

born, without an exception. Women are people with the census taker; with the tax collector; at the bar of so-called justice where all officers, juries and judges are men. They are people at the scaffold; but at the question of the ballot, they are classed lower than the common scum, and no matter what property they own, or ability they exhibit, they have no standing, or voice when it comes to affairs of the nation.

Canning and Preserving

When one looks over the weather reports, and listens to the stories of what the drouth is doing, and especially if one is dependent upon the market, and has to pay market prices for everything in the fruit and vegetable line, the prospect of a full closet for the coming winter days is anything but bright. Still, there will be a few things, and all localities will not probably be burnt up, and it is as well to be optimistic and hope for something better. If but a few glasses or jars can be filled, it should be done so carefully that the contents will keep, and every little fragment should be gathered up. Anyway, it is safe to have all the jars and glasses clean and sweet and put safely away; we shall thus at least have them for another time.

Oil Pickles—Pare and slice four dozen cucumbers as if for serving at table; put them into brine strong enough to bear an egg, and let them stand twenty-four hours. Slice a dozen or fourteen onions and cover with brine for two days; then shake off the brine thoroughly and arrange in a jar in alternate layers of cucumbers and onions, adding to each layer one tablespoonful of mustard seeds and a spoonful of celery seeds. Pour about one quart of olive oil and

**HEART RIGHT
When He Quit Coffee**

Life Insurance Companies will not insure a man suffering from heart trouble.

The reason is obvious. This is a serious matter to the husband or father who is solicitious for the future of his dear ones. Often the heart trouble is caused by an unexpected thing and can be corrected if taken in time and properly treated. A man in Colorado writes:

"I was a great coffee drinker for many years, and was not aware of the injurious effects of the habit till I became a practical invalid, suffering from heart trouble, indigestion and nervousness to an extent that made me wretchedly miserable myself and a nuisance to those who witnessed my sufferings.

"I continued to drink coffee, however, not suspecting that it was the cause of my ill-health, till, on applying for life insurance I was rejected on account of the trouble with my heart. Then I became alarmed. I found that leaving off coffee helped me quickly, so I quit it altogether and having been attracted by the advertisements of Postum I began its use.

"The change in my condition was remarkable. All my ailments vanished. My digestion was completely restored, my nervousness disappeared, and, most important of all, my heart steadied down and became normal, and on a second examination I was accepted by the Life Insurance Co. Quitting coffee and using Postum worked the change." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

enough cider vinegar to cover the pickles over the layers and cover the jar. The longer this pickle stands the better it is. If made in July, it should not be used until Christmas. It is claimed to be fine.

All green fruits which are to be used for pickles must have a salting treatment of not less than twenty-four hours either in brine made of a cupful of salt to a gallon of water, or in salt pack of like proportion.

Where Vegetables are Scarce

A good substitute for vegetables is made of spaghetti, macaroni, rice, or corn meal in its various preparations. There are many ways of serving any of these substitutes, so a variety can be had.

Fried Mush—Make a mush a little stiffer than for serving while hot, and pour the well-cooked mush into a square pan, packing it smoothly, and set away in a cool place. This is best done in the evening. Next morning, turn out the cold mush onto a board and cut into slices half an inch thick; roll each slice in flour and fry in hot fat (have plenty of smoking-hot fat, but not scorching hot) until brown, turning to brown each side; when done, lift out onto a platter and serve as a vegetable.

For Mush Balls—Use cold mush, as above, except that it may be a little softer; roll pieces of the mush into balls about as large as a small egg; dip these balls into beaten egg, then roll in cracker or powdered bread crumbs, place in a frying basket and fry in hot fat until brown. Thin slices of bacon may be cooked and served with the balls.

Macaroni—There are many ways of preparing macaroni, spaghetti and vermicelli after cooking until done in slightly salted water. The various dishes are made by using various other articles, such as cheese, tomatoes and onions, cream cause, etc., as additional ingredients. The usual time for cooking given in recipes is twenty minutes; but most persons like it better done, and give it forty minutes. To prevent sticking to the pan or cook vessel, add a spoonful of butter to the salted water in which the paste is to be cooked. When done, it should be turned into a colander and cold water dashed quickly over it and allowed to drain off, carrying the pasty flour from the outside. It must not stand in cold water.

