

publications are generally satisfactory and easily applied. Any good "interior decorator" can answer your questions.

One of our readers wishes to know where she can find a market for peacock feathers. Some one answer, please.

D. S.—Write to your state superintendent of schools; he may have the information you seek about requirements for teacher, etc. Write to Postmaster General, Washington, D. C., or ask your local postmaster for information in their line. Write to state superintendents of schools in the various states from which you wish to hear. I do not know of such an agency.

H. S.—Frozen potatoes should be left in a cold place and used before they thaw. If only a few, pour cold water over them, and in twenty-four hours all the sugar which has formed during the process of freezing will be removed; then peel and put at once to cook in boiling water; they will be found quite palatable.

Washing Fluid

This is one of the very best known, very inexpensive, saves clothes and strength, and bleaches beautifully, while it brightens rather than fades colored clothes, if the directions for using are followed: One pound of sal soda, and one-half pound of fresh unslaked stone lime, put into a brass or copper kettle. Over these pour five quarts of boiling soft water (hard water can be used.) Let boil all together for ten minutes. Some add one-fifth pound of borax, but it can be omitted. Stir occasionally while boiling, and then set off the

**A TROUBLE MAKER
Coffee Poison Breeds Variety of Ills**

A California woman who didn't know for twenty years what kept her ill, writes to tell how she won back her health by quitting coffee:

"I am 54 years old," she says, "have used coffee all my life and for 20 years suffered from indigestion and insomnia. Life was a burden and a drag to me all the time, and about once a year my ailments got such hold upon me that I was regularly 'sick in bed' for several weeks each time.

"I was reluctant to conclude that coffee was the cause of my trouble, but I am thankful that I found out the truth.

"Then I determined to use Postum exclusively—for a week at first—for I doubted my ability to do without coffee for any length of time. I made the Postum carefully, as directed, and before the week expired had my reward in a perceptible increase in strength and spirits.

"Seeing the good that my short experiment had accomplished, I resolved to continue the use of Postum, cutting out the coffee entirely. This I did for nine months, finding, daily, increased cause for gratification at my steadily improving health. My indigestion gradually left me, my sleep returned, I gained 26 pounds in weight, my color changed from sallow to a fresh, rosy hue and life became a blessing.

"Then I thought I would try coffee again, and did so for a few weeks. The punishment for deserting my good friend, Postum, was a return of my old troubles.

"That taught me wisdom, and I am now and shall be all my life hereafter using Postum exclusively and enjoying the benefits it brings me." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "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.

fire to settle. Pour the clear liquid off the dregs taking care not to let any slip over the edge of the kettle. Put this into jugs and cork and label. Then, if you wish a splendid scouring fluid, which will remove paint, or grease spots from wood, pour over the ingredients in the kettle another five quarts of boiling water, boil and stir as before; let settle and drain off the clear liquid into jugs or bottles and cork. Soak the white clothes over night in clear water, in morning wring out and soap all dirty and stained places; have the boiler half full of water and when it is scalding hot put into it one common teacupful of the fluid, stirring well; then put in the clothes and boil half an hour, take out into tub of water, rub lightly through one suds, then rinse well in bluing water as usual. This is fine for washing machine use, as the water can be boiling hot all the way through until the rinse water. If not convenient to soak over night, soak in soap suds for an hour or two before washing. For each additional boiler full of clothes, add half a cupful of the fluid, boiling in the same water through the whole washing; if more water is needed, for the last boiling, dip from the sudsing tub. The clothes should be put through quickly, and if not allowed to lie in the suds, the colors will be brightened, and it does not rot the clothes. After the white clothes are finished soak the colored clothes in the suds used for the white clothes, dipping hot water from the boiler, and when the white clothes are on the line wash out the colored clothes and flannels. This will remove all stains from the clothes and the white clothes will be beautifully white.

Sal soda costs about one and one-quarter cents per pound, and the lime will probably be given for the asking. About one gallon of the fluid will be the result, and about the same of the scouring fluid.

