

thin, loose flannel will often save a sickness.

Don't let the children eat everything on the table; give them plenty of plain, wholesome food, suited to their years and digestion, and let them have fruit in abundance of a kind that agrees with them.

Cleanliness, fresh air, suitable clothing, and plain food with abundance of exercise and plenty of sleep are hygienic measures.

Gleanings

It is not only on Memorial day that one realizes that our veterans of the civil war are rapidly dropping off the pension list. Any one who has lived to three-score years realize that their circle of old friends is surely drawing in, and that the friends of one's youth are passing away. It is said that about ninety names are being daily dropped from the pension rolls, this indicating about 2,700 deaths each month. A table relative to the number of soldiers enlisted in the army and navy in the civil war shows that there were 2,778,309 enlistments. There were later the minor children and widows of the deceased soldiers in addition to the living veterans, to swell the list of those drawing pensions.

A correspondent for the House-keeper tells how she made a fireless cooker for ten cents. The grocer gave her a large wooden candy pail, and she bought ten cents worth of asbestos, which can be bought in sheets; she lined the bottom, sides and inside the cover of the pail with the asbestos, then packed it with hay, pressing the hay tightly around the utensil intended for cooking the food—a three-quart granite pail with close cover; next she made a cushion for the top, and stuffed it

TURN OVER TIME

When Nature Hints About the Food

When there's no relish to any food and all that one eats doesn't seem to do any good then is the time to make a turn over in the diet, for that's Nature's way of dropping a hint that the food isn't the kind required.

"For a number of years I followed railroad work, much of it being office work of a trying nature. Meal times were our busiest and eating too much and too quickly of food such as is commonly served in hotels and restaurants, these together with the sedentary habits were not long in giving me dyspepsia and stomach trouble which reduced my weight from 205 to 160 pounds.

"There was little relish in any food and none of it seemed to do me any good. It seemed the more I ate the poorer I got and was always hungry before another meal, no matter how much I had eaten.

"Then I commenced a fair trial of Grape-Nuts food, and was surprised how a small saucer of it would carry me along, strong and with satisfied appetite, until the next meal, with no sensations of hunger, weakness or distress as before.

"I have been following this diet now for several months and my improvement has been so great all the others in my family have taken up the use of Grape-Nuts with complete satisfaction and much improvement in health and brain power.

"American people undoubtedly eat hurriedly, have lots of worry, thus hindering digestion and therefore need a food that is predigested and concentrated in nourishment."

Read "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.

with hay. After starting the food it was placed in the cooker and closely fastened down. The writer says this "home-made" cooker worked well, and has saved her much fuel.

One of our readers tells of a fireless cooker made of a common tin bread box, costing fifty cents. She lined the box with newspapers, lapping at the bottom and corners, using several thicknesses. She then shredded a lot of newspaper, and after setting in the box the granite pails she intended to cook in, packed the shredded paper tightly and solidly about them, and made a pad of the shredded paper for the top. After starting her foods to cooking properly, the pails were set in the "nests," and covered with several thicknesses of papers, the pad then put on, the top fastened down, and a piece of clean carpet (kept for the purpose) tucked closely about it. This was cheap and satisfactory.

Some Seasonable Recipes

Rhubarb Shrub—Cut up eight fine large stalks of rhubarb and mix it with four ounces of raisins seeded and chopped; simmer slowly with three pints of water for half an hour, then strain; add a teaspoonful of rosewater and lemon syrup as liked. Bottle tightly and when wanted to serve, pour over shaved ice in pretty glasses.

For convenience, make a goodly supply of lemon syrup that it may be on hand for any occasion. Make a syrup of two pounds of granulated sugar and one pint of cold water, stirring until the sugar is all dissolved; beat in the white of an egg while the water is still cold, and when slowly brought to a boil, remove the scum. Continue boiling and skimming as long as scum arises; then add the thin peel of one or two lemons and leave until cold. Then add the juice of one dozen lemons, straining out the seeds; bring again to the boiling point and bottle while quite hot.

