

jars, add the spices to the vinegar, boil down about one half, and pour it over the tomatoes and seal.

**Green Tomato Pickles**—Cut green tomatoes into slices about half an inch thick and sprinkle with salt, allowing half a cupful of salt to a peck of tomatoes, and let them stand over night. In the morning drain off the water that forms, and scald them in boiling vinegar; then lay them in stone jars and sprinkle between the layers half a teaspoonful of white mustard seed and a handful of whole cloves. Cover with cold vinegar. Weight to keep under the vinegar.

**Pickled Onions**—Select as many small silver-skinned onions as a quart of water will cover. Add to the water a half cupful of salt and boil until dissolved, then pour boiling hot over the onions. Let them remain twenty-four hours closely covered, then place them between dry cloths. When cold, put them into a stone jar and pour over them enough boiling vinegar to cover, having first boiled in the vinegar for a short time two or three bits of white ginger root and half a teaspoonful of white pepper. Seal while boiling hot.

**Oil Pickles**—Pare and slice four dozen cucumbers as if for table and put them into brine strong enough to bear up an egg, and leave for twenty-four hours. Slice a dozen or fourteen onions, according to size, and cover with brine for two days. Drain off the brine thoroughly and arrange in a jar alternate layers of cucumbers and onions, adding to each layer one tablespoonful of mustard seed and a salt spoonful of celery seeds. Pour over this a mixture composed of one quart of olive oil and vinegar enough to cover the pickles well. The longer this pickle stands, the better it is. It should

**"THE PALE GIRL"**

Did Not Know Coffee was the Cause

In cold weather some people think a cup of hot coffee good to help keep warm. So it is—for a short time but the drug—caffeine—acts on the heart to weaken the circulation and the reaction is to cause more chilliness.

There is a hot wholesome drink which a Dakota girl found after a time, makes the blood warm and the heart strong.

She says:

"Having lived for five years in North Dakota, I have used considerable coffee owing to the cold climate. As a result I had a dull headache regularly, suffered from indigestion, and had no 'life' in me.

"I was known as 'the pale girl' and people thought I was just weakly. After a time I had heart trouble and became very nervous, never knew what it was to be real well. Took medicine but it never seemed to do any good.

"Since being married my husband and I both have thought coffee was harming us and we would quit, only to begin again, although we felt it was the same as poison to us.

"Then we got some Postum. Well, the effect was really wonderful. My complexion is clear now, headache gone, and I have a great deal of energy I had never known while drinking coffee.

"I haven't been troubled with indigestion since using Postum, am not nervous, and need no medicine. We have a little girl and boy who both love Postum and thrive on it and Grape-Nuts."

"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.

not be used for six months after it is made.

**Sour Relish**—Peel green tomatoes, and to each quart add three small cucumbers, one pint of small white onions, two green peppers, quarter of a pound of salt, and half a pint of white mustard seeds. Chop all fine, or run through a vegetable chopper, and mix well; set away in a jar for twenty-four hours, then cover with good vinegar and place bits of horseradish root on the top of the mixture. Cover, but do not seal.

**Some Last Things**

These beautiful September days, one would like to forget that there are pickling, preserving and "putting up" to be done; but the garden, orchard, field and forest are still full of their offerings, and we must be mindful of the days to come.

Mrs. S. F. sends the following method of putting up "soup" vegetables, and says the odds and ends of the garden will come in very handy when vegetables are scarce and one wants a good vegetable soup some cold winter day. Here is the recipe: One gallon of sound, ripe tomatoes, one pint of carrots, one pint (or more, if liked) of small onions, four or five heads of celery that did not blanch perfectly, a pint of shelled beans (green), three or four quarts of nice, soft corn cut from the cob, a tablespoonful of salt, and a very little parsley, with a handful of leeks. Peel and slice the tomatoes thinly, chop the carrots, onions and celery stalks, or run them through a meat chopper; scrape and cut the corn from the cob, and put all together in a preserving kettle, with any other vegetables, such as a handful of green peas, etc., that you happen to have, and cook for three hours, not allowing to scorch. The tomatoes will usually supply liquid enough, and very little, if any, water should be added. When the mass is thoroughly cooked, can in glass, tin, or stone ware, sealing perfectly. When wanted, add a quart of this mixture to the soup-stock.

