

afternoon toward night. In many persons hunger accompanies the attacks, and it is thought that these spells may be due to exhaustion from lack of food, combined with auto-intoxication from food still in the digestive tract in a more or less undigested condition. The attacks can be cured by having the patient eat something, and can be prevented by small frequent meals of easily digested food.—Medical Magazine.

**Getting Ready for Spring Work**

If the housewife has systematized her work, and has the picking up and planning well in hand, and as much as possible of the spring sewing done, she can turn her thoughts to the annual house-cleaning without undue worry or uneasiness. One of the earliest things to attend to is the clearing of the house-furnishings of any possible insect pests which may have crept in during the late fall, been overlooked and are now ready to start the new colony. If the first one is killed, the second will not come so quickly, and if the whole colony is extirpated, there need be no second. March is the best time, though it may be a little early for the regular cleaning; but for the insect pest, it is well to stop the first invasion. A good fumigant is best, where there is a suspicion of such things. Ask your health officer, or member of your board of health, to tell you how to use formaldehyde, and formalin.

Many complaints come of insect pests in the hair of school children. Several mothers should complain to the school officers, and the one who is the "common carrier" of these vile things should be looked after. Such things are not, and should not be allowed in the school, and would not be, if the school board did its duty. For the home treatment, get

**GOOD NATURED AGAIN**

**Good Humor Returns with Change to Proper Food.**

"For many years I was a constant sufferer from indigestion and nervousness, amounting almost to prostration," writes a Montana man.

"My blood was impoverished, the vision was blurred and weak, with moving spots before my eyes. This was a steady daily condition. I grew ill-tempered, and eventually got so nervous I could not keep my books posted, nor handle accounts satisfactorily. I can't describe my sufferings.

"Nothing I ate agreed with me, till one day I happened to notice Grape-Nuts in a grocery store, and bought a package out of curiosity to know what it was.

"I liked the food from the very first, eating it with cream, and now I buy it by the case and use it daily. I soon found that Grape-Nuts food was supplying brain and nerve force as nothing in the drug line ever had done or could do.

"It wasn't long before I was restored to health, comfort and happiness.

"Through the use of Grape-Nuts food my digestion has been restored, my nerves are steady once more, my eye-sight is good again, my mental faculties are clear and acute, and I have become so good-natured that my friends are truly astonished at the change. I feel younger and better than I have for 20 years. No amount of money would induce me to surrender what I have gained through the use of Grape-Nuts food." Name given by Postum Co., Battle Creek, Mich. "There's a reason." Read 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.

ten cents worth of whole fish berries and pound so as to break them up roughly, then put into a pint bottle, which will be about two-thirds full; then pour whisky over the berries until the bottle is full; let stand a day or two, then wet the scalp and hair thoroughly with the whisky, letting it dry on, using it twice a day. After a few days (combing the hair regularly to remove the dead), wash the head in warm vinegar, which will dissolve the nits, and they can be easily be combed off the hair. One of the safest and cleanest remedies is a decoction of staveacre (delphinium staphisagria), or with a lotion made by bruising the seed and steeping in vinegar, or with the tincture; a tablespoonful of the tincture to a teacupful of water; or by rubbing in a salve made with the bruised seeds and four times their weight in lard carefully beaten together. The vinegar solution and the tincture are the cleanest, and all will destroy the insects and their eggs. It is poisonous, and should be kept from the careless hands. Used on hair and scalp, it is not harmful.

**"Gathering Up the Fragments"**

**Using Stale Bread**—Cut the scraps of bread into thin slices and spread with butter, then cut the slices into small cubes and pile lightly in a baking dish; pour over them a custard made of three eggs beaten in a quart of milk, reserving the white of one; bake three quarters of an hour, let cool and make of the reserved white a meringue and spread over the top.

