

when it is dissolved, if one desires good results. Much more sugar is required when the sugar and lemon juice are mixed before putting in the water.

If coffee is to be used (and many people suffer from headache without it), put the ground coffee in a paper sack, and carry a tin pail or small tea-kettle along in which to heat the water. Many take a clean bright tin can which can be set on the coals for heating the water, then, when no longer needed, thrown away.

A can of evaporated milk should be taken in the lunch basket, for the coffee or tea, and will be very satisfactory, where cream will sour.

A quantity of paraffine paper and sufficient wooden plates, to be had for a few cents a dozen at the baker's or grocery store, should be packed in the basket, and may be either brought home again, or thrown away after use.

Paper napkins, to be had at five cents the dozen, are serviceable, and save stains on the handkerchief or napkin proper. A towel should always be taken for the soiled hands.

If pies are put between two paper or wooden plates, and packed in the bottom of the basket, they will go through all right. Or the pie may be left on the plate on which it is baked and covered with the thin wooden or paper plate.

**Cockroaches and Water Bugs**

Some of these methods are given from personal experience and some from hearsay, our friends. Personally, I have never had any experience with either kind of insects further than the first comers brought in with the groceries. The treatment must in all cases be applied for some time—from a fortnight to a

couple of months, and even after thinning of their numbers, constant vigilance must be exercised that no new ones are brought in by the trades people. One method of ridding the house of the pest is to strew powdered borax thickly over the shelves and in their runways, blowing it into cracks and holes with a powder gun. Another is to use strong Persian insect powder in the same way; another, to mix powdered borax and an equal amount of a mixture composed of equal parts of sugar, Paris green and sulphur; take everything out of the pantry and scatter this freely over the shelves and blow it into cracks and hiding places, then put fresh paper on the shelves and await developments. Everything eatable must be kept securely out of their reach, as they will track the poison into food, even if they do not eat it. Another is to mix one part borax and three parts corn starch, sifting several times to thoroughly mix it, and scatter this thickly about their haunts. Borax with Paris green or cayenne pepper is recommended, and this should be sprinkled over the sink openings at night to dissuade the bugs from coming out of the pipes. None of these remedies promise immediate relief, or prevent other bugs from invading the premises; but after a few weeks the older generation will begin to thin out while the newly-hatched will be coming on. Just persevere in the use of the powders and keep a constant watch that a new supply is not brought in. Remember to keep all foods out of their reach, and keep everything clean and dry. This last is half the battle, for dampness is ideal for their propagation, and you must keep up the fight for several months.

**Variety for the Table**

Vegetables are becoming so plentiful that with a little care in planning, the housewife will be at no loss to find variety to set before the family. Vegetable salads are economical, easily made and wholesome, but to be at their best, care must be exercised in their preparation. Different flavors can be delicately added to the plain dressing, and in this, as in other things, practice makes perfect.

The freshest of oils should be used or, if oil is not at hand, thick cream or butter may be substituted. The ingredients should all be of the best. Hard-boiled eggs may be powdered either in a mortar or by mashing with a spoon, and the seasoning should be added to the egg, then the oil a few drops at a time, and lastly the vinegar. Vegetable salads should be stirred as little as possible, and always with a wooden spoon or fork. All vegetables used for salads should be freshened in cold water, dried carefully and then shredded with the fingers instead of being chopped with a knife. Lettuce salad should be dressed only with salt, pepper, oil and vinegar; eggs and mustard should not be used with lettuce. Care must be taken to avoid bruising or crushing the vegetables when handling or preparing them, as rough handling causes them to wilt. Asparagus, cabbage, lettuce, celery, cauliflower, water cress, tomatoes, cucumbers, potatoes, beets, carrots, turnips, artichokes, dandelions, spinach, kale, chickory and purslane may any of them be used for salads.

**Our First Fruits**

Rhubarb Toast—Wash nice rhubarb stalks, but do not peel; cut in small pieces and put into pan with as little water as possible; the water clinging to the pieces from the last washing will usually be enough if the pan is covered closely and the fire not too hot. Let stew until done, but not mushy, then sweeten and set away to cool. For luncheon butter slices of hot toasted bread and

spread the rhubarb over the toast, enough to moisten thoroughly.

