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One Man's Work  
\$28.50 With This**

made by Jos. Hancock, Lamoni, Ia. Schearer, Montana, made \$22.35 in 5 hours. Miller, Iowa, made \$13.65 in one afternoon. We have proof of this and hundreds of similar reports. No Matter Who You Are or Where You Live, here's your chance to double your present salary or income, working during spare time or permanently as a one minute photographer. No experience needed. A new, live business of big cash profits. You can work at home or travel, enjoy the healthful, outdoor work and become independent in your own business. SEND A P.O.R.T.A.L.—ask us for proof of what others are doing—of what you can earn with a

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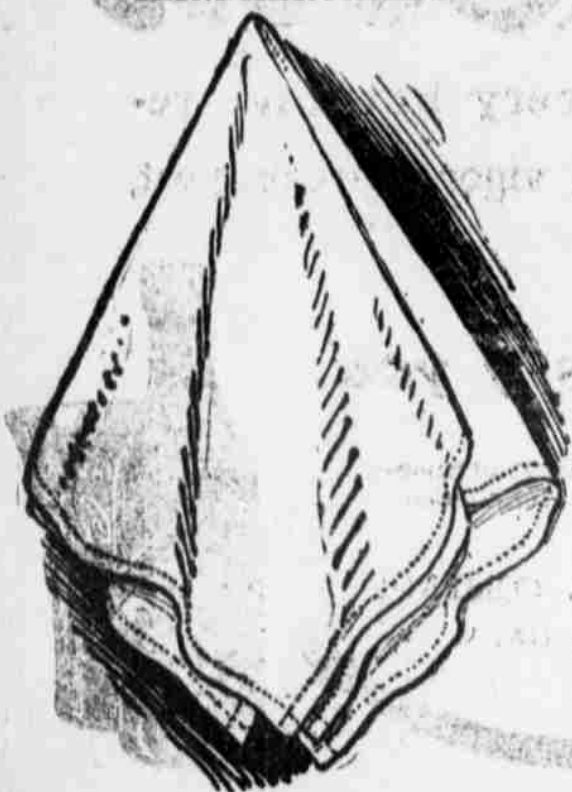
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down. Then pour into small jars or tumblers, cover the top with melted paraffine, then cover with paper top, or the usual top that comes with the glasses.

For a strawberry ice cream, add two cupfuls of crushed strawberries to a quart of Philadelphia cream and freeze.

Canned Strawberries—To four

pounds of strawberries, allow two pounds of sugar; arrange the prepared berries and sugar in alternate layers in glass jars; set the jars on a rack in a large boiler with water enough to reach the shoulders of the jars; cover the kettle and let the water heat until it begins to boil vigorously, then from one of the jars fill others until all are full; remove

from the boiler and seal quickly. The berries should be just heated thoroughly through, and their flavor will be thus preserved.

Strawberry Shortcake—Hull two full boxes of strawberries, cut in halves, if large; sweeten and let stand for several hours; have a rich, short biscuit dough, and roll in thin layers, and between the layers arrange the berries, as many layers as you wish; on the top layer arrange fine large berries after the cake is baked as you would bake biscuit. Serve with whipped cream.

**Nasturtiums**

If you have a garden, do not forget to plant some nasturtium seeds. They grow readily, do not require very rich ground, and are lovely in leaf and bloom; but later on, the seeds may be used as a substitute for capers. These pickles are well liked, and easily made, and if you want them, now is the time to start the plants. There are two varieties of nasturtiums, the bush and the climbing. Either will bear both blossom and seeds, and the ground does not require to be very rich; if too rich, the plant will all go to vine and foliage, instead of blossom and seeds. The seeds should not be allowed to ripen, and get hard; it should be picked off while tender, but full size. Leave at least an inch of the stem on the seed, if you can. Put them in strong brine for three days; then drain and lay in cold water for twenty-four hours; drain again, and pack in jars. They need no spices, and good cider vinegar will be found best for use. Heat vinegar boiling hot and pour over them, then seal, and they will be ready for use in a month. We are asked how to keep them green; if any one knows, will she pass the knowledge along?

**What May We Eat**

Several of our readers have asked this question, saying that, according to chemists and others supposed to know, about everything in the way of food and drink is poisonous to the human system. It seems that in no other way than by starving to death can the average human being hope to solve the important problem of avoiding toxic substances. Yet human beings have been eating just such food stuffs as we now eat for thousands of years, and some of these beings have lived to a good old age enjoying very good health even to the end. There are so many fads that have really no foundation in facts, that one is at a loss to know what is best. But we notice that the men who profess to have cures for every disease die about as fast as the common people who eat, drink and are merry.

**Good Old Days**

Little Evelyn had received many pretty birthday gifts. "I think you are a very fortunate little girl," said her aunt, "when I was small I was thankful to get even one birthday present."

"O, dear," replied Evelyn with a shudder, "I'm glad I didn't live in Bible times."—From the National Monthly.



terial and an additional yard the same width for the bloomers.

6562—Ladies' Skirt—This three gored skirt makes an excellent model for serviceable materials such as serge or chevot. The back is gathered at the top and the line of the closing is broken at the knee by a pointed tab, holding folds of drapery coming from one side. The pattern 6562 is cut in sizes 22 to 32 inches waist measure. Medium size requires 2 1/2 yards of 44 inch material.

6518—Ladies' Skirt—This stylish three gored skirt can be made with the high or regulation waistline. The two trimming bands give the tier effect, now so much sought, and may be of contrasting material. The pattern 6518 is cut in sizes 22 to 32 inches waist measure. Medium size requires 2 1/2 yards of 44 inch material.

6669—Child's Dress—Plain and practical this frock is suitable to such materials as serge, gingham or linen. There is a short tuck which passes over each shoulder and the neck is cut square with the ornamental yoke. The pattern 6669 is cut in sizes 2, 4, 6 and 8 years. Medium size requires 2 yards of 36 inch material and 1/2 yard of 36 inch contrasting goods.

Latest Fashion Book 2 Cents.—We publish four times a year a Quarterly Fashion Book, illustrating 200 styles for ladies, misses, and children, and containing many valuable dressmaking lessons. The regular price is 10 cents a copy, but if you will order the book at the same time you order a pattern we will send the Summer Number, now ready, for only 2 cents to cover mailing. Address The Commoner, Lincoln Neb.

**Stop Using A Truss**

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