

dren's hair, please send address. Am holding a letter for her.

L. S.—Cream tartar and tartaric acid are both products of grape wine deposit; both are used in cookery and in medicines.

L. L.—Common salt is an excellent dentifrice, keeping the teeth white, the gums hard and the breath sweet. Use a weak solution for washing the teeth after every meal.

A. M. C.—If the azalia is of the hardy variety, it should be set in the border and left there; if of the green house, or tender variety, set the pot under a tree, or in good light with shade, watering only enough to keep it in good condition.

Alice M.—The spotted calla is a summer bloomer, and should be left in the ground. In the latitude of St. Louis, the bulb is hardy, withstanding very severe cold, but should be protected. (2) Many palms thrive most admirably with the pot sunken in soil outside in a situation sheltered from strong winds and noon sunshine, kept moist, but not wet, and watered occasionally with a weak liquid fertilizer.

Mrs. C. S.—Many persons are in the habit of using cocaine in the eyes, but physicians tell us there is not one disease of the eye in which cocaine can do good, but as a rule its use is harmful. It should be used only under directions of a physician, and is thus used generally to produce anaesthesia when an operation is being performed on the eye.

"Young Cook"—Lemon juice is used to whiten icing; the grated yellow rind of an orange strained through a cloth will give a yellow tinge, while strawberry or cranberry juice gives a pretty pink shade. Spinach juice gives a green tinge.

Cooking Asparagus

If you are so fortunate as to have an asparagus bed, you can have the vegetable in perfection. If not, you must choose the bunches that show the greenness well down the stalk, and these should be picked over and

ABANDONED IT

For the Old-Fashioned Coffee was Killing

"I always drank coffee with the rest of the family, for it seemed as if there was nothing for breakfast if we did not have it on the table.

"I had been troubled some time with my heart, which did not feel right. This trouble grew worse steadily.

"Sometimes it would beat fast and at other times very slowly, so that I would hardly be able to do work for an hour or two after breakfast, and if I walked up a hill, it gave me a severe pain.

"I had no idea of what the trouble was until a friend suggested that perhaps it might be caused by coffee drinking. I tried leaving off the coffee and began drinking Postum. The change came quickly. I am now glad to say that I am entirely well of the heart trouble and attribute the relief to leaving off coffee and the use of Postum.

"A number of my friends have abandoned the old fashioned coffee and have taken up with Postum, which they are using steadily. There are some people that make Postum very weak and tasteless, but if it is boiled long enough, according to directions, it is a very delicious beverage. We have never used any of the old fashioned coffee since Postum was first started in our house."

Read the little book, "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.

washed, and the white, tough end cut off. Tie the tips up in bunches again, using clean twine, and set on end in a vessel containing just enough water to come well up on the tips, which must not be covered; the lower end of the bunch will require more cooking than the tips, which must not be covered; the lower end of the bunch will require more cooking than the tips. The vessel should be covered to retain the steam. For twenty minutes to a half hour will cook the vegetable. Then have slices of well buttered toast in the bottom of a platter, and lift the bunches of asparagus carefully, lay in a colander to drain, then lay them carefully on the toast, cutting the string and removing it. Add more butter and a sprinkling of salt; the butter may be melted and poured over, but small pieces laid thickly over it is better. A slice of toast covered with the sprigs should be served to each person. It is claimed that the sprigs should be taken in the fingertips and eaten, for best satisfaction. Asparagus should be grown wherever there is a little garden patch.

Some Pie Recipes

Vinegar Pie—This is a most popular pie, although the name is not attractive. Beat together one teacupful of brown sugar, two level teaspoonfuls of flour and one egg; then add with constant stirring a half pint of boiling hot cider vinegar, and cook until the mixture is thick. Line a pie tin with nice paste, and fill the crust with the mixture, cover with cross strips of pastry and bake in a quick oven. A few drops of lemon is a nice addition.

Apple Custard Pie—Make a sauce of tart apples, using no sweetening, and strain a cupful of this, to which add one cupful of granulated sugar, the same amount of sweet cream or very rich milk, the yolks of two eggs well beaten and a little grated nutmeg. Mix thoroughly and pour into a pastry-lined pie plate rather deeper than the ordinary kind, and bake in a moderate oven for half an hour, then spread meringue on top as for chocolate pie and brown slightly.

Pie Crust—This is a tried recipe which has been found satisfactory: Sift into a pint of flour one teaspoonful of baking powder, then chop into it one cupful of cold lard or butter, and make a dough with ice water. Roll out lightly, fold, and roll a second time to the desired thinness. Another crust made without baking powder consists of a quart of flour, a half cupful each of lard and butter a pinch of salt and ice water to make a dough.

Many people understand that the placing of a marble in a kettle prevents furring, but few seem to know that a large marble boiled in milk, porridge, custard, sauces, or stews will automatically do the stirring, as the liquid cooks. Any chance of burning will be prevented, and thus the fatigue of constant stirring and the cook's time can be saved, as by this means the cook can be attending to several things at the same time, instead of having to give her whole time to one.

Contributed Recipes

Devil's Food Cake (but good enough for angels)—Put four ounces of chocolate in one-half pint of milk, and cook in double boiler until thick and smooth, then stand aside to cool. Beat half a cup of butter to a cream with one and a half cups of sugar and yolks of four eggs, then add the chocolate mixture and three cupfuls of baking powder; add the beaten whites of four eggs and one teaspoonful of vanilla extract. Bake in three layers and put together with

white icing and chopped figs.—Mrs. W. H. L., Colorado.

Lemon Jelly Filling—Grate the yellow from the rind of two lemons and squeeze out the juice; take two cupfuls of sugar and the yolks and whites of two eggs, beaten separately; mix the sugar and yolks together, then add the well beaten whites, and then the lemon juice. Over this, pour a cupful of boiling water, beating, and stir into this two table-spoonfuls of sifted flour rubbed smooth in half a cupful of water, then add a tablespoonful of melted butter. Cook until it thickens. When cold, spread between layers of cake. This is nice.—Mrs. Lee Star, Texas.

French Cup Custard—One quart of sweet milk, place over heat to boil adding the fresh peel of a lemon; when it boils, remove it from the fire and let cool. When cool, remove the peel from the milk and stir in four well beaten eggs, ten tablespoonfuls of granulated sugar and a pinch of salt. Fill cups two-

thirds full of custard and place in a steamer over a kettle of boiling water, and steam until custard is firm, turning the steamer occasionally. If fresh lemon peel is not at hand, a teaspoonful of lemon extract may be added to the custard before filling the cups. Steaming is much more satisfactory than the old way of baking.—"Housewife."

Some Timely Recipes

Combination Salad—Chop a sufficient quantity of vegetables at hand—celery, cucumbers, cress, radishes, young onions, apples, tomatoes, as liked—to make a cupful each, except onion, which should be in much smaller quantity; mix all thoroughly with a French dressing and serve on a bed of either watercress or lettuce leaves.

Corn Pudding—One can of corn chopped fine, two eggs well beaten, half a cupful of milk, and half a teaspoonful of salt and a pinch of ground black pepper. Mix well and bake in a pudding dish until firm.

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