

kitchen ware in another, the glass in a third. Many small articles may be packed inside the larger, with plenty of packing material to protect both. Everything should be packed in tightly, so the separate pieces can not rattle around, as loose packing will always allow damage to be done. In packing the silverware, every article must be so prepared that not an atom is left exposed to pressure without support. China, glass and silver so packed can be made as solid as possible. The moment the weight from without is greater than the resistance from within you may expect to see the pieces injured or broken. Stuff all hollow articles as full as possible, padding all handles, goblet stems and parts in relief so thickly that its shape will be hidden, and separate each piece, whether of china, glass, or silverware, from every other piece and from the sides of the barrel by layers of the padding. Cups and glasses must not be stacked inside each other unless well covered with padding. Old rags are fine for this. Plates should have layers of paper between, and the whole pile can be freighted long distances without injury, if solidly and carefully packed.

Pictures and odd pieces may be packed in with the bed clothing, or in the trunk with the clothes, but no pressure should be allowed that might break the glass or bulge the picture.

#### Fruit Extracts

Mrs. O. H. sends the following:  
For raspberry, blackberry, or cherry extract, take as much fruit

#### IT SLUGS HARD

#### Coffee a Sure and Powerful Bruiser

"Let your coffee slave be denied his cup at its appointed time! Headache—sick stomach—fatigue like unto death. I know it all in myself, and have seen it in others. Strange that thinking, reasoning beings will persist in its use," says a Topeka, Kansas, man.

He says further that he did not begin drinking coffee until after he was twenty years old, and that slowly it began to poison him, and affect his hearing through his nervous system.

"Finally, I quit coffee and the conditions slowly disappeared, but one cold morning the smell of my wife's coffee was too much for me and I took a cup. Soon I was drinking my regular allowance, tearing down brain and nerves by the daily dose of the nefarious concoction.

"Later, I found my breath coming hard and frequent fits of nausea, and then I was taken down with bilious fever.

"Common sense came to me and I quit coffee for good and went back to Postum. I at once began to gain and have had no returns of my bilious symptoms, headache, dizziness, or vertigo.

"I now have health, bright thoughts, and added weight, where before there was invalidism, the blues, and a skeleton-like condition of the body.

"My brother quit coffee because of its effect on his health and now uses Postum. He could not stand the nervous strain while using coffee, but keeps well on Postum.

"Miss F., I know personally, was incapable of doing a day's work while she was using coffee. She quit it and took up Postum and is now well and has perfectly steady nerves."

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.

as you wish, according to how much extract you want, add just enough water to keep it from burning while a slow heat is drawing out the juice, and then boil for thirty minutes, pour into a cloth bag and allow to drain as long as there is any drip; then boil the liquid down one half, add an equal amount of grain alcohol, and bottle for use, corking and dipping the corks in wax, although it will keep without. The fruit must not be touched while draining, as the juice must be as clear of sediments as possible, and while boiling, it must be most carefully skimmed.

To make orange or lemon extract, slice into a glass jar three or four lemons, or oranges, add one pint of best grain alcohol, let stand two weeks, squeeze and strain out the fruit, add one-third as much water as there is juice and alcohol, and bottle the extract. Lemon or orange peel will answer where the whole fruit can not be had.

For vanilla, get four vanilla beans, break in small pieces, pour over them one pint of alcohol and one-third pint of water, set away two or three weeks, when the extract can be used; the beans can be left in the jar when more extract is made, and does not need removing.

The real vanilla bean should be used. Another recipe is to cut up one long bean into small bits, and put into a glass jar with five ounces of best rectified spirits, cork tightly, shake occasionally for one month. Deodorized (not denatured) alcohol should be used in making extracts.

For making vanilla sugar, get the real bean, and cut up enough to weigh an ounce; add an ounce of bet grain alcohol and macerate half an hour, then add two ounces of sugar of milk; break seven ounces of best rock candy into bits, and add with two pounds fine sugar. Mix thoroughly and put into close stoppered bottles. This is liked by some better than the extract, and less of it is required for flavoring.

