

that the merchant could sell at the same price for which he bought and yet make a good profit; ordinary scales by the hundred arranged to deceive the customer and add to the profits of the merchant. We have many honorable merchants who would not stoop to do these things, but there are many who do not hesitate. These questions should all be considered by the consumer before he charges this high cost to the farmer. The farmer has no chance to be dishonest, in these cases, for the merchant does not take either the farmer's weight or measures, for no difference what your home scale says, the merchant "is always right," and it is by his weights and measures that you always settle. The last agricultural report tells us that it takes 40 per cent to produce the food supply and 60 per cent to distribute it."

**Raisins as Food**

The department of agriculture tells us that an important medicinal value of raisins is in their laxative effects. Raisin juice, extracted in cooking, is merely unfermented grape juice, and is good for weak stomachs. California raisins are the California grapes dried, and require to be simply soaked, then simmered until soft, in order to be used as food. As to comparative food values, one pound of raisins represents a food value equal to any of the following—one and one-third pounds of beef; six pounds of apples; five pounds of bananas, four and one-fourth pounds of potatoes; one pound of bread; four pounds of milk; four and three-fourths pounds of fish or two pounds of eggs. It is claimed that the English people consume six pounds of raisins per capita per year, while Americans use but one pound. Raisins may be used in

bread, in puddings, in cereals, and in many ways, and are exceedingly wholesome in whatever form they are eaten as foods.

**Gleanings**

For candying orange peels, use only the thick rinds; soak the peels in water, changing several times, until they lose their bitterness, then put them into boiling syrup, and boil gently until they become soft and transparent; then take them out and drain, roll in powdered sugar and put in a dry place. The syrup which adheres to the peel will "candy."

To keep meat fresh, let the pieces freeze, tie in paper bags, or wrap closely with paper and pack in a barrel (a flour barrel will do), pushing the straw down tightly with a lath or thin strip of wood; then put the barrel into a box, or larger barrel, about five or six inches larger every way, and fill all spaces with saw dust; set in a cold place, covered, and take out as wanted.

If the cellar is too moist, fruit will rot in it; if too dry, it will wither; hence, a "between atmosphere" must be maintained. The temperature can not be too cold, so it does not freeze, and if kept barely at the freezing point, the fruit will neither rot nor ripen.

Gymnasiums are all right in their place, but their place is not always the right place, being neither convenient nor accessible to the one who has to dress and leave her work, to say nothing of the inevitable money question. You can exercise at home, at odd moments, as you have time and inclination; but to be effective, exercise should be taken regularly and systematically.

When you go to visit the sick, do not forget that a good laugh is one of the best tonics, and a bit of humorous gossip or piquant saying is better than any drugs. Make the invalid smile, if you can not start up a laugh; but make your visit short; remember that too much of a good thing is as bad as too little.

Don't let the ashes choke up your grate and burn it out. Use the shaker often, and empty the ash pan before it gets too full. Keep a regular fire by adjusting both dampers and fuel.

**Requested Recipes**

**Chocolate Fudge**—Three pounds of granulated sugar (six cupfuls or three pints), one-third teaspoonful of cream tartar, one and one-half cupfuls of water, four ounces of chocolate, two tablespoonfuls of butter, and one teaspoonful of vanilla. Put everything but the vanilla in a pan and boil briskly until the bubbles are large and the syrup heavy; stir occasionally to keep it from sticking. When a soft ball can be formed in ice water, it is done. Set the pan into a dish of cold water and let the mixture cool, then add the vanilla and stir until it is too thick to pour; then dampen the hand and pack it into a buttered tin and cut into squares before it is cold.

**Sugar for Frostings**—Confectioner's XXXX sugar should be used in all uncooked frostings, as it is very much finer than the common powdered sugar, and makes a smoother frosting. If common powdered sugar must be used, it should be sifted through a fine sieve several times before using.

**Graham, or Whole Wheat Flour Bread**—Make a soft sponge of one cup of tepid milk, teaspoonful of sugar, teaspoonful of salt, tablespoonful of butter, one-third yeast cake in one-fourth cup of warm water, and white flour to make soft.

Let it stand over night, then add three tablespoonfuls of molasses in three-fourths cup of milk, half teaspoonful of soda and sifted whole

wheat flour to make a thick batter. The flour should be sifted several times to make it light. Beat the dough well, cut with a knife and add one-half cup of white flour, and when it is double its first bulk, turn it into buttered pans, let rise again, and bake forty-five minutes in a slow oven.

**Buttermilk Bread**—Sift together one pint of flour, one teaspoonful of salt, two level teaspoonfuls of cream tartar, and one level teaspoonful of soda; stir it into one cupful of good, fresh buttermilk; make into a loaf, score across the top, and bake in a moderate oven for three-quarters of an hour.

**Paper Bag Cookery**

Have you tried the new cooking "utensils?" One of our readers tells us that she finds it fully as expensive as the use of the regular cooking outfit, as the bags serve only one use, then must be put into the fire or garbage can. In careful hands, she tells us that the flavor, and the time required to cook done, are in favor of the bags; but if the bag is not properly buttered, it becomes brittle and the food will stick to it; the oven must be kept at a certain temperature, and the food should not be disturbed after putting in the oven. The features that appeal to most cooks are the economy of time and fuel; the doing away with having to wash pots, pans and griddles, and the absence of disagreeable, or

cooking, odors from the house. The common oven shelf will possibly answer to lay the bag on, but a griddle made for the purpose, to be had at the large hardware stores, is the proper thing. The griddle should stand from two and one-half to three inches high, and may be made to fit the oven, or smaller. It is to be expected that the first trials will result imperfectly; but a very little experience will show how it is done.

**Good Things to Know**

For the little rompers, seersucker is good material; wears well, washes well, and does not require ironing.

To hold the children's underwear in place, sew a piece of tape on the bottom of the drawer-leg so that it will come under the instep just as a gaiter strap does, and this will hold the drawers down, and the stocking can be drawn up and fastened to the waist.

For darning coarse hose, German-town worsted makes a better filler than coarse cotton, and for heavy darning it can be used just as it is; for finer work, it can be split and the two-thread size can be used. It is softer after being used, and does not hurt sensitive feet.

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**COFFEE vs. COLLEGE**

**Student Had to Give Up Coffee**

Some people are apparently immune to coffee poisoning—if you are not, Nature will tell you so in the ailments she sends as warnings. And when you get a warning, heed it or you get hurt, sure. A young college student writes from New York:

"I had been told frequently that coffee was injurious to me, and if I had not been told, the almost constant headaches with which I began to suffer after using it for several years, the state of lethargic mentality which gradually came upon me to hinder me in my studies, the general lassitude and indisposition to any sort of effort which possessed me, ought to have been sufficient warning.

"But I disregarded them till my physician told me a few months ago that I must give up coffee or quit college. I could hesitate no longer, and at once abandoned coffee.

"On the advice of a friend I began to drink Postum, and rejoice to tell you that with the drug of coffee removed and the healthful properties of Postum in its place I was soon relieved of all my ailments.

The headaches and nervousness disappeared entirely, strength came back to me, and my complexion which had been very, very bad, cleared up beautifully.

Better than all, my mental faculties were toned up, and became more vigorous than ever, and I now feel that no course of study would be too difficult for me." Name given by Postum Co., Battle Creek, Mich.

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