Cream Nectar—To one gallon of boiling water add four pounds of granulated sugar and five ounces of tartaric acid. Beat the whites of three eggs, and pour into a bottle with a little of the warm syrup; shake vigorously, then pour this into the kettle of syrup, and beat well into it. Let boil three minutes, removing any scum. Flavor with any preferred extract, and seal in bottles for use. When wanted, take two tablespoonfuls of the syrup and put into a tumbler of iced water with one-half teaspoonful of baking soda. Serve at once.

Maraschino Punch—Mix into a bowl one-half pound of fine granulated sugar, one quart of cold water, the juice of two lemons, grate in the rind of two oranges, adding their juice, and half a pint of maraschino. Strain this into the freezer; when nearly frozen, add the whites of four eggs beaten to a froth, and finish freezing. When serving, pour on each glass of punch one teaspoonful of maraschino.

Hot Weather Beverages

Iced Tea—Make a pitcherful of quite strong tea in the usual manner, and strain; set away to get quite cold before time to use it. While still quite hot, and just after straining, add to the tea a pound and a half of nice sugar for each quart of the tea. When ready to serve, pour in glasses containing pounded ice and a slice or two of lemon.

Another — Brew the tea very strong (not by boiling, but by using extra quantity of tea leaves) steep and strain after five minutes; while still hot, fill tall glasses with shaved

or pounded ice, sprinkle in each glass a teaspoonful of sugar, add a slice of lemon and two candied cherries, then pour in the hot tea, allowing room in the glass for the melting ice.

Lemonade—Slice very thin two fresh lemons and put in a bowl with a teaspoonful of nice granulated sugar, pour over it a pint and a half of boiling water, cover closely and let stand until cold, then strain and add to it the juice of four lemons and four well beaten eggs; beat vigorously until thoroughly blended, then serve in tall high glasses.

Iced Coffee—Make coffee in the usual way, but have it very strong and clear. Strain, and add boiled milk and sugar to taste. Or sugar may be added when served. Have the mixture thoroughly chilled, pour in high glasses in which several tablespoonfuls of shaved ice have been placed.

Pineappleade—Crushed or grated canned pineapple may be used, or the fresh fruit may be peeled, sliced and

chopped fine, or grated. Put the pulp in a bowl with the strained juice of one lemon; to one pound of granulated sugar add a pint of boiling water, let boil together for twenty minutes, skimming. Pour this boiling syrup over the fruit, cover closely and let stand for three hours, then strain through a thin muslin cloth, add a quart bottle of soda water to give snap and serve at once. If liked, berries, or blocks of pineapple may be added to the drink on serving.

A paint brush—several of them—and a pot of paint and one of varnish will prove attractive things, if you get the habit of using them. Many things will look "as good as new" if given a new dress. Paints, ready mixed, are cheaper than the scrubbing brush, and a coat of enamel is often a money saver. If you have a home, let it be more than a shed, or a shelter. Beautiful things are a tonic, both to body and soul.

Latest Fashions for Readers of The Commoner



2986—Ladies' Shirt Waist. White linen and large pearl buttons was used to develop this waist. Seven sizes—32 to 44.



3312—Child's Dress. Sheer nainsook, lawn or batiste will all prove satisfactory for the development. Three sizes—1 to 5 years.



3170 — Ladies' Semi-Princess Dress. Any of the spring materials are adaptable to this neat model. Six sizes—32 to 42.



3330—Ladies' Dressing Sack. Nainsook, lawn, batiste or any sheer material may be used for this model. Seven sizes—32 to 44.



3316—Girls' Dress. The pictured design is very daintily developed in any shade of linen or any other material. Four sizes—6 to 12 years.



3331—Ladies' Night Gown. Cambric, lawn or muslin are adaptable to this model. Seven sizes—32 to 44.

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