#### To Kill Cockroaches and Croton Bugs

This is a constant question with some housewives. First, everything must be kept clean—all damp places made dry, and no food allowed on the floor, or within their reach. There are several proprietary roach pastes which, if placed where the bugs can reach it, are effective. Among the recommended destroyers are these:

Equal parts of powdered sugar and plaster of paris, mixed dry, and put in their runs. One part arsenic to ten parts powdered sugar and ten parts flour. This is a deadly poison, and must be put where nothing else can get it. Powdered borax, or slacked lime blown in the cracks they infest. The room may be fumigated with carbon bisulphide, or hydrocyanic acid gas, and all pests will go with them. These must be handled with care, as the fumes are poisonous.

#### Contributed Recipes

"Queen of Custards"—Beat the yolk of eight eggs and the whites of six to a froth; add eight tablespoonfuls of sugar and beat again; then add one quart of milk, and stir all together. Put into a double boiler and cook slowly until the custard clings to the spoon, stirring all the time. Add a few drops of vanilla extract and pour into long stemmed glasses. Beat the whites of two eggs to a stiff froth; boil half a cupful of white sugar with six tablespoonfuls of water until it forms a thread, then pour over the beaten whites, and beat until it is stiff enough to spread, then heap high on top of the custards.—Mrs. Sadie White.

Boned Chicken—Dress and boil a chicken in as little water as possible until the meat will fall from the bones; remove all skin, and chop to-

gether light and dark parts, season with pepper and salt; boil down the liquid in which the chicken was boiled, then pour it on the meat, place in tin, wrap tightly in cloth, press with a heavy weight for several hours, and serve cold, cut in thin slices.—E. V.

Asparagus on Toast—Get the large white asparagus, but see that it is not tough and fibrous, as the best is a little green. Rinse well in cold water to remove all grit; tie the stalks loosely together so they can be easily lifted out when cooked. Set on end in a vessel and pour over the tips enough boiling water, salted, to nearly reach the tips of the stalks, and boil gently for twenty minutes, keeping the vessel well covered so the steam will cook the tender tips. Drain and lay the stalks on a platter with heads resting on well toasted slices of white bread. Make a sauce of a teaspoonful of butter, one of flour, a little salt, pepper, and half a cupful of the water in which the asparagus was cooked,

cook a few minutes and pour over the toast.—Mrs. L. M., Missouri.

#### Canning Mushrooms

"A Reader" tells us that mushrooms may be canned as any other vegetable. After looking over the plants, pack the jars very full, jarring and shaking down well; put on the covers, put the jars in a wash boiler and cover with cold water nearly to the top of the jars. Bring to a boil and boil for an hour and a half, gently, so as not to have the water in the boiler pour over the jars, keeping the boiler covered all the time to confine the steam. As the mushrooms shrink, lift the boiler from the fire and fill two jars from the contents of a third, screw the cover on the re-filled jars loosely and return to the fire, sterilize by boiling a half hour longer, screw the tops down tightly without lifting, one at a time, and let stand to cool in the water. Give the same care you would to any vegetable.

## Latest Fashions for Readers of The Commoner



3241—Ladies' Shirt Waist. Pongee, gingham, lawn or batiste will look well developed in this neat model. Five sizes—34 to 42.



3216—Boys' Russian Suit, consisting of blouse and knickerbockers. Chambray, serge, duck or linen are excellent developed in this style. Four sizes—2 to 5 years.



3232—Girls' Dress, with attached five-gored skirt. Serge, Bedford cord or linen are suitable for the development of this model. Four sizes—6 to 12 years.

3227—Ladies' Shirt Waist. Linen, madras, cotton poplin or pongee may all be used to advantage in this model. Five sizes—34 to 42.

3230—Ladies' Thirteen-Gored Skirt, with alternating gores forming box-platts. Serge, Venetian cloth, or Panama cloth are all good materials for this style skirt. Six sizes—22 to 32.

3218—Girls' Dress, with removable shield. Chambray in any desired shade will develop well in this style. Five sizes—6 to 14 years.



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