

not only quenches thirst, but gives strength and endurance beyond any other beverage, with no bad effects.

If not convenient to boil it, stir into cold water the oatmeal and sugar. The quantity of oatmeal may be increased to half, or three-quarters of a pound. Some add the juice of one lemon to the amount, but it is just as good without it. It makes a very pleasant drink if one tablespoonful of the meal is stirred into one quart of water, boiled for half an hour, strained and cooled before sweetening.

Bran Lemonade—Put into a half gallon vessel a full quart of wheat bran; pour onto the bran all the ice water it will absorb, allowing the water to well cover the bran, as the bran will swell some. Let this stand about ten minutes, or even longer. Then strain the water out of the bran, pressing it somewhat; with the bran water make a couple of glasses of lemonade, which will look white and milky. Sip this slowly, until all is gone, by which time you will feel rested and refreshed. This is a cooling, strengthening drink for invalids, brainworkers, and a good substitute for a noonday meal when one is very tired. Drinking the bran water is especially recommended for those troubled with obesity; it is also recommended for nursing mothers and children.

The First Fruits

A Good Short Cake — Over two cupfuls of sugar pour one cup of boiling water and let boil for five minutes, then cool; Beat the yolks of four eggs until thick and creamy, and add the syrup to them, beating constantly while putting them together; add two cups of flour with which has been sifted one and a half teaspoonful of baking powder, a pinch of salt, one tablespoonful of lemon juice, and mix well by stirring, and at the last fold in the stiffly beaten whites of the eggs; spread the mixture on two layer-cake tins and bake in a quick oven. Grease the top of each layer with fresh butter, remove to a hot platter, spread with crushed berries and sugar, and cover the top with whipped cream after putting the cakes together.

Delicious Cherry Pie — Seed a quart of cherries; line a deep pie-tin with rich pastry, and pour into the bottom of the pie one well beaten egg; over this egg sprinkle one-half cupful of granulated sugar, and two tablespoonfuls of flour sifted with it; spread the cherries evenly and pour over the top another half-cupful of sugar, cover with another crust and bake in a moderate oven. The flour and egg will prevent the juices boiling out of the pie, and the flavor will be greatly improved.

Cherry Puffs—Sift together one pint of flour, two teaspoonfuls of baking powder and one-half teaspoonful of salt; with three-fourths cup of sweet cream, beat two eggs, then combine the mixtures, adding enough cream to make a stiff batter. Into well greased custard cups put a spoonful of the batter, then a spoonful of uncooked and seeded cherries; on top of the cherries put another spoonful of the batter; set the cups in a pan of hot water and bake in the oven until cooked. Serve with any liquid sauce.

Contributed Recipes

Mousse—One pint of rich cream, one ounce of grated bitter chocolate, two-thirds cupful of granulated sugar, one-half cupful of seeded (not seedless) raisins, two-thirds pound package of shredded cocoanut and one teaspoonful of vanilla extract. Reserve one teaspoonful of chocolate and one-fourth cup of cocoanut for garnishing. Barely cover the raisins with boiling water to plump them; drain after fifteen minutes, dry well,

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7111—Ladies' Waist—Cut in sizes 34 to 44 inches bust measure. This waist shows the overblouse effect, although all in one. The sleeves, which are plain and full length, are cut in one with the side body and the front and back form panels with a tuck where joined to the sides.

7294—Girl's Dress—Cut in sizes 6, 8, 10 and 12 years. In this pretty frock the closing runs diagonally from the center front of the neck down to the right side at the waistline, continuing straight down the skirt. There is a sailor collar and if the long sleeves are shortened there is a pretty cuff.

7596—Ladies' Dress—Cut in sizes 34 to 44 inches bust measure. A great aid when altering is the design which permits the use of two materials. The one shown is of these and they are also

the best and latest in style. The waist consists of a loose blouse in jacket effect, with band trimmings simulating a vest. The skirt has a three gore upper part and a deep contrasting flounce.

7273—Boy's Middy Suit—Cut in sizes 2, 4 and 6 years. An ideal suit for summer wear, this model has small trousers made with the open edge at the knee. The blouse is quite long, with or without the wide sailor collar, and with the sleeves made either long or short.

7032—Ladies' Dressing Sacque—Cut in sizes 34 to 44 inches bust measure. This serviceable model is closed at the throat, where there is a simple, flat collar. There is a tuck at each shoulder in front and two full length tucks in the back. The sleeves are either long

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and dust with powdered sugar to prevent them sinking to the bottom. Chop the cocoanut fine and dust also with the sugar, a heaping spoonful for each of the fruits. Have ready a chilled mold; a small lard pail will do, or the freezer-can is still better. Whip the cream, having it as cold as possible, drain well and put a layer in the can, sprinkle with chocolate; then another layer of the cream, using the raisins; then more cream strewing thickly with the cocoanut, and continue so until all the ingredients are used. Pack the can in ice and salt and leave for five hours—no less; then unmold and garnish with one cup of whipped cream, sweetened with one-fourth cup of sugar and flavored with one teaspoonful of vanilla, then strew with the reserved chocolate and cocoanut. —Mrs. Palm.

Whipped Cream—Have a good quality of cream, thick and sweet; a half pint of cream will whip to one pint when of the right consistency. Put the cream in a shallow dish or wide bowl and set in the ice-box until thoroughly chilled; beat with the old-fashioned egg-whip made of wire. Into a half pint of cream whip two teaspoonfuls of sugar, beginning to beat at once with regular, steady strokes, not dipping off the foam, but whipping steadily until the cream is a stiff, smooth mass throughout, otherwise, there will be a watery residue in the bottom of the dish. If everything is chilled — cream, utensils, and the room cold, the whipping will not require more than ten minutes, and can be done in even less time. When the cream is thick, stiff and smooth, stir in a teaspoonful of flavoring. Keep perfectly cold until to be used. — Mrs. L. H.

Bran Bread—Two cups of sweet milk, two cups of water, two teaspoonfuls of salt, one tablespoonful of sugar, one tablespoonful of butter, same of lard, one cake of compressed yeast, four cupfuls of white flour, four cups of bran, four cups of whole wheat flour. Mix the salt, lard, butter and water and add to the milk; let scald in a double boiler and cool. Put the liquid into the bread mixer and add the yeast after it has been soaked in half cupful of warm water, add the tablespoonful of sugar and two cups each of bran, white flour and whole wheat flour, and turn the crank until it is thoroughly mixed and light; then let rise for two hours, after which add the rest of the bran, flour and whole wheat flour and turn for ten minutes; then let rise again for two hours, then shape into loaves and let rise to double the size of loaves; bake in moderate oven for forty-five minutes. If there is no bread mixer, make the bread in the usual manner for bread mixing. This should make three large loaves, or five small ones. — Mrs. H. C.

When making cake, never stir the mixture after the final beating. The beating, cutting or folding motion should be the last. When adding fruit to dark cake, it may be added to the mixture after the sugar is added, which is best in all dark cakes; the fruit need not be floured. For light fruit cake, fruit should be floured with a portion of the flour called for in the recipe and added in the usual manner. If added as for dark cake it will discolor the cake.

Fruit Extracts

Now is the season for replenishing the supply of fruit extracts. With a little care, one can make these at very little cost, and they will be sure to have the "real thing." For raspberries, blackberries and cherry, take as much fruit as you wish, according to the quantity of extract wanted. If well made, you can find a ready sale for any surplus among your neighbors. Add to the fruit in the preserving kettle just enough