

rapidly to blend. Apply with a woolen cloth, a little at a time, rubbing until the polish appears.

For cleaning brass, copper and steel, use a pound of tripoli mixed with cold water to form a dough, then put in a glass and cover to keep out the dust; apply with a wet cloth, let dry a moment, then polish with a dry cloth.

For cleaning glassware, nickel, mirrors, or tinware, take spanish whiting, and wet with cold water to make a thick paste; wet only what you intend to use at the time. Rub this over the article to be cleaned, then let dry; then go over it with another cloth, dry, and polish well. The dirt will come off with the whiting, and the polish will be very brilliant. This is fine for window glass, as no water is used, and the hands are not wet.

For filling floor cracks, mix wheat flour and linseed oil to the consistency of paste; fill into the cracks by applying with a knife blade—a putty knife is excellent for this. Smooth the surface level with the floor boards, and let dry, then paint or stain the floor as liked.

Making Cider Vinegar

Only sound, ripe apples should be used for making cider, avoiding dirty fruit, or washing it before pressing. Use only the juice from the first pressing, place in clean barrels which have been well scalded or steamed to destroy any germs. Do not fill the barrels full, and do not tightly cork, as the free access of air is necessary. In ordinary cellar temperatures the first stage, the alcoholic fermenta-

NO MEDICINE

But Change of Food Gave Final Relief.

Most diseases start in the alimentary canal—stomach and bowels.

A great deal of our stomach and bowel troubles come from eating too much starchy and greasy food.

The stomach does not digest any of the starchy food we eat—white bread, pastry, potatoes, oats, etc.—these things are digested in the small intestines, and if we eat too much, as most of us do, the organs that should digest this kind of food are overcome by excess of work, so that fermentation, indigestion, and a long train of ails result.

Too much fat also is hard to digest and this is changed into acids, sour stomach, belching gas, and a bloated, heavy feeling.

In these conditions a change from indigestible foods to Grape-Nuts will work wonders in not only relieving the distress but in building up a strong digestion, clear brain and steady nerves. A Washington woman writes:

"About five years ago I suffered with bad stomach—dyspepsia, indigestion, constipation—caused, I know now, from overeating starchy and greasy food.

"I doctored for two years without any benefit. The doctor told me there was no cure for me. I could not eat anything without suffering severe pain in my back and sides, and I became discouraged.

"A friend recommended Grape-Nuts and I began to use it. In less than two weeks I began to feel better and inside of two months I was a well woman and have been ever since.

"I can eat anything I wish with pleasure. We eat Grape-Nuts and cream for breakfast and are very fond of it." Name given by Postum Co., Battle Creek, Mich.

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.

tion, should be complete in five or six months, but by storing in warmer quarters, and by the use of yeast, the time can be considerably shortened. The second stage, the acetic fermentation, may be hastened by heat and by the use of a good "starter" of "mother," or sharp vinegar. When the required acidity is reached, the barrels should be filled to the bung and corked tightly to avoid undesirable fermentation. Bulletin 258, issued by the Agricultural Experiment station, Geneva, N. Y., gives much valuable information along these lines. It would be worth while for our readers to write for the literature issued by their state experiment stations, and by the Department of Agriculture, Washington, D. C.

Query Box

Edward M.—A battleship is said to cost about \$15,000,000, and unless destroyed sooner, may be fit for service for about ten years.

C. J. S. asks for information about raising mushrooms in a cellar. If he will write to Department of Agriculture, Washington, D. C., asking for printed matter on the subject, he will doubtless get what he wants.

K. M.—It is claimed that in pruning many kinds of trees, where branches of any size are lopped off, the stump should at once be painted over to prevent cracking and admitting moisture, as such places have a tendency to decay, and weaken the tree.

Anxious Housewife—To stop the rotting of Irish potatoes in the cellar, do not keep it too warm, and be sure to sprinkle plenty of air-slacked lime among the tubers. Cover lightly to keep dark.

