

and slightly brown, and will keep its shape.

**Baked Apple Loaf**—Make a dough with yeast as for buns; when ready for the last molding, cut into three portions. Have sufficient apples steamed until tender after peeling, coring and slicing. Put a little flour on the board and mould and roll the dough as thin as for pie-crust and fit into a shallow square tin baking pan; place on the tin, and spread with a layer of the tender apples, sprinkle sugar over, then a layer of dough, then a layer of apples, and cover the third layer of apples with the layer of dough, pinch the edges of the dough well together, let the loaf rise till very light, then bake. When done, if the crust seems too hard, cover with a wet napkin and allow to steam before serving. Serve with cream and sugar, or any preferred sauce.

**Reminders**

Coal that is kept in a dry, airy place will burn much longer than when kept in a close cellar. See that the coal sheds do not leak, and save yourself much vexation of spirit trying to start the fire with wet fuel.

Do not neglect the lamps; keep the burners bright and the wicks clean and well trimmed. The best light is none too good. If you can use gas and electricity, one or either, keep the house well lighted. Warmth and light are essential to the attractiveness of the home.

Oxalic acid will remove bad stains, but it is poisonous, and if kept for the laundry should be plainly labeled and placed in a place safe from careless hands. Buy the acid in crystals, put in a bottle and cover with cold water. If part remains undissolved, add water as the solution is used.

Remember the coffee and tea pots to keep them clean. Empty every time they are used, wash out the grounds, fill with water and add a small piece of washing, or sal soda, and let boil for half an hour or longer, then rinse thoroughly, and the next beverage you make will have a fine flavor.

Don't use soap on the paint. Boil

**MORE THAN EVER**

**Increased Capacity for Mental Labor Since Leaving Off Coffee**

Many former coffee drinkers who have mental work to perform, day after day, have found a better capacity and greater endurance by using Postum instead of ordinary coffee. An Illinois woman writes:

"I had drank coffee for about twenty years, and finally had what the doctor called 'coffee heart.' I was nervous and extremely despondent; had little mental or physical strength left, had kidney trouble and constipation.

"The first noticeable benefit derived from the change from coffee to Postum was the natural action of the kidneys and bowels. In two weeks my heart action was greatly improved and my nerves steady.

"Then I became less despondent, and the desire to be active again showed proof of renewed physical and mental strength.

"I am steadily gaining in physical strength and brain power. I formerly did mental work and had to give it up on account of coffee, but since using Postum I am doing hard mental labor with less fatigue than ever before."

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.

a pound of bran in a gallon of water for an hour, letting it just simmer on the back of the stove. Then strain, and use the liquid for cleaning the kitchen, or other wood work, after thoroughly washing with tepid water. This will clean the paint and give the surface a gloss.

Dress skirts should be carefully shaken, cleaned and brushed after wearing before being put away. If the pleated skirt is worn, press it carefully into shape before wearing again. Fold or baste each pleat in place from top to bottom, and iron over a slightly damp cloth on the wrong side. Remember the stitch in time saves more than the proverbial nine other stitches in worry and fret.

**In Choosing a Wife**

The young man should be taught that it is not only a wife he is seeking, for the marriage ceremony can make a wife, in legal terms of any woman; but it is a life companion and helpmate, and the more common sense and judgment the girl possesses, the better. A professional man wants and needs consistency, quiet, enduring love, and untiring sympathy. Many a professional man owes his success less to his own powers than to the untiring love, sympathy and faith of the woman he chooses for his life mate. The qualities essential for this are oftenest found under the crown of dark hair, as there is more stability, and love of home, as well as power and ambition in the dark-haired type. The blonde requires the perpetual incense of admiration, but the dark-haired has the finest character.

**For Butchering Time**

To clean the pork barrel, wash the barrel as clean as possible, scouring it well; then fill with good sweet hay; turn a boilerful of boiling water onto the hay and cover the barrel tightly, leaving it until the water is cold. Repeat this twice, using new hay and new water each time.

To clean coal oil barrels for packing meat in, knock out one of the heads and set fire to a piece of paper thrown in the barrel; the fire will burn with a loud roar. Roll the barrel around so it will burn out even, and when it is burned one-eighth of an inch deep, end the barrel up on its open end, and the fire will be instantly quenched. If it is not charred one-eighth inch deep, turn in about a pint of coal oil, roll around until it is spread all over the inside, and fire again. Then scrape off most of the charcoal and wash again. It is not necessary to burn over one-eighth inch deep. When used, there will be no taste of the oil on the meat. Old, musty or tainted barrels may be treated the same way successfully, by using a pint or so of the oil. Linseed barrels may be treated the same way.