Contributed Recipes

Lemon Cup Custard.—Use no milk. Beat the yolks of four eggs until they are white as cream, which will require a lot of beating; grate the peel and squeeze the juice of one lemon, add three tablespoonfuls of sugar, and add to this half a pint of boiling water; then mix gradually with the eggs. Set this over the fire to thicken, using a double boiler, and stir one way all the while, do not let boil; when quite thick stir until cool, then pour into cups, making three-fourths full and fill up with whipped cream, piling it up.

Baked Spanish Onions.—Peel four Spanish onions and put them into cold water with a pinch of soda; place on the fire and bring to a boil and simmer gently for half an hour. Drain thoroughly and put them into a baking dish with a little butter and bake until brown.

Fruit Meringues.—Make a nice puff paste and line a pie plate with it about an inch thick; bake these shells in the oven, pricking them if they "blister" or rise in the bottom. Have the paste filled on at the sides so it will not shrink. When the shells are done, fill them with a rich apple sauce stewed and sweetened and flavored as desired; or fill the shells with any preserved fruit, or canned fruit sliced and sweetened, or with marmalade. Cover each pie of ordinary size with a meringue made by beating the whites of two eggs to a stiff froth and adding two tablespoonfuls of powdered sugar, and the juice of half a lemon. Return to the oven and cook the meringue slowly for ten to twenty minutes, or until it is firm and a light brown, so it will not fall when cold.

Requested Recipes

Beef Pot Pie.—Cut two pounds of round steak into small pieces; put

it on to stew very slowly for an hour in a quart of water; add a tablespoonful of butter rolled in flour, and a minced onion. Boil, peel and quarter six potatoes; make a crust of a pound of flour, a third of a pound of beef suet, a pinch of salt and enough cold water to make a dough. Line a deep baking pan nearly to the bottom with the crust, then put in layers of meat and sliced potatoes alternating with small squares of crust. Fill the pie to the top with the gravy in which the meat was boiled; cover the top with crust, putting a small paper funnel in the center of the pie to allow the steam to pass out, and bake in a moderate oven for an hour. This is an excellent cold day dinner.

Ginger Bread.—One cupful of sugar, one cup of molasses, and one teaspoonful each of ginger and cinnamon. Beat well, then add five cups of sifted flour (if spring flour is used, scant the measure a little), one cup of sour milk, and mix well; beat four eggs light and stir them into the mixture; dissolve two teaspoonfuls of soda in a little hot water and beat in last. Pour into a baking tin and bake until done.

Perfect Waffles.—One pint of sour cream or buttermilk, one-half pint of sweet milk, two eggs with yolks and whites beaten separately, and very light; one large tablespoonful of melted butter, one salt-spoon of salt, and enough sifted flour to make a moderately stiff batter. Dissolve in the sour cream one-half teaspoonful of soda. Mix in a deep bowl, the flour and the sweet milk alternating until smooth, then add the beaten yolks of the eggs, then the melted butter, and lastly stir in the well-beaten whites of the eggs. In baking, fill the waffle iron only half full. The irons must be hot and well greased, the fire under the irons clear

and strong, and the waffles will rise to twice their size.

Odds and Ends

A solution of chloride of zinc, used in proportion of one pint to four gallons of water, is one of the most cleansing and purifying agents known for the sink waste pipe, and all drains, as it promptly neutralizes noxious effluvia and kills all bad odors.

It will soon be time to think of the refrigerator; and if you have none, remember that the best ones are made with removable shelves and separate compartments for different foods. But, remember, too, that unless the refrigerator is kept perfectly clean, it is better not to have any.

For the sewing room, these pockets can be made to hold spools, scissors, thimbles, paper of needles, box of pins, scraps, wax, and endless odds and ends that otherwise would always have to be hunted for. For the toilet, or bedroom, very pretty sets of pockets can be made of wash material, and made very attractive with a little fancy stitching. A few minutes given to this work now will help you out very much when the house-cleaning season begins.

HIS PLANS

She was a lady visitor to the prison, kindly and well-meaning, and as she chattered with a burglar who had been sentenced to six months' imprisonment, she thought she detected signs of reform in him.

"And now," she said, "have you any plans for the future, on the expiration of your sentence?"

"Oh, yes, ma'am," he said hopefully. "I've got the plans of two banks and a post-office."—The Argonaut.

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