

nutrition, or imperfect assimilation of the foods taken. A physician's advice will sometimes aid in locating the trouble.

Between-Season Recipes

Fortunate is the woman who is not entirely dependent upon canned goods, at this season of the year. Well as they may have served their purpose during the winter days, the sight of "green things growing," which have not yet reached the cookery stage, makes the best of them distasteful, and if one have dried things, a little care in preparing them makes a delightful change.

Butter beans, if soaked twenty-four hours, or over night before cooking, are almost as good as the fresh ones. After soaking, drain and put over the fire in hot salted water; for half a pound of beans, boiled thus until tender and drained, take a small piece of butter, and as soon as the butter is melted, add to it a teaspoonful of finely chopped shallot and a finely-chopped leaf of parsley, cook a couple of minutes, then add the cooked beans, a little cream and a few drops of lemon juice, with pepper and salt to taste. Serve quite hot.

Dried peas may be used as a vegetable salad or entree. Soak peas overnight, and cook in salted water until tender; put into the water an onion and a blade of fresh mint; or a little dried mint, tied up in a bit of muslin, may be used. When the peas are tender, drain carefully; put a little piece of butter in a stew pan and add the peas, a little cream and pepper and salt to taste. Let this get very hot, then add a few drops of lemon juice and a teaspoonful of

nice sugar. Dish up on hot dishes and serve with fried croutons.

For lentil salad, soak the beans over night, then cook slowly in salted water until very tender, then drain and turn into a colander and dash cold water over them. Leave until cold, then put into a salad bowl, and add a dessertspoonful of very finely minced shallot, a teaspoonful of minced parsley, pepper and salt to taste, and a very little finely chopped capers, or pickles. Mix well and dress with oil and vinegar; mix thoroughly and serve at once.

Our First Fruits

Strawberry Jam.—To every pound of fruit allow one pound of sugar; put the sugar and fruit together in layers and let stand until the juice begins to run, then mash to a pulp, cook slowly, stirring constantly until as thick as wanted. Seal in hot jars.

Preserving Strawberries.—If at all sandy or dirty, put the fruit into a colander and pour cold water quickly over it, shaking the colander a few times that the grit may be washed out, drain a few minutes, and stem. Allow sugar and fruit pound for pound, a layer of sugar and a layer of berries, until all are used; let stand until the juice is started, but use no water. Set over the fire and let come to a boil slowly, boiling for fifteen minutes, cooking but a quart or two at a time. Do not stir. Then dip out carefully into hot jars and seal.

Strawberry Syrup.—Remove any grit or dirt from the berries as above, then, with a potato masher, or fruit press, mash to a pulp. Put the pulp into a cheese cloth bag, and hang so it will drain all juice out. Then, allow to each pint of juice one pint of sugar, putting the juice over the fire and boiling it for fifteen minutes before adding the sugar, which should be heated in the oven meantime. Add the hot sugar to the hot juice, stir until dissolved, then boil ten minutes longer. When it forms a jelly-like film on a cooled drop, pour into jelly tumblers, or small, wide-mouthed jars or bottles, let get cool, cover well and when cold, seal. Strawberries do not make a stiff jelly if used alone, but the syrup is delicious for many purposes.

Preserving in Sunshine.—Have perfect fruit, and if necessary, clean from dirt and grit; let be perfectly dry, hull, and arrange on a platter or shallow dish, and cover the layer of berries with an amount of sugar equal in weight to the weight of the berries. Let stand over night, and in the morning cover the dish with glass and set in the hottest sunshine to be had. Take into the house before sunset, and set out in the morning. Do this for five days; then seal in glass jars. Or, set the dish in a very slow oven, if the sunshine is not to be had; or on a rack over the stove where it will heat, but not scorch, and keep until it is done, or the sunshine can be had.

Rhubarb Vinegar.—This may be made in smaller quantities by keeping proportions the same. For ten gallons, take twenty-five large sized stalks of tender rhubarb, and pound or crush with a piece of wood in a strong tub, adding ten gallons of water; let stand twenty-four hours. Strain off the water and to it add eighteen pounds of brown sugar free from molasses and a teacupful of best brewer's yeast. Bring temperature to sixty-five or sixty-eight degrees, and put the mixture into a twelve gallon cask; place in a temperature that will not fall below sixty degrees Fahrenheit. In a month, strain it off from the sediments, clean the cask and return the

liquid to it, and let stand until it becomes vinegar.

Do not peel the stalks of pie-plant unless they are old and hard. The beautiful red of the tender new growth makes the cooked dish as beautiful to the eye as delicious to the palate. Use the very least possible amount of water when starting it to cook, keeping the vessel covered while it is steaming.

