

to mash it, and the preserves will not be nice. Let boil for half an hour; take out a little of the syrup, and if it begins to jell when cool, take the kettle from the fire; if not, boil a little longer, testing. When done, pack in fruit jars and seal. If liked, when the fruit is nearly done, slice in a lemon, cut very thin—one lemon for each gallon of fruit.

If liked, the peelings and cores (if not wormy or specked) may be boiled until soft, the water strained off and made into jelly; or it may be used with the sugar to make the syrup, instead of clear water.

Cake Making

Answering several inquiries, we copy the following directions in regard to cake-making, given by Fannie Merritt Farmer, in the Woman's Home Companion: "To be successful in cake-making one must have at hand the best of ingredients; must take great pains in measuring and combining the ingredients; must have the pans properly prepared; must regulate the oven heat; and must watch the cake during the baking. The best of tub butter, fine granulated sugar, fresh eggs and pastry flour, are among the essentials. A wooden cake-spoon with slits is an admirable utensil for cake-making. The essential to a fine grain in cakes is beating, beating, beating. Never stir a cake after the final beating, and always remember

that the beating motion should be the last used. Grease pans with melted butter, using a butter brush, then dredge with flour, invert, and shake pan to remove all superfluous flour. This gives the cake a smooth under surface which is especially desirable if the cake is to be frosted. In filling cake-pans, have the mixture come well to the corners and sides of the pans, leaving a slight depression in the center; then, when baked, the cake should be perfectly smooth on top. The baking of the cake is much more critical than the mixing. If the cake mixture is put in too slow an oven, it often rises over the sides of the pan and makes the cake of very coarse texture; if put in too hot an oven, it browns on top before it has completely risen, and in its attempt to rise, breaks through the crust. Cakes will also crack on top if too much flour has been used. In baking cakes, divide the time required into quarters. During the first quarter, the mixture should begin to rise; second quarter, continue rising and begin to brown; third quarter, continue browning; fourth quarter, finish baking and shrink from the pan." It is true that many women seem "natural cake-bakers," judging from results; but in this, as in everything else, "genius is the capacity for taking infinite pains."

Weights and Measures

The family cook is not always supplied with the necessary scales, and it would be a good thing to paste this table in a conspicuous place in the kitchen for reference:

Three cupfuls of wheat flour—one pound; three and one-half cupfuls of corn meal—one pound. One large teacupful of white sugar—half a pound. One large teacupful of brown sugar—half a pound. One and a half large cupfuls of butter—one pound. One cupful of seeded raisins—half a pound. Ten eggs, one pound. White of one egg—one ounce. Yolk of one egg—one ounce. Four teaspoonfuls—one tablespoonful. Two tablespoonfuls—one ounce. One teaspoonful—one fluid dram. Four tablespoonfuls—one-half gill. Cups and spoons vary so much in size that one wishing to have accurate measures to insure success with recipes should have a glass measuring cup. Measuring cups for large quantities can be had in tin, agate, or other materials, but for small measures, the glass measuring cup can be very useful.

Removing Stains

Nearly all kinds of fruit stains can be removed if taken when fresh, before they have been touched by soap and water, if the spot is stretched over a bowl and boiling water poured onto it from a height sufficient to strike the spot with some force. For peach stain, however, this will not do. Soaked in javelle water, the stain usually disappears, as javelle water will take out almost any color. For removing the stain from colored garments, rub with spirits of camphor.

For fresh ink stains, dip the spot in milk, changing the milk as long as there is any discoloration. If the ink is dried, soak the stain in coal oil, and leave in the oil until removed. Fresh stains of any kind come out easier than dried ones.

To remove cider stains from linen or cotton, use salts of lemon before washing. Buy the salts a little at a time, and ask the druggist for instructions as to use. Be sure to rinse well after the stain is removed.

To remove tea stains from white woollens, cover the stained part with gin, soaking it, then rub while still wet, with a piece of the same material.

For removing paint from silk, chloroform is recommended rather

than turpentine, as turpentine is apt to remove the color as well. Only the purest turpentine should be used for removing stains, as the impure spirits leaves a stain.

To remove shine from black cloth, rub the shiney place with a piece of flannel dipped in pure spirits of turpentine; put the garment out of doors until the smell is evaporated.

