

a much whiter, finer skin, in an extremely smooth condition, which is partly the result of the manipulation. At first a decided smarting and burning sensation is said to be felt on the first application, but it soon wears away. A very excellent massage cream can be made after the following formula: Almond oil, six ounces; lanolin, one ounce; white wax, one ounce; spermaceti, two ounces; terebinth of Mecca, one dram; zinc oxide one-half ounce. Perfume by adding ten to fifteen drops of oil of rose. It is best to have this put up by the druggist as care must be taken to have the zinc oxide carefully sifted through a piece of fine bolting cloth, and after it has been added to the mixture it must be constantly stirred or it will sink to the bottom, and while the top of the jars will be like ordinary cream, the last will have altogether too much of the zinc. To use, make the salt application with the following of cream every night for a week, applying no water immediately before or after applying the salt, though the face may be washed in the morning. If any small eruption should show up, discard the process for a week or two, then commence again. But this will rarely be the case.

Freckles

This is the time of year when freckle-removers are most in demand, and we give a number of popular recipes. Try any or all of them. They may be what you want.

Elderflower ointment, one ounce; sulphate of zinc, 20 grains. Mix well and rub into the skin at night; in the morning wash off with soap and soft water and apply the following lotion: Infusion of roses, half a pint; citric acid, 30 grains; all local discolorations are said to disappear under this treatment, or be greatly faded.

None of the following are harmful, and all are said to be effective:

A SPOON SHAKER

Straight From Coffeedom.

Coffee can marshal a good squadron of enemies and some very hard ones to overcome. A lady in Florida writes:

"I have always been very fond of good coffee, and for years drank it at least three times a day. At last, however, I found that it was injuring me.

"I became bilious, subject to frequent and violent headaches, and so very nervous, that I could not lift a spoon to my mouth without spilling a part of its contents.

"My heart got 'rickety' and beat so fast and so hard that I could scarcely breathe, while my skin got thick and dingy, with yellow blotches on my face, caused by the condition of my liver and blood.

"I made up my mind that all these afflictions came from the coffee, and I determined to experiment and see.

"So I quit coffee and got a package of Postum which furnished my hot morning beverage. After a little time I was rewarded by a complete restoration of my health in every respect.

"I do not suffer from biliousness any more, my headaches have disappeared, my nerves are as steady as could be desired, my heart beats regularly and my complexion has cleared up beautifully—the blotches have been wiped out and it is such a pleasure to be well again." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in pkg. "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.

Only the freckles themselves must be touched with a tiny camel's hair brush. Get a four-ounce bottle of the druggist and buy one ounce of crushed gum camphor; fill the bottle with olive oil and let the camphor gum dissolve very slowly. Apply at night after bathing the skin.

Or, three-fourths of an ounce of powdered borax dissolved in an ounce of rosewater; good for oily skin.

Or, boil a cupful of fresh green beans until soft, crush and apply as a poultice between folds of muslin; use several days, and it will bleach the skin, if only temporarily. Equal parts of lemon juice, vinegar and alcohol; add a few drops of oil of rose, oil of lavender and oil of cedar. You can mix them yourself, after getting the druggist to put them all in one bottle; buy an ounce of distilled water and put all the ingredients into it and shake well before applying at night, and wash in soft water the next morning. A tablespoonful each of the lemon juice, vinegar and alcohol, will be enough.

Nothing will permanently remove freckles. Wearing a yellow veil is said to prevent them, but many would prefer the freckles to the veil. Only the surface freckles can be faded out. The deeper, all the year round freckles must be washed out from the inside, if at all. Some skins will have and keep freckles, no matter what is done, while others are never touched by them, no matter what is left undone.

Canning and Pickling

Tomatoes, Whole—If the tomatoes are small, it is as well to can them whole. Remove the skin in the usual way, and sprinkle a tablespoonful of salt over every half gallon, leaving them stand over night; then, in the morning, cook in the juice the salt draws out. Cover the kettle while they are cooking, and do not stir, but shake the kettle to keep them from sticking while cooking. It is best to cook but a few jars full at a time, only cooking until they are heated through thoroughly. Dip each one out with a wire spoon and pack in the jar until it is full, then fill all spaces with the juice in the kettle. Seal as usual.

Do not use copper vessels for pickling. To retain the green color of vegetables, some days before pickling, add vine leaves, or parsley to the vinegar to be used, and let it steep until wanted; the vinegar ought to be a decided green color within a few days, and the color will be imparted to the vegetables.

Sweet Cucumber Pickles—Soak small cucumbers overnight in an ordinary strong brine; in the morning scald them in weak vinegar—water and vinegar about equal parts. Heat at the same time strong vinegar, bringing it to the boiling point, with one ounce each of cassia buds, ginger root, and three cupfuls of brown sugar to a gallon of vinegar. Pack the pickles closely in glass fruit jars with bits of horseradish roots and one or two green peppers to each jar, and when packed full and closely, cover the tops with a layer of nice green grape leaves, leaving half an inch or more space at the top for the vinegar. Pour the vinegar carefully over them until all spaces are filled and the vinegar overflows the jar, then seal at once.

Don't forget or neglect to put up a lot of unfermented fruit juices; they are always in demand, either for beverages, or sauces, or flavoring. They may be sweetened, or not, but must be well sealed.

Contributed Recipes

Take six large and perfect apples, core and steam them until the skin will slip off readily; when peeled, dip each apple in clarified butter, roll in sugar, then in shredded coconut, and

fill the hollows where the core was removed with chopped dates and raisins; bake in a slow oven until sugar sparkles.—Mrs. L. L., California.

Bordeaux Sauce—This is an excellent relish, and easily made. Take four quarts of cabbage sliced fine, two quarts of green tomatoes sliced thin, six large onions, three red peppers, two ounces of white mustard seed, one-half ounce of tumeric root, one-half ounce celery seed, two and one-half pounds of sugar, one gill of salt and two quarts of vinegar. Have prepared the cabbage, onions, tomatoes, and peppers and thoroughly stir in the rest. Mix well together and let stand one-half hour, then put on stove in a granite kettle and boil for twenty minutes. Does not have to be hermetically sealed.—L. C., N. B.

Crystallized Oranges

These should not be prepared long before they are served, but are delicious. Two ways of doing it are given below:

Peel the orange carefully, removing every bit of the white pith next the yellow rind, remove every seed, and cut crosswise into thin slices with a very sharp knife. Beat the

whites of two eggs until no longer stringy, dip the slices of orange in this until well coated, then dip into powdered sugar; let dry and repeat the process, serving very soon after the last drying. Another way is to take small, sweet oranges, and divide by pulling the sections apart, after removing the rind, and remove the seeds from each section carefully; dip each section into a rich syrup made with one and one-half cupfuls of granulated sugar and one cupful of water. Dip the sections thoroughly in this, and lay to drain on waxed paper, and when dry, dip a second, and a third time. The third time, before they are quite dry, roll them lightly in a mixture of chopped malaga raisins and powdered pecan meats. If intended for picnic dinners, fold each piece in waxed paper.

For removing stains from a zinc-covered table, moisten a handful of common newspaper with coal oil and rub it well; the printer's ink and coal oil combined will remove all stains and rust. For rust on steel articles, cover with sweet oil and keep covered for two or three days, then polish with fresh lime, which forms a sort of soap with the oil.

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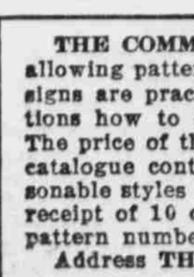
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