

should be fastened a "scraper," by means of which all superfluous clings of mud, or other foreign substance can be removed before using the mat. A bit of hoop iron will answer the purpose if nailed fast to something. A woman should not be required to clean after a lot of careless men or children, and, as she can not protect herself, let her "protector" come forward and see that she is well treated. A tired, exhausted woman is never a happy one. See that she has help in keeping things clean.

Why is it that many men, otherwise kind and thoughtful, resent being asked to use the scraper or door mat, no matter how much mud there may be clinging to their feet? Why is it, when their attention is called to the amount of mud, bits of manure, or other uncleanness which marks the place where their feet rest while in the house, or outline their passage from door coming in to door going out, that they angrily declare they "can have no peace indoors, and might as well stay out?" Yet they notice such untidiness, and comment upon it—not always patiently, in other home. Why?

Query Box

G. L.—Don't protect the roses and shrubs until after the ground freezes hard; then put on leaves, pine boughs, straw, or coarse stable litter.

Flower Lover—Heavy, clay soil should be ridged up and left over winter to the action of the frost. Fill the trenches with stable manure, and in the spring level the ridges over this. Such soil needs the lightning which the litter gives it.

L. S.—Any reliable cookery book will give you "all the different ways of putting up ripe or green tomatoes," to a certain extent. Such directions would fill several issues

PUTS THE "GINGER" IN

The Kind of Food Used by Athletes

A former college athlete, one of the long distance runners, began to lose his power of endurance. His experience with a change in food is interesting.

"While I was in training on the track athletic team, my daily 'jogs' became a task, until after I was put on Grape-Nuts food for two meals a day. After using the Food for two weeks I felt like a new man. My digestion was perfect, nerves steady and I was full of energy.

"I trained for the mile and the half mile runs (those events which require so much endurance) and then the long daily 'jogs,' which before had been such a task, were clipped off with ease. I won both events.

"The Grape-Nuts food put me in perfect condition and gave me my 'ginger.' Not only was my physical condition made perfect, and my weight increased, but my mind was made clear and vigorous so that I could get out my studies in about half the time formerly required. Now most all of the University men use Grape-Nuts for they have learned its value, but I think my testimony will not be amiss and may perhaps help some one to learn how the best results can be obtained."

There's a reason for the effect of Grape-Nuts food on the human body and brain. The certain elements in wheat and barley are selected with special reference to their power for rebuilding the brain and nerve centres. The product is then carefully and scientifically prepared so as to make it easy of digestion. The physical and mental results are so apparent after two or three weeks' use as to produce a profound impression. Read "The Road to Wellville," in pkgs. "There's a reason."

of The Commoner, and then have some left over.

A. D.—Panne velvet is made by dampening the material on the right side and ironing first on the right side, running the iron against the weave, then turn and iron on the wrong side, and repeat on the right side to give it a satin gloss on the surface.

M. M.—Hiccough is a symptom of a derangement of the stomach, usually. A teaspoonful of fluid magnesia, given once or twice will generally relieve it. For an adult, the old remedy was a "scare," or making angry, "nine swallows of water without taking breath."

Madie—The best "treatment" for you will be to get out and try the tonic of association with your friends. The woman who is "always tired, and looks old at thirty-five," is the one who stays strictly at home and sees only her own family. The Good Book tells us that it is not good for man to be alone, and the same is true of a woman. Get outside.

L. B.—An ounce of flower seeds should be enough for a piece of ground 5x25 feet. Prepare the bed during October as you would for spring sowing, and sow the seeds. After the ground freezes (not before), cover with a mulch of leaves. The seeds will hardly germinate before spring, but will begin very early then, according to the habits of the parent plants.

Ida M.—It all depends upon yourself and the market you have, as to your success in making money from sage. There is a limited demand for the dried article even in a small village. Get the seeds (or the plants if you prefer; but the seeds will be cheaper) and plant according to directions on the package. Read everything you can find about its culture, curing and marketing, but use judgment in believing. Cultivate well during the summer, and just before blooming cut the branches, lay in the shade to dry, and tie in bunches. A small handful of branches makes the commercial "bunch," and sells for five cents. The plant will do better the second year than the first. Housewives, for their own use, pick the leaves from the stems, dry in the shade, and put into paper bags, or fruit jars. Sage retains its "goodness" for several years, if well cared for. The housewife, the butcher and the druggist will be your customers.

Requested Recipes

Ham Canapes—Use stale baker's bread, cut into thin slices. Use a round tin cutter and stamp out rounds or crescents; fry these in very hot butter until a light brown. Chop a cupful of cold boiled ham, season with cayenne and a little French mustard, moisten with a little sweet cream, and spread this on the canapes. Sprinkle grated cheese over each and set in a moderate oven until the cheese melts and begins to brown; lift onto a pretty plate and garnish with minced parsley.

