screw down the lids tight, and set away for a day or two; then open the jars and drain the syrup off and boil again, and pour boiling hot over the fruit, sealing as before. After several days, they should be ready for the table, tender, fine-flavored and fine colored. Change the syrup on them until they are tender.

If the windows stick, drop a little powdered black lead from a paper funnel down between the sash and the frame where the cord runs, and the window will move perfectly easy. The black lead will also make the door hinges work smooth, and stop creaking.

**Summer Boarder**—"Don't you ever come to see the sights of a city?"

**Farmer Medders**—"Oh, no; we see 'em every summer."—Judge.

**LATEST FASHIONS FOR COMMONER READERS**



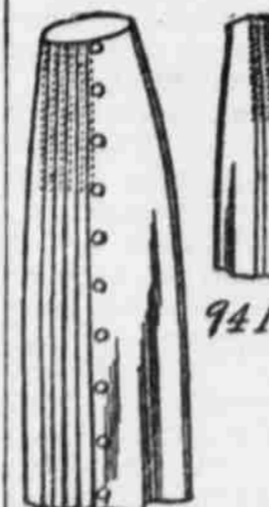
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