

any desired perfume. This lotion is for the hands after washing, and before retiring at night, or going out in the wind. There should be a jar of just plain vaseline, and in case the hands become very much soiled, use this, or clean lard, rub them well together to soften the dirt, leave for a few minutes, then brush with a good soap and warm water; scrub well, and if needed, repeat the greasing, and then the washing, rinse well and dry. For stains on the hands and fingers, use the lemon juice; the pumice will smooth down any callous, the olive oil will keep the nails in good condition, while, in case soap does not agree with the skin, the almond meal is quite as cleansing. Corn meal, moist with vinegar, to be used after the washing with soap, is both cleansing and healing. Where much soap is used, the natural oil is taken out, and the skin shrivels and wrinkles. A little fine oatmeal is as good as soap for cleaning. A very inexpensive cold cream, "as good as the best," is made with just plain, old-fashioned mutton tallow, with a little glycerine beaten into it while warm—a tablespoonful of the glycerine to a teacupful of the oat meal.

Many of our country readers complain they can not get the oat meal, but must take the rolled oats. Any large grocery store will sell you the oat meal, which, by the way, is much finer for porridge than the rolled oats. Oat meal is not rolled oats, but the rolled oats will clean the skin if soaked in water until the milk is out in the water.

**Some Christmas Candies**

I hope you have not forgotten how I told you to make the foundation for the expensive cream candies that would cost you more money than many of you can spare if bought at the stores. When making the foundation, you can color portions of it pink by adding to one a little raspberry or currant, or other fruit juice that you can get from a jar of canned fruit; or you can use a little cochineal; another portion may be a pretty green by bruising some nice spinach leaves and pressing the juice out through a piece of cheese

**A FRIEND'S ADVICE  
Something Worth Listening To.**

A young Nebraska man was advised by a friend to eat Grape-Nuts because he was all run down from a spell of fever. He tells the story: "Last spring I had an attack of fever that left me in a very weak condition. I had to quit work; had no appetite, was nervous and discouraged. "A friend advised me to eat Grape-Nuts, but I paid no attention to him and kept getting worse as time went by. "I took many kinds of medicine but none of them seemed to help me. My system was completely run down, my blood got out of order from want of proper food, and several very large boils broke out on my neck. I was so weak I could hardly walk. "One day mother ordered some Grape-Nuts and induced me to eat some. I felt better and that night rested fine. As I continued to use the food every day, I grew stronger steadily and now have regained my former good health. I would not be without Grape-Nuts as I believe it is the most health-giving food in the world." 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.

cloth; a pretty yellow is made by a few drops of very strong saffron tea—just make the tiniest bit of the tea; a pale cream color, or a brown, results from stirring in a little melted chocolate, the color depending on the amount of chocolate used.

Then, by mashing or finely grinding nut meats and working some of them into each portion of the fondant, or even sprinkling the nutmeal over the fondant when you roll it out into sheets, laying the sheets together and gently passing the rolling pin over them, to press them together, you will have a delicious "ribbon" or layer candy. Or, after rolling the sheets out and spreading the nutmeal over the sheet, cut into shapes to suit, spread on top of each shape a layer of marsh mallow (melted), and put a bit of preserved fruit on it, and it will be so good and so pretty that you will want to make more.

Here is another layer candy that you will like: To make the white layer, take two cupfuls of coffee A sugar, one cup of cream or rich milk, a piece of butter the size of a large hickorynut; put in a pan and boil until it forms a soft ball, when in cold water—not sticky; then add flavoring, nuts, candied fruits cut into small pieces, and whip until it is like cream; turn into a pan and smooth the top with a knife wet in cold water. For the pink layer, use the same proportions, but using light brown sugar instead of white, and before beating, drop in a little fruit juice. After this has been beaten to a cream, prepare the brown layer by using maple sugar, or dark brown, or a very little chocolate may be used for coloring.

Lay the sheets of cream candy on top of each other and smooth the top off nicely; put in a cold, damp place so that the candy will not harden, and when wanted, slice as you would cake or bread. Or, you can slice it and wrap in paraffine paper.

**Boning Fowls and Fish**

As the festival season comes nearer, these requests reach us from several quarters for methods for boning fish and fowl. We have given all of them in previous issues of the Home Department, but there are always new readers. Here they are:

For boning Fish—To remove the bones from either salt or fresh fish, while raw, take the headless fish in the left hand (salting the fingers so it will not slip), split down the back; with the right thumb carefully push the meat from the flesh side of the back bone, then gently force the thumb between the backbone and the skin of the fish, from head to tail; then gently pull sideways, and the ribs adhering to the back bone will come away with it. The remaining bones can be removed by catching them between the thumb and the blade of a knife. Salt fish must be freshened before boning to make them soft.

Boning a Bird—The bird or fowl should be fresh killed, dry-picked and not drawn. Singe, remove pinfeathers, head and feet, and the wings cut off close to the body; lay the bird down on a board, back up. Begin at the neck, and with a sharp knife cut through the skin and the entire length of the body; scrape the flesh from the backbone until end of one shoulder-blade is found; scrape the flesh from the shoulder-blade and continue around wing-joint, cutting through tendinous portions which are met with, then bone the other side in the same way. Scrape skin from the backbone the entire length of the body, working across the ribs. Free the wish-bone and collar-bones, at the same time removing crop, gullet and wind-pipe;

continue down the breast bone, being very careful not to break the skin, as it lies very near bone, or to cut the delicate membranes which inclose the entrails. Scrape flesh from second joints and drumsticks, laying it back and drawing off as a glove may be drawn from the hand. Withdraw the carcass and entrails and put the flesh in its original shape. A little practice will be required to do this perfectly, but it pays to have the practice.

**Information Wanted**

Will some one kindly furnish this department with the second verse (or the whole poem) of the little nursery rhyme beginning "Baby is going to By-low-land, Going to see the sights so grand," and oblige Mrs. N. P., of Kansas.

We have calls for the names of the "best book of general information for use by a professional cleaner and scourer;" also, for the best (or a very good) book of reference, recipes and directions for the mechanic, farmer, or "general utility" man or woman about a farm homestead, or for a large town. Will some one who knows please send information to be passed along.

Another book of instructions and general information along his line of work is called for by a laundryman. I have two requests for this.

Several of our girls ask for a plainly written book on home sew-

ing and millinery. Another wants "the very best book on etiquette that an awkward, ignorant, but ambitious girl can have."

I hope we shall have many prompt answers to these requests, and I am sure we shall, judging from the kindness of our readers in this respect heretofore, and both the inquirers and the Home department will be thankful for same.

Other letters and queries have been answered through giving the desired information in different articles, or by personal letters.

One friend asks what we charge for answering queries, and how many queries will be answered. The answering is done gratuitously, and any information asked for is supplied on the same terms, if we can get it. Ask anything you want to know, and we shall do our best to help you over the difficulty.

**Odds and Ends**

If silverware or the plated kind has become very dirty, clean by rubbing with paraffin, using a soft flannel cloth. It is said that salad oil applied in the same way, will remove dark stains from silver.

When ripping up garments for making over, if you take a piece of coarse cloth, like toweling, dampen it and rub briskly over the seams with a little pressure, the bits of thread will readily come out of the cloth.

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