

made of the whites of five eggs beaten stiffly with five tablespoonfuls of powdered sugar and flavored with a scant teaspoonful of any desired flavoring. Take care that the ice cream and the edge of the dish on which it rests are entirely covered with the meringue. Set the dish on an asbestos griddle or board in a hot oven and let the meringue brown delicately—not more than five minutes at the outside, but less will be better. Serve at once. If properly done, the ice will not be melted.

Slate Pencils

I wonder how many of our school boys and girls know where and how the slate pencils are made. There is only one firm in America engaged in making them, as they can be made and imported from Germany much cheaper than in this country. This firm has its quarry in Pennsylvania. At the quarry, the rough slabs of slate rock are sawn into pieces of suitable size by machinery, and from each piece a machine made especially for the purpose cuts six pencils of standard length—five and one-half inches. The pencils come from the machine rounded, but not sharpened; the work of pointing is done by boys who take three or four at a time and point them at an emery wheel which is revolved rapidly by machinery. The pencils are now ready to be packed for sale, and this is done by putting them in pasteboard boxes which contain one hundred pencils each; these are then packed in wooden cases which contain one hundred of the pasteboard boxes. The school slate is made of the same kind of rock, only a little finer, than that commonly used for roofing. Immense slabs are carefully cut for black-

"PROUD AND GLAD"

Because Mother Looked So Well After Quitting Coffee

An Ohio woman was almost distracted with coffee dyspepsia and heart trouble.

Like thousands of others, the drug—caffeine—in coffee was slowly but steadily undermining her nervous system and interfering with natural digestion of food. (Tea is just as injurious as coffee because it contains caffeine, the poisonous drug found in coffee.)

"For 30 years," she writes, "I have used coffee. Have always been sickly—had heart trouble and dyspepsia with ulcers in stomach and mouth so bad, sometimes, I was almost distracted and could hardly eat a thing for a week.

"I could not sleep for nervousness, and when I would lie down at night I'd belch up coffee and my heart would trouble me. It was like poison to me. I was thin—only weighed 125 pounds, when I quit coffee and began to use Postum.

"From the first day that belching and burning in my stomach stopped. I could sleep as soundly as anyone and, after the first month, whenever I met any friends they would ask me what was making me so fleshy and looking so well.

"Sometimes, before I could answer quick enough, one of the children or my husband would say, 'Why, that is what Postum is doing for her'—they were all so proud and glad.

"When I recommended it to anyone I always tell them to follow directions in making Postum, as it is not good to taste if weak, but fine when it has the flavor and rich brown color." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "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.

boards, and these are set up in the school houses. The smaller pieces are made into the little handslates which nearly every school child in the world where schools are taught, has at some time carried. Unless dropped, or otherwise broken, these slates will do good service as long as a family of children needs a slate. Some of these pencils are much softer than others, and while some are black in color, others are gray.

Useful information

A remedy often used for cramps, or spasms of the stomach is water, just as hot as it can be sipped, a cupful at least, and two is better. Nervous persons are frequently subject to these distressing "spasms," and the water remedy is not only effectual, but is harmless, and leaves no bad after effects, and doctoring more and more through common sense methods, and by the use of nature's own remedies—earth, air, water and diet. It pays to study these things.

To clean and brighten a shabby carpet, cut an ounce of yellow laundry soap into small bits and pour over it a pint of boiling water, stirring until dissolved. Add to the lather a quart of water and an ounce of borax; place the mixture on the range and bring to a boil; then remove it and when quite cold add an ounce each of alcohol and ammonia and half an ounce of glycerine. Stir well. Dip a clean flannel in this mixture and wipe over a small portion of the carpet at a time, rubbing vigorously, until all spots are removed and the color revived; as the flannel gets soiled, turn repeatedly, and if it gets badly soiled, get a fresh cloth. When you have finished the whole carpet you will find quite an improvement.

To darn table linen, use, if possible, a raveling from the goods. If there is an actual hole, put under it a piece of the same damask, carefully matching the pattern, then darn back and forth with the raveling. If the work is carefully done, the patch should not show after laundering, except by the closest scrutiny. If possible, darn before a hole really appears.

The Window Garden

Many plants which grow well in pots during the summer, are failures for the window garden, and unless you know something of the culture of flowers and plants, it is well to seek advice of the florist. "So many things make a difference" with plant culture, as well as with child-culture, that we are apt to become discouraged at first starting out; but, like children, the plant must be studied. Plants need food and water and shelter, and if neglected for a time, may need doctoring. Study the needs of the plant, and read all you can about the care of the window garden; but do not forget that experimental knowledge, whether your own, or your neighbor's, is to the reading what salt is to the seasoning. See that your plants are clean of insects when brought into the house, and see that you keep them clean. It is the first army of insects that do the damage. If the first are all killed as soon as they appear, there will probably not be any second. The magazine advertising columns are full of glowing descriptions of plants for sale, but unless you have the right conditions in which to grow them, you would better confine your buying to the kinds known to reward even careless care. Be good to your plants.

Destroying Rats

This is the method of destroying rats adopted by scientists who are fighting the pests: "My method is to spread pieces of bread doctored with

sulphurous anhydride, carbon bisulphide, or hydrocyanic acid. If this bait is not taken, I used red herring instead of bread. These poisons, when properly administered, eat up the rat's body until nothing is left but skin and bones. The English government used this method exclusively in fighting bubonic plague in India. The drugs mentioned are very poisonous, and should be used with great care."

For Fall Planting

Many things may be planted now, and the seeds will germinate and grow for some time, if the winter does not shut down too severely. Many other things should be lifted from the seed-bed and set in the cold-frame. If pansies are put in the cold frame and kept covered they will give bloom all winter. A spent hot-bed, with a canvas, or even a board covering, protected in very cold weather with a heavy blanket or old quilt or pieces of carpet, is an excellent "winter garden" for many growing things. Many salad plants wanted in early spring may be planted now, and be ready for use very early in the year.

From a Philosopher

Booker Washington says: "One man can not hold another down in the ditch without staying in the ditch with him. It is just as true that, in helping the man who is down to rise,

the man who is up is freeing himself from a burden that would else drag him down. Strange as it may seem, it is still true that the world looks more interesting, more hopeful, and more filled with God's providence when you are at the bottom, looking up than when you are at the top, looking down."

Washing Gloves

Wash gloves are much cheaper than kids, and can be made "like new" with very little trouble when soiled. Wash in the usual way, using a pure white soap; then, after rinsing them quite clean, dip them in a final bath of fresh water and rub plenty of the soap into them, drying them without rinsing this last soap out; the soap left in the gloves makes them very soft and they do not need to be rubbed to get the board-like stiffness out of them. When the soap secret is once learned, wash gloves will be better liked. They can be washed at night and in the morning will be ready for use again.

When Governor Stubbs of Kansas offered to give, personally, a reward of \$1,000 for a cure for the horse plague he little guessed the trouble he was getting into. Only about 1,400 or 1,500 "cures" have been offered to date—and the "discoverer" of each "cure" wants the reward. Every state in the union has furnished its quota and a few foreign countries helped.—Ex.

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