

the cup should be allowed, not forgetting the extra one for the pot. Boiled coffee as usually made, is an abomination. A weak decoction of coffee, made by boiling, especially if used with sugar and cream, is most injurious, as it will ferment in the stomach, and prevent digestion, producing gas and flatulence. Boiling the grounds draws out the fixed oil, and also gives a bitter, rank flavor and a bad color.

Salt Rising Bread

Several readers have asked that we give this recipe again:

Take one-half pint of warm, fresh sweet milk, let just come to a boil; stir enough corn meal to keep the milk from rising on top, cover closely and set in a warm corner over night; next morning this should be puffed up, and this is the sponge. Now take one-half pint of fresh sweet milk, one-half pint of warm water, and add one-half teaspoonful of salt, one teaspoonful of sugar; add the sponge and enough well sifted flour to make a good, stiff batter; beat well, so there will be no lumps. This makes the yeast, and must be kept warm and at an even temperature. This can best be done by setting the vessel containing the sponge, or yeast in a kettle of quite warm water, covering, and setting where the water will keep quite warm, but not scalding. Do not stir this mixture after beating smooth; the hot water should be deep enough to come up well around the sides of the vessel containing the yeast. Sift three quarts of flour into the bread pan or tray, add one teaspoonful of sugar and one of salt before sifting. When the yeast is raised well and looks foamy on top, empty it into a hole which you have made in the pan of flour, and add one-half teacup of lard and warm water enough to work up the flour, and knead it well, until the outside of the dough is smooth and satiny to the hands. Have your baking pan well greased, make the dough into loaves, put into the pans, and grease the top of each loaf; set in a warm place to rise, where no cold air may blow over it. When it has raised nearly to the top of the pan, put into a moderately hot oven and bake. It will raise some in baking, and a little space should be allowed for that, or it may run over the sides. The loaves should not be allowed to rise too much, or the bread will be coarse-grained and full of holes. To make salt rising bread, requires judgment and careful watchfulness, but it is worth the trouble. Do not try to make very much the first time. You will have to learn much by experience.



dress. The waist is made with a peplum and the sleeves can be made either long or short, as preferred. The skirt is cut in two pieces. The pattern 6319 is cut in sizes 34 to 42 inches bust measure. Medium size requires 5 1/2 yards of 36 inch material.

6437—Ladies' Shirtwaist.—Suitable for either a shirtwaist or a costume waist this bodice has one of the new very deep yokes, made without any seam whatever. It comes down on the arm and the sleeve is gathered where it is inserted as well as at the wrist. The pattern 6437 is cut in sizes 34 to 42 inches bust measure. Medium size requires 2 3/4 yards of 36 inch material.

6253—Ladies' Dress.—Any of the woolen materials can be used to make this dress with the collar and cuffs of contrasting material. The dress closes at the front and can be made with either the long or short sleeves. The four-gored skirt can be made with or without the belt. The pattern 6253 is cut in sizes 34 to 42 inches bust measure. Medium size requires 4 yards of 44 inch material and 1/2 yard of 27 inch contrasting goods.

6335—Boys' Box-plaited Dress.—This dress is for the small boy who has not yet worn the regulation trousers. It closes at the back and can be made with either the long or short sleeves. The pattern 6335 is cut in sizes 1, 2 and 3 years. Age 2 years requires 2 1/4

yards of 36 inch material and 1/2 yard of 27 inch contrasting goods.

6355—Children's Dress.—Serge or linen can be used for this dress with the collar and cuffs of contrasting material. The dress closes at the front and can be made with either the long or short sleeves. The separate bloomers are attached to an underwaist. The pattern 6355 is cut in sizes 2, 4 and 6 years. Age 4 years requires 3 yards of 36 inch material and 1/2 yard of 27 inch contrasting goods. The underwaist requires 3/4 yard of 36 inch material.

6293—Misses' and Small Women's Dress.—Any of the woolen materials can be used to make this dress. The dress can be made with either the long or short sleeves. The three-gored skirt can be made with either the high or regulation waistline. The pattern 6293 is cut in sizes 14, 16 and 18 years. Medium size requires 2 3/4 yards of 44 inch material and 1/2 yard of 24 inch satin for the girdle.

6297—Ladies' Skirt.—Serge, cheviot or broadcloth can be used to make this skirt. The skirt closes at the front and can be made with either the high or regulation waistline. The closing is at the front. The pattern 6297 is cut in sizes 22 to 30 inches waist measure. Medium size requires 3 1/4 yards of 36 inch material.

6353—Ladies' Negligee or House Gown

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—Cashmere, figured crepe or linen can be used to make this garment. It can be made with either the long or short sleeves. The skirt is cut in three gores and can be made in either the short sweep or round length. The pattern 6353 is cut in sizes 34 to 42 inches bust measure. Medium size requires 4 1/4 yards of 36 inch material and 2 yards of edging for the sleeves and 2 yards of ribbon.

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