

around the supports of the shelves, or around the legs of table or bench. A tar bandage is a good thing. A depth of slacked lime an inch thick on the floor will make a good bed for the glass cans.

Something to Think of

A Chicago man announces a new invention which may bring about a revolution in putting up fruits. Not only will the proposed paper can do away with ptomaine poisoning, but they will be much cheaper than glass or tin. It is stated that a quart pail can be made by painting a newspaper with the formula for rendering paper containers impervious to liquids, and that the total cost of material used will be but one and one-half cents per can (or pail.) It will also furnish a sure way of getting rid of the accumulated pile of "dallies" where one is not supplied with a rubbish burner, and there seems no other way to clean things out. We hope it is true.

Every family should have a basket or cage, made of poultry or fence wire, in which to burn all scrap paper and old rags. The rags might be buried and allowed to rot underground, if preferred, but no accumulation of such things should be allowed. Old clothes, waste, scraps of carpet, old ragged quilts, pieces of blankets, should all find a place in the crematory, if they can not be sold to the rag-gatherer, for nothing litters up a place worse than such unsightly refuse. It is more than probable that many fires originate from just such rubbish collected in corners, closets, cellars, outhouses, or attics where children are allowed to play with matches, or where the men smokers throw the unextinguished match out of their hands without due regard as to where it falls.

Before there can be any great en-

**FOUND RIGHT PATH
After a False Start**

"In 1890 I began to drink coffee. At that time I was healthy and enjoyed life. At first I noticed no bad effects from the indulgence but in course of time found that various troubles were coming upon me.

"Palpitation of the heart took unto itself sick and nervous headaches, kidney troubles followed and eventually my stomach became so deranged that even a light meal caused me serious distress.

"Our physician's prescriptions failed to help me and then I dosed myself with patent medicines till I was thoroughly disgusted and hopeless.

"Finally I began to suspect that coffee was the cause of my troubles. I experimented by leaving it off, except for one small cup at breakfast. This helped some but did not altogether relieve my distress. It satisfied me, however, that I was on the right track.

"So I gave up coffee altogether and began to use Postum. In ten days I found myself greatly improved, my nerves steady, my head clear, my kidneys working better and better, my heart's action rapidly improving, my appetite improved and the ability to eat a hearty meal without subsequent suffering restored to me. And this condition remains.

"Leaving off coffee and using Postum did this, with no help from drugs, as I abandoned the use of medicines when I began to use the food drink." 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.

couragement for the home life, the girls should be taught to cook and to keep house without feeling any loss of social standing by attaining the knowledge. Nothing will stimulate home life more than for the young matron to have this knowledge, which practically frees her from the dependence upon servants where servants are not to be had. A practical knowledge of the uses of the many labor-saving devices now so numerous offered for making the housework a pleasure, is also a necessity.

Of General Interest

If fresh green cherry leaves are gathered and dried, it is claimed that a few of them rubbed into a powder, as you would sage, will give to the pies made of canned rhubarb an excellent flavor.

When you are so situated that you can have the wild crabapples, be sure and gather a good lot of the largest and nicest. They make fine jelly and preserves, or will keep and can be cooked as wanted, making an excellent sauce, or filling for pies.

When making wild crab-apple jelly, boil white ginger root (an ounce of root to a quart of juice) in the juice for nearly half an hour before adding the heated sugar. This will impart a delicious flavor.

When you gather your seed beans, if you suspect the presence of weevils in them, put them into a pail, keg, or barrel, as the quantity calls for, and on top of them set a saucer with a few tablespoonfuls of carbon sulphid in the saucer, cover the vessel closely with a thick cloth, quilt or blanket, and leave covered a day or two. The fumes of the sulphid will sink through the beans and kill all live things in them, but will not injure the beans.

When heating irons over a gas flame, set them in pyramid form, the upper iron across the lower two, and they will heat quicker. Or turn an old granite-ware pan over the irons. Three irons are hardly enough, and the irons are cheap enough to have two sets.

Requested Recipes

Simple syrups for making fruit honeys are prepared as follows: The proper amount of sugar is two pounds of sugar to one pint of water. Only pure sugar should be used, and if inferior sugar is employed clarification is always necessary. Pour the water, cold, over the sugar and let stand a few hours in a covered vessel, stirring occasionally, then apply gentle heat, preferably that of steam, or a water-bath, and finish the solution by keeping it gently simmering, rather than brisk boiling. If clarification is necessary, which it is where inferior sugar is used, it is best done by beating up a little of the cold syrup with the white of an egg and one or two ounces of cold water, until the mixture froths, and then add this to the syrup in the boiler, whisking the whole to a good froth; heat should then be applied, and the scum that forms must be removed from time to time with a clean skimmer. As soon as the syrup begins to simmer slightly it should be removed from the fire and allowed to stand until a little cooled, when, if necessary, it must be again skimmed, then strained through a clean flannel bag. The syrup is then ready for the fruit.

Pear Honey—Peel and core well-flavored pears, and save all good peelings and cores; put these in a little water and simmer for an hour or more, very gently; then strain through a flannel bag. On making the syrup, use this water as part of the liquid to dissolve the sugar. Cut the pears into small squares, and

to each pint of fruit use one pint of the syrup, and boil until the fruit is done, but not soft; then strain off the syrup, draining the fruit which may afterwards be used as common preserves. Or, use the essence of pear by adding to each gallon of simple syrup two teaspoonfuls of essence of pears and one-fourth ounce of tartaric acid.

Pineapple Honey—Wash and pare the pineapple, and put parings and core in two cups of water to each pineapple; let stand an hour, then bring to a boil; strain through a cloth, and use in making simple syrup, or add three cupfuls of sugar to each pineapple; bring to a boil, boil ten minutes, strain, and seal as canned fruit. It should be very thick and clear amber. The whole pineapple should be used.

The Tobacco Habit

It is conceded that the cigaret habit is one of the most (if not the very most) pernicious influences over the lives and habits of young boys, and in many large cities this is recognized by efforts to suppress the use of tobacco in this form, at least. But there are other evils which need attention, along with it. In this connection, it is well to call the attention to the fact that many of the most prominent weeklies and monthly publications are exerting a very damaging influence on the efforts of this reform, not only by carrying large, glaring advertisements of tobacco, pipes, and other smoking and

chewing goods, but the literature, especially the stories, are full of praise of the habit, referring to it as one of the commonest. Few stories do not contain reference to the smoking habits of the heroes, and often the heroines, as if the habit was one to be encouraged, as being something really attractive. The hero is always smoking a pipe or cigar, or cigaret, whether in the presence of wife, or other women, sweetheart, or children, and the women are usually looking after the tobacco "things," seeing that they are at hand when the man wants them—and that is about every minute of the day. We hardly see an illustration that does not contain, if there is a man in it, the cigar or pipe as a part of the man. Not all women can bear the smell of tobacco, in any form; but they are warned that the husband, brother, lover or father, must not be denied the privilege of smoking, or he will betake himself to congenial regions where he can indulge in the habit to his heart's content. In crowded street cars women are often compelled to occupy the back seats or stand; yet men are allowed to puff their smoke in peace in these back seats, oftentimes almost strangling the girl or woman who has an "idiosyncrasy" against the smell of tobacco. It is a filthy habit, doing no good to any one, but working ruin to the nervous boy or man, sooner or later. A vigorous effort should be made to work a reform in this line.

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