

tended to as often as the need of the lubricant becomes evident. If the household machinery is kept well oiled, clean, and under shelter, it will last longer, do better work with less strength, and be a saving in many ways. If the rollers of the wringer become dirty, rub them with a cloth saturated with coal oil, then wash well with soap and hot water. The wringer rollers should be loosened before putting away, to preserve the rubber.

Unless one has access to unlimited supplies of fresh horse manure, it is hardly possible to grow mushrooms to any extent. Like everything else, to succeed with mushroom growing, one must make up the mind to work, and work hard and intelligently. The alluring prospects of great wealth from this source held out by parties advertising the spawn for sale should be treated with due circumspection. If you buy, get your spawn from reliable parties; but make up your mind that you will have to run risks, work hard, face failures, and often suffer losses, just as in any other enterprise. Mushrooms do not bring any very great price, judging from the cost, and if you happen to find yourself not adapted to the work, from taste, etc., it will be a failure through no fault, but a failing, of your own.

**The Housewife's Account Book**

Many families wonder where the money goes to, and each member in turn is accused of wastefulness and extravagance. The money comes in, to be sure; but it goes out, often in dribbles that no one remembers, and when the cash in hand is gone, the average family resorts to the "credit" system, which is certainly a most wasteful and extravagant thing to do. Such families never can tell what has become of the income, or how to adjust the outcome to the income, and keep accounts even. The balance is almost always on the wrong side. There is no need of an elaborate system of book-keeping, though the better the book-keeping,

**THE BEST TEACHER**

**Old Experience Still Holds the Palm**

For real practical reliability and something to swear by, experience—plain old experience—is able to carry a big load yet without getting swayed.

A South Dakota woman found some things about food from Old Experience a good, reliable teacher. She writes:

"I think I have used almost every breakfast food manufactured, but none equal Grape-Nuts in my estimation.

"I was greatly bothered with weak stomach and indigestion, with formation of gas after eating, and tried many remedies for it but did not find relief.

"Then I decided I must diet and see if I could overcome the difficulty that way. My choice of food was Grape-Nuts because the doctor told me I could not digest starchy food.

Grape-Nuts food has been a great benefit to me for I feel like a different person since I began to eat it. It is wonderful to me how strong my nerves have become. I advise everyone to try it, for experience is the best teacher.

"If you have any stomach trouble—can't digest your food, use Grape-Nuts food for breakfast at least, and you won't be able to praise it enough when you see how different you feel." 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.

the easier it is to track up the leaks. There should be a "day book," which may be nothing more than the sewed-together leaves of blank wrapping paper; but this is unnecessary, as a book that will hold accounts for a year or two can be had for five to ten cents. In this book, every expenditure, as small as one cent, should be set down daily; it will call but for a few minutes, and even this often may tax you to remember what you did with the odd nickel, which you should hunt out of your day's doings before you close the book. Every week, or month, the figures should be added up, and the amount set down in another book used for that purpose. In another small book, every cent of income, from whatever source, should be set down every evening, and this, too, must be accurate—not one cent, or nickel left out. At the end of the week or month, this, too, must be added up, and the amount placed in the book kept for the purpose, which may be the same as for expenses; only, the expense account must be separate from the income amount. Once a month, the expense should be taken from the income, and the balance, entered on the side to which it belongs. It should be your business to make the income column carry the balance. If it don't, look over the expense account and see where the leak is. Every quarter (three months), the balance should be compared, and at the end of the year, you will know just where you stand. Keep these books for future reference.

**"Keeping Accounts"**

"Keeping accounts" is an accomplishment which every member of the family should learn to do thoroughly. The lessons will not be hard, or complicated, and the benefits will be rather more than you count on. A great many people, in counting the costs of any article, or work, leave out the most important part. In one of our best agricultural exchanges, the cost of the farmers' implements are counted up, and it is vividly shown that the price paid—the first cost, is but an item. There must be allowance made for interest on money invested, insurance, depreciation in value from wear and tear, taxes, and shelter, if the cost is not further increased by the implement being left out in all weathers and destroyed through neglect.

**Requested Recipes**

**Sweet Corn Pone** (like mother used to make)—Have three quarts of water in a kettle, boiling, salted, and stir in enough sifted corn meal to thicken like mush. Then, when cool, add one quart of water, one pint of flour, and as much meal as will stir in to make a good batter. Set in a warm place over night, and in the morning, pour into greased pans and bake when it is light, which will be in time for breakfast.

**Old Virginia Waffles**—Mix a quart of milk and six tablespoonfuls of flour with two tablespoonfuls of sifted corn meal; add a teaspoonful of salt and a tablespoonful of melted butter, then beat in three eggs which have been beaten very light. Bake immediately in well-greased waffle irons.

**Another Waffle Recipe**—Beat six eggs very light, sift in a quart of flour, add a teaspoonful of salt, a pint and a half of new milk and three tablespoonfuls of yeast. Beat well, set to rise over night, and in the morning stir with a large spoon, and bake in well greased waffle irons.

**A Good Coffee Cake**—One cup each of brown sugar and good molasses, one-half cup of butter, one egg, one cup of strong coffee, one nutmeg, two teaspoonfuls of ground cinnamon, one of cloves, one cup each of raisins and currants, four

cups of flour, one teaspoonful of soda dissolved in a little boiling water and added to the other ingredients the last thing. This will make two small cakes or one large one, baked in shallow baking pans.

**New England Doughnuts**—Sift a pint and a half of flour, divide it in two parts; make a hole in the center of one part, pour in a wine glass of yeast, mix the flour gradually into it, adding warm milk to make soft dough; cover and set by the fire for two hours. Into the other part of flour, cut up five ounces of butter and rub fine; add half a pound of powdered sugar, a teaspoonful of powdered cinnamon, a grated nutmeg, and a little over half a pint of milk. Beat three eggs very light and throw them into the mixture. When the sponge is light mix all together and set by the fire for one hour. When light, turn on pastry board and roll, cut in thin cakes any desired shape, and fry brown.

**Candy Making**

The new white candy—Divinity—is likely to take the precedence of fudge, as if well made, it is very fine. It calls for two cups of sugar, half a cup of water, one-half cup of syrup, one egg-white and one-half teaspoonful of salt. Put all the ingredients except the egg-white into a vessel and cook until it forms a soft ball in the water; have the white of the egg beaten stiff on the platter, and pour the candy slowly into it,

beating all the time. When well beaten up, add, if liked, a cupful of chopped nut meats. When it begins to harden, spread it out on a sheet of clean brown wrapping paper, cut into squares and let cool. These dry candies do not become sticky like taffy or molasses candies.

**Nut Brittle**—Spread a large cupful of broken English walnut meats and other nuts, as liked, on a buttered plate. Place two cups of granulated sugar in a pan to melt slowly without water; let it bubble until a golden brown, but do not allow to scorch, then pour quickly and evenly over the nut meats. When cold, break into pieces to suit.

**Odds and Ends**

People with tender hands find it difficult to wring flannel, or towels hot enough for application, out of the water. A good way to do this is to spread a large towel over an empty wash bowl; lay in the center of it the flannel, or other cloth, folded according to the size needed, which should be at least three or four thicknesses of the cloth, pour over it the hot water, and when soaked through, take the towel up by the ends which lie over the bowl, and twist the ends until the towel is dry enough to handle. Even boiling water may be used in this way, but should not be applied too hot to the affected part of the body. Often a hot fomentation is all that is needed to cure obstinate pain.

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