

nothing else will. Take care not to have paper or broom too wet.

To take frost out of frozen fruit or vegetables, cover with cold water and allow it to remain until the frost collects on the outside; the cold will draw the frost out in the form of ice, which will coat the outside of the frozen article. Frosted eggs can be thawed out in the same way.

To fill any cracks in the stove, loose joints, or small broken places, wet up to a paste that can be handled equal parts of sifted wood ashes and coarse salt, and press in the openings, as you would any cement. This will harden very quickly. Should be applied to the cold stove, and allowed to harden before heating.

If moths are suspected, wash the floor well with boiling brine before re-laying the carpet, and when sweeping, sprinkle the edges well with coarse salt. A towel, made wet, laid on the edges of the carpet and ironed with a quite hot iron, will kill any eggs or larva that may be in the carpet.

Items of Interest

An exchange tells us that "a catharrh cure that retails for \$1 per ounce in eastern drug stores has been found to contain absolutely nothing but common cooking soda. Another medicine labelled to contain extract from Mexican beans is made of borax and water." The borax and water is very good, even when sailing under its own colors, and costs very little. A teaspoonful of powdered borax dissolved in a half pint of clear, boiled and cooled water, taken a little at a time in the palm of the hand and sniffed up each nostril, is very good indeed for catharrhal troubles.

Every month the "literary and pictorial morgue" known as the dead letter department of the postoffice, receives over 200,000 souvenir post cards. Of these, on an average, 7,000 are confiscated because they are unfit, according to postal censors, to be carried in the mails, either from tinseling, or from suggestive pictures.

The amateur paper-hanger will find the process greatly simplified, especially in papering the ceiling, if each strip is folded back and forth upon itself, fan-fashion, after being pasted. Let the folds be a foot wide; this brings the entire strip into a compact parcel which can be laid upon a light surface and held in the left hand while adjusting it with the right hand. An assistant may hold the part not being applied to the

CHANGE THE VIBRATION

It Makes for Health

A man tried leaving off meat, potatoes, coffee, etc., and adopted a breakfast of fruit, Grape-Nuts with cream, some crisp toast and a cup of Postum.

His health began to improve at once for the reason that a meat eater will reach a place once in a while where his system seems to become clogged and the machinery doesn't work smoothly.

A change of this kind puts aside food of low nutritive value and takes up food and drink of the highest value, already partly digested and capable of being quickly changed into good, rich blood and strong tissue.

A most valuable feature of Grape-Nuts is the natural phosphate of potash grown in the grains from which it is made. This is the element which transforms albumen in the body into the soft gray substance which fills brain and nerve centers.

A few days' use of Grape-Nuts will give one a degree of nervous strength well worth the trial.

Look in pkgs. for the little book, "The Road to Wellville." "There's a Reason."

wall, removing the weight from the paper until needed, and tearing the paper from its own weight will be avoided. A little experience will give skill in hanging the ceiling paper, the greatest trouble to the worker being the constant bending back of the neck, which is tiresome.

Nuts are nutritious, and if well masticated, will furnish a wholesome, and desirable addition to the ration. The brown skin of nuts should be removed, but the process is a very tedious one, except in the matter of peanuts and almonds and a few others. Nuts may be ground up very fine and suitable for those whose teeth are poor, by running them through the chopper, using the proper plates.

Some Good Recipes

To prepare an egg for an invalid, beat the yolk and white separately until each is extremely light; add a pinch of salt, pour the egg into a china cup and set the cup in a saucepan containing hot water, stirring constantly until scalded, but not cooked. When this is done slowly, the egg just thickens slightly and puffs up until the cup is almost filled with creamy mustard. Set in the oven for a moment, then serve at once.

When baking crusts for lemon or custard pies which requires the crust to be baked before the filling is used, turn a pie tin bottom side up, fit the dough to this, the same as you would fit it inside; press the paste on firmly, and put in the oven, paste side up; some housewives turn another pie tin over the paste, and bake it between two tins.

When a mustard plaster is required, and your supply of mustard is small, make the plaster and instead of spreading it on muslin, put it on a square of oiled, or manilla paper, after pinning the paper to the muslin. A very small quantity of mustard will thus make a large plaster, and the paper will not absorb the strength, as the muslin will.

Rice Croquettes—Take two cupfuls of cold boiled rice, and put in a double boiler over the fire; add to it one gill of milk, salt and pepper to taste, one teaspoonful of onion juice, four grates of nutmeg, the grated rind and juices of half a lemon, one tablespoonful of grated cheese, and the same of chopped parsley; boil three-quarters of an hour, then stir in the beaten yolk of one egg; take from the fire and turn out on a flat dish, or platter to cool. When cold enough to handle nicely, form into croquettes and let stand until "set." Dip into beaten egg, then in fine bread or cracker crumbs, and fry in very hot fat, and when done serve at once with tomato sauce.

Contributed Recipes

Sally Lunn—About 11 o'clock in the morning, take one pint of sweet milk, two eggs, half a cupful of sugar, one cupful of soft yeast, half a cup of melted butter, teaspoonful of salt, scant teaspoonful of soda and flour enough to make batter as stiff as for cake; beat ten minutes; set in a warm place. About 3 o'clock stir it well, pour into a greased skillet and let rise about two hours; bake about twenty-five to thirty minutes. Serve very hot, with plenty of butter.

Chocolate Pie—Yolk of five eggs, two cups of sugar, one and one-half pints of cream, one-third cake of baker's chocolate. If milk is used, then one tablespoonful of butter must be used. Sift two teaspoonfuls of flour with the sugar; dissolve the chocolate, and pour all the ingredients together in a double boiler, cook until thick, stirring. Then pour into the prepared pastry and bake.

Have ready whites of five eggs whipped very stiff; add two rounding tablespoonfuls of sugar; beat this in good. Let the pies cool three or four minutes, then spread the meringue on and return to the oven for eight to ten minutes, until it is "set." Flavor with vanilla. This makes two nice, full pies.

Fluffy Pudding—One quart of sweet milk, yolk of five eggs, three tablespoonfuls of corn starch (mix starch with a little milk); one teaspoonful of vanilla extract, five rounding tablespoonfuls of sugar; mix, cook until a thick custard; pour into a pan. Whip whites of five eggs; add five tablespoonfuls of sugar; beat again for about four minutes; add half teaspoonful of vanilla; beat eggs as stiff as possible, spread on top of pudding or custard and bake with a slow fire for about ten minutes. I use a pan about eight or eight and one-half inches across the top. This is fine, and easy to make. —Mrs. S. M. B., Missouri.

To make hominy without lye, take four large ears of nice corn, shell and put into a crock; put three heaping tablespoonfuls of baking soda in the crock with just enough hot water to cover the corn well; let stand over night. Next morning, add enough water and soda, proportioned as above, to boil the corn for an hour; then, with your hands, rub the skin off the kernels, and wash in several waters to remove the black chits; then cover with clear water and let soak overnight. In the morning, put over the fire, bring to a boil, drain, cover with fresh water and bring to a boil again, two or three times, remove as much lye as possible, then boil slowly until it is well swollen and soft, taking care not to burn. Four ears of corn should make one gallon of hominy when well boiled. Keep in a cool place, and when wanted, put into a skillet as much as needed, with butter or nice drippings, a spoonful of cream and salt to taste, and heat up well.

Latest Fashions for Readers of The Commoner



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