

first and pour over them; let them remain in it the same length of time. The next morning drain off the brine, scald and skim it, and pour it again over the pickles, leaving again for thirty-six hours. Then drain, rinse and wipe them dry, carefully handling them. Pack in a jar or jars and pour boiling vinegar over them, throwing into the vinegar a lump of alum as big as a large walnut to every pailful of pickles, and you will have a fine, hard, green pickle. If liked, add whatever spices you wish to the vinegar, tying the spices up in little bags. Keep the pickles under the vinegar, and cover with a clean white cloth under a hardwood board, and on the board lay a brick, (which has a tendency to gather the scum to itself if any rises) and it may be washed off as often as necessary. This is an old, tried pickle recipe.

Mixed Pickles (sweet)—Take one dozen cucumbers, one dozen green tomatoes, half dozen onions, two solid medium-sized heads of cabbage, and run separately through a coarse chopper; sprinkle with salt (a teaspoonful is enough) and let stand over night; next morning squeeze out the juice, and put alternate layers of each in a kettle, at the same time adding one ounce each of turmeric, celery seeds, and white mustard seeds, half a box of ground sugar. Cover all with vinegar and let simmer over the fire for half an hour, then bottle while hot, or seal in small stone jars. Delicious.

The Best of Mixed Pickles—Take small cucumbers, onions, green beans, broken-up cauliflower, tiny ears of corn, and any other vegetables liked, which must all be young and tender, and pour over them boiling hot brine made of one teaspoonful of salt to one gallon of water, draining and re-heating it every morning and returning it to the

LUCKY MISTAKE

Grocer Sent Pkg. of Postum and Opened the Eyes of the Family.

A lady writes from Brookline, Mass.:

"A package of Postum was sent me one day by mistake.

"I notified the grocer, but finding that there was no coffee for breakfast next morning, I prepared some of the Postum, following the directions very carefully.

"It was an immediate success in my family, and from that day we have used it constantly, parents and children, too—for my three rosy youngsters are allowed to drink it freely at breakfast and luncheon. They think it delicious, and I would have a mutiny on my hands should I omit the beloved beverage.

"My husband used to have a very delicate stomach while we were using coffee but to our surprise his stomach has grown strong and entirely well since we quit coffee and have been on Postum.

"Noting the good effects in my family I wrote to my sister, who was a coffee toper, and after much persuasion got her to try Postum.

"She was prejudiced against it at first, but when she presently found that all the ailments that coffee gave her left and she got well quickly she became and remains a thorough and enthusiastic Postum convert.

"Her nerves, which had become shattered by the use of coffee have grown healthy again, and today she is a new woman, thanks to Postum." Name given by Postum Co., Battle Creek, Mich., and the "cause why" will be found in the great little book, "The Road to Wellville," which comes in pkgs.

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

vegetables, for three mornings. The fourth morning drain well and throw the brine away. To one gallon of good cider vinegar put a teaspoonful of pulverized alum, four teaspoonfuls of white mustard seeds, two teaspoonfuls of celery seeds, five or six tiny red peppers (which can be had at the grocer's or drug store), a handful of whole cloves and as much stick cinnamon. Boil vinegar and spices one half hour and pour over the vegetables while boiling hot, add a teaspoonful of grated horseradish to keep the pickles from molding, and put into small bottles or stone jars and seal while hot. The vinegar must cover the pickles at all times.

Buying Canned Goods

A great many of us will be dependent upon the "canning factory" for our supply of fresh vegetables, the coming winter, and we may expect to find them rather more expensive than when green foods were plentiful at canning time. Be sure to buy of a reliable dealer, and look well to the brand of goods. Do not buy the cheap, unmarked goods on which the name of the manufacturing firm is not to be found. These are dear at any price, and much of it is not worth carrying home. The can should be well rounded, with flat, or concave ends. The "dents" should go in, not out. An outward bulge in any part of the can means spoiled goods. When opened, the food should at once be turned out of the can into a dish or glass or earthen jar, whether it be fruit, vegetable or meat or fish. The liquids or oil in the can are generally thrown away, and the solid contents set on ice, but where the oil or liquid is liked, it should be preserved separately. A wooden paddle, or an ivory or bone paper knife are the best to use in removing the contents, and for many things a steel knife must not be used. Do not turn out solid things in a careless manner, but keep as whole as possible, arranging it attractively, if to be eaten uncooked.

