

particle of dirt should be taken off and the frame should look like new.

Where fly specks are to be taken off of paint, use a weak suds of pure white soap, dip therein a flannel cloth, wring it out and dip it into a saucer of powdered dry chalk, then rub the fly-specked paint briskly with this.

For restoring the polish of the piano, make a mixture of equal parts of ammonia, alcohol and cider vinegar, and two parts linseed oil. Apply with a clean piece of old cotton flannel, polishing with the soft cloth.

For cleaning rope portieres, the services of a professional cleaner must be called in, as home cleaning is generally a failure. Carpets may be cleaned and the colors restored by going over them occasionally with a broom dipped in warm water to which has been added a spoonful of turpentine.

To brighten oil cloth, try wiping with a flannel cloth wrung out of clear warm water to which has been added a little coal oil, or half as much skimmed milk as water. Linseed oil must not be used liberally, but should be applied warm with a flannel merely moistened and spread it very sparingly over the surface. Simply rub the oil cloth over the oily cloth, then polish off until it shines, but has no trace of oil.

"Baker's Ammonia"

A Reader asks us what "Baker's ammonia" is, and says a druggist told her it was a very deadly drug, and its use in cakes or bread would disastrously affect the health of her family. I have referred her letter to several druggists, and they wondered where that particular druggist got his information. This is what I have gathered concerning "baker's ammonia," which is used in breads and cakes.

"The carbonate of ammonia is an exceedingly volatile substance. Place a small portion of it upon a knife and hold over a flame, and it will

NOT DRUGS

Food Did It

After using laxative and cathartic medicines from childhood a case of chronic and apparently incurable constipation yielded to the scientific food, Grape-Nuts, in a few days.

"From early childhood I suffered with such terrible constipation that I had to use laxatives continuously going from one drug to another and suffering more or less all the time.

"A prominent physician whom I consulted told me the muscles of the digestive organs were partially paralyzed and could not perform their work without help of some kind, so I have tried at different times about every laxative and cathartic known, but found no help that was at all permanent. I had finally become discouraged and had given my case up as hopeless when I began to use the pre-digested food, Grape-Nuts.

"Although I had not expected this food to help my trouble, to my great surprise Grape-Nuts digested immediately from the first and in a few days I was convinced that this was just what my system needed.

"The bowels performed their functions regularly and I am now completely and permanently cured of this awful trouble.

"Truly the power of scientific food must be unlimited." "There's a Reason."

Read "The Road to Wellville," in pkgs.

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

almost immediately develop into gas and pass into the air. The gas thus formed is a simple composition of nitrogen and hydrogen; no residue is left from the ammonia. This gives it a superiority as a leavening power over soda and cream tartar when used alone, and has induced its use as a supplement to these articles. A small quantity of the ammonia in the dough is effective in producing bread that will be lighter, sweeter and more wholesome than that raised by any other leavening agent. When it is acted upon by the heat of baking, the leavening gas that raises the dough is liberated, and in this act it, as it were, uses itself up; the ammonia is entirely diffused, leaving no trace of residuum whatever. The use of ammonia gives a light, flaky appearance to biscuit which is much sought after. Ammonia carbonate is one of the best known products of the laboratory, and the handsomest and best bread and cakes are now largely raised by the aid of ammonia, combined, of course, with other leavening material."

To Cook Cheap Meats

Take one pound of round steak, and run through the meat chopper; mix it thoroughly with an equal quantity of rolled bread crumbs, season well to taste, add bits of chopped suet, mix thoroughly and bake in a deep pan that will just hold it without running over. When done, turn out on a hot platter, garnish with radishes, lettuce or parsley, and send to the table to be sliced as wanted. Good cold for luncheon.

For a piece of flank, get a long, narrow strip, sufficient for the meal, roll tightly and wind a cord around it to keep it in shape. Put into an iron kettle lard, or meat drippings enough to well grease the bottom and sides of the kettle and let get smoking hot. Put the rolled flank into this and turn as you would a pot roast until every part is seared, watching carefully to keep it from scorching. Then, when well seared, add a pint of boiling water, draw back from the heat and let slowly simmer until tender, which will be several hours, adding water sparingly as needed and salting when nearly ready to take out. When done, set aside to cool in the liquor. When wanted, slice thinly and serve cold. Soups can be made from the stock, or gravy made and served with the meat while hot.

