

days, then strain and bottle the liquid for use. A little of this poured on stains of grease, pitch or oil will remove them. As soon as they disappear, wash in clear water.

Contributed Recipes

A Good Corn Bread—This may seem a little troublesome, but the result is satisfactory. Carefully follow the recipe. Beat two eggs until light, yolk and white separately; to the yolk add two tablespoonfuls of sugar, one quart of sweet milk, one pint of sifted corn meal, as freshly ground as possible, sifting with the meal two teaspoonfuls of baking powder and half a teaspoonful of salt. Finally stir in the beaten whites of the eggs, pour into a greased biscuit pan and bake in a quick oven. The batter will be thin, but if carefully prepared bakes well and makes a delicious cake. There may be a streak of custard running through one portion, as slight variation of the oven temperature may cause it to bake more evenly at one point than another.

Careful measuring is a most important part of cookery. The woman who "guesses" and apparently never measures, may, or may not, succeed, but if she does, it is because long practice, or an experienced eye gives her the power to measure unconsciously. Another thing is to follow directions explicitly. If the recipe reads "sift flour and baking powder together four times," do as it says; if it reads, "Beat whites and yolks separately," it won't do to beat them together. If you are told to use two eggs, don't use any more, no matter how full your egg basket may be; if you are told to use four eggs, a less number may spoil the outcome. There is always one right way, and if you "go by guess," mix up the measures to suit yourself, don't blame the recipe if you fail.

Right now is the time to buy white goods, such as table and bed and toilet linen, at the January white-goods sales. You may pick up some excellent bargains if you are

STEADY HAND

A Surgeon's Hand Should be the Firmest of All

"For fifteen years I have suffered from insomnia, indigestion and nervousness as a result of coffee drinking," said a surgeon the other day. (Tea is equally injurious because it contains caffeine, the same drug found in coffee).

"The dyspepsia became so bad that I had to limit myself to one cup at breakfast. Even this caused me to lose my food soon after I ate it.

"All the attendant symptoms of indigestion, such as heart burn, palpitation, water brash, wakefulness or disturbed sleep, bad taste in the mouth, nervousness, etc., were present to such a degree as to incapacitate me for my practice as a surgeon.

"The result of leaving off coffee and drinking Postum was simply marvelous. The change was wrought forthwith, my hand steadied and my normal condition of health was restored." Name given upon request. Read the famous little book, "The Road to Wellville," in pkgs. "There's a reason."

Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown.

Instant Postum is convenient; there's no waste; and the flavour is always uniform. Sold by grocers—50-cup tin 30 cts., 100-cup tin, 50 cts.

A 5-cup trial tin mailed for grocer's name, and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Creek, Mich.

a judge, and look for quality as well as "bargains." One must "shop with sense," and learn to discriminate as to the worth of what is offered.

Overhauling Things

The winter days are fine for overhauling all the boxes, bags and closets, sorting out all garments that will pay for making over, ripping apart, cleaning, pressing and folding the pieces, ready for the spring sewing. Many things may be made over ready for wear now, and thus relieve the rush when the clothing must be put to use. By this preparatory work, you will know pretty well what you will have to buy new, or what goods will be necessary for combination.

Gleanings

In place of the time-honored spring blood-purifier, sulphur, the modern physician highly recommends phosphate of soda, and this is said to have a wonderful effect in clearing muddy complexions. The phosphate (a powder in fine crystals) may be had of any druggist, and we are told that it is harmless and perfectly safe to take at any time—a tablespoonful in a glass of hot water before breakfast every morning until improvement of the skin is noticed. Hot water dissolves the phosphate crystals at once, and the system absorbs hot water more quickly than cold; the drink is pleasanter to take while hot. The effervescent soda is more palatable, but twice as expensive, and no more effective than the plain.

An exchange says: "The young man who asks a young woman to take an automobile ride with him, then waits until after dark before coming for her, should find the young woman indisposed. It is all the more objectionable where there are several young men who invite an equal number of young women. A girl may be poor in purse, but if she holds her self-respect, she is rich—self-respect is worth more than any amount of money. The papers are full of disgraceful stories of the abuse of trust which these young men are guilty of, especially where the man has money, and the girl nothing but her own self-respect. With a man who does not like to be seen with you in daylight, the country roads and an automobile are anything but a safe pleasure for the young girl.

For the Cook Lady

A great improvement will be noticed in the doughnuts, if as each cake is taken from the kettle after frying, it is dipped quickly into a pot of boiling water and at once taken out again. Just a quick dipping in and out. Then roll it in powdered sugar. The nut will be free from grease and much more wholesome than treated in the usual way.

A wholesome, healthy salad is made in this wise: Chop some solid white cabbage very fine, or shred it; make a dressing as follows: Five tablespoonfuls of olive oil, one tablespoonful of vinegar, with salt and pepper to taste. Mix the salt and pepper first with a few drops of the oil, then add the rest of the oil and vinegar alternately, beating well. Masticate the cabbage thoroughly.

Dutch Onion Pie—Fry seven sliced onions in a little butter until a light brown; then add half a cup of sweet milk, and half a cup of cream; season to taste with salt and pepper; thicken with one beaten egg first, then one tablespoonful of flour mixed in a very little milk. Have a rich pie crust ready in deep tins; pour the mixture in the crust, dot with butter and bake. Serve with cold meats.

Plain rice should be cooked tender

and well salted, and with it a cream sauce should be served; the sauce should be made by grating parmesan cheese and stirring it into the rich white sauce, made in the usual way, while the sauce is hot. Dry, thin toast is served with this dish.

Soft Molasses Cookies—One cup of molasses, one tablespoonful of ginger, one teaspoonful of soda, two tablespoonfuls of warm water or milk, one-third cup of butter, or equal parts of lard and butter, and flour to mix a soft dough. Put the molasses in the mixing bowl, and sift into it the ginger; dissolve soda in the water or milk and stir it into molasses, add the lard, flour enough to make the dough, roll and cut into shapes and bake in a quick oven.

Odds and Ends

For Frozen Plants—As soon as you notice that a plant is frosted, pour cold water over it, or plunge the top in cold water. This will bring the frost out onto the outside then place the plant in a cool, dark room and carefully cover with paper to exclude the light. The ice will slowly melt and leave the plant all right, unless the plant is a very tender one. Keep in the dark and cold for two or three days.

Every part of the egg is of value in medicine. The shell of the egg ground very fine, is used as an anti-acid, in preference to chalk in

stomach troubles. The white of the egg is an antidote in case of poisoning with strong acids or corrosive sublimate; the poison will unite with the albumen, and if the whites of the egg be swallowed quickly in poisoning by these substances, the albumen will combine with the poison and protect the stomach. An astringent poultice for the eye is made by rubbing a piece of alum in the white until it coagulates, making alum curd. The yolk is good in dyspeptic ailments.

A Good Relish—Two tablespoonfuls of grated horseradish stirred in half a cupful of whipped cream, with a few drops of vinegar or lemon juice, mix this well, and serve with fish or meats, particularly with roast beef.

Pumpkin Patties—Line patty-pans with a rich crust and fill with this mixture: One and one-half cups of stewed, and sifted pumpkin, half cup of sugar, one cup of rich milk, two beaten eggs, two tablespoonfuls of molasses, two tablespoonfuls melted butter, one teaspoonful each of ginger, cinnamon, and a scant half teaspoonful of salt. Beat the mixture thoroughly with an egg-beater, pour into the pastry-lined patty-pans and bake about twenty minutes. If the oven is too hot for the patties, set a pan of water on the bottom. The above amount will be sufficient for one pie, which should bake moderately about an hour.

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