RELIES UPON THE PEOPLE

Charleston News and Courier: Mr. Bryan's speech to the notification committee yesterday is highly creditable to him, and must be gratifying to the country. It is full of inspiration to his party. The question of the present campaign is "Shall the people rule?" This is the issue. Mr. Bryan relies upon the people of the country for his election; Mr. Taft depends upon the money of the corporations for his success. "Choose ye this day whom you will serve!"

Failure

to cure indigestion is largely due to the old theory that when the stomach becomes inactive it needs something to mechanically digest its contents, and cathartics, purgatives, etc., are used, which give only temporary relief, because they digest by irritating the lining of the stomach.

Modern science recognizes the fact that it is the nerves that furnish motive power to digest the contents of the stomach.

The nerves agitate and mix the food, and stimulate the secretions. When they become weakened they lack energy, and indigestion, dyspepsia, sour stomach result.

Dr. Miles' Restorative Nervine

will relieve obstinate cases of indigestion, dyspepsia and stomach trouble by strengthening these nerves.

"I had severe stomach trouble. Dr. Miles' Nervine, and Nerve and Liver Pills cured me. I can now eat anything without trouble."

L. C. O'BRIEN, Winston-Salem, N. Y. The first bottle will benefit, if not, the druggist will return your money.

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Stuart's Calcium Wafers cleanse and clear the blood, remove all poisonous and irritating influences and permit it to flow gently and uniformly all through the veins. These little wafers are famous for their beautifying effects and every lady may use them with perfect freedom.

They do their good work remarkably fast owing to the wonderful power of the ingredients which they contain. Here they are: Calcium Sulphide, Quasia, Eucalyptus, Golden Seal and an alterative and laxative. Ask your doctor what he thinks of these as blood purifiers. He prescribes them many times every year.

The popularity of Stuart's Calcium Wafers is great and growing constantly every year. They do a wonderful work with apparently little effort and do not necessitate suffering and expense as so many complexion cures occasion.

You may enjoy a fair complexion if you will use these little wafers. They are taken after each meal and go into your blood, just like food. They do your entire system a great good. They help your intestines and relieve constipation, thereby giving the system the power to remove and exclude poisonous gases and fluids which filter through the intestines into the system and contaminate it.

Don't despair if your complexion is muddy. Write today for a free trial package of Stuart's Calcium Wafers or go to your druggist and buy a box. Price 50c. Simply write your name and address and a trial package will be sent you by mail without cost. Address F. A. Stuart Co., 175 Stuart Bldg., Marshall, Mich.

Latest Fashions for Readers of The Commoner



2500

2500—Ladies' Tucked Shirt-Waist, having sleeves in full length with link cuffs, or in seven-eighths length with roll up cuffs. Heavy linen, rajah or French flannel are the materials usually employed in these waists. Six sizes—32 to 42.



2370

2370—Boys' Russian Suit consisting of a blouse with a removable shield and knickerbockers. Heavy linen or serge, with trimming of a contrasting color are employed in the small boys' suit. Four sizes—2 to 5 years.



2402

2402—Ladies' Four-Piece Empire Skirt in Sweep or round length. A result of the Directoire styles, this skirt may be made up in any of the materials for the dressy skirt. Six sizes—22 to 32 waist.



2511

2511—Misses' Semi-Princess Dress in "Gibson Style," with high or Dutch neck, long or three-quarter sleeves, and an attached five gored skirt. Linen, pique, serge or Henrietta all develop well in this style. Four sizes—14 to 17 years.



2521

2521—Boys' shirt-waist, with separate Turn Down Collar. Victoria lawn, Indian-Head Cotton, pongee or percale are suitable for this natty waist. Seven sizes—3 to 15 years.



2509

2509—Girls' and Childs' apron of lawn, batiste or cross-bar material. Suitable for morning or afternoon wear. Six sizes—2 to 12 years.



2522

2522—Ladies' Thirteen-Gored Flare Skirt with a double box-plait at front and an inverted box-plait at center-back seam. An excellent model for the separate skirt, made up in any of the fall materials. Eight sizes—22 to 36 waist.



2181

2181—Ladies Tucked Shirt-Waist, closed at left side of front. Made up in plaid or plain silk, challis or any material on that order, this will be a most stylish waist for early autumn wear. Seven sizes—32 to 44.

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