

the stain is a recent one, two or three applications should remove it. To have an immediate answer to queries, you should send a stamped, addressed envelope for personal reply.

**Salt Rising Bread**

(Requested.)—At night take one pint of new milk, half a pint of boiling water, and a teaspoonful of salt, one teaspoonful of sugar and a pinch of soda. Mix these ingredients in a clean, sweet pitcher or jar; if the vessel is at all sour, the leaven will sour. Stir into this one tablespoonful of corn meal, and enough flour to make a "pancake" batter; beat until free from lumps, and set the pitcher in an iron cooking kettle containing quite warm water—enough to barely support the pitcher, neither floating it, or letting it rest on the bottom of the kettle. Over both the kettle and pitcher put a cover—a thick towel will do, and set in a warm place overnight. If set near a stove where it will keep warm for two or three hours, it is best. If the warmth is just right, the pitcher should be well filled with the foamy yeast in the morning. If not, add a tablespoonful of flour and stir up well, re-heat the water in the kettle, place the pitcher in it, cover, and keep warm until the yeast rises. Into a bread pan sift two quarts of flour, warm it slightly, and make a hole in the center; into this put a teaspoonful of salt, a teacupful of very hot (not boiling) water, add a pint of fresh new milk, stir up a batter, and into this batter pour the leaven from the pitcher, stirring all well together, keeping it in the center of the flour, with a ring of flour

**SELF DELUSION**

**Many People Deceived by Coffee**

We like to defend our indulgences and habits even though we may be convinced of their actual harmfulness.

A man can convince himself that whisky is good for him on a cold morning, or beer on a hot summer day—when he wants the whisky or beer?

"It's the same with coffee. Thousands of people suffer headache and nervousness year after year but try to persuade themselves the cause is not coffee—because they like coffee.

"While yet a child I commenced using coffee and continued it," writes a Wisconsin man, "until I was a regular coffee fiend. I drank it every morning and in consequence had a blinding headache nearly every afternoon.

"My folks thought it was coffee that ailed me, but I liked it and would not admit it was the cause of my trouble, so I stuck to coffee and the headaches stuck to me.

"Finally, the folks stopped buying coffee and brought home some Postum. They made it right (directions on package) and told me to see what difference it would make with my head, and during that first week on Postum my old affliction did not bother me once. From that day to this we have use' nothing but Postum in place of coffee—headaches are a thing of the past and the whole family is in fine health."

"Postum looks good, smells good, tastes good, is good, and does good to the whole body." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

around the edge of the pan, and when ready to set to rise, pull some of the flour over the top. Cover this with a pan or lid, and set where it will keep warm (perhaps an hour or more) until it is light and foamy. This is the "sponge," and when quite light, the flour around it should be stirred into it, and the dough kneaded until it is smooth and "blistered," made into loaves which are placed in the baking pan, and set where it will be warm, keeping covered until it rises nearly to the top of the pan, when it is ready to bake. When done, take from the bake pans, wrap in a thick bread cloth and when cool, put into the bread box.

Salt rising bread requires a great deal of care, but the main necessity is that it be kept warm, but not hot, and made into "sponge" and loaves at just the right moment. When well raised, it has a disagreeable smell, but kneading and baking does away with the yeast odor.

**Requested Recipes**

For School Lunches—Scraps of cold meats may be made appetizing for lunches by running them through a meat chopper, seasoning with a little mustard, horseradish, sweet or sour relish, or chopped pickles, as one's taste may indicate, using but a small quantity of any, then spreading this on neatly trimmed slices of bread. Chopped meat is better than sliced.

For graham crackers or cookies, take seven cupfuls of graham (coarsely-ground whole wheat) flour, one cupful of butter, or half butter and half lard, two cupfuls of sweet milk, two teaspoonfuls of baking powder rubbed into the flour, and a teaspoonful of salt. A less quantity may be made, but the proportions must be the same. Add the butter (warmed) to the flour, then mix with the milk and knead lightly, not making the dough very stiff; roll very thin and cut into desired shapes and bake quickly. If desired to be sweet, add to the above amount, one large cupful of light brown sugar.

To clear freshly made soup of the fat, pour the soup, while very hot, through a muslin cloth that has been wrung out of very cold water; when the cloth becomes coated with the congealed fat and sediments, take a fresh piece of muslin, wring out of cold water as before. When all the soup is strained, it should be clear as water and free from all fat. Before serving, re-heat. This is an excellent way to prepare soup for a delicate stomach.

