

ling, pour a little flavoring at a time on the candy, and when done, you will have the old "candy-pulling" candy.

**Binding Magazines or Papers**

"A Reader" sends us the following clipping from the Pictorial Review: "Five strings of coarse twine from back of chair to rung; board across side rungs for shelf. Place double leaves of white paper for fly-leaves upon shelf. Pass threaded needle through fold, around twine, through fold, continuing until securely fastened. Fasten magazine the same. Cut twine two inches each side of volume, ravel ends, paste to back and cover with drilling; lay aside until dry. One half inch from back edge place heavy pasteboard, cut right size, paste to drilling and one fly-leaf; cover back with canvass, and ornament to suit."

**Grape Fruit Shortcake**

Make a tender biscuit crust, using a little more shortening and a pinch of sugar than for ordinary shortcake and bake. Remove the rind from two or three large grape fruits, take out the pith and seeds, break up the pulp rather fine with a silver fork; add plenty of confectioner's sugar to sweeten, and put a large cupful of the juice over the fire with a cupful of sugar to cook until it syrups. This will take about five minutes from the time it commences to boil. Just before serving, spread the hot shortcake with plenty of butter, then arrange the grape fruit pulp between the layers, sprinkle the top layer with powdered sugar, and when serving, pour several spoonfuls of the syrup over each portion of the shortcake. A few maraschino cherries may be mixed with the fruit pulp, or added to the syrup.

The grape fruit is not as well known as it should be. It is commonly served for breakfast, but may be served as the fruit course at a luncheon, as a salad with other ingredients, as part of a dessert, or as

**HABIT'S CHAIN**

**Certain Habits Unconsciously Formed and Hard to Break**

An ingenious philosopher estimates that the amount of will power necessary to break a life-long habit would, if it could be transformed, lift a weight of many tons.

It sometimes requires a higher degree of heroism to break the chains of a pernicious habit than to lead a forlorn hope in a bloody battle. A lady writes from an Indiana town:

"From my earliest childhood I was a lover of coffee. Before I was out of my teens I was a miserable dyspeptic, suffering terribly at times with my stomach.

"I was convinced that it was coffee that was causing the trouble and yet I could not deny myself a cup for breakfast. At the age of 36 I was in very poor health, indeed. My sister told me I was in danger of becoming a coffee drunkard.

"But I never could give up drinking coffee for breakfast although it kept me constantly ill, until I tried Postum. I learned to make it properly according to directions, and now we can hardly do without Postum for breakfast, and care nothing at all for coffee.

"I am no longer troubled with dyspepsia, do not have spells of suffering with my stomach that used to trouble me so when I drank coffee."

Look in pkgs. for the little book, "The Road to Wellville." "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.

an appetizer at either dinner or luncheon. It is served plain, with a little sugar (confectioner's), or with Maraschino cherries and a little of the liquid in which the cherries are preserved.

**Some Good Recipes**

**Rolled Steak**—A large, thin sirloin steak is nice for this: Fry a minced onion in butter and lay the steak in this to fry quickly on both sides; lift out on a large dish and cover with forcemeat made with minced and fried onion, dry crumbs, a little sausage meat or a chesnut or oyster dressing; roll up the steak tightly and tie with a soft string; fasten with skewers. Lay in a sauce pan, covering closely; add no water, but set where it will heat slowly, and let cook very slowly in its own gravy for two hours. When you dish the meat, thicken the gravy if necessary, if not, thin a little with hot water; remove the threads, take out the skewers and pour the gravy over the meat.

**Scalloped Tomatoes**—Arrange half a can of nice tomatoes in a dish in alternate layers of coarsely broken crackers, seasoning each layer with minced onions, butter, pepper, salt and a trifle of sugar. Bake in oven until done, and serve. The remaining half of the tomatoes is to be used for soup.

**Pork Salad**—The lean part of the ham of a young pig, well cooked and seasoned, is considered wholesome, and if the ham is stuffed and baked not less than three hours in a suitable oven, it makes a better salad than either chicken or game, and no one eating it would suspect it was made of pork.

**Veal Shoulder**—Fry three slices of salt pork in the pan in which the meat is to be baked; lay in the shoulder, which may or may not be stuffed, but should be boned; slice two small carrots and three onions on top of the meat, cover with a pint of water and bake for two hours, covered closely. Garnish with a handful of large, whole boiled chestnuts peeled and made hot in the gravy, and one small link of sausage for each person. The bones and trimmings of the veal, with a small soup bone, will give stock enough for two days' supply of soup.

