

to two ounces of castor oil, well shaken every time before using, is as good as anything else. Do not apply the dressing to the hair, but massage it into the scalp with the tips of the fingers every other night; the hair will get enough of it, and the scalp will be helped. For the short hairs on the back of the neck that "will look frizzled," put them up on kid curlers at night, if the hair is long enough, but do not shave the neck, as this will cause the hairs to come in coarse and unmanageable.

For curing dandruff, first be sure there is dandruff, as the itching may be caused by other things; sometimes from disordered nerves. For dandruff, put ten grains of corrosive sublimate into five ounces of witch hazel, and apply this solution to the scalp with the finger tips several times a week; if the case is bad, once or twice a day will be right, rubbing the lotion well into the scalp with the fingertips. The solution is poisonous, and should be kept from careless hands.

Information Wanted

Mrs. Jennie L. Casey would like a recipe for putting up sliced green tomatoes in an olive oil pickle.

Mrs. Howard Stanton wants to know how to can lima beans like the "soaked" beans sold in cans in the stores. She says the dry beans are large and mealy, and she would like them small and tender.

A recipe has just come in, which I give:

Gather the beans when young and tender, but mature as for the table. Fill the jars as full as they will hold, then pour in cold water until the jars overflow. Put on the rubbers and tops, but leave loose; place in boiler on a rack, with something between the jars to keep them separate. Pour in enough cold water to come half way up the jars, cover the boiler and bring to a boil; let boil steadily for three hours, then take out the jars, fill to overflowing with boiling water, screw down the tops tightly, and put away to cool, up-side-down to test for leaking. Or, instead of the long boiling, cook one hour after the water comes to a boil, screw down the lid tight, and let cool in the water. Next morning, loosen the tops and repeat the hour of cooking, tighten the tops again, and leave in the water until next day, then repeat, after which set away in a cool dark place. This is called progressive sterilization, and has been found very satisfactory.

Canning Sweet Potatoes

We have several calls for methods of canning sweet potatoes, and give the following, sent to us late last fall:

Prepare a syrup by dissolving a quarter of a pound of white sugar in each quart of water needed; when dissolved, simmer for five minutes. Scrape and slice the potatoes into suitable thicknesses, and boil or steam until tender, but not so soft as to fall apart; pack the slices in glass jars, carefully, nearly filling the jars, then pour over the hot potatoes the boiling hot syrup, letting it fill every space, and overflow the jars. Seal tightly and turn upside down until cold to test for leakage; then wipe off the jars and put in paper bags in a cool, dark, dry place.—Mrs. M. S., Boston.

The following method for canning sweet potatoes is given by Prof. Gerald McCarthy, in a bulletin issued by the North Carolina department of agriculture:

Wash and boil the sweet potatoes until the skin cracks, then peel and slice or quarter; pack solid in quart cans; add no water; proceed by standing jars or cans in a kettle containing cold water, bring to a boil and boil for twenty minutes, then seal; do this

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7309—Ladies' Middy Blouse—Cut in sizes 34 to 44 inches bust measure. Linen, pique or duck can be used to make this blouse. The blouse slips on over the head and can be made with or without the smocking and with either long or short sleeves.

7314—Ladies' Skirt—Cut in sizes 22 to 32 inches waist measure. Serge, cheviot or broadcloth can be used to make this skirt. The skirt is cut in four gores and can be made with either the high or normal waistline and in the regulation or shorter length.

7311—Ladies' Shirt-Waist—Cut in sizes 34 to 44 inches bust measure. Linen, madras or crepe de Chine can be used to make this waist. The sleeves extend to the neck edge and can be made in the long or short length. The standing collar is high in the back only.

7331—Girl's Dress—Cut in sizes 4, 6, 8, 10 and 12 years. Linen or gingham can be used to make this dress with the separate gump of lawn or muslin. The dress closes at the front and has a long-waisted blouse.

7326—Girl's Dress—Cut in sizes 6, 8, 10, 12 and 14 years. Plain and striped materials are used in making this dress. The dress closes at the front and has a tunic skirt. The sleeves may be long or short.

7311—Ladies' Kimono—Cut in sizes 36, 40 and 44 inches bust measure. Any of the pretty crepe materials can be used to make this kimono. It has an Empire waistline and the body and

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three days in succession. In the closed kettle they are processed at a temperature of 240 degrees only once, but as this temperature is not reached in an open kettle, three successive cookings effect complete sterilization.

It is probable that sweet potatoes could be dried, as white potatoes are, but the matter has not been sufficiently tested. It would do no harm to try drying a few for experiment. An oven would probably do the work as is done in evaporating fruits in evaporators.

"Cold Pack" Canning

Send for Farmers' Bulletin No. 521 for instructions in canning. "Cold pack" canning does not mean the cold water canning, such as is used for rhubarb; the cold pack method means packing the fruit or vegetables in the glass jars or tin cans without cooking, then sealing and sterilizing by cooking the filled cans in boiling water for a sufficient length of time. It has been found much more satisfactory to cook string beans as for the table, then add a small quantity of vinegar and seal boiling hot. Canning tomatoes whole is best done by packing the whole tomatoes in the cans, with a teaspoonful of salt to the three-pound can, and sterilizing in the boiling bath. Corn is better kept where the cold pack method is used; but one sterilization is necessary, and the corn has a better color and flavor than if cooked and then packed in the containers, whether glass or tin. Fruits generally are better put up by the cold pack method, keeping their shape, color and flavor much more perfectly than the old way of cooking and filling from the kettle into the jars.

Before beginning the canning, see that everything is at hand, and that your jars or cans are perfectly sweet and clean and whole, with fitted tops and new rubbers for the glass jars, and with tops and good cement or sealing wax for stone and tin.

Old Poems Wanted

Mrs. Ellis, of Wisconsin, wishes the words to a song she used to sing, fifty years and more ago, beginning, she thinks, with these words:

"Yes the die is cast; the troubled dream of life is over," and another verse begins, "Rest, thou troubled heart."

Marion T. Sinton, Colorado Springs, Col., would like the words of an old song, "Don't leave the farm, boys," or, "Don't be in a hurry to go." Either words with or without music may be sent to her at 509 S. El Paso St., Colorado Springs, Colo.

Preserving Fruits

Peaches, pears, quinces, cherries, apples, plums, apricots, are all easily canned, and in their season reasonably cheap. Quinces combined with apples make excellent jelly; crab apples are used mostly for preserves and jellies. Plums are made into jellies, butters, marmalades, preserves, pickles, or canned. But whatever is used, care should be taken to make the most of them, else it is extravagance.

Curing Olives

Mrs. L. S., Calif., sends the following:

"Soak olives in three-quarters of a pound of lye to ten gallons of water for twelve hours; then change the water, putting the olives in clear water for one day. Next day, return the olives to the first solution, lye and water, and let stand for another twelve hours, or until the solution has almost cut into the pits; then change into clear water again for eight or ten days, changing the water twice a day until the lye is soaked out. Then put into a water of four