Some Fruit Recipes

Spiced Currants—Stem and wash the fruit carefully, and for each four pounds of currants, take two pounds of brown sugar, one pint of cider vinegar, one tablespoonful each of ground cinnamon, cloves, mace, nutmeg and allspice. Make a syrup of the sugar, vinegar and spices; put in the fruit and boil all together for one-half hour, fill into wide-mouthed bottles or glass jars, lay a paper wet with vinegar over the currants and seal, or tie up with waxed paper. Keep cool.

For pineapple filling for cakes, add one cupful of chopped pineapple to the stiffly beaten whites of two eggs and one small cupful of powdered sugar. This is delicious.

"Date Coffee"

It is claimed that dates can rightly be termed condensed energy. They contain a very large amount of fattening and energy-producing elements, though they are far too rich for most stomachs unless very thoroughly masticated. A date should be masticated absolutely to a liquid before swallowing. The Persian

dates are considered the best, when clean and fresh, as they are the most easily digested, and besides are the least expensive. What is termed date coffee can be made by adding one quart of water to one and one-half pounds of fresh dates; allow to soak for ten minutes, then with a potato masher, or something of the kind, break up the dates until the water has reduced them to seeds and fibre; strain the water, heat it to near the boiling point, then add cream or milk according to taste, but about half milk makes it splendid. To those who lack energy, this will often help to bring about surprising results.—Physical Culture Magazine.

Sea Salt for the Bath

The American Medical Journal tells us that ordinary sea salt will cure incipient rheumatism and growing pains in children. Place a quar-

ter of a pound of salt in a tub of tepid water, and let about half the salt dissolve. Let the child be plunged into this in the morning and rub with the salt water and the undissolved salt, rubbing the limbs and joints as hard as you can. Rub steadily across the abdomen, in a rotary manner. This practice, kept up for a week or ten days whenever the child complains of muscular pains, will remove them, and in time prevent their return. If one can not get sea salt, the common, coarse barrel salt is excellent. The sea salt can be had at almost any large grocery store, and is cheap.

For any one, a salt bath, followed by a "salt-rub" using common coarse salt, rubbing it well into the pores of the skin, then rinsing well, is very tonic. After the bath, rub the whole body with handfuls of wet salt, as you would soap, then rinse and dry thoroughly with Turkish towels.

Latest Fashions for Readers of The Commoner



2843—Ladies' Shirt-Waist. This dainty little model is adaptable to any of the heavy linens, madras, or Victoria lawns, which are being so much used for shirt waists this season. Six sizes—32 to 42.



2836—Childs' Low-Necked Dress. This dainty little afternoon frock, cut on Empire lines may be developed in fine lawn, plain or flowered organdiem, challis, cotton voile, batiste or nainsook and trimmed with fine lace insertion and wide satin ribbon, the latter used for a sash.—Five sizes—1 to 9 years.



2857—Ladies' Seven-Gored Tucked Skirt. A simple and attractive model for the every-day walking skirt of serge, flannel, mohair or Panama cloth, linen or pique. Seven sizes—22 to 34.



2855—Ladies' Cutaway Coat, in 41-Inch Length at Back. Made up in broadcloth, covert cloth, tweed, mohair, Panama cloth, thin serge or flannel, or in linen, pique or duck this is an excellent model for every day or best wear. Seven sizes—32 to 44.



1930—Ladies' Shirt-Waist, with or without Back Yoke Facing. This plain tailored style is exceptionally adaptable to the materials such as linen, Indian-head cotton, madras, or Victoria lawn in white or colors, according to the taste of the wearer. Eight sizes—32 to 46.

2842—Girls' Low-Necked Dress, with Yoke. Three-Quarter Length Sleeves and with or without Fancy Collar. A simple little model, which is adaptable to all the summer materials, the collar scalloped and embroidered with mercerized cotton in either white or colors. Six sizes—4 to 14 years.

2839—Ladies' Semi-Princess Dress, with an Attached Five-Piece Skirt Having Plaited Flounce. One of the advanced models which makes up well in linen, Indian-head cotton, lawn, batfste, dimity, foulard silk, or rajah. Six sizes—32 to 42.

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