

when in blossom, on a dry day, tie in bunches and hang in the shade, head down; when dry, pick from the stems, pack in glass jars and seal.

"A. A."—For the chafing, squeeze water over the parts, without rubbing, dry by patting lightly with a soft, warm cloth, and apply a little vaseline or cold cream, or dust with rice flour.

Mrs. A. M.—See methods of making soap in another column. Yes, I should say it is "worth while," as you have the materials. Almost any good recipe book will give reliable methods.

Home Laundress — Wash the brown linen in starch water and hay tea. Make flour starch in the usual way; fill a dishpan full of timothy hay, cover with water and boil until the water has a dark green color; strain, pour in the starch, and put the dress to soak for a few minutes in this; then wash out as you would anything, using no soap, and no other water than the hay tea and starch; it will need no rinsing or starching. Dry in the shade, and iron while quite damp.

Contributed Recipes

To Can Raspberries Without Cooking—Take one pint of granulated sugar and one quart of water, and boil together for twenty minutes; in the meantime, fill a quart jar three-

DROPPED COFFEE

Doctor Gains 20 Pounds on Postum

A physician of Washington, D. C., says of his coffee experience:

"For years I suffered with periodical headaches which grew more frequent until they became almost constant. So severe were they that sometimes I was almost frantic. I was sallow, constipated, irritable, sleepless; my memory was poor, I trembled and my thoughts were often confused.

"My wife, in her wisdom, believed coffee was responsible for these ills and urged me to drop it. I tried many times to do so, but was its slave.

"Finally Wife bought a package of Postum and persuaded me to try it, but she made it same as ordinary coffee and I was disgusted with the taste. (I make this emphatic because I fear many others have had the same experience.) She was distressed at her failure and we carefully read the directions, made it right, boiled it full fifteen minutes after boiling commenced, and with good cream and sugar, I liked it—it invigorated and seemed to nourish me.

"That was about a year ago. Now I have no headaches, am not sallow, sleeplessness and irritability are gone, my brain clear and my hand steady. I have gained 20 pounds, and feel I am a new man.

"I do not hesitate to give Postum due credit. Of course dropping coffee was the main thing, but I had dropped it before, using chocolate, cocoa and other things to no purpose.

"Postum not only seemed to act as an invigorant, but as an article of nourishment, giving me the needed phosphates and albumens. This is no imaginary tale. It can be substantiated by my wife and her sister, who both changed to Postum and are hearty women of about 70.

"I write this for the information and encouragement of others, and with a feeling of gratitude to the inventor of Postum."

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.

fourths full of raspberries; then pour the boiling syrup over the berries until the jar is full and free from bubbles or air spaces, then seal. These berries are almost like fresh ones, and will keep two years.—Mrs. G. R.

Mrs. L. R. says: If one has no safe place to keep fruits, and is afraid of its freezing, the addition of sugar to the fruits when canning will render the contents of the cans less liable to freeze.

Canned Peaches by the Cold Process—Pare and halve the peaches, pack as closely as possible in the can without any sugar; when the can is full, pour in sufficient cold water to fill all the spaces between the fruit, overflowing to remove all bubbles and confined air. Let stand long enough for the water to soak into all the crevices—several hours; then pour in fresh water to replace what has sunk away. Seal the can, having it perfectly full of water, and put away. If preferred, a cold syrup may be used instead of the water, but the flavor of the peaches will not be so fine.—Mrs. Ross Lynn.

Cherries, strawberries, plums, apricots, gooseberries, and other fruits may be preserved in the following manner: Gather the fruit before it is very ripe; put into wide-mouthed bottles made for fruit; fill them as full as they will hold, shaking the bottle to settle the contents, and cork tight. Dip the corks into sealing wax, bringing it well up on the necks of the bottles. Put some hay in the bottom of the boiler, set the bottles with the hay between them to prevent touching, and fill the boiler with water to the necks of the bottles; set the boiler over the fire until the water is at the boiling point, take off, and let stand until the water is cold. Keep the fruit in a dark cool place.—Emma L. C.

Requested Recipes

Mustard Pickles—Chop firm white cabbage into pieces half an inch in size; chop cucumbers, radish pods, small green tomatoes, cauliflower and onions, equal quantities by measure of each, rather coarsely, mix all together; salt a little saltier than for eating, cover with boiling water and let stand until cold, covering closely. Drain off this water and pack into jars, and pour over the following mixture: One quart of good vinegar, one quart of water, eight tablespoonfuls of ground mustard, two tablespoonfuls of flour, one tablespoonful each of celery seeds, spice, cinnamon and white pepper, add one cupful of brown sugar, a little salt, and boil all together for five minutes, pouring over the other ingredients while boiling hot, and seal.

