

crowd all you can under the nail as far down as possible. Bathe the feet often while using any of these remedies to soften the nail. Be sure of the broad-toed shoe.

**For the Hair**

As a preventive treatment for dry or faded hair, the scalp massage is to be recommended. It takes time, but it pays in the added luster of the hair. To massage the scalp, rest the tips of the fingers on the scalp, the thumb being firmly placed; the balls of the fingers are then pressed in and the scalp moved, the finger tips remaining where they were placed on the scalp. Unless they are held rigid, they will move the hair, giving no massage. The scalp should have this treatment all over the head, giving three or four minutes to each place, and paying particular attention to the scalp on the temples, as that is where the hair thins and grays first. This movement of the scalp will restore circulation, and give better health to the hair follicles. Oils will not make the hair greasy if properly applied; that is, if the hair is parted and the tonic rubbed in on the bare line with the finger tips or a bit of sponge. This should be done before the massage, and oils or liquids can be applied with a little sewing machine oil can, so that the scalp, and not the hair receives the tonic. One of the best scalp tonics is crude petroleum; vaseline is good; beef marrow is one of the best simple scalp foods, and can be made pure at home. Melt and strain a gill of beef marrow and add a teaspoonful of sweet oil; twenty-five drops of tincture of benzoin will help to keep it sweet, but it should be made in small quantities.

**Cookery and the Cook Book**

A good, reliable cookery book is a good thing to have, and one that no young housewife should try to do without; but one month of wrestling with the range or cook stove, learning to manage its dampers and drafts, ovens, and other belongings is worth more than a year of trying the hows of the cookery expert. The mere measuring and mixing together of ingredients is the easiest part of the cooking recipe. You must know how to have the oven "just right," hot enough, but not too hot, how to keep the dampers just right, how and when to add fuel, the proper amount for the fire needed, and when you know your cooking arrangement thoroughly, you will have little difficulty in getting appetizing dishes properly on the table. A good home kitchen, with the things the real housewife must get along with, will beat the cooking school, though the technical knowledge acquired at these schools will well repay the cost. Let the little "girl-children" begin early, and forbid them not, and if trained up in the way they should go, they will never regret it. The recipes published in many magazines would appear to be written "from an inward and spiritual belief," rather than from outward experience. When you test a recipe, if it is good, put it at once in your scrap-book, or copy in your "Notes."

**Pumpkin Pies**

Peel, seed and cut a hard yellow field pumpkin into inch pieces; put into a kettle (iron is best) with a very little water and slowly bring to a boil—it should take about half to three-quarters of an hour at least, and by that time there will be juice enough to cook 't without scorching. Let cook slowly, stirring often, until all the water is apparently cooked out of it, then let get cold. To one quart of the stewed pumpkin allow six eggs, three pints of milk, one

tablespoonful each of mace, cinnamon and grated nutmeg, with a cupful and a half of sugar. Beat the eggs light, add sugar and spices, and beat into the pumpkin, slowly adding the milk, until the whole is creamy. Bake in deep, open shells of good pastry.

No. 2.—To one quart of pumpkin, prepared as in No. 1, add eight eggs, whites and yolks beaten separately, two scant quarts of rich sweet milk, one teaspoonful each of mace, cinnamon and nutmeg, and one cupful and a half of sugar. Beat all together as in No. 1, have pans lined with nice paste and pour the mixture in and bake. If whipped cream is spread half an inch thick over the top of each pie, after they are cool, they will be nicer.

A plainer pie is made by using, for two pies, one pint of stewed pumpkin, one cupful of sugar, two eggs, one pint of nice milk, a pinch of salt, and a teaspoonful of ginger.

Old Style—One quart of stewed pumpkin, teaspoonful of ginger, teaspoonful of cinnamon, same of salt and two teaspoonfuls of flour. Mix well with the pumpkin, add one large cup of good molasses, cup of sugar, two pints of milk, and beat well. Bake slowly in deep tins with a single crust.

**Persimmons Pudding**

One quart of soft persimmons seeded and rubbed through a sieve, one quart of sweet milk, two eggs, one quart of flour, one cupful of sugar, one cupful of New Orleans molasses, teaspoonful of flavoring as liked. Beat well together and bake in a common bread pan, and when cool, cover the top with a nice meringue, or whipped cream. Use any nice sauce.

