

keeping it in shape and moist. Meats and cheese keep well in it, and sandwiches carry finely.

Eva N.—Sealing wax for jar tops that are not entirely air-tight is made with two parts of beeswax to one of resin, melted together and well stirred. Apply while hot, as it hardens quickly.

Mrs. C. S. wishes to warn seamstresses against placing paper under thin materials to make them sew easily; she says so much dust and lint from the paper accumulates in the machinery as to ruin the working of the machine. If work is done, the machine should be thoroughly cleaned immediately after using.

**Some Good Recipes**

I am giving you some recipes which you will find of value later on, and I will advise you to cut them out and put them where you can find them when wanted. If you wait until time to use the recipe before asking for it you will probably not get it in time for best results. The "store" citron is rather expensive, and many of you do without it because of the expense, when you can make a very good substitute at home with materials at hand. The best material is the ordinary garden citron melon, which is easy to raise in the home garden. It resembles the watermelon; except that the texture is the same all the way through, and is like the white rind of the watermelon. Melon rinds can be used instead; but the best material is the partly ripe musk melon; belated melons can be used this fall.

Select the melon of whatever kind, when fully grown and just turned to ripen; cut it into convenient sections, paring very thinly and remove the seeds. Let lie in water slightly salted over night; in the morning put into clear water, changing the water until the pieces

**BEGAN YOUNG**

Had "Coffee Nerves" from Youth.

"When very young I began using coffee and continued up to the last six months," writes a Texas girl.

"I had been exceedingly nervous, thin and very sallow. After quitting coffee and drinking Postum about a month my nervousness disappeared and has never returned. This is the more remarkable as I am a Primary teacher and have kept right on with my work.

"My complexion now is clear and rosy, my skin soft and smooth. As a good complexion was something I had greatly desired, I feel amply repaid even though this were the only benefit derived from drinking Postum.

"Before beginning its use I had suffered greatly from indigestion and headache; these troubles are now unknown.

"I changed from coffee to Postum without the slightest inconvenience, did not even have a headache. Have known coffee drinkers, who were visiting me, to use Postum a week without being aware that they were not drinking coffee."

Name given by Postum Co., Battle Creek, Mich. Write for booklet, "The Road to Wellville."

Postum comes in two forms. Regular (must be boiled).

Instant Postum doesn't require boiling but is prepared instantly by stirring a level teaspoonful in an ordinary cup of hot water, which makes it right for most persons.

A big cup requires more and some people who like strong things put in a heaping spoonful and temper it with a large supply of cream.

Experiment until you know the amount that pleases your palate and have it served that way in the future.

"There's a Reason" for Postum.

of melon taste fresh; drain out of the water, put into a granite or porcelain kettle equal parts of sugar and melon by weight, and set the kettle on the back of the stove where the sugar will melt slowly. Cut up and cook with the melon rinds two lemons, rind and all, to every gallon; when syrup is formed, let it simmer slowly until the pieces of melon are tender and clear. By this time there will be very little syrup left. Take out on platters and sprinkle sugar over the pieces of melon and set in the sun. As the pieces dry out, put the syrup that was left over them until all is dried in. While still moist, pack in jars, putting layers of sugar on top. Citron of this sort that is intended for home use in puddings can be canned in the form of preserves, and thus be soft and ready for immediate use.

**Odds and Ends**

An adjunct to gravies, steaks, chops and soups is called hot spice. To make it, take three drams each of ginger, black pepper and cinnamon, seven cloves, one ounce each of mace, cayenne, grated nutmeg and white pepper; pound or grind these together, mixing well to blend, and put in a perfectly clean, dry bottle. A very little may be used when desired.

If lime deposit has spoiled your glass pitcher or water bottle fill the vessel with good, strong vinegar or sour milk, and let stand over night, or until the lime is dissolved or loosened. Any very sour acid will destroy the lime, which is an alkali.

The lens of eye glasses often become clouded, and it seems impossible to remove the thin obscuring film with ordinary means. Let them lie in alcohol a few minutes, or spray well with the alcohol, then polish with a clean, soft chamois skin; to lift the dirt from the edges of the frames about the lenses, use a fine camel's hair brush.

