

tical for garments where there is difficulty in getting regular laundry work done. One can wash and iron three or four children's dresses in half an hour, as they are to be ironed while wet. White wash silk wasts are useful in the same way, making it easy to have a fresh waist, independent of delayed laundry bundles.

Some Good Dishes

One of our readers wishes to know how to make a dish called "succotash." Almost any kind of beans will answer, but just now, if you have plenty of "shell" beans—beans that are not yet ripe, though full grown, these are the best to use. One cook tells us she uses cranberry beans, and has equal parts of corn and beans. Canned corn may be used, adding it after the salt pork and beans are thoroughly boiled, then let the corn and beans simmer gently together for some time, so their flavor will be blended. Then pour into the mixture as much rich cream or milk as there are corn and beans together, and let cook a few minutes longer.

Another way is to use dried beans and what is sold in stores as "hominy"—after soaking the hominy until soft before cooking. The meats used with the beans and corn is fresh salt pork, but it can be seasoned with butter or cream without the meat. This, of course, is a winter dish, but with green corn and shell beans can be made during the summer.

To harden pickles, take from the brine and wash clean; then, to every gallon of pickles put a small stove-shovelful of clean wood ashes; pour over this enough boiling water (it must be boiling) to cover, and let stand for two hours. Then rinse them, and pour over them more hot, but not boiling, water, and leave all night. They will become as solid as when first pickled; the process of freshening by pouring on hot water, letting cool, draining, then repeating must be kept up until the cucumbers

IT'S THE FOOD

The True Way to Correct Nervous Troubles

Nervous troubles are more often caused by improper food and indigestion than most people imagine. Even doctors sometimes overlook this fact. A man says:

"Until two years ago waffles and butter with meat and gravy were the main features of my breakfast. Finally dyspepsia came on and I found myself in a bad condition, worse in the morning than any other time. I would have a full, sick feeling in my stomach, with pains in my heart, sides and head.

"At times I would have no appetite for days, then I would feel ravenous, never satisfied when I did eat and so nervous I felt like shrieking at the top of my voice. I lost flesh badly and hardly knew which way to turn until one day I bought a box of Grape-Nuts food to see if I could eat that. I tried it without telling the doctor, and liked it fine; made me feel as if I had something to eat that was satisfying and still I didn't have that heaviness that I had felt after eating any other food.

"I hadn't drank any coffee then in five weeks. I kept on with the Grape-Nuts and in a month and a half I had gained 15 pounds, could eat almost anything I wanted, didn't feel badly after eating and my nervousness was all gone. It's a pleasure to be well again."

Name given by Postum Co., Battle Creek, Mich. Read the 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.

are fresh enough for vinegar. If liked, add a little horseradish to the vinegar.

Requested Recipes

Wedding Cake—An excellent cake for a wedding, or any other occasion, can be made by this recipe: Rub to a cream one pound of butter and one of sugar; stir into the soft mixture the well-beaten yolks of a dozen fresh eggs; after these are thoroughly incorporated, beat very hard with a wooden spoon for several minutes, then whip in a tablespoonful of ground cinnamon and a tablespoonful each of powdered allspice and nutmeg. Now whip in the stiffly-beaten whites of the eggs, alternating with one pound of sifted flour; then stir in a wine-glass of unfermented grape juice. Have ready a pound of seeded and chopped raisins, a pound of cleaned currants, and half a pound of citron cut very fine; mix the fruit, dredge it thoroughly with flour, and stir it lightly into the cake dough. Turn the dough into two tins, lined with well-buttered paper and bake in a steady oven—about two hours will be required; cover the cake the first half hour with brown paper.

In making sauces, if there is any doubt in the cook's mind as to whether a flour sauce is or is not cooked sufficiently, let her draw the sauce with a spoon from the sides of the sauce pan; should it leave blank spaces quite clean, it is correctly cooked. A wooden spoon is the best kind to use when making sauces.

An apple and orange salad is made as follows: Slice the oranges, remove the skin and put the pulp into a bowl, mixing the slices with some nice mellow apples sliced thinly; put plenty of sugar in between each layer and mix well; make the salad about an hour before to be used. The oranges give a delicate flavor to the apples.

To prevent cakes from burning on the bottom during baking, grease the tins and sprinkle a mixture of equal parts of sugar and flour before pouring in the batter. This is recommended for gingerbread and sponge cakes. Lard is better for greasing tins than butter.

Housewife's Problems

One of the problems that worry the housewife who has no furnace or coal range is how to dispose of the garbage that every housewife must contend with. This is an especial problem for the "light housekeeper," but if she is careful, she will have little trouble. All scraps, peelings and parings should be rolled in newspaper and put every morning into a basket which either the janitor or some one else can deposit in the garbage can, or furnace, returning the basket. There should be a sink strainer into which everything mixed with water should be poured and allowed to drain into the sink; then the garbage can be put into the paper ready for carrying away. All empty bottles, cans, pasteboard boxes, and package papers should be put by themselves, and may be dumped into the ash receptacle and burned.

When doing the dishes, wipe out all greasy plates, pans, skillets, or pots with newspaper before washing, thus keeping the grease out of the drain pipes. Always keep a large wire strainer over the drainpipe of the sink, and into this pour all waste water, dish water, and water in which vegetables have been washed or peeled. This will leave the trash dry, and it can be dumped into the stove, or garbage can, or wherever it is you throw things. It will also keep the drain from clogging. If you want to use the sink for washing purposes, fold a cloth and lay over the drainage hole, and invert a saucer or small plate over it to hold the cloth

down. You can then run the water in the sink and use it for washing dishes, clothes, or for any purpose of the kind.

Here is a mixture said to take ink stains out of the colored dresses of the school children, either cotton or wool, without injuring color of the material: Equal parts of alum and cream tartar; mix and moisten with water and spread it on the spots; repeat until the spots disappear. Lemon and salt are excellent for removing spots from white goods used in the same way, but will take the color out of other goods.

Household Hints

For getting rid of rats, this is recommended: Put on a bit of board a tablespoonful of dry lye or potash; mix enough molasses with the lye to moisten it, then pour just a little more molasses over the top of the heap. It is claimed that rats love molasses and will eat the mixture unknowingly and hurry for a drink of water, which will liquify the lye and they will die immediately. See that the dish of water is close at hand for them. It is said that this is the method pursued on a farm, and the farm was rid of rats in a very short time.

For making a good soap for home household uses, when you have six pounds of fat buy one ten-cent can of any good lye and follow directions on the label for soap making; always stir until all the ingredients are well

mixed; stir until the mixture is of the consistency of cold molasses; the directions on the label say ten minutes, but if necessary, stir twenty minutes; then pour into a large, wide dripping pan and set away to harden and cool. In two or three days, cut in bars. For any cleaning uses, this soap answers, but for the laundry, a good brand of manufactured soap is the safest.

Every one should have several coat hangers for use in caring for coats, jackets, waists and gowns. They are inexpensive, many excellent ones selling two for five cents at the ten-cent stores, or at the notion counters in department stores. Skirt hangers are also a good investment, as the skirts will hold their shape perfectly, and several hangers can be hung on the same nail. For trousers, the pant-holders are invaluable, keeping the garment without stretching or mis-shaping.

For the Complexion

Here is a safe, simple and inexpensive treatment for a poor complexion, warranted to be effective if continued long enough: Put a heaping tablespoon of fine oatmeal (not rolled oats) into a tumbler of cold water, stir well and let stand over night. In the morning, stir well and let settle again, then drink the clear part. Continue this every morning for three weeks, and it is claimed it will do wonders for the complexion. Bleach from the inside out.

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