

as some of us seem to love ourself, he would fare poorly. Learn to be good to yourself, in the real sense. It pays. The one person we really know the least about is ourself, and our short-comings. Treat your body as your guest, sometimes, and it will be benefited.

A Woman's Mistake

The quiet fidelity with which a woman will drudge her life away is another of the mistakes which women will do well to avoid in future. It is the daily grind which breaks down a woman's health and spirits and destroys her self-respect without benefiting any one, and the woman who drudges all the time, forgetting that her own interests are at stake, gives up practically everything in life that makes it worth living. It is not necessary, in order to keep her ideals, that a woman should neglect the work nearest her hand, but she can so regulate her life that, while attending to the routine, she can still command a few minutes or hours, during the day in which to recuperate, and to ease the burden to the less tired shoulder. While doing only the imperative, she should look about her and see what she can leave undone. She will be astonished to learn how many useless things she does; how much she could leave undone without jarring a cog of the household wheels. A woman should work for higher aims, and carry her family along with her, and if she fails to realize her ideals, the striving after the better things will have strengthened her so she will work all the easier along the higher lines. Ideals are very elusive.—Twentieth Century Home.

Doing the Imperative

It is always the busiest woman who has the most time; but in order to have the time, she must always be busy about things. Yet there are many things that busy women never find time to do: Probably Catherine Booth, the leader of the Salvation Army, never had time to make ice cream, chocolate cake or chicken salad for the church supper. We never heard that Mrs. Stanton ever gave a nine-course dinner or a bridge whist party; Mrs. Stowe could not have had time to embroider an altar cloth for the famous professor, who, no doubt, may have had to sew on his own buttons occasionally. Many a woman stands wistfully looking at the vision of fame and a fortune that might be a reality to her if she had the moral courage to thrust into the back-ground of her life the things that rightfully belonged there, and to remember that few valuable things ever come to the woman who hesitates.

Renovating

Wash black stockings in weak suds to which has been added one tablespoonful of ox-gall; rinse until no color runs and iron on the wrong side.

Silk handkerchiefs should be washed in salt water and ironed while wet, to make them look well; ribbons can be treated in the same way.

A heaped-up teaspoonful of chloride of lime dissolved in one quart of water will remove the stains of mildew; the cotton should be rinsed in clear water as soon as all the stains have disappeared.

Black serge and cashmere dresses are improved and cleaned by being sponged with this mixture: A tablespoonful of ammonia and one of spirits of wine to three tablespoonfuls of boiling water.

Black silks are much improved in looks by having the dust removed by rubbing with a clean towel, then sponged on the wrong side with the following mixture: A teacupful of

soft water and eight drops of liquid ammonia.

Instead of tossing a veil into a crowded drawer to lie in a tumbled heap until wanted, stretch it carefully over a bit of card-board or other stiff material, like it is kept in stores.

To clean a mackintosh cloak, lay it flat on a board or table, take a brush such as we use for scrubbing clothes, some lukewarm water in a basin and some plain yellow soap. Thoroughly brush the cloak both right and wrong sides until all dirty marks disappear, then rinse thoroughly in two or three cold waters and hang up to dry. Must not hang near a fire, or where it will freeze.

When velvet or plush becomes creased, and the nap matted, dampen on the under side with clear water; then hold the goods tight over the face of a hot flatiron and rub the matted place with a clean clothes brush.

Query Box

(Many of our readers, in asking for information, request that it be furnished through the next issue of the paper from the date of the writer's letter. It is impossible to do this, as the copy of our department goes in some two weeks ahead of date of publication, while owing to immense amount of mail matter constantly pouring into The Commoner office, the mail referred to this department is not at once on my desk. Further, nearly all questions call for careful answering, as we wish to be accurate in our replies, and the authoritative information may have to be gotten from other headquarters filled with busy men and women. Answers will be given as soon as possible. If you do not get an answer in a reasonable time, write again.)

Littleton—The common plantain of the dooryard is the plant referred to, but I can not vouch for its efficacy in the complaint mentioned.

Boatman B.—Both the white and the yellow pitch pine have the qualities of a stimulant, dietetic, pectoral, vermifuge, etc. The bark and gum are both very useful in rheumatism and in lung ailments, and whether as an infusion made from the bark, or pills made of the gum, the effect is beneficial as acting gently on all the secretions of the body.

"A Subscriber," Colorado Springs, wishes to know how to make tomato catsup from pumpkins; vinegar from corn, and what kind of powder is used instead of distilled water in making liquors or drinks. Will some one please answer.

Frances—For the tired eyes, get five cents worth of boric acid, and put a teaspoonful of this into a tumblerful of warm water; stir until it is dissolved. The water should have been previously boiled. Distilled water is best, if you can get it, but the boiled water will do. With a medicine dropper costing five cents, drop a few drops of this solution into the eyes several times a day, or when they smart, bathing them well at night and using the solution. It is perfectly harmless and painless, and will relieve at once and cure if persisted in.

Contributed Recipes

For the Breakfast Cakes—Take clean, fresh corn cobs and cover with water; let them boil until all the coloring is boiled out of them, and that from white cobs should be about like table tea; strain this through a muslin, or milk strainer, add brown sugar as for any other syrup, and boil down until the consistency of strained honey, let stand a day or two, and you can serve maple syrup, though you go no further than the corn crib for the flavor.

