

to knead. Pour this dough into a well greased pan and cover; let stand in a warm place for an hour, then bake for three-quarters of an hour in a moderate oven.

Tongue and Jelly Salad—To one quart of ripe tomatoes add one slice of onion, one bay leaf, a sprig of parsley and a stalk of celery. Simmer fifteen minutes. Cover one-half box of gelatine with one-half cup of cold water, let stand half an hour; dissolve over hot water, add to the tomatoes, and strain. This may be done with the breakfast fire. Chill small cups and fill with the jelly, and when ready to serve, turn out on slices of tongue; serve with mayonnaise on lettuce leaves.—O. T. M., Illinois.

Whole Wheat Gems—One cupful of white flour, quarter cupful of sugar, three teaspoonfuls of baking powder, half teaspoonful of salt, one cupful of milk, one egg well beaten, one heaping tablespoonful of warmed butter. Sift together thoroughly the flour, sugar, baking powder and salt; add gradually the milk, egg and butter; put in hot buttered gem pans, and bake in a hot oven thirty minutes.

Steamed Graham Bread—Two cupfuls of graham flour, one cupful of sour milk, half a cupful of molasses, half a cupful of seeded raisins and one teaspoonful of soda dissolved in the milk. Put into moulds and steam three hours.

Sweet Yeast Buns—Two cupfuls of light bread sponge that is very light; one cupful of sugar; half a cupful of lard, half a cupful of butter, one-fourth cupful of cold water and a dash of cinnamon. Mix all together in a bowl, add flour to make a stiff dough and knead until smooth. Set in a warm place to rise for several hours. When light, form into balls and place in greased pans about two inches apart. When again light, bake in a moderate oven for forty-

five minutes. Fine for lunch or picnic dinner.—Mrs. E. J. M., Missouri.

Feathers

In many families, the feather pillows are heirlooms, and are kept as such long after they should have been consigned to the place where worn out feathers go. Feathers, like everything else, wear out, break, get dusty and lump into heavy masses, if not attended to and aired regularly. After having been used for many years, feathers are unhealthy, as they have absorbed all sorts of impurities and odors, and while no longer fit for head-rests in bed, they may be renovated and put into new ticking for sofa and porch pillows. Freshly-plucked feathers should not, under any circumstances, be used for pillows. Unless thoroughly dried and carefully attended to, they are prolific breeding places for vermin and are apt to take on an odor that is in no sense healthful or pleasant. They should not be put into ticking until thoroughly cured, cleaned and purified. The day for featherbeds to sleep on is happily past, and should never be revived.

Outside the Rug

Various methods are adopted where the floor left bare by the rug is not in good condition. A width of some carpet of plain color and good quality may be tacked down, and the color must not be obtrusive. There are cotton and wool fillings, plain tapestries, and other kinds that may be used. In some rooms, matting may be used to cover the bareness. Denims in solid dark colors is sometimes used, as it is very inexpensive. A good coating of paint, followed by two or three coats of varnish will answer in most instances.

Our young people of either sex should be taught to do; they need the combination of manual effort with mental work, and real results of importance can not be obtained without this combination of hands and heads. This is being recognized, and the future is bright with promise.

Query Box

Ellis L.—Bathe the sprain in hot salt water, every half hour, and sponge between baths with witch hazel, until improvement shows.

R. S.—For the ridge or shoulder on fruit jars, take any old file and file down smooth with the rest of the surface. Not difficult.

"Toilet"—Lanolin is the fat extracted from freshly clipped sheep's wool; is the basis of many toilet preparations, and is readily absorbed by the skin.

C. S.—House maid's knee is some times cured by keeping the knee bandaged and giving it a rest. If the fluid has to be drawn, it must be done by a skilled surgeon.

Housewife—The bleaching of flour injures its bread-making qualities, affecting both flavor and texture. It is claimed that the bleaching is done by the use of nitrogen peroxide.

Jennie L.—This correspondent says she is constantly admonished not to worry, but as she has real troubles, what is she to do? I do not know. I should like to be able to cut out a few worries, myself.