**For Rendering Lard**—Soak the fat taken from the intestines overnight in cold water to remove the blood. In the morning cut it into small pieces and place in the kettle; if you have but one hog, the leaf fat may be put with it. The leaf does not require soaking, but all pipes and the kidneys should be removed. Put over the fire and cook slowly, and stir with a wooden paddle or iron spoon. When the scraps rise to the top and are a rich brown, but not burnt, set the kettle where the lard will cool, and when cool enough, strain through a sieve or colander. When the fat has ceased to drip, place the cracklings in a stout cotton bag and put under weight in a warm place, or press through a squeezer at once. The odd bits of meat from the trimmings and the flabby strip along the edge should be cut into small pieces and rendered by putting into an iron kettle with a little water to start

with, letting boil dry and then cook out the grease, stirring often to keep from sticking to the bottom of the kettle.

**Removing Spots or Stains**

To remove cream spots, first soak the spot in cold water, then wash out with soap and cold water. It may require several applications, but the stain must all be out before ironing.

**To remove Varnish from Linen**—It is claimed that the ugly brown spot made on linen by the varnish of furniture may be removed, even after it has been washed, by applying turpentine; then rub well, and use soap liberally, dipping often in warm water as the stain disappears.

Where black kid gloves have turned white from wear, wet the spots with black ink, applying with a bit of flannel; put a few drops of ink in a small saucer, pour a teaspoonful of olive oil over it, wet the flannel in the mixture and go over the whole glove. Dry in the sun and polish the glove on the hand with a piece of chamols skin.

For delicate fabrics that will not stand much rubbing, or rough handling, corn starch or block magnesia are to be used. The block magnesia comes in hard cakes and must be shaved off before it can be used as a cleaner. Corn starch will do the work as well. If the fabric will stand it, rub the powdered starch or magnesia plentifully in the material and lay it away, rolled up, for a few days, then give a brisk shaking and brushing, and a second application

will rarely be required. If necessary repeat. For laces and the like, sprinkle the powder on thickly, roll the article up tightly and treat as above.

Chiffon and veiling may be cleaned by a bath made of equal parts of alcohol and rain water. Dip the fabric in and out of the liquid until clean, or put both in a glass jar, seal, and shake until clean, then rinse in a second solution of the same, lay between cloths for a few minutes, then stretch with careful pinning, on a towel or other cloth and dry. Do not iron.

**For the Seamstress**

Checked blue-and-white gingham with white piping makes pretty aprons for children.

Buy a skirt pattern with the hip measure right; for a twenty-six inch waist, a forty-three inch hip measure will answer; if too full for the belt, the extra fullness from the hip to the waist can be taken up in the seams, a little in each, rather than all in two or four.

From two and one-half inches to four from the floor makes a good length for the skirt. For dressy occasions it may be much longer.

In circular skirt patterns, the extra fullness around the waist is purposefully allowed in the pattern, and it may be shrunk out after the skirt is finished, thus fitting it smoothly over the hips. Dampen the material and press it over a padded, rounded cushion until the fullness entirely disappears. A little practice will give you the knack.

*'Latest Fashions for Readers of The Commoner*

**8676—GIRL'S DRESS**

Sizes: 6, 8, 10, 12, 14 years. Requires four and three-fourths yards of 24-inch material for the 8-year size.



**8659—BOY'S SUIT**

Sizes: 2, 4, 6 years. Requires three and three-eighths yards of 27-inch material for the 4-year size.



**8707, 8523, 8715 — LADIES' COSTUME**

Waist 8707 and Gulle pattern 8523, cut in sizes: 32, 34, 36, 38, 40, 42 inches bust measure. Skirt 8715 cut in sizes: 22, 24, 26, 28, 30 inches waist measure. Requires seven and one-fourth yards of 36-inch material for the gown, with two and one-fourth yards for the gulle, for the 36-inch size. This illustration calls for three separate patterns which will be mailed to any address on receipt of 10 cents for each pattern.



**8539—LADIES MORNING JACKET**

Sizes: 32, 34, 36, 38, 40, 42 inches bust measure. Requires four yards of 24-inch material for the 36-inch size.



**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.**