For cleaning the bottles, take a strong suds made of a good soap-powder; put some coarse sand or small pebbles in the bottle and shake vigorously for a few minutes. The suds should be hot. This will cleanse where soap will not. Borax soap powder is good, and there are several makes of this. Rinse well in clear hot water, and set in the sunshine to drain and dry.

**Pineapples**

Pineapples are cheap and plentiful, this month, and when nicely prepared, make a delicious dessert. Do not slice the apple, as this way of preparing releases the juice and leaves the meat dry and woody. Here is a good way to prepare it raw for the table: The fruit should be ripe and the top and bottom slice should be removed, then the fruit split lengthwise, then quartered, then each quarter halved, making eight slices. These can then be taken up like melon, and eaten from the fingers, as the fruit should not be peeled. Another way is to

peel, and "fork" out the pulp, not using a knife, making into a fruit salad.

In making ice cream, the pineapple may be picked to pieces with a fork, the juice expressed through a fruit presser and added to the plain cream when partially frozen. Pineapples are also used for preserving, making marmalade, making jelly, and canning. For canning, use only the best grade of sugar and perfectly sound fruit. Make a syrup of five pounds of sugar to five pints of water, boil eight minutes after the sugar is dissolved, skimming; strain and add eleven pounds of fruit cut in convenient pieces, and bring to a boil again; have the cans very hot, fill and close, tightening the metal cap as the can cools, or, tightening as much as possible, turn the can up-side down and watch for any leaks, which must be remedied at once.

For jelly, peel and grate the pulp, and put into the preserving kettle one pound of fine white sugar to each pound of fruit pulp; stir and boil until well mixed and sufficiently thick, then strain and pour into jars. When well "set" and cold, pour over the top of the jelly a little melted paraffin wax, of the thickness of half an inch. Keep well covered. For preserves, have only sound fruit, clean the outside by brushing with a stiff brush; boil without paring until tender; then remove from the kettle, peel and slice lengthwise, rejecting the hard center; make a syrup, allowing pound of fruit to pound of sugar, boil the whole two minutes, then take out the slices with a perforated ladle, lay them on a dish to cool; boil the syrup down until nearly as thick as you wish it, then return the fruit and cook for twenty minutes. Seal in glass jars and keep cool.

**Latest Fashions for Readers of The Commoner**

2465—Ladies' Tucked Shirt-Waist, with a Removable Chemisette and Long or Three-Quarter Length Sleeves. Made in cashmere, voile, heavy linen or taffetas or surah silk, this is an excellent model for general wear. Seven sizes—32 to 44.

2495—Ladies' Thirteen-Gored Skirt. A suitable style for the skirts of linen, Indian head cotton, pique, or khaki, as well as for those of thin serge or flannel. Eight sizes—22 to 36.

2466—Childs' Empire Dress, with High or Dutch Neck. For every day wear this model may be developed in chambray or linen, white for more dressy occasions it may be developed in Persian lawn, batiste, or organdie. Five sizes—1 to 9 years.

2494—Boys' Russian Suit, with a Removable Shield and Knickerbockers. These suits are developed in many materials, but for best wear it should be made up in white linen, pique or French flannel with collar of a contrasting shade of linen or flannel. Four sizes—2 to 5 years.

2459—Ladies' Tucked Shirt-Waist, with or without Back-Yoke Facing. Made up in percale, dotted lawn or linen, or one of the heavier materials for early Autumn wear this is a simple and useful model. Seven sizes—32 to 44.

2482—Misses' Skirt, Closed at left Side, with an Inverted Box-Plait at Centre-Back Seam and with or without Centre-Front Seam. This model is stylish for every-day wear. Three sizes—13 to 17 years.

2476—Girls' One-Piece Dress, with Yoke, Bertha, High, or Low Neck and Long or Cap Sleeves. This is an excellent model for the every day play frock of heavy linen, flannel, thin serge, denim or cashmere. Four sizes—6 to 12 years.

2461—Ladies' "Prince Charming" Coat. For the early days of autumn this model is particularly suitable and will develop well in serge, cheviot, flannel or in fact any material the wearer wishes. Seven sizes—52 to 44.

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.