file for several years, but can not Set the jars on this, and pack clean for pound. Mash the fruit and dis- juice through a jelly bag; to one pint easy to find the recipe.

ing. When dried, pack in layers in time it actually boils. small wooden boxes with layers of powdered sugar between.

Canning Corn in Glass Jars-Choose the corn when it is "just enough to fill your cans, sprinkle a right" for the table, and remove little salt in the water, a teaspoonful silks; cut the corn from three or for each can of peas; fill the jars with four dozen ears of corn, but do not peas, then overflow with the salted cut the cob, as this will remove the water so as to fill all air-spaces, put bran, or tough particles. Fill into on the rubbers and tops loosely and the jars one-fourth full, then pack it set in the boiler, the same as you solidly as possible with a small pestle did the corn in above recipe, and like a potato masher; add more corn, when the water in the boiler begins packing solidly until the jar is full to boil, keep it steadily boiling for and the milk rises to the top; adjust three hours; let them boil full time, the rubber and top, but do not screw and if the water gets low, fill from down until all the jars are full. Have the teakettle; then tighten the tops, the boiler, or canner ready, with a screwing down as tight as possible, layer of grass or straw in the bot- let stand in the water until it is cold, tom, or a board with holes an inch then put away as you do the corn. apart bored all through it, to keep Can asparagus the same way. 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 out all eyes and discolored parts; cut am fleshy, my food assimilates, the in slices, remove core and cut in pressure in the chest and palpitation small pieces. Weigh the prepared are all gone, my bowels are regular fruit and put into a preserving kettle have no more stomach trouble and with one pound of sugar to two my headaches are gone. Remember pounds of fruit, and let stand over I did not use medicines at all—just night. Have jars ready, and in the left off coffee and drank Postum morning put the fruit over the fire steadily."

Read "The Road to Wellville," bring to a boil; let boil rapidly for found in pkgs. "There's a Reason." one minute only, fill the jars and one appears from time to time. They fruit. are genuine, true, and full of human interest.

find just the recipe wanted, as there cloths, or grass between, to prevent solve the sugar in the juice, adding of juice add a pint of sugar or good are so many given. If the approxi- their touching; screw down the tops a little water or red currant juice; molasses (no glucose), boil twenty mate date were given, with some idea a little tighter and fill the boiler with boil and skim for twenty minutes, minutes, stirring constantly, and of what the ingredients, or the most cold water up to the neck of the jars, stirring constantly. important of them, were, it would be and set on the back of the stove, covering, until pretty hot, then move to Tomato Figs-The small, pear-the front and boil for four hours shaped tomatoes are the kind used, with the boiler closely covered. Then though small round red ones will remove the boiler from the stove, serve. Remove the skins from the let stand until you can handle the tomatoes, then weigh them and place jars, screw down the tops as tight as them in a stone jar with as much possible and return to the water and sugar as you have tomatoes, by leave until cold. When done, wrap weight. They should not be too ripe, each jar in paper to keep its conor soft. Let stand for two days, cov-tents from the light. It requires ered with netting. Pour off the about one dozen ears to fill a quart syrup and boil; skim until no more jar. If packed in tin cans, be sure scum rises, then pour the boiling hot the cans are good, whole ones, free syrup over the tomatoes and let from rust, pack in the same way, stand another two days. Drain off lay the lid on, and proceed as for the syrup again, boiling and skim-|glass jars, but do not boil so rapidly ming as before. Repeat this process that the water will overflow the cans. a third time, and, if the weather is When done, seal air-tight with the favorable, they are ready for drying; wax and let cool in the water, then if not, let stand in the syrup. Place set in cool place. Two or three cans the tomatoes, lifted carefully out of at a time may be cooked when using the syrup on large china plates and the fire for other purposes. A small platters and set in the sunshine to canning outfit pays for itself in a dry, covering from insects with net-|short time. The water must be kept ting or fine cheese cloth. Take in- boiling steadily, and if it should boil side at night, and continue the dry- down too much, more must be added ing for several days, or a week, de- from the tea-kettle. The boiling of pendent on the weather and the dry- the water must be timed from the

> To Can Peas—Shell the peas as fresh as possible, and throw at once into cold water, and when you have

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 with one or two lemons sliced, and bring to a boil; let boil rapidly for Ever read the above letter? A new seal. Long cooking discolors the

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

Purple Plums-Make a syrup of one pound of sugar (light brown) dissolved in a little hot water, and Mabelle R. when dissolved, pour it into the boiling syrup; skim as often as the scum arises. When perfectly clear and necessary to seal .- Mrs. J. H.

Remedy-Take the elderberries when sweep up and wash the floors. fully ripe, wash, mash and strain the won't have any more fleas.

when cold add to each quart of the juice one pint of best French brandy, bottle, cork tightly, tying the corks and one teacupful of water for each down, and use for the coughs which pound of fruit. To clarify, take a attack delicate persons during the little gum arabic and a little isinglass fall months on taking cold .-

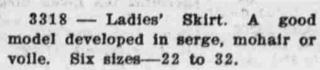
#### For the Pest of Fleas

Answering J. R.-There is nothboiling hot, pour it over the plums ing more sure for the extermination which have been carefully picked of fleas about a place than to get a over and packed in jars or jar; let barrel of air-slacked lime and scatter the syrup remain for two days, then it freely everywhere about your drain it off, let get boiling hot, skim house, outhouses, animal shelters, well and pour over the plums again; barns and barnyards. Do this every let remain two more days, then put few days until they are gone two all in the preserving kettle over the or three applications will suffice. In fire and simmer gently until the the house, take up the carpets and syrup is rich and thick. Put into sun the bed clothes while you pots and jars and cover well; not sprinkle the lime thickly over the floors and in every crack or crevice. Elderberry Syrup as a Cough Let stand for a day or two, then

# Latest Fashions for Readers of The Commoner

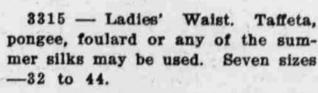


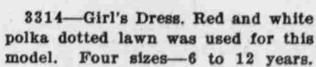
3332-Ladies' Shirt Waist, with Removable Chemisette. Any material desired may be used for this waist. Six sizes-32 to 42.

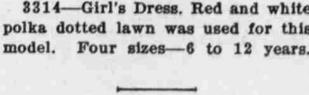


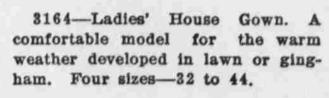


3329-Ladies' Bathing Suit. Developed in brilliantine, mohair, serge or taffeta, this is a very attractive model. Six sizes-32 to 42.











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