Lottie D.—The very best soil in which to grow house ferns, begonias and yellow oxalis is to be found in the woods where the native ferns grow rankly. The soil is usually but a shallow deposit of soft, black, rich mellow earth.

E. S.—It is claimed that varnishing matting will cause it to wear longer. If the family forms the habit of lifting the feet and walking carefully, the wear will be decreased. A slovenly dragging of the feet should not be allowed.

H. H.—The best way to raise cel-

ery is to sow the seeds very early in the spring in one's own garden, but the plants can be bought, and should be set out up to the first of August, giving extra good care to the late planting because of the dryness and heat.

Contributed Recipes

Cucumber Sauce—Three-fourths cup of chopped cucumbers, half a teaspoonful of salt, a few grains of cayenne pepper, half a teaspoonful of chopped parsley, one tablespoonful of onion chopped fine, one and one-half teaspoonfuls of tarragon vinegar or lemon juice, and one-fourth cup of whipped cream. Let all but the whipped cream drain through a sieve for an hour, and when ready to serve cut and fold in the whipped cream, add the salt and cayenne just before adding the whipped cream, and heap on molds.—Mrs. LeB., Iowa.

Dried Beef Souffle—Mince a cupful of dried beef as fine as may be and mix with one tablespoonful of finely chopped parsley and the yolks of three eggs; beat well; add the

whites of the eggs beaten to a stiff froth and mix slowly; turn into hot greased soufflé dishes. If the mixture is too dry, add cream.—E. S. M., Missouri.

Don't put cheese, onions, melons, or other odorous articles of food in the refrigerator with other things. The odor will linger even after the things are taken out, and will spoil other foods.

A few yards of table oil-cloth will save a great deal of hard work for the housewife; use it on the pantry shelves; lay a square of it over the unused range; tack a piece on the wall beside the stove; make "plate squares" to lay under the children's plates at table; make bibs for the baby for the summer. It has many uses.

Flannigan—"Phot would yez do if yez lived to be two hundred years old?"

Lanigan—"Oi don't know yit."—Brooklyn Life.

Latest Fashions for Readers of The Commoner



3327—Ladies' Shirt Waist. Lawn, linen or madras are adaptable to this stylish model. Six sizes—32 to 42.



3320—Ladies' Five Gored Skirt. Almost any material may be used to develop this skirt. Five sizes—22 to 30.



3317—Ladies' Blazer Coat. A charming model developed in white serge, Panama cloth or mohair. Five sizes—32 to 40.



3324—Ladies' Shirt Waist. This pretty model is adaptable to linen, madras, lawn or taffeta. Six sizes—32 to 42.



3311—Ladies' Combination Corset Cover and Drawers. Developed in Persian or Victoria lawn, cross-barred lawn or nainsook this model will prove satisfactory. Seven sizes—32 to 44.



3052—Misses' Semi-Princess Dress closing with buttons down the front. This would look very becoming developed in blue linen, trimmed with flat pearl buttons. 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. In ordering patterns give us your name, address, pattern number and size desired. Address THE COMMONER, Pattern Dept., Lincoln, Neb.

WISE WORDS

A Physician on Food

A physician out in Oregon has views about food. He says:

"I have always believed that the duty of the physician does not cease with treating the sick, but that we owe it to humanity to teach them how to protect their health especially by hygienic and dietetic laws.

"With such a feeling as to my duty I take great pleasure in saying to the public that in my own experience and also from personal observation I have found no food to equal Grape-Nuts and that I find there is almost no limit to the great benefit this food will bring when used in all cases of sickness and convalescence.

"It is my experience that no physical condition forbids the use of Grape-Nuts. To persons in health there is nothing so nourishing and acceptable to the stomach especially at breakfast to start the machinery of the human system on the day's work. In cases of indigestion I know that a complete breakfast can be made of Grape-Nuts and cream and I think it is necessary not to overload the stomach at the morning meal. I also know the great value of Grape-Nuts when the stomach is too weak to digest other food.

"This is written after an experience of more than 20 years treating all manner of chronic and acute diseases, and the letter is written voluntarily on my part without any request for it."

Read the little book, "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.