Potato Griddle Cakes—Grate two very large raw potatoes (according

to your family), add a cup of flour, a teaspoonful of baking powder, half a teaspoonful of salt and make into a batter with sweet milk. Fry as other batter cakes. A soap-stone griddle is best, but an iron or steel one, if well cared for, is as serviceable. The griddle should be set where it will heat slowly for an hour before using on cold mornings.

Old Fashioned Fruitcake—This cake, after mixing, was allowed to stand for two or three days before baking. Cream together one cupful of brown sugar and one cup of butter; add a cup of sweet milk, four eggs, two pounds of raisins seeded and chopped, one grated nutmeg, a tablespoonful of unfermented wine, and stir in gradually two cups of sifted flour. Beat the mass together well, and let stand in a quite cool place for two or three days. When ready to bake, sift two teaspoonfuls of cream tartar and one teaspoonful of soda together several times with two cupfuls of flour, and stir this into the cake mixture. Bake in a slow oven for two hours.

Sponge Lilies—Drop a large spoonful of sponge-cake batter on buttered tin at intervals so the dough will not touch in baking; bake as other "wafers," and while still hot, roll each little cake together from one side in the form of a calla lily, and fasten in shape with a tooth-pick until cold; when these are to be served, fill with beaten cream that is sweetened and flavored; or with ice cream. The skewers should have been previously removed.

A Good Luncheon Dish

Pressed beef is an excellent standing dish for any use, and need not be expensive, even with the prices now prevailing for beef. It can be made of the coarser, cheaper pieces of meat and if fat is not disliked mingle through it, an excellent and cheap way is to prepare it of the flank, or brisket, or coarse shoulder steak. A piece of chuck, or neck meat may be used by cutting out the bones and bits of gristle, before cooking, or by stewing until tender and then removing. Or, it may be prepared as a sort of corned beef by the following method: Pound together one pound of barrel salt, one pound of bay salt (or the salt can all be alike), one pound of moist brown sugar and an ounce and a half of saltpeter; thoroughly mix these, then rub it into the raw beef, after removing the bones, for ten minutes; then lay it with the salt in a deep pan, and turn and rub it every day for ten days (this for ten to twelve pounds of meat). When the meat is to be boiled, wash quickly in cold water to free it from the loose salt, roll up as tightly as possible and tie securely with tape or a strong cord, put into a stew pan with lukewarm stock or water to cover, an onion, a bay leaf, and a little black pepper; bring it gently to a boil, skim the liquor and draw the pan back and keep just simmering until done, allowing five to twenty minutes for each pound of beef. When perfectly tender, the water should nearly all have simmered away; take the meat up with a skimmer, pick out all bones, if any, and lay in a dish or pan; weight it down heavily, and let remain under pressure until perfectly cold, then remove the weights and bindings, trim the meat neatly, and glaze or jelly over the surface. Slice.

Before frost catches them, gather all your rose geranium leaves and dry them carefully; they are fine for filling sachets, cushions and pillows; cushions scented with dried geraniums are most grateful to an invalid, as the trace of perfume is very delicate, and liked by nearly every one, sick or well.

MRS. DECKER'S STORY

The one woman invited to attend the meetings of the first conference of governors held at the white House in 1908 was Mrs. Sarah S. Platt Decker, of Denver, then president of the General Federation of Women's Clubs, and during her speech to the conference she told this story:

One evening Farmer John came back from his weekly trip to town, half a dozen miles away, and after unhitching his mare, walked over to the pump for his customary scrub, and then joined his son and daughter at supper in the kitchen.

"Sort o' 'pears to me 'stthough I'd 'a' forgot something or other," he remarked toward the end of the meal, as he searched for his tobacco.

"Why, pa, did you get the reel of thread and the pink gingham for my dress?"

"Yep."

"And the crock for butter, and the bag of flour, and the vaniller flavoring?"

"Yep."

"Did ye get the harrer mended and shoe old Jinny?"

"Yep, Sam."

"Well, pa, I don't rec'lect that ye had anything else ye ought to have brought back."

But still pa did not seem quite satisfied. He chewed awhile reflectively, his gaze fixed ruminatingly on space. Suddenly he smote his thigh with a prolonged exclamation: "By gash! It's ma I've forgot!"—Ex.

NEW VERSION

Moving-picture shows remind us, As they flash their scenes of crime, That we'd hate to leave behind us Imprints on the films of time. —Denver Republican.

COFFEE WAS IT

People Slowly Learn the Facts

"All my life I have been such a slave to coffee that the very aroma of it was enough to set my nerves quivering. I kept gradually losing my health but I used to say 'nonsense, it don't hurt me.'

"Slowly I was forced to admit the truth and the final result was that my whole nervous force was shattered.

"My heart became weak and uncertain in its action and that frightened me. Finally my physicians told me, about a year ago, that I must stop drinking coffee or I could never expect to be well again.

"I was in despair, for the very thought of the medicines I had tried so many times, nauseated me. I thought of Postum but could hardly bring myself to give up the coffee.

"Finally I concluded that I owed it to myself to give Postum a trial. So I got a package and carefully followed the directions, and what a delicious, nourishing, rich drink it was! Do you know I found it very easy to shift from coffee to Postum and not mind the change at all?

"Almost immediately after I made the change I found myself better, and as the days went by I kept on improving. My nerves grew sound and steady, I slept well and felt strong and well-balanced all the time.

"Now I am completely cured, with the old nervousness and sickness all gone. In every way I am well once more."

It pays to give up the drink that acts on some like a poison, for health is the greatest fortune one can have.

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.