

to exclude all outer air, set over a gentle fire and let simmer. When the fruit is tender, drain off all the water; if not a fine green color, let them become cold, then put vine leaves and a very little cooking soda with them and set over a slow fire until they begin to simmer; a bit of soda the size of a small nutmeg will have the desired effect. Then spread the fruit out to cool, after which proceed as usual.

To color fruit yellow: Boil the fruit with fresh lemon skins in water to cover them, until the fruit is tender; then take it out with a perforated ladle, or drain through a colander, spread it on dishes to cool, then proceed as usual.—Home Queen Cook Book.

#### Making Jam of Berries

In making jams, the fruit should be boiled with constant stirring until a little dropped on a plate will stiffen, and show a glossy surface. This surface will effectually seal the contents of the tumbler or jar, and when quite cold a quarter of an inch of paraffine wax may be melted and poured on it. It is better to put up jams in small receptacles, as that which is not used at once should not be disturbed. A good way to make jam without the fruit hardening is to clean the fruit thoroughly and, if needs be, wash by putting the fruit in a colander or sieve and pouring water over it, then let drain. Measure the berries, and to two quarts of berries put one quart of good sugar (the best is none too good) and put all in the preserving kettle. Crush the berries as much as possible with a pestle or potato masher, and let stand a couple of hours, covered.

#### PRESSED HARD

#### Coffee's Weight on Old Age

When prominent men realize the injurious effects of coffee and the change in health that Postum can bring, they are glad to lend their testimony for the benefit of others.

A superintendent of public schools in one of the southern states says: "My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak all over' feeling and sick stomach.

"Some time ago I was making an official visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat peculiar flavor of the coffee, and asked him concerning it. He replied that it was Postum.

"I was so pleased with it, that after the meal was over, I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family were so well pleased with it, that we discontinued coffee and used Postum entirely.

"I had really been at times very anxious concerning my mother's condition, but we noticed that after using Postum for a short time, she felt so much better than she did prior to its use, and had little trouble with her heart and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was as well and hearty as the rest of us.

"I know Postum has benefited myself and the other members of the family, but not in so marked a degree as in the case of my mother, as she was a victim of long standing." 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.

Then put over the fire, adding no water, as the fruit juice will be sufficient; bring to a boil slowly, and then let boil moderately fast, stirring constantly from the bottom, as it thickens, to keep from scorching. Test by dropping a little on a plate, and if it stiffens and the surface shows a gloss, it is done. Dip out with a wooden, or silver or porcelain spoon, as a metal spoon spoils the color. Put into small tumblers or dishes while boiling hot, and when the jam is cold it will have a thin film over the top that should not be broken. Pour over this a quarter of an inch of melted paraffine wax, as you do for jelly, and paste a slip of paper over the top to keep out dust; set in a cool, dry place. It is better for jellies, jams and preserves to be put up in small jars or glasses, and thus only enough for use at one time will be disturbed. Rapid boiling hardens fruit, and too little sugar calls for long boiling, which discolors the fruit and affects the flavor. Too much sugar causes the preserve to "candy," or to be filled with crystals.

#### Crystallizing Fruit

Boil one cupful of granulated sugar and one cupful of water together for half an hour; dip the point of a skewer into the syrup, then into cold water; if the thread formed breaks off brittle the syrup is ready. The syrup must boil slowly and never be stirred. When done set the sauce-pan into boiling water to keep it from candying. Have the fruit prepared, and take each piece on the point of a long needle—a new hat pin will do, or a long darning needle—dip it into the syrup, then lay on a buttered dish. Oranges cut into eighths, white grapes, cherries, pineapple peeled, sliced and cut into sections, and many other fruit are fine done this way. When finished, pack in paraffine paper, and sprinkle with powdered sugar.

