

Remove the sauce from the fire and add the egg mixture, putting in a spoonful at a time and stirring constantly; when the whole is well blended return to the fire for two or three minutes, stirring, but do not allow to boil. If the sauce is too thick when ready to serve, thin it with meat stock.

Drawn butter sauce is made of two tablespoonfuls of flour, half a cupful of butter, one pint of boiling water and half a teaspoonful of salt. Mix the flour and butter until light and creamy, then gradually add the boiling water, stirring constantly. This should be made in a double boiler. It should not be allowed to boil, but kept at the boiling point, stirring constantly until thick enough, the salt added, removed from the fire, and served. A tablespoonful of lemon juice, or of chopped parsley will add to its flavor. The common practice of wetting the flour and then stirring it into the boiling water is sure to result in a lumpy mass with the butter oftentimes floating on top.

**Timely Suggestions**

In the cleaning up process, do not forget that the cellar, or basement, back yard, and all the house plumbing and drainage should be attended to; damp basement floors, mold on cellar walls, and leaky sewer or drainage pipes mean infection, and are a menace to health. All cracks or dark corners, and other lodging places for noxious insects should be cleaned with hot soap suds to which has been added a little carbolic acid, then dusted with insect powder. Where it can be done, a good lime whitewash is the best and least expensive thing to use.

Disagreeable and dangerous odors arising from cess pools, outhouses, stables and yards in which stock is kept, from heaps of decaying garbage, rotting manures, and other masses of decaying matter, may lead to serious sickness, and a few dollars, and a few days' work will be less expensive than doctor and drug bills.

Where water is brought in from

**CHANGE IN FOOD**

**Works Wonders in Health**

It is worth knowing that a change in food can cure dyspepsia. "I deem it my duty to let you know how Grape-Nuts food has cured me of indigestion.

"I had been troubled with it for years, until last year my doctor recommended Grape-Nuts food to be used every morning. I followed instructions and now I am entirely well.

"The whole family like Grape-Nuts, we use four packages a week. You are welcome to use this testimonial as you see fit."

The reason this lady was helped by the use of Grape-Nuts food, is that it is predigested by natural processes and therefore does not tax the stomach as the food she had been using; it also contains the elements required for building up the nervous system. If that part of the human body is in perfect working order, there can be no dyspepsia, for nervous energy represents the steam that drives the engine.

When the nervous system is run down, the machinery of the body works badly. Grape-Nuts food can be used by small children as well as adults. It is perfectly cooked and ready for instant use.

Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

wells, cisterns or springs, care should be taken to see that no filth or offensive matter is allowed in the vicinity of the supply. This is too often overlooked by the country dweller. Where plumbing is used, as in the city, or large village, attention must be given to pipes, traps and fixtures with which too often the housewife has but little acquaintance as to construction; but every woman should know enough of such things to recognize the leakage of foul water and gases, and to know when the faucets, traps and drains are in good repair, and to report the same. If sewerage terminates in a cess-pool, a ventilating shaft should be run up several feet above the roof. There is great danger that the uncemented cess-pool may discharge its contents into some water supply, by underground communication.

**Renovating**

For washing doeskin gloves, any of the white soaps are good, and the water should be warm, but by no means hot. Each glove is to be well rubbed with the soap, which should be dissolved in warm water to the consistency of thick jelly, and rolled into a sort of ball in the palm of the hand; then rinse in fresh water until all the suds are out by dipping up and down, but squeezing as little as possible. They must be rubbed until soft when nearly dry.

For cleaning white gloves, a pure white soap should be shaved until the desired amount has been cut from the bar, then placed over the fire in a little soft water and heated gently until entirely melted, having enough water so that, when dissolved, the mixture will be of a jelly like consistency. To use, put on one glove and clean by rubbing with a cloth moistened in the soap jelly, turning the cloth so as to use a clean place as soon as one spot is soiled. When clean, sponge gently with fresh, clean warm water, rubbing dry with a dry cloth, while still on the hand. The soap contains but little moisture, and the sponging to remove it should be done with as little water as possible, and it leaves the gloves soft and pliable and odorless.

