

will steep (not scald or boil) for a quarter of an hour, then strain through fine cheese cloth and add a pinch of borax. Rub this liquid on the skin, allow to dry on, for an hour or two, then renew, several times; then bathe the face with a soft cloth dipped in witch hazel or rosewater.

Eating plenty of green vegetables and ripe fruits will clear the complexion of much sallowness, if persevered in, and reasonable protection from the wind and sun should be given, if we would keep our complexion clear.

Query Box

C. L.—Sage tea made by the published recipes does not always give the desired effects. The fault lies partly with the tea, but often with the hair on which it is used. Where its use will benefit one head of hair, it will have no effect on another.

C. C. Z.—Wishes to know a tried and found-successful remedy for eczema on the neck and breast caused by malnutrition and an inactive stomach. Such things are very troublesome, at times, and a cure is very hard to find.

L. L.—Cold cream, if made of fresh materials, is claimed by experts not to cause a growth of hair on the face where there has not been heretofore any tendency to grow hair. Many women, as they grow elderly develop more or less hair on the face whether or not anything is used.

Ignorance—Unless it has been allowed to boil too hard, the soup-

pot will not need a replenishing of the water. When, however, it is found necessary to do so, the water must be boiling-hot when added, as, if lukewarm or cold water is used, the soup will be spoiled. The best soup is made of raw meat, but very good soup is made of remnants of cooked meats.

Fannie S.—For cooking green corn, strip off the outer husks, turn back the inner leaves and pick off every thread of silk; draw the fine husks back over the ear, tie the top with a bit of thread, put in salted boiling water and cook fast for about half an hour, according to size of ear and hardness of grain. Cut off the stalk close to the cob and send whole to the table hot as it comes from the kettle.

Laundress—One ounce of sugar of lead crystals dissolved in a pailful of water and the goods soaked in this before washing will set the colors in pinks, blues and lavenders. The goods should remain in the solution half an hour before going to the suds. Dry in the shade, as the sunshine will fade nearly all colors.

Easily-Made Salads

This is the season for salads, which are always acceptable at any meal. For salads, the vegetables should be fresh and crisp, the oil or butter fresh and sweet, all flesh well cooked, pure cider or good vinegar. Salads may be made of beet-roots, onions, potatoes, cabbage, celery, lentils, watercress, lettuce, peas, beans, cauliflower. Chervil is a delicious salad herb, and can generally be had from the market in large villages or cities. Cucumbers in season are much liked, and endives, chives, and many other green vegetables may be used. Peppergrass and cress are usually served with salt, but may be used in salads.

Lettuce Salads—Take the yolks of three hard-boiled eggs, with salt and mustard to taste; mash together fine and make into a paste by adding a dessertspoonful of perfectly fresh olive oil or melted butter. Mix thoroughly, and then dilute by adding very slowly, beating steadily, a teacupful of vinegar. Pour this over shredded lettuce, and garnish with thinly-sliced hard boiled egg. Potato salad is made of cold boiled potatoes with enough onion to season, and the above dressing poured over it.

Vegetables

To be at their best, vegetables should be cooked very soon after gathering, as stale or wilted vegetables are poor-flavored and unwholesome. They should be carefully picked over, washed, freed from any hidden insects, all decayed, unripe or sunburned parts removed, and if to be peeled, pare thinly, and put into water to keep from becoming dark-colored. Nearly all vegetables must be thrown at once into boiling water, kept steadily boiling or simmering, and not allowed to stop until thoroughly done, then drained well, and dressed. If the water needs replenishing, boiling water should be used—never cold. Onions, cabbage, carrots and turnips should be cooked in plenty of water; if too little water is used, it makes them dark colored. Too long boiling makes them poor flavored.