#### Query Box

S. B.—The life of a perforated paper pattern is lengthened by wetting it on both sides with a rag dipped in coal oil.

Raymond C.—Your book dealer will show you several books on etiquette, or at least tell you where you can get one, and give you the price. The cost will probably be \$1.25 or more, for the best.

Annie—When jelly refuses to "set," put the glasses out in the hot sunshine to evaporate the surplus water. To re-boil will injure color and flavor.

L. L.—Write to the general land office at Washington, D. C., for information as to unoccupied public lands subject to entry and settlement.

L. F.—A good gargle for sore throat is equal parts of peroxide of hydrogen and water. A good mouth wash is one part peroxide of hydrogen to two parts of water.

Mrs. A. A.—Brown sugar may be used in making jellies and jams, but it darkens and dulls the color and injures the flavor, and because of the impurities in the sugar, fermentation is more likely to occur.

"Mother"—For the teething baby, wring a soft cloth out of quite cool water and put around the little hot head over the nape of the neck, the ears, and the forehead. It will soothe and quiet, and is harmless. If necessary change.

"Worried"—It is claimed that if a common garden toad is put in a cellar, kitchen, pantry, or other place infested with roaches, and given access to a dish of water, it will rid the place of the insects. It will cost nothing to try.

G. T.—For sore throat, an exchange recommends a "nutmeg necklace." Made by boring a small hole

through one or more nutmegs, lengthwise, stringing on a string, and tying around the sore throat. You might try it.

#### Cooking Vegetables

Cauliflower should be tied in a piece of netting to prevent boiling to pieces. Summer squashes should be steamed, not boiled. New potatoes are good baked, or boiled until done, then dressed with a white sauce; or they may have green peas added, and both served together with the sauce. A very little sugar added to tomatoes, squash, peas, corn, beets and turnips add to the flavor. Turnips, carrots, cabbage, onions should be boiled in a great deal of water, then drained as soon as done, and seasoning added. Over-cooking destroys the flavor and too little water allows them to turn a dark color. String beans usually require boiling for forty-five minutes; the addition of a small bit

of salt pork will generally minimize any rank flavor; when done, drain thoroughly and season with salt, pepper and butter. Onions should always be boiled in hard, salted water, as boiling in soft water causes them to lose much of their flavor. Peas should be cooked in a small quantity of boiling water until soft, not adding the salt until they are nearly done. There should be very little, if any water to drain from them when ready to serve. Season with a little salt, and plenty of butter, letting the butter form a gravy with the little moisture in the pan.

To boil a cracked egg, gently moisten the cracked part of the egg with salt, let stand a few minutes in order to penetrate it, and this will keep the contents of the shell from oozing out, and it may be boiled without bursting.

## Latest Fashions for Readers of The Commoner



2888—Ladies' Shirt-Waist, with Dutch Neck. An excellent model for any of the sheer white materials. Seven sizes—32 to 44.

2897—Misses' and Girls' Night-Gown, with High or Low Neck and Long or Short Sleeves. An excellent model for nainsook, Persian or Victoria lawn, cambric, jaconet or batiste. Five sizes—9 to 17 years.

2914—Ladies' Nine-Gored Skirt. For every-day wear this is an excellent model developed in thin serge, mohair, Panama cloth or linen. Eight sizes—22 to 36.

2898—Ladies' Sack Apron, with High or Low Neck. Any of the plain or checked ginghams, plain or figured percale or linen make up well in this style. Four sizes—32, 36, 40 and 44.

2896—Ladies' Shirt Waist. A good model for any of the season's shirtings. Seven sizes—32 to 44.

2895—Girls' Dress, Closing at Left Side of Front. Shell pink linen was used for this dainty little model though it is adaptable to any of the washable materials. Four sizes—6 to 12 years.

2900—Ladies' Semi-Princess Dress, Closing in Front, with an Attached Seven-Gored Skirt, and a Removable Chemisette. An excellent model for linen, lawn, duck or taffetas. Seven sizes—32 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 dressmaking, 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.