**Yellow Tomato Preserves**—Take the little pear tomatoes, pour boiling water over them, and after standing two or three minutes, drain off and remove the skins. Put the prepared tomatoes in a crock or jar, and sprinkle sugar over layers of them, allowing three pounds of sugar to each four pounds of the fruit; let stand over night. Next morning, dip the tomatoes out of the syrup with the hand, and bring the syrup to a boil; put back the tomatoes, and add to each pound of the tomatoes one peeled, sliced lemon, and let cook slowly, just above a "simmer" until the fruit looks clear and the syrup is thick. Put in wide-mouthed bottle and seal.

**Some Catsup Recipes**

**Cucumber Catsup**—Use four dozen cucumbers too large for table use, one dozen good sized onions, and six green peppers. Peel and grate the cucumbers and place in a porcelain-lined or agate-ware colander, and let drip for two hours. Chop the onions and peppers quite fine, add to the cucumbers, and when all juice is drained off, add to the above six teaspoonfuls of ground black pepper, eight scant teaspoonfuls of salt, and five pints of strong vinegar. Mix altogether thoroughly and place in large mouthed bottles or jars. If bottles are used, be sure the corks are tight fitting, and the jars self-sealers. Pack this in the jars or bottles without cooking; the strong vinegar and the salt will keep it from spoiling.

**Tomato Catsup**—One bushel of ripe tomatoes, cook until soft without peeling, then rub through a wire sieve to remove seeds and skins. Add

two quarts of best vinegar, one pint of salt, four ounces each of whole cloves and allspice, one tablespoonful of black pepper and two good-sized pods of red pepper. Mix all, and boil down one-half. Bottle and seal in small bottles, after straining. Or, boil down before adding vinegar.

**Grape Catsup**—Stew five pounds of grapes over a slow fire until soft; strain through a sieve; to the juice add two and one-half pounds of brown sugar, one tablespoonful of cinnamon, one tablespoonful of allspice, and one teaspoonful of cloves, one tablespoonful of salt and one pint of vinegar. Boil until thick, then bottle and seal. Good, with cold meats.

**Green Tomato Soy**—Four quarts of chopped green tomatoes; six onions, one quart of vinegar, one pound of brown sugar, one tablespoonful each of ground mustard, ground black pepper, and salt; half a table-

spoonful of allspice and cloves, each. Put all together in a kettle and stew, stirring often, until tender; put into glass jars and seal. Do not use until a couple of months old.

**Refreshing an Oil-Cloth**

A reader sends us the following: Wash the oil cloth with a piece of soft flannel dipped in warm water to which enough soap has been added to make a good suds, with a little borax (a teaspoonful to a gallon of water) dissolved in it. Cut one-half ounce of beeswax in a cup and cover it with turpentine; set on the back of the range, or in a pan of hot water until it is melted. After cleaning and drying the oil cloth, dip a soft cloth in the melted wax and wipe the oil cloth with it, going over a small space at a time, rubbing it lightly to remove all surplus wax. This will leave a polish, and prevent the cloth from cracking.

*Latest Fashions for Readers of The Commoner*



2532—Ladies' Shirt-Waist with link cuffs and with or without back-yoke facing. Indian Head cotton, linen or madras, which some women wear all year, are suitable materials for this simple waist. Seven sizes—32 to 44.



2234—Girls' Dress with plaited skirt and separate Guimpe. Heavy flannel or serge with trimming of woolen braid make up well in this dress. Four sizes—6 to 12 years.



2003—Ladies' blouse Dressing Sack, with peplum, and three-quarter length sleeves. Plain lawn, linen or silk are best adapted for this neat negligee. Seven sizes—32 to 44 inches.



2535—Misses' Tucked shirt-waist, closed at back, with three-quarter sleeves and a removable shield, suitable for development in linen or light-weight woolsens, with shield and cuffs of embroidery or all-over lace. Three sizes—13 to 17 years.



1737—Child's plaited dress with round yoke. Serge, challis or flannel with yoke of tucked silk make a stylish little dress for school wear. Four sizes—1 to 7 years.



2376—Girls' dress, with a separate guimpe, having high or low neck and long or three-quarter length sleeves. Tartan plaid, with velvet ribbon trimming of a darker shade were employed in making this little frock. Four sizes—6 to 12 years.

2462—Girls' and Childs' Night-Gown, with high or Dutch Neck and long or short sleeves. Cambric, Jaconet, lawn or nainsook might be employed in making this gown. Eight sizes—2 to 16 years.

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