**Mrs. Ella Flagg Young**

In selecting Mrs. Ella Flagg Young for superintendent of the Chicago school system the board of education has at once paid a high compliment to the sex and inaugurated a unique experiment. The position requires both ability and tact in no ordinary degree. It has severely tested the capacity of a number of very able educators.

As head of the Chicago schools, Mrs. Young will be in executive control of property worth \$50,000,000 and will direct the education of 250,000 children. It is declared that never before has a woman held so important a public office. Mrs. Young will receive a salary of \$10,000 a year and be one of the two highest salaried public school officials in the United States. Superintendent Maxwell of the New York schools gets the same amount.

Mrs. Young is 64 years old. She has had a long and successful career as an educator, beginning as a teacher at \$25 a month and leading up to the principalship of the Chicago Normal school, from which position she steps into the superintendency.

Mrs. Young's career as the head of a great school system will be watched with interest all over the country. If she achieves the success that her friends predict, the action of the Chicago board is likely to establish a notable precedent.—Farmer's Voice.

**For the Laundry**

When taking the clothes from the line, fold as you would to put them away; this will prevent wrinkling, and if they are to be ironed, the ironing will be much easier. Many things thus folded will be quite smooth enough without ironing.

Cotton goods will seldom fade if allowed to lie for several hours in a salt solution—a pint of salt to a

quart of boiling water. The solution should be warm when the goods are put in. Wash as usual after wringing out.

Mud stains must be removed from black goods before putting the goods in suds. To do this, sponge with a little diluted ammonia, or rub with a little potato water.

Wool knitted or chocheted articles should be washed with castile soap and lukewarm soft water with a little borax in the water. Do not rub, but squeeze and souse up and down until clean, after having let it soak a short time in the suds. Squeeze out of the suds and rinse in water of the same temperature when clean, squeeze dry and lay on a cloth stretched on a table or board. Do not hang the article up, or it will be stringy.

Wash articles made of tatting in the usual way, and when almost dry, pin to a smooth, flat surface with a

pin in each picot, and let get perfectly dry.

Frequent washing rots out the finger ends of gloves, and to avoid this result, when the glove is clean, pin it to a cloth, fastening the end of each finger with a pin, then hang the cloth up so the fingers will be at the top. This allows the ends to get perfectly dry.

For faded ribbons, add a little pearlash to the soap lather, and the ribbon will usually regain its color. Silk, if not too much faded, may be treated with the same bath.

**SLANDER**

We say this is as wise as anything ever said by Carlyle, or Emerson, or Tolstoy, or Marcus Aurelius, and it was written by a modest country editor in Kansas: "Whenever the dogs get too thick in a town, a mad dog story is started on them."—Atchison Globe.

**Latest Fashions for Readers of The Commoner**



3026—Ladies' Surplice Waist, closing at front and having body lining. A very pretty model for pongee, satin or taffetas. Seven sizes—32 to 44.



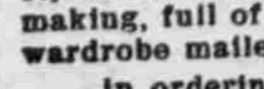
3020—Childs' Dress, closing with Buttons on shoulders. Linen, gingham, chambray or cashmere are adaptable to this model. Four sizes—3 to 9 years.



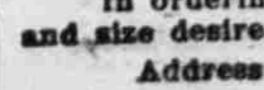
3015—Ladies' Fancy Shirt Waist, with removable chemisette. A pretty model for evening wear developed in satin or messaline. Six sizes—32 to 42.



3041—Ladies' Apron, to be plaited at top or gathered to a yoke, and having shaped or straight ruffle. Any of the striped or checked ginghams or linen may be used for this apron. One size.



3044—Girls' One-Piece Dress, closing at centre back. This is an excellent model for any of the pretty plaid materials. Five sizes—4 to 12 years.



2700—Misses' Semi-Princess Dress in "Gibson" style and having an attached seven-gored skirt. Golden brown serge was used for this pretty model, which may be worn for best wear. Three sizes—13 to 17 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.

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