

the pork, slice the potatoes and carrot; add a spoonful of tomato, a cupful of any good stock, a pinch of pepper and one tablespoonful of butter, and cook for half an hour in oven.

Escalloped Squash—Cut crook-neck squashes into slices, peel and boil in salted water for fifteen minutes. Drain, and put into a baking dish in layers, seasoning each layer with sugar, grated nutmeg and bits of butter; pour over it half a cupful of water and bake one hour, serving from the baking dish.

Tomato Butter—Cook ripe tomatoes, season as for the table, and put through a colander to remove the seeds; take an equal amount of sour-apple sauce well cooked and add it to the tomatoes, sweeten slightly, and let boil until the mixture begins to thicken. Be careful not to scorch, stirring all the time; put into jelly glasses, let get cold and cover with paraffine. Serve with meats.

Corn Custard and Tomatoes—Take one cupful of corn freshly cut from the cob; beat together with four eggs, a pinch of red pepper, a teaspoonful of salt, a few drops of onion juice and one cup of sweet milk. Beat this lightly together, pour into small molds and bake until brown on top. Just before it is served, take large, firm tomatoes, either ripe or just turning, cut into thick slices and broil them, salting them slightly. Cook them in a skillet, using a very little butter for broiling or frying. Leave plenty of juice on them; they should not be cooked until mushy or shriveled. On top of each of the slices serve the corn molds, and pour over all a sauce

"GOOD STUFF"

A Confirmed Coffee Drinker Takes to Postum

A housewife was recently surprised when cook served Postum instead of coffee. She says:

"For the last five or six years I have been troubled with nervousness, indigestion and heart trouble. I couldn't get any benefit from the doctor's medicine, so finally he ordered me to stop drinking coffee, which I did.

"I drank hot water while taking the doctor's medicine, with some improvement, then went back to coffee with the same old trouble as before.

"A new servant girl told me about Postum—said her folks used it and liked it in place of coffee. We got a package but I told her I did not believe my husband would like it, as he was a great coffee drinker.

"To my surprise he called for a third cup, said it was 'good stuff' and wanted to know what it was. We have used Postum ever since and both feel better than we have in years.

"My husband used to have bad spells with his stomach and would be sick three or four days, during which time he could not eat or drink anything. But since he gave up coffee and took to Postum, he has had no more trouble, and we now fully believe it was all caused by coffee.

"I have not had any return of my former troubles since drinking Postum, and feel better and can do more work than in the last ten years. We tell everyone about it—some say they tried it and did not like it. I tell them it makes all the difference as to how it's made. It should be made according to directions—then it is delicious."

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.

made of cream and butter heated together.

Sore Throats

These simple remedies are said to be efficacious when used in the early stages of sore throat:

Pour a pint of boiling water on thirty leaves (dried or green) of the common garden sage and let stand where it will keep hot, but not boil, for an hour, then add vinegar to make it pleasantly acid, and sweeten with honey. Gargle the throat twice a day with this. If swallowed, no harm is done, but it is the throat, not the stomach, that is to be treated.

A tablespoonful of glycerine in hot milk is claimed to stop the most violent fit of coughing if taken slowly. Equally simple and quite as effective is the use of glycerine and water sprayed through an atomizer; mix glycerine with three times its bulk in boiled and cooled water, and spray for influenza, cold in the head, sore throat, and like troubles.

For the hacking, distressing cough the little ones (and often the big ones) suffer from at night, nothing is better than a cloth wrung out of quite cold water, laid on the throat and covered with a dry cloth. This seldom has to be repeated, but if the cough does not cease at once, wet the cloth again in cold water, cover with the dry, and take comfort. A cold compress, as cold as possible, wrung out and laid on the chest and throat, covered closely with a warm, dry one, is splendid for all colds that carry fever with them, and cause sore lungs and coughs. The cloth must be wet with cold water, then closely covered with a dry cloth—flannel is best—and kept covered until warm, then quickly removed, again wet and replaced. Try it. This will take the fever out, and relieve the membranes. Water, properly applied, hot or cold, as the disease indicates, is one of the quickest, safest and simplest remedies for many ailments.