It is always best to seal all pickles, catsups, relishes, etc., as they are then certain to keep.

Tomato Butter—Twenty pounds of tomatoes, eight pounds of brown sugar, four pounds of sour apples peeled and sliced, juice of four lemons, one tablespoonful of powdered ginger. Scald and peel the tomatoes and cook with the apples one hour. Press the pulp through a sieve, return to the kettle, add to the pulp the sugar, lemon juice and ginger, and cook slowly until it is as thick as wanted, stirring constantly to keep from scorching as it thickens. When done, put into glass jars, while boiling hot and seal. Keep in a cool, dark place, wrapped in brown paper.—K. R.

Melons, ripe cucumbers, green tomatoes, apples, and many vegetables may be pickled by this method: Scald the fruit or vegetables slightly in salted water; drain well, and when cold put into jars. Have ready vinegar to which has been added to each quart, one-fourth pound of brown sugar, one-eighth teaspoonful of cayenne, a tablespoonful of whole black pepper and a half teaspoonful

of whole cloves, and the whole boiled together for five minutes, and pour this over the pickles in the jars, overflowing to fill all spaces, and seal.

Dyspepsia

During the hot months, many persons are subject to attacks of that form of stomach trouble known as dyspepsia, no matter how careful they may be as to diet. It is not always brought about by the food we eat, or the manner of eating, but is dependent upon a great variety of cases. If one is subject to dyspeptic attacks, an impure air, or a hot, exhausting day, extreme cold, chill, or damp weather, indulgence in anxiety, mental overwork or worry, sleeplessness, too little food, or ill-advised irregular fasts, will open the door for the enemy, and for a time life will hardly be worth the living. Any fall into a lower than usual condition of general health will affect

the stomach, and a bad air that is not "bad" for a robust person, will at once affect disastrously the one with a "delicate" stomach. In some instances, a change of climate or surroundings, or habits, will effect immediate relief; but about the only "sure cure" is to improve the general health in every way possible, and thus strengthen the weak points in the system.

HOPELESS

The great ocean liner rolled and pitched.

"Henry," faltered the young bride, "do you still love me?"

"More than ever, darling," was Henry's fervent answer.

Then there was an eloquent silence.

"Henry," she gasped, turning her pale, ghastly face away. "I thought that would make me feel better, but it doesn't!"—Detroit News Tribune.

Latest Fashions for Readers of The Commoner



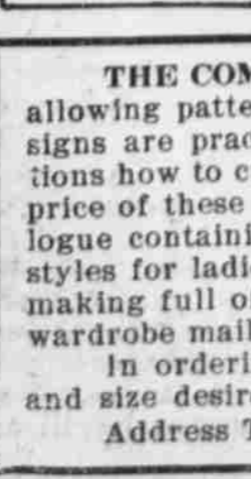
2435—Ladies' Tucked Shirt-Waist, with Back Yoke. This stylish tailor-made model is extremely smart for linen, madras, pique or duck, and may be developed to advantage in silk, or any of the light weight woolen materials. Six sizes—32 to 42.



2431—Misses' Five-Gored Empire Skirt. This pretty style is very fashionable for the skirts of the young girl of the present day. And may be developed in both cotton and silk materials. Three sizes—13 to 17 years.



2000—Childs' Low-Necked One-Piece Dress, Slipped on over the Head. A pretty model for the little frock of batiste, plain, flowered, or figured lawn, or muslin. Embroidered by hand in white or colored cotton. Five sizes—1 to 9 years.



2442—Ladies' Five-Gored Skirt. An excellent model for thin serge, flannel, Panama cloth, or in fact any material used for the separate skirt to wear with the shirt-waists of linen. Six sizes—22 to 32.



2448—Ladies' Combination Corset Cover, Drawers and Short Petticoat. Nainsook, muslin, lawn or jaconet is mostly used for these combination garments; though China silk is also used to a great extent. Eight sizes—32 to 46.

2420—Ladies' Dressing-Sack, with Three-Quarter Length Sleeves. A good model for plain or flowered lawn, muslin, organdie or silk, with a border of plain silk in a pretty contrasting shade. Four sizes—32, 36, 40 and 44.

2413—Child's Empire Dress, with High or Dutch Neck, and Long or Short Sleeves. A pretty model for the best or every day dress, and one that is adaptable to chambray, cotton voile, linen, or Indian-head cotton, as well as to thin silk, lawn or batiste. Five sizes—1 to 9 years.

2415—Misses' Jumper Dress with Attached One-Piece Kilt Plaited Skirt. An excellent model for any desired shade of linen with trimming bands of a contrasting shade. Three sizes—13 to 17 years.

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