

file for several years, but can not find just the recipe wanted, as there are so many given. If the approximate date were given, with some idea of what the ingredients, or the most important of them, were, it would be easy to find the recipe.

Tomato Figs—The small, pear-shaped tomatoes are the kind used, though small round red ones will serve. Remove the skins from the tomatoes, then weigh them and place them in a stone jar with as much sugar as you have tomatoes, by weight. They should not be too ripe, or soft. Let stand for two days, covered with netting. Pour off the syrup and boil; skim until no more scum rises, then pour the boiling hot syrup over the tomatoes and let stand another two days. Drain off the syrup again, boiling and skimming as before. Repeat this process a third time, and, if the weather is favorable, they are ready for drying; if not, let stand in the syrup. Place the tomatoes, lifted carefully out of the syrup on large china plates and platters and set in the sunshine to dry, covering from insects with netting or fine cheese cloth. Take inside at night, and continue the drying for several days, or a week, dependent on the weather and the drying. When dried, pack in layers in small wooden boxes with layers of powdered sugar between.

Canning Corn in Glass Jars—Choose the corn when it is "just right" for the table, and remove silks; cut the corn from three or four dozen ears of corn, but do not cut the cob, as this will remove the bran, or tough particles. Fill into the jars one-fourth full, then pack it solidly as possible with a small pestle like a potato masher; add more corn, packing solidly until the jar is full and the milk rises to the top; adjust the rubber and top, but do not screw down until all the jars are full. Have the boiler, or canner ready, with a layer of grass or straw in the bottom, or a board with holes an inch apart bored all through it, to keep the jars from touching the bottom.

CHANGE

Quit Coffee and Got Well

A woman's coffee experience is interesting. "For two weeks at a time I have taken no food but skim milk, for solid food would ferment and cause such distress that I could hardly breathe at times, also excruciating pain and heart palpitation and all the time I was so nervous and restless.

"From childhood up I had been a coffee and tea drinker and for the past twenty years I have been trying different physicians but could get only temporary relief. Then I read an article telling how some one had been cured by leaving off coffee and drinking Postum and it seemed so pleasant just to read about good health I decided to try Postum in place of coffee.

"I made the change from coffee to Postum and such a change there is in me that I don't feel like the same person. We all found Postum delicious and like it better than coffee. My health now is wonderfully good.

"As soon as I made the shift from coffee to Postum I got better and now all of my troubles are gone. I am fleshy, my food assimilates, the pressure in the chest and palpitation are all gone, my bowels are regular have no more stomach trouble and my headaches are gone. Remember I did not use medicines at all—just left off coffee and drank Postum steadily."

Read "The Road to Wellville," found 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.

Set the jars on this, and pack clean cloths, or grass between, to prevent their touching; screw down the tops a little tighter and fill the boiler with cold water up to the neck of the jars, and set on the back of the stove, covering, until pretty hot, then move to the front and boil for four hours with the boiler closely covered. Then remove the boiler from the stove, let stand until you can handle the jars, screw down the tops as tight as possible and return to the water and leave until cold. When done, wrap each jar in paper to keep its contents from the light. It requires about one dozen ears to fill a quart jar. If packed in tin cans, be sure the cans are good, whole ones, free from rust, pack in the same way, lay the lid on, and proceed as for glass jars, but do not boil so rapidly that the water will overflow the cans. When done, seal air-tight with the wax and let cool in the water, then set in cool place. Two or three cans at a time may be cooked when using the fire for other purposes. A small canning outfit pays for itself in a short time. The water must be kept boiling steadily, and if it should boil down too much, more must be added from the tea-kettle. The boiling of the water must be timed from the time it actually boils.

To Can Peas—Shell the peas as fresh as possible, and throw at once into cold water, and when you have enough to fill your cans, sprinkle a little salt in the water, a teaspoonful for each can of peas; fill the jars with peas, then overflow with the salted water so as to fill all air-spaces, put on the rubbers and tops loosely and set in the boiler, the same as you did the corn in above recipe, and when the water in the boiler begins to boil, keep it steadily boiling for three hours; let them boil full time, and if the water gets low, fill from the teakettle; then tighten the tops, screwing down as tight as possible, let stand in the water until it is cold, then put away as you do the corn. Can asparagus the same way.

To Can Beans—Pick the tender bean pods early in the morning and prepare as for cooking as rapidly as possible, putting them in water as for peas, sprinkle with salt and fill the cans solidly, pouring over them the salted water; set in the boiler, and when the water strikes a boil, time them for four hours of steady boiling, being sure to keep the water up to the lower part of the can cover, as for other vegetables. Do not take the cover off the boiler during the last half hour, and never turn the caps when the contents have boiled the required number of hours.

To Can String Beans—String and break one peck of tender beans, and add enough water to cover them (after washing) in the kettle; add a small handful of salt and a cupful of strong cider vinegar; let just come to a good boil, boil for half an hour, or until tender; then pack into glass jars, put on new rubbers and screw down the lid tightly. The water in which they were boiled should be poured over them in the jars, filling all air-spaces before sealing them. When cold, wrap in paper and put in a cool, dark place.

Contributed Recipes

Pineapples—Pare the fruit, taking out all eyes and discolored parts; cut in slices, remove core and cut in small pieces. Weigh the prepared fruit and put into a preserving kettle with one pound of sugar to two pounds of fruit, and let stand over night. Have jars ready, and in the morning put the fruit over the fire with one or two lemons sliced, and bring to a boil; let boil rapidly for one minute only, fill the jars and seal. Long cooking discolors the fruit.

Black Currant Jam—Pick over the fruit carefully, and use sugar pound

for pound. Mash the fruit and dissolve the sugar in the juice, adding a little water or red currant juice; boil and skim for twenty minutes, stirring constantly.

Purple Plums—Make a syrup of one pound of sugar (light brown) and one teacupful of water for each pound of fruit. To clarify, take a little gum arabic and a little isinglass dissolved in a little hot water, and when dissolved, pour it into the boiling syrup; skim as often as the scum arises. When perfectly clear and boiling hot, pour it over the plums which have been carefully picked over and packed in jars or jar; let the syrup remain for two days, then drain it off, let get boiling hot, skim well and pour over the plums again; let remain two more days, then put all in the preserving kettle over the fire and simmer gently until the syrup is rich and thick. Put into pots and jars and cover well; not necessary to seal.—Mrs. J. H.

Elderberry Syrup as a Cough Remedy—Take the elderberries when fully ripe, wash, mash and strain the

juice through a jelly bag; to one pint of juice add a pint of sugar or good molasses (no glucose), boil twenty minutes, stirring constantly, and when cold add to each quart of the juice one pint of best French brandy, bottle, cork tightly, tying the corks down, and use for the coughs which attack delicate persons during the fall months on taking cold.—Mabelle R.

For the Pest of Fleas

Answering J. R.—There is nothing more sure for the extermination of fleas about a place than to get a barrel of air-slacked lime and scatter it freely everywhere about your house, outhouses, animal shelters, barns and barnyards. Do this every few days until they are gone—two or three applications will suffice. In the house, take up the carpets and sun the bed clothes while you sprinkle the lime thickly over the floors and in every crack or crevice. Let stand for a day or two, then sweep up and wash the floors. You won't have any more fleas.

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