Peach Drink—Wash, wipe and halve freestone peaches; put them into a deep bowl or pitcher, adding half a dozen of the peach kernels cut fine. Pour boiling water over to more than cover, put a heavy cloth and a cover on top to keep in the steam, and let stand until cold. Strain, add cracked ice and sugar to taste, with a little lemon juice, if liked, and drink cold. This is very refreshing.

Mixed Pickles—Cut into slices 100 medium-sized cucumbers, one peck of green tomatoes, half peck of small onions, four cauliflowers, four red peppers (with seeds removed), and four small bunches or heads of celery. Add one pint of grated horseradish. Put into a large stone jar and cover with a medium strong brine; let stand twenty-four hours. Drain, and then cover with weak

vinegar and let stand on the back of the stove until it reaches the boiling point, when it must be drained again. Take one ounce of ground tumeric, one-half ounce of white mustard seeds, and one-quarter pound of brown sugar, wetting all with cold vinegar and mixing well. To this add sufficient good vinegar to cover the pickles and cook all together for ten minutes. Put into wide-mouthed bottles and cork, sealing with wax, or in self-sealing fruit jars of small size.—E. F. M.

Cucumber Sweet Pickles. To every gallon of quite small cucumbers sprinkle two tablespoonfuls of salt, pour boiling water over until covered and let stand over night. Drain, and repeat every morning for five mornings. Then take one-half gallon of weak vinegar, sweeten with sugar to taste, add spices as liked, let all boil up, then add the cucumbers to the boiling vinegar, heat

through, and seal in glass jars or bottles.—E. F. M.

Ripe Cucumber Sweet Pickle—Peel large, firm, ripe cucumbers, cut them in quarters lengthwise; scrape out seeds. Put the cucumbers into a large saucepan with enough well-salted cold water to cover them, and set over a slow fire to simmer until tender enough to be easily pierced with a broom-straw, then carefully lift out and lay in a stone crock. Put enough vinegar to cover the cucumbers into a saucepan over the fire, allowing to each pint of vinegar a gill of tarragon vinegar, a few whole spices, a dozen cloves, a bay leaf, a pinch of cinnamon broken into small bits and two or three blades of mace, with sugar enough to make it pleasantly sweet. As soon as the mixture reaches the boiling point, pour it, boiling hot, over the cucumbers, and fill into glass jars, or small stone crocks. Will keep.—Mrs. L.

Paris Fashions for Readers of The Commoner



No. 2026—Ladies' Jumper, Slipped on over the Head. This pretty model, of turquoise taffetas, has a large motif of lace on the front, or may be hand-embroidered with sprays of ribbon-work flowers. Six sizes—32 to 42 inches, bust measure.

No. 1606—Girls' Dress, with Straight, Gathered Skirt. This simple dress for home or school wear is of red cashmere, with bands of black velvet ribbon. Dresses of this style may be made of any material to suit various occasions. Four sizes—6 to 12 years.

No. 2014—Ladies' Semi-fitting Jacket. For early autumn wear a separate jacket is an absolute necessity. Black, blue and all shades of brown, are used for these jackets, and the collar and cuffs are covered with self-colored velvet in a darker shade. Six sizes—32 to 42 inches, bust measure.

No. 1912—Ladies' Nine Gored Skirt, with Tucks at Lower Part, and Side Plaits at Seams. This excellent model is suitable for the development of a separate skirt in any of the plaids, checks, or plain material. Seven sizes—22 to 34 inches, waist measure.

No. 2043—Ladies' Surplice Jumper, Closed at Back. The surplice waist effects are not entirely passe, and this little jumper is one of the prettiest ways in which these effects may be adopted. Messaline, louisine, and taffetas, are all available for its development. Seven sizes—32 to 44 inches, bust measure.

No. 1602—Misses' Nine Gored Plaited Skirt. Plaited skirts are popular in cloth, mohair, tweed or voile. This model laid in kilt-plaits turning from the centre-front would be appropriate in any of these. Three sizes—13 to 17 years.

No. 1949—Misses' Fancy Waist, with Elbow Sleeves, High or Low Neck and with or without Body Lining and Japanese Sleeve Bands. A beautiful waist is portrayed here, made of corn colored messaline, combined with Oriental lace, and all-over insertion to match. Three sizes—13 to 17 years.

No. 2027—Child's Coat, with Square Yoke and with or without Capes. The cape coat that is an all-over garment will always be popular with the mothers who desire to see their young children stylishly and becomingly dressed. Made of scarlet or tan colored cloth it would be a jaunty garment for autumn and winter. Four sizes—1/2 to 3 years.



THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired. Address THE COMMONER, Pattern Dept., Lincoln, Neb.