Tomato Catsups

One bushel of ripe tomatoes, twenty medium-sized white onions, grated and cooked with the tomatoes; rub through a sieve when cooked done, and to the pulp add one gallon of vinegar, one dozen red peppers tied together in a string, ten cents worth of catsup spices sewed in a bag, five cents worth of ground cinnamon, five cents worth of dry ground mustard, twenty-four tablespoonfuls of granulated sugar, twelve tablespoonfuls of salt, four tablespoonfuls of ground ginger, one tablespoonful of ground cloves. Boil slowly until thick enough, stirring often. It will take about six hours. It will be dark in color because of the spices, but will keep well if cooked long enough. Bottle while boiling hot, cork well, and dip the neck of the bottles in melted wax or paraffin.

Caring for the Oil Stove

Where one is obliged to use an oil stove for cooking, it pays to have the very best one can get. A cheap, low-grade stove is an extravagance. But no matter what make of stove one uses, it is imperative that it be kept clean, and used intelligently. A wickless oil burner is best. The stove should not be allowed to stand in the draft while burning, because of the smoke and waste of oil, and the extra labor necessary to keep it clean from this cause, as the burner, cooking utensils and other things in close touch with it will be fouled with oily soot. Do not fill the stove while burning, because of the accidents liable to happen. Do not fill the tank quite to the top, as a too

full tank is usually the cause of the sticky, smeary condition of the outside. If a wick stove is used, the wicks must be kept soft and pliable; if the wicks are allowed to become stiff and filled with sediments, not half the heat will be generated from the same amount of oil that a clean wick and burner would give out, as the oil can not flow freely through them. The wick should be taken out and thoroughly washed in good, hot soap suds, then rinsed well by boiling and dried. In the last rinsing, the water should be about half vinegar. The tank should be emptied of oil, washed out, scalded, wiped dry and set in the sun to dry. The burners should be cleaned the same the same as a lamp burner. Strong ammonia is helpful for cleaning the different parts of the stove, and an old stouth brush, or one of the small scrubbing brushes answer the purpose admirably.

Renovating Old Feather Beds

Old feather beds that smell badly from mildew and neglect may be greatly improved by putting them on a clean grass-plat or platform during a heavy summer rain and

leave until wet through. If the tick is much soiled, spread over the top a thick layer of home-made soft soap, or the same of dissolved, or melted laundry soap after putting the bed out-doors. Turn the bed several times during the rain, no matter if you do get wet in doing it. The heavier and longer the shower, the better. After the rain, let them lie until thoroughly dried, turning often, but at night they should be either covered, or brought inside. When dry, thoroughly beat them with rods or switches; this will lighten the feathers and make them more healthful to sleep on by removing the dust and sweetening the feathers. There should be good-sized quills sewed into each corner for the entrance and escape of air in the tick. But feathers are poor things to sleep on, and an exchange gives the following effective methods of "cleaning feathers out of the house." Take the tick up on the roof of some building on a nice windy day; carefully rip the seam of the tick the while length, then quickly turn the tick inside out, and let the wind blow briskly through the feathers—blowing them every which-way, until they are thoroughly "cleaned out."

Successful Treatment of Hay-Fever

The demand for Dr. Hayes' book describing the new and successful method of relieving and curing Asthma and Hay-Fever has been so great that a new edition of one hundred thousand has just been put to press and will be ready in a few days. Dr. Hayes is distributing the book free to all sufferers and if you want a copy send a two-cent stamp with name and address at once to P. Harold Hayes, M. D., Buffalo, N. Y., asking for Bulletin U-111. Reports from cases treated the past few years show that the disease does not return.

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