Requested Recipes

Onion Pickles—One gallon of small size silver-skin onions—nicest when about the size of a large cherry. Remove the skin and wash. Put on in a granite kettle two quarts of fresh milk and two quarts of water, and make it quite salty. When the mixture boils, put in the onions and boil until a straw will readily pierce them, then drain through a colander, pour fresh water over them and drain again. Select glass jars with glass top, as pickles should not be put into jars having metal tops lined with porcelain, for the vinegar acts on the metal and pickle and top are both ruined. Do not fill the jars quite full, for spices are still to be put in, along with horseradish, celery and mustard seeds. Fill one of the jars with vinegar to see how much will be needed for all; measure it, after draining it from pickles, and put into a porcelain-lined kettle, along with four tablespoonfuls of cracked (not ground, allspice, two of cloves, two of mace, one of ginger, one of cinnamon broken small, and let boil for about ten minutes. It is claimed by some that the vinegar should not boil, but should be kept at scald-heat with the spices in it for half an hour. Mix in a bowl one tablespoonful of mustard, one of turmeric, four of sugar; stir to a smooth paste with

a very little cold vinegar, then stir into the boiling vinegar and remove the kettle at once from the fire; into each jar of pickle put one tablespoonful of scraped horseradish, one of celery-seed and one of white mustard seed. Pour the vinegar into the jars boiling hot, allowing a portion of the spices to go into each jar; seal close and keep in a cool, dark place.

Lemon Syrup

It is almost impossible to keep lemons during the hot months, as they are apt to rot unless used within a brief time. If made into a syrup they are always ready for lemonade, pies, puddings, sauces. Get one dozen nice lemons, and see that there are no decayed spots on them; clean, and carefully grate the rind, allowing no part of the white to be used. Squeeze out the juice and add to the grated rind letting it stand for several hours. Then take four pounds of sugar and make into a thick syrup with just enough water to boil it smooth. Stir in the lemon juice and bottle in small bottles, corking tightly and dipping the necks of the bottles in wax. It will keep perfectly.

Contributed Recipes

Cake Fillings—For the cake, use any good layer-cake recipe, and bake in layers as usual, and when done, turn out on a sieve to cool; when cool, spread with the filling. For a nut filling, beat the whites of half a dozen eggs stiff with powdered sugar, adding the sugar a little at a time to the egg-whites while beat-

ing, until enough is used to make the icing very stiff. Grate pineapple enough to fill a cup, and add to this two cupfuls of pounded, or crushed pecan meats, the pecan meats having been soaked a couple of hours before being added to the icing. Spread this mixture between and on top of the layers, and cover the tops with half whole pecan meats laid in the icing while soft. If properly made, this is fine.—Mrs. C. L.

Another Filling—Make a boiled icing of two cups of sugar and a quarter of a cup of cold water, boiled to a thread. Pour this syrup while hot over the stiffly-beaten whites of four eggs; add a cup of chopped or crushed nuts, and spread between the layers and on top of the cake.

Green Corn Pudding—Take one quart of corn, either canned green, though fresh cut from the cob is preferred; beat four eggs, the whites and yolks separately. To the beaten yolks, add a tablespoonful of sugar, two of butter and one quart of milk. Season to taste with salt and white pepper, stir in the corn and, lastly, the stiffly beaten whites. Pour the mixture in a buttered pudding-dish, bake an hour in a moderate oven, and serve with roast meat or fowl.—Mrs. Eva Deane.

If fruit juice refuses to "jell," to every pint and a half of the juice add two tablespoonfuls of good vinegar, and you will like the result. As fruit is expected to be very scarce, this season, remember that the peelings and cores, if the fruit is sound, will make a very good addition to the jelly supply. Only by gathering up the fragments can true economy be practiced.

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