Removing Spots and Stains

One must act cautiously, feeling the way in regard to the strength of the solutions to be used on fabrics, as what will cleanse one may damage another. Lime, lye and other alkalies will give way to a weak solution of citric acid, applied drop by drop, spreading carefully over the discoloration with one finger; the solution must be extremely weak at first, increasing the strength according to the effect obtained. All discolorations from the effects of acids must be treated in exactly the same manner, but using a solution of hartshorn, or ammonia. Sour fruit stains may be removed by the ammonia method. Each drop must be immediately rinsed off with a wet rag before allowing another drop to fall, so as to stop the application as soon as the desired effect is obtained.

Lukewarm water and fine soap may be used on fast-colored woollens, while tar and wagon grease must be scraped off carefully, then the stain rubbed well with clean lard, then soaped and allowed to lie for an hour or more, afterward washing alternately in water and turpentine.

Silk goods can usually receive the same careful treatment accorded to woollens; a weak solution of benzine, ether and fine soap will generally remove fats. Turpentine should be used only on black silks. Holding the spot or stain under a hydrant that has a forceful flow of water will often remove the stain, if let strike on the wrong side of the cloth. To avoid leaving an outline ring on the goods, rub with a soft cloth while drying.

It is well to remember that alkalies must be treated by diluted

acids, while acid stains require ammonia, or hartshorn, as it is sometimes called. It should not be used too strong, but well diluted. A bottle of household ammonia should be in every laundry, for its uses are legion, while the cost is small.

Christmas Decoration

The holly, with its glowing crimson berries, is the emblem of the closing year, and wreaths of this, or imitation of the same, can be made very nicely, where the natural branches can not be had. Make the holly leaves of green tissue paper, twisting each thorny point between the moistened thumb and finger; scraps of crimson tissue rolled around pellets of cotton will answer for berries. Get some natural twigs of any kind of shrub, for the stems; attach the berries and leaves by winding with narrow strips of green. Cut out rings of cardboard like large doughnuts, as large as you want, and cover both sides with green. Paste the holly twigs on one side of the foundation to form a flat wreath; finish by attaching a loop of red tissue paper, or real ribbon, if you like. These may be hung any where wanted.

Instead of the foolish, worthless toys so often given the children at Christmas time, try to give them something "worth while;" on the ten cent counters are many things that they would value, and that would

please them at the time. For the older ones, many things can be had of real service, as well as pleasure, for twenty-five cents that would be many a boy would appreciate some toilet article, or a good, serviceable tool. Don't put off too late the gathering together of your remembrances. Few things are more tiresome than belated Christmas shopping.

For the Housewife

Keeping Grapes Fresh—Select bunches of perfect grapes and see that no defective grape is among the berries; carefully remove all spider-webs, and dust, but do not wash the fruit. Wrap each bunch carefully in dark-blue tissue paper, twisting the ends closely together so as to exclude the air, then pack away in a box or basket, keep in a cool, dark place and cover closely. Treated this way, grapes may be kept fresh until February, or later.

For the Sore Throat—Grate the yellow rind from one lemon and squeeze out the juice letting it drop over two heaping teaspoonfuls of sugar. Grate only the yellow rind, as the white is bitter. Add the juice and the grated yellow rind of one orange, and let stand about fifteen minutes, then strain through a cloth; the result will be a syrup with a delicious taste which will quickly assuage the irritation in the throat. No water is to be used.

LATEST FASHIONS FOR COMMONER READERS



9284

9301—LADIES' COSTUME

Cut in five sizes, 34, 36, 38, 40 and 42 inches, bust measure. It requires 6 1/2 yards of 36-inch material for a 36-inch size.



9301

9284—LADIES' NIGHT DRESS

Cut in three sizes, small, medium and large. It requires 6 1/2 yards of 36-inch material for the medium size.



9300

9300—LADIES' SKIRT

Cut in five sizes, 22, 24, 26, 28 and 30 inches, waist measure. It requires 3 1/2 yards of 44-inch material for the 24-inch size.



9289

9289—CHILD'S ROMPERS

Cut in four sizes, 2, 4, 6 and 8 years. It requires 2 1/2 yards of 36-inch material for the 6-year 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 is 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of over 400 seasonable styles for ladies, misses and children, mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired.

CATALOGUE NOTICE—Send 10c in silver or stamps for our up-to-date 1912-1913 Fall and Winter Catalogue, containing over 400 Designs of Ladies' Misses' and Children's Patterns.

Address **THE COMMONER**, Pattern Department, Lincoln, Nebraska