Delicate velvets may be washed in tepid soapsuds, but it must not be rubbed. Gently press in the water with the hands, and when the water is the least soiled, change; when clean, rinse and dry quickly, either in the sun or in the wind. Heat an iron, turn it upside down, cover with a wet cloth, and place the velvet on the cloth on the wrong side, allowing the steam to raise the pile. If a second person can assist, the job will be a neater one, as one can brush the pile up while the velvet is being steamed by the other. The work must be done rapidly, or it will be a failure. Many failures in renovating are caused by slow motions and carelessness in handling.

Tan shoes should be wiped with a damp cloth to remove spots, or rubbed hard if much soiled, then polished with a soft, dry flannel, and they will not turn like they do if polish is used on them.

**For the Hair**

Put three pints of water into a bottle, add to it one ounce each of bergamot, flour of sulphur and sugar of lead; shake well and let stand until thoroughly mixed before using. When wanted, shake well each time, and apply to the scalp with the finger tips, rubbing well in, two or three times a day. This is said to restore faded hair.

An old, tried preparation for the hair, known as Dr. Wilson's hair tonic, is made as follows: Three drachms

of tincture of cantharides, one ounce of olive oil, one ounce of rosemary, six ounces of best bay rum. For retarding the coming of gray hair, it is recommended to add to this an ounce of rock sulphur, broken to pieces, but not powdered. Sulphur is claimed to strengthen the root of the hair and enable it to secrete more coloring matter. Apply to the scalp with the fingertips, rubbing well into the roots of the hair.

Women with dry hair should not shampoo it oftener than once in six weeks. Oily hair may be washed sometimes as often as once a week with benefit. Castile or tar soap may be used, but must never be rubbed on the hair; use in form of suds only. When dry and dead-looking, wash once a month, using fairly warm water with the yolk of a fresh egg well beaten and added to it, rinsing well to remove all trace of the egg. Borax or soda must not be used on

dry or lifeless hair. Ammonia tends to turn hair gray.

No amount of care will do the hair much good if disease of the scalp is allowed to remain. Dandruff is unsightly, as well as disagreeable, and often accompanied by intolerable itching, fading and falling of the hair. To cure it, get of your druggist five grains of witch hazel and ten grains of corrosive sublimate. Get some one to part the hair, applying the lotion to the scalp with a medicine dropper, rubbing it well into the scalp, wherever the scalp is affected, twice every day for a month. This is a poison, if taken internally, and should be protected from careless hands. Then wash the hair with castile soap and warm water, and go on applying the lotion twice a week for another month, or as long as necessary. Do not use the egg shampoo until the dandruff is cured. It may take several bottles to effect a cure.

**Latest Fashions for Readers of The Commoner**



2338—Misses' Tucked Shirt-Waist. A simple pattern much worn this season. Three sizes—13 to 17 years.

2354—Ladies' Ten-Gored Flare Skirt. Closed with Buttons at Centre of Front and having an Inverted Box-Plait at Centre-Back Seam. Linen or pique are the best materials for this style. Seven sizes—22 to 34.

2349—Boys' Russian Suit, with Detached Eton Collar and Knickerbockers. Suitable for Chambray or linen. Four sizes—2 to 5 years.

2366—Ladies' Waist, with High or Low Neck, Three-Quarter Length Sleeves and Body Lining. Point d'esprit, or Brussels net makes this waist appropriate for any occasion. Six sizes—32 to 42.

2337—Ladies' Tucked Shirt-Waist, with Front Yoke and Three-Quarter Length Sleeves. Pongee is a good medium for this pattern. Six sizes—32 to 42.

2334—Misses' Seven-Gored Platted Skirt. Striped serge or flannel develop well in this style. Three sizes—13 to 17 years.

2021—Girls' Double-Breasted Jacket. Dark blue or red serge, or cloth may be used with good effect for this jaunty model. Five sizes—4 to 12 years.

2345—Girls' Dress, with Princess Panel, V Neck and Three-Quarter Length Sleeves. Suitable materials for this pattern are linen, madras, Indian-head cotton, and cotton voile. Four sizes—6 to 12 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.**