Stale bread to be used for dressing of fowls should be wet with cold, not hot, water and the dressing will be light and nice. Hot water makes the dressing sodden.

When making taffy, or sugar candy, a teacupful of chopped nutmeats stirred in just before removing from the fire improves it wonderfully.

**Filling the Coal Oil Lamp**

Get a small funnel, costing five cents, and pour the oil into the lamp through this, using the funnel for nothing else. Or, melt the top from an opened tin can, bend one side of it to a sharp point (the can, not the top), and pour the oil out of this into the lamp. By using the can, there is no danger of running the oil over, as you will know just how much to pour.

**THE BLIND MAN'S ADVANTAGES**

All that Senator Gore knows has to be told to him, or read to him, or absorbed in conversation or public debate. The result is that most of it is selected. His wife and secretary and friends read to him only what they, or he, deem worth the while. When he listens to the senate debates, his mind fastens only on what seems to be pertinent, for he knows that he must rely on what he carries in his head; and a man is more particular as to what he carries in his head than as to what is contained in his books and newspapers. De-

prived of his eyesight, the Oklahoma senator is under no temptation to squander or misuse his leisure. He reflects more than other men, and keeps turning over in his mind facts, and inferences from them, and ways of putting them persuasively.

This blind senator has only four senses where the rest of us have five, and yet he seems to have more faculties, and to be nearer the complete man than most of us—than many of his colleagues, indeed, intellectually the picked men of the nation. He has the best memory in public life, because he needs to have it. He can remember a long array of figures after they have been read to him twice, and he has surprised his colleagues by reciting off-hand the statistics of capital stock, surplus, earnings, par value, etc., of a dozen different corporations. His memory is only one illustration of his unusual power of mental concentration. This makes him one of the readiest and

most forceful debaters of the senate. "This world is too much with us," has been the complaint of men in all time. Mr. Gore's affliction shuts it out, in part, and he has so used it as to turn physical defeat into victory. Many a man feels his intellectual vigor scattered, dissipated, wasted, stolen, by the multitude of unessentials which lay siege to it through all the organs of perception. There is power in reflection, in concentration, in undisturbed exercise of the mental faculties. The devotee will tell you that there is more; that there is inspiration, "the ecstatic vision," the mastery of things unseen.—New York Mail.

**HAD INSIDE INFORMATION**

At a party Sarah's aunt said to her, "Child, you eat a great deal for a little girl of three." Sarah replied, "Oh, I'm not so little on the inside, auntie."—Chicago Tribune.

**Latest Fashions for Readers of The Commoner**



3051—Ladies' Dressing Sack. Flannel, challis, eiderdown or cretonne are excellent developed in this style. Seven sizes—32 to 44.



3077—Boys' Russian Suit, consisting of a blouse having removable shield, and sleeves plaited at bottom or finished with wristbands; and knickerbockers. Red serge was used for this neat little suit. Four sizes—2 to 5 years.



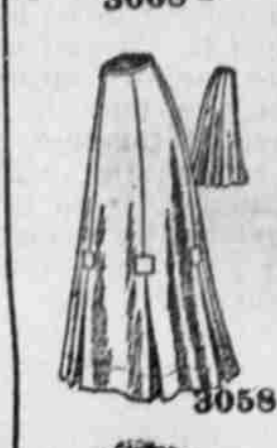
3066—Misses' Semi-fitting Coat. A very good model for serge, cheviot, or broadcloth. Three sizes—13 to 17 years.



3068—Childs' Dress, with long or short sleeves. A pretty little frock for any of the sheer white materials. Four sizes—one-half to 5 years.

3058—Misses' Seven-gored Skirt, with an inverted box-plait at center-back seam and at lower part of the other seams. Adaptable to any of the season's suitings. Three sizes—13 to 17 years.

3065—Ladies' Semi-Princess Dress closing at left side of back and with or without long sleeves and removable chemisette. Old rose chiffon broadcloth was used for this pretty model. Seven sizes—32 to 44.



**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 dressmaking, full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired. Address **THE COMMONER**, Pattern Dept., Lincoln, Neb.