Mrs. Ella L.—The rhubarb roots should be lifted every three or four years, divided into small roots and re-planted. You can not use too much well-rotted manure in the ground—the richer, the better the stalks grow.

F. K.—I never have heard any one complain against toads in the cellar or garden. Most of people think them the best of insect exterminators. It is said that in the house, they will exterminate roaches, but I can not vouch for it.

"Johnny Karew"—Leaves should be raked up and used for bedding for animals, and about the lots where animals are herded. Leaves absorb a great deal of moisture, and are very valuable in the manure heap. You can hardly have too much manure about a farm. After light snows, while damp, is a good time to gather them.

Alice M.—For gumarabic starch, put one-fourth ounce of the best white gum in a large-mouthed bottle, and cover with a pint of water. Set the bottle on a cloth in a pan of water over the fire to dissolve, stirring until it liquifies, then strain through a clean cloth and bottle for use. Good for stiffening laces.

Some Good Recipes

Pot Roast—Four pounds of the round of beef will make a fair sized roast. Have a couple of tablespoonfuls of fat in a deep pot heated to smoking; lay the meat in the hot fat and turn it about freely to insure searing on all surface; when well seared, pour over it a quart of boiling water containing two tablespoonfuls of vinegar; chop up a tomato, two onions, two stalks of celery, two bay leaves, a carrot or two and a few leaves of sage if liked, and add to water. Cover the kettle closely and cook for three hours, turning several times. Let the water boil down, but not sufficiently to scorch the meat, and when a fork will easily penetrate the thickest part, lift out into a dripping pan, rub with butter, dredge with flour, salt and pepper, and brown in a quick oven for half an

hour to form a slight crust over the meat. If too much fat is in the kettle, skim a portion out, add a little water if necessary, thicken with a little flour, let boil up once, then serve the gravy with the meat.

Dumplings for Meats—Many cooks fail with dumplings from letting the mixture stand after it is blended, or from letting the water under them get below the boiling point. Mix and sift two cupfuls of flour and four teaspoonfuls of baking powder and one-half teaspoonful of salt. Work into this three teaspoonfuls of butter, using the tips of the fingers, then add gradually three-fourths of a cupful of sweet milk; put out onto a floured board and without working, roll out to half an inch thick; cut in any shape desired, or in strips, dip in flour and lay the pieces close together in a well-greased steamer; set this over a kettle of boiling water, cover closely and steam for fourteen minutes; keeping the water below rapidly boiling. Serve as soon as possible with portions of meat.

What You Want to Know

Rusty steel knives should be cleaned with a flannel dipped in paraffin, then pushed up and down in garden soil or turf until the rust is removed.

After washing white silk, do not expose it to the air, as this yellows it; when rinsed thoroughly wrap in a large cloth and let lie until ready for ironing—a half hour or so;

colored silk treated in this manner is not so apt to fade.

Household wall pockets should be finished with rings by which they may be hung on hooks instead of tacked or nailed to the door. Large eyelet holes may be worked in the top, and these hung on small hooks or nails, and they are readily removed for washing. Every closet door, and some not closet doors, should have a set of these handy pocket-bags for holding the necessary odds and ends that are always wanted, and always getting lost. Pockets for the kitchen can be of excellent service to the housewife, holding dusters, and cleaners, holders and pans. Strong cloth is better than oil-cloth, and can be washed when soiled. Oil-cloth is usually poor and will crack and become unsightly.

To Keep Cider Sweet

A correspondent says: Draw off the cider immediately (after being made) from the barrel (say forty gallons, wash the barrel thoroughly, strain the cider through two thicknesses of cheese cloth, pour it back into the barrel and suspend a muslin bag holding four large tablespoonfuls of white mustard seeds from the bung-hole so the bag just reaches the center of the cider. If one desires to prepare only large jugs of cider, then one teaspoonful to each will be sufficient. In this way the cider will not change to vinegar, but will continue to improve in flavor all winter.

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