Strawberry Sherbet—Rinse a quart of hulled strawberries, drain well and mash to a pulp; add at the same time one pound of sugar. Let stand for two hours, then add the juice of one lemon and three pints of cold water. Stir thoroughly and strain through a coarse bag, pressing well so as to extract all the juice. Set on ice until chilled, and serve in glasses with bits of crushed ice in it.

Strawberry Sponge Cups—Dip the edges of lady-fingers in thick syrup and arrange edge to edge in charlotte russe collars, let stand for an hour, when the sugar will set. Season one pint of double cream with sugar and half a teaspoonful of orange extract, then whip to a froth. When spongy and light place by spoonfuls in the cups, alternating with ripe clean strawberries cut in halves. When serving, slip the col-

lars off and set each cup on a pretty plate, or in a glass sauce dish. If liked, place a choice berry on the top of each cup and place others around the base.

Gooseberry Fool—Stew gooseberries until soft, put through a sieve or earthenware colander, then make a boiled custard, or sweeten enough rich cream (about a gill of cream to each quart of pulp) and stir carefully into the gooseberry pulp the last thing before sending to the table.

Rhubarb Jelly—Cut up one pint of nice rhubarb and stew in as little water as possible (just enough to keep from burning until the juice is extracted), sweeten to taste, add the juice and grated rind of one lemon, and one-half box of gelatine previously soaked in one cupful of cold water. Add the gelatine while the rhubarb is hot; serve cold, with or without sauce.

*Latest Fashions for Readers of The Commoner*



2853—Ladies' Tucked Shirt Waist, with Shoulder Yoke. This model may be developed in any of the season's thin materials, with embroidery medallions used as a trimming or left plain, as desired. Seven sizes—32 to 44.



2850—Girls' Semi-Fitting Coat, in Seven-Eighths Length. This jaunty little model is made up in broadcloth, Panama cloth, mohair, flannel, thin serge or linen, with collar and cuffs of silk. Four sizes—6 to 12 years.



2874—Girls' One-Piece Apron. This charming apron made up in linen, Indian-head cotton, duck, Persian, Victoria or linen lawn, dimity or gingham is a complete protection to the dress and is trimmed with a buttonholed edge of white or colored mercerized cotton. Six sizes—4 to 14 years.



2845—Ladies' Dressing-Sack. Almost circular in shape and adaptable to lawn, dimity, China silk, cashmere, albatross, or any material on that order, the border made of a fancy material, either lawn, organdie, silk or challis. Four sizes—32, 36, 40 and 44.



2845—Ladies' Corset-Cover. A pretty model developed in nainsook, batiste, Persian lawn, jaconet, thin cambric, or China silk, trimmed with lace insertion and ribbon-run beading and finished with a narrow edging of similar lace. Seven sizes—32 to 44.



2858—Misses' Semi-Princess Dress, Closing at Back and Having an Attached Five-Gored Skirt. This model is adaptable to any of the summer or spring materials, and is particularly becoming to the slim figure of the young girl. The revers are trimmed with lightening braid and the chemise is of all-over lace or embroidery, the tight-fitting undersleeves matching. Three sizes—13 to 17 years.

**OVER THE FENCE**

**Neighbor Says Something**

The front yard fence is a famous council place on pleasant days. Maybe to chat with some one along the street, or for friendly gossip with next door neighbor. Sometimes it is only small talk but other times neighbor has something really good to offer.

An old resident of Baird, Texas, got some mighty good advice this way once.

He says:

"Drinking coffee left me nearly dead with dyspepsia, kidney disease and bowel trouble, with constant pains in my stomach, back and side, and so weak I could scarcely walk.

"One day I was chatting with one of my neighbors about my trouble and told her I believed coffee hurt me. Neighbor said she knew lots of people to whom coffee was poison and she pleaded with me to quit it and give Postum a trial. I did not take her advice right away but tried a change of climate which did not do me any good. Then I dropped coffee and took up Postum.

"My improvement began immediately and I got better every day I used Postum.

"My bowels became regular and in two weeks all my pains were gone. Now I am well and strong and can eat anything I want to without distress. All of this is due to my having quit coffee, and to the use of Postum regularly.

"My son who was troubled with indigestion thought that if Postum helped me so, it might help him. It did, too, and he is now well and strong again.

"We like Postum as well as we ever liked the coffee and use it altogether in my family in place of coffee and all keep well." "There's a Reason." 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.

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