Cauliflower and cabbage should be well looked over, in order to dislodge any hidden insects. The cauliflower should be pulled apart and stood, top down, in cold, salted water, for half an hour before putting to boil. Onions should have the water changed on them several times in order to give them a more delicate flavor. When cooking vegetables, do not add the seasoning, especially the butter, until just ready to serve, as long cooking turns

the butter to oil, and loses its delicate flavor. Vegetables are nicer in appearance if cooked in porcelain, or one of the enameled-ware vessels. All vessels should be kept scrupulously clean, well scalded and scoured; for porcelain-lined vessels, a strong solution of soda will take any stain from the sides left by the last cooking. Every woman should have a good cook book and use it. Only by accuracy in measuring, weighing, and having the right amount of heat, cooking only sufficiently, rather than overdoing, with careful seasoning by suitable flavorings can we get the best of what we have. Cookery is an art, and is fast taking its proper place in scientific matters.

Good Things to Know

When you cannot get the regular "holders" to keep your jars steady in the boiler, a little hay or excelsior put between the jars will keep them from touching each other. If you have no rack, a clean piece of board, or shingle, or a rack made of clean laths will answer every purpose.

Try the new method of preparing your fruit and packing at once into jars or cans, shaking down as solid as possible, and filling full. Have plenty of boiling water to fill the cans with, unless syrup is to be used; in which case, have the syrup boiling hot to pour over the fruit.

Be sure to have the water cold, or barely tepid when you set the cans in the boiler, and bring to a boil slowly.

The water should boil, but not bubble so furiously as to turn the jars over. Follow directions as to time for boiling, and keep the steam in the boiler.

Sometimes two rubbers are necessary on one jar; but test each jar, rubber and top thoroughly before using.

For many fruits which shrink in heating, it is well to use part of the jars to fill the others. Use as little water as possible, as nearly all fruits have juice enough, which the heat will extract.

The best fruit is when it is most plentiful, and it is then the cheapest. As the crop ripens, and gets scarce, the prices advance, while the quality deteriorates. "The best is none too good."

Fruits which are specked or over-ripe may be carefully trimmed and canned for immediate use. Such fruits will often keep for several weeks, and should be set apart from the good fruits. These may be used for pies, puddings, ices and sauces.

Always remember to have the water in the boiler cold, or nearly so, when a second filling with jars is ready. Use no cracked, chipped or flawed jars, as they almost invariably break and spoil the fruit.

WISE TOMMY

Teacher—"What change takes place when water freezes?"

Tommy (innocently)—"A change in price, I guess."—Harper's Weekly.

MENTAL ACCURACY

Greatly Improved by Leaving Off Coffee

The manager of an extensive creamery in Wis. states that while a regular coffee drinker, he found it injurious to his health and a hindrance to the performance of his business duties.

"It impaired my digestion, gave me a distressing sense of fullness in the region of the stomach, causing a most painful and disquieting palpitation of the heart, and what is worse, it muddled my mental faculties so as to seriously injure my business efficiency.

"I finally concluded that something would have to be done. I quit the use of coffee, short off, and began to drink Postum. The cook didn't make it right at first—she didn't boil it long enough, and I did not find it palatable and quit using it and went back to coffee and to the stomach trouble again.

"Then my wife took the matter in hand, and by following the directions on the box, faithfully, she had me drinking Postum for several days before I knew it.

"When I happened to remark that I was feeling much better than I had for a long time, she told me that I had been drinking Postum, and that accounted for it. Now we have no coffee on our table.

"My digestion has been restored, and with this improvement has come relief from the oppressive sense of fullness and palpitation of the heart that used to bother me so. I note such a gain in mental strength and acuteness that I can attend to my office work with ease and pleasure and without making the mistakes that were so annoying to me while I was using coffee.

"Postum is the greatest table drink of the times, in my humble estimation." Name given by Postum Co., Battle Creek, Mich.

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.

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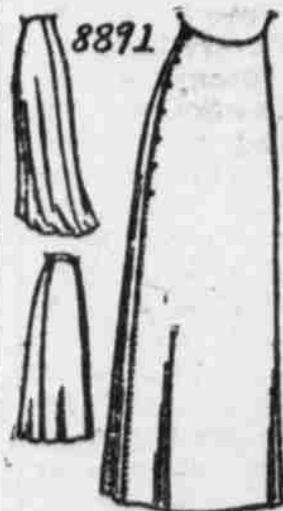
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8702—LADIES' HOUSE DRESS

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