**Codfish Balls**—Left over mashed potatoes may be used in this dish. Soak the fish overnight, laying with the skin side up; in the morning pick to pieces, removing all bits of bone, and put on to cook in a little water; let it boil up, drain off the water and add fresh; boil again, drain and mash, taking out every particle of bone; add the potatoes and salt to taste, with butter and hot milk to make the whole smooth and soft; flour the hands and mold the mixture into cones or balls; have a skillet with very hot deep fat, drop the balls in and cook to a nice brown; lay on pieces of brown paper in a warm place to drain. Equal quantities of fish and potatoes is the right proportion.

As lettuce is now on the market, we give a cream dressing. Let the cream be cold; add a level teaspoonful of salt to half a cupful of cream in a small bowl; stir well, adding gradually two tablespoonfuls of best vinegar.

**Graham Bread**—Sift together two cups of white flour, three cupfuls and a half of graham, or whole wheat flour, and a teaspoonful of salt. Put into a mixing bowl three cupfuls of sour milk, half a cupful of molasses and two teaspoonfuls of soda dissolved in two tablespoonfuls of water. Stir well, then beat in the flour mixture; beat the batter vigorously; pour into well greased tins, and bake for one hour in a moderate oven; this should make two loaves.

**Ribbon Cake**

Mrs. L. F. asks for a recipe for ribbon cake; this recipe makes three layers, the middle one having fruit in it. Take one cupful of butter and two of sugar, and cream together; add to this the well-beaten yolks of four eggs; stir well, and put in the milk (one cupful), and then beat in three and one-half cupfuls of pastry flour having two teaspoonfuls of baking powder stirred into it; lastly, fold in the stiffly beaten whites of four eggs. Have ready greased three long, shallow tins of equal size; divide the dough into three parts and bake two of them plain. To the third part, add one cupful of

raisins, one cupful of currants, and one-fourth pound of citron, two teaspoonfuls of molasses, two teaspoonfuls of grape juice, half a teaspoonful each of mace and cinnamon. Seed and chop the raisins, wash and dry the currants and slice the citron very thin, flour well and stir the fruit and spices into the third portion of batter and bake in the third tin. When the layers are all done, spread a filling as desired over the first cake, lay the fruit layer on top of this, cover with filling, then add the second plain cake. Press each cake lightly as it is laid on, so the layers will stick closely together. Trim the edges even and cover with a plain boiled frosting.

**For Marking Garden Labels**

A reader sends the following, which may be of service to others: In making indelible pencils for marking wood labels for garden and other outdoor uses, I buy a genuine Faber No. 1, which usually costs ten cents; then I prepare my labels (cedar, if I can get it), and where I wish to write I rub a little common linseed oil and write before it gets dry. This writing will remain indelible for years at a very small cost. If a little japan dryer is added to the oil, it is better. A soft black pencil is best, but a blue one is good, too.

**The New Abode**

It is becoming a matter of course to disinfect a house before a new family moves in, and as this is nearing the time for the moving mania to develop, it will be well to consider

it. We are never sure that the family that preceded us had not an unrecognized or suppressed contagious disease, and we are learning that disinfection after contagious diseases is of the utmost importance. There are also insect pests in many houses that are not recognized until we are brought into close contact with them, and these disinfectants should be such as will exterminate them. This precaution should be demanded of every landlord before the new family moves in.

**The Value of Egg Shells**

Professor Emmerich, of Munich, and his colleague, Professor Lowe, have discovered a new vitalizer. They say that egg-shells, taken in proper form (which is a liquid which they prepare and call chloride of egg-shells) will lengthen human vitality, increase the power of resistance against the withering blight of time, add weight to the body, activity to the brain, strength to the heart, destroy injurious bacilli, prevent inflammation and disease, and lend courage and energy to the human race. Thus we are all advised to "eat eggshells" in the form of their preparation, which is, of course, to be found on the market.

**For Keeping Butter**

A "Wisconsin Reader" tells us to "Pack butter tightly in earthen jars to within two or three inches of the top; pack the butter tightly and closely. Cover with a layer of cheese cloth, then pack salt over the top an inch or two thick, and keep a little water on top of the salt.

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