When the "shine" on certain parts of the serge suit proclaims the garment no longer new, sponging the garment with bluing water, such as is used for laundry purposes, will remove it; press the goods under a thin cloth while damp from the sponging.

A new summer dress shield is made of silk, having the novelty of an absorbent edge; this edge will prevent the perspiration from running over the shield and ruining the garment. It is made in such a way that the edge of absorbent cotton cloth is invisible, and does not interfere with the fit of the shield. It can be supplied by any of the large stores dealing in this class of goods. The shields come in different sizes, and vary in price from twenty-five to thirty-five cents each pair. Cotton shields, which are much cheaper than silk, can be bought with an absorbent edge, at from twenty to twenty-five cents the pair.

The nickel car-fare saved at the expense of a jaded body and irritable temper is not a gain, but a piece of senseless extravagance.

**Aids for the Mothers**

Seven states have now adopted the policy of helping destitute mothers to provide for the little ones in their own home, under her care. The Ohio law provides for pensions of \$15 a month to dependent widows with one child under fourteen, and to mothers with one child under fourteen whose husbands are helpless or in prison, or who have abandoned their families. There is an extra pension of seven dollars a month for each additional child under fourteen years of age.

**Old-Time Ice Cream**

A scant teacupful of flour to two quarts of new milk; put three pints

over the fire in a double boiler, mix the flour with the other pint until perfectly smooth, then, when the milk is boiling, add and stir in the flour; let it boil for fifteen minutes, and just before taking it from the fire, stir into the mixture one and one-half pounds of pulverized sugar; any good white sugar will answer. Stir all the time after putting in the sugar, letting it remain over the fire only long enough to dissolve the sugar, then take from the fire and strain at once through a coarse towel. When cold, add a quart of good cream, beating it in well; flavor with vanilla—one and a fourth tablespoonful of the extract to a gallon. When perfectly cold, freeze. This is a very inexpensive cream, and is very good indeed.

**Filling for Sandwiches**

Cheese filling—Take one hard-boiled egg, a quarter of a pound of common cheese grated, half a teaspoonful of salt, half a teaspoonful of pepper, half a teaspoonful of mustard, one tablespoonful of melted butter and mix smooth with a spoon, then add the ingredients all but the vinegar, mixing each well before adding the other, and thin to the proper thickness with the vinegar or water.

Fresh fruits and crushed nut meats make good sandwich fillings; lettuce, dipped in French salad dressing and laid between slices of buttered bread, is good. Marmalade, fruit butters, sweet pickles, are all

used for fillings, as are tomatoes, and mixed chopped vegetables. Any mixture that gives a "relish" taste to the bread and butter may be used.

Egg Filling—Hard-boil some very fresh eggs and let get cold; peel and cut into moderately thin slices and lay between some thinly cut buttered slices of bread; season with pepper, salt and nutmeg.

**Marshmallow Punch**

This amount will be sufficient for a large number of people, but the recipe can be divided to suit. Wash and scrub perfectly clean with a brush one dozen lemons; squeeze out all the juice; put the rinds into a porcelain lined kettle and cover with boiling water; steep, but do not let them boil, for twenty minutes, then strain and add to this the juice; when quite cold, add one-half gallon of best grape juice, three pints of cold water, a half pound of marshmallows cup up fine and sweeten to taste. In serving let some of the marshmallow be in each glass, and cool with cracked ice.

**For the Hot Weather**

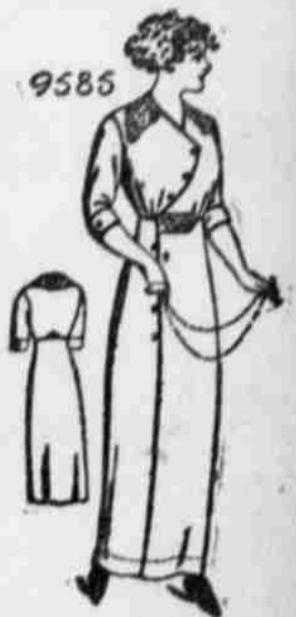
Don't fail to have a light-weight pad to lay on your mattress during hot weather, when the body is often bathed in perspiration over night. Cover with cheese cloth, rather than colored or heavy cloth, and sun or wash often. Keep the beds sweet with sunshine and fresh air.

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9585



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