Strawberry Sandwiches.—Make a thin layer cake batter and pour onto a tin sheet. Bake as you would layer cake. After it is baked, cool and spread one-half of it with berries, crushed and made very sweet, and turn the other half over it, press closely together and cut into finger pieces. Ice the top and sides of each with boiled icing.

Strawberry Meringue.—The paste should be rich, and puff paste is best. Roll out as for a pie, and cut an oblong piece six by nine inches; from the scraps cut a rim not more than half an inch wide and fit it at

the corners as a frame. Moisten the under crust slightly with cold water and lay the rim on. Bake the paste in a quick oven. Beat some crushed strawberries until light and smooth, making quite sweet; spread on the crust and cover with a meringue made from the whites of three eggs beaten stiff, and three tablespoonfuls of sugar beaten in gradually. Set in the oven and leave until a light straw color.

THE JURY SYSTEM

All in all, the jury system, we believe, justified of its fruits, but one can not help thinking it strange, at times, that the wit of man has not evolved a better scheme for settling disputes than trusting them to the enforced unanimity of twelve men selected almost at random from a list off of which the most intelligent persons in the community try to keep their names.—Baltimore News.

Latest Fashions for Readers of The Commoner



2315—Ladies' Tucked Shirt-Waist. A suitable model for colored chambray or white linen. Seven sizes—32 to 44.



2325—Ladies' Nine-Gored Plaited Skirt. Excellent for the separate skirts of flannel, serge or henrietta. Seven sizes—32 to 34.



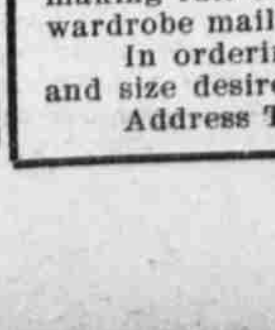
2312—Girls' Dress, with Three-quarter Length Sleeves and a Removable Chemisette. Any washable material develops well in this style. Four sizes—6 to 12 years.



2321—Ladies' Dress, in Instep Length with Princess Front Panel and Three-quarter Length Sleeves. Pretty for batiste or organdie. Six sizes—32 to 42.



2327—Ladies' Tucked Shirt-Waist, with Long or Three-quarter Length Sleeves. Wash silk and all over lace are pretty combined in this model. Six sizes—32 to 42.



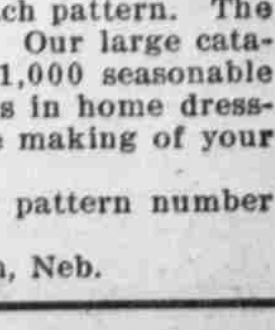
2324—Childs' Rompers. Checked or plaid gingham are the best materials for this pattern. Five sizes—2 to 10 years.



2302—Childs' Dress, with Three-quarter Length Sleeves. Pretty for lawn or gingham. Four sizes—2 to 5 years.



2329—Ladies' Pony Jacket, with Three-quarter Length Sleeves. A suitable garment for taffetas or linen. Six sizes—32 to 42.



THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired. Address THE COMMONER, Pattern Dept., Lincoln, Neb.

COFFEE EYES

It Acts Slowly but Frequently Produces Blindness

The curious effect of slow daily poisoning and the gradual building in of disease as a result, is shown in numbers of cases where the eyes are affected by coffee.

A case in point will illustrate: A lady in Oswego, Mont., experienced a slow but sure disease settling upon her eyes in the form of increasing weakness and shooting pains with wavy, dancing lines of light, so vivid that nothing else could be seen for minutes at a time. She says:

"This gradual failure of sight alarmed me and I naturally began a very earnest quest for the cause. About this time I was told that coffee poisoning sometimes took that form, and while I didn't believe that coffee was the cause of my trouble, I concluded to quit it and see.

"I took up Postum Food Coffee in spite of the jokes of Husband whose experience with one cup at a neighbor's was unsatisfactory. Well, I made Postum strictly according to directions, boiling it a little longer, because of our high altitude. The result was charming. I have now used Postum in place of coffee for about three months and my eyes are well, never paining me or showing any weakness. I know to a certainty that the cause of the trouble was coffee and the cure was in quitting it and building up the nervous system on Postum, for that was absolutely the only change I made in diet and I took no medicine.

"My nursing baby has been kept in a perfectly healthy state since I have used Postum.

"Mr. ———, a friend, discarded coffee and took on Postum to see if he could be rid of his dyspepsia and frequent headaches. The change produced a most remarkable improvement quickly."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.