

will enter the salt solution and smaller quantities of the salt solution will enter the fresh water. This interchange will continue until the amount of salt in the original waters has become the same. A simple experiment which any one can perform is to fill a bladder with salt water, tie it so that it is water-tight, and place the bladder full of salt water in a basin of fresh water. The contents of the bladder will soon begin to swell, and it will presently reach the bursting point. The oyster represents the same principle. Having its stomach and tissues full of salt water, when brought near the shore and put in water that is less salt, it will immediately begin to swell, or apparently fatten. In the course of a few hours the svelte and fragile figure of the oyster will swell to rotund proportions. The consumer naturally thinks he is getting a large, fat oyster, when in point of fact he is getting a somewhat emaciated oyster, vastly extended with brackish and usually contaminated water."

Dr. Wiley further says, "Floating oysters in fresher water than that in which they grew has a disastrous effect on their flavor. The oyster, as it comes from its natural bed, is fragrant of the sea, and has a delicious aroma and taste. The floated oyster is flabby, tasteless and odorless. Also it loses its natural color and becomes whitish. Thus the floating of oysters is an adulteration, because it impairs their quality and value. Better to eat the small oyster, free from contamination, of fine flavor and character, than to eat the same oyster bloated with water, clean or dirty, until it is colorless and tasteless."

For Renewing the Tin Bath-Tub

First, thoroughly clean the tub with plenty of hot water and soap, and after it is well-freed from dirt and grease, give it a final rinsing with hot water, which will remove any dirt left. Wipe dry with soft cloths, and apply a thin coat of white paint, which you can get at any paint shop prepared for the purpose; let this dry well before applying another coat. Do not hurry, but let the paint be thoroughly dry before you attempt another. It will probably take

A GOOD BREAKFAST

Some Persons Never Know What it Means

A good breakfast, a good appetite and good digestion mean everything to the man, woman or child who has anything to do, and wants to get a good start toward doing it.

A Missouri man tells of his wife's "good breakfast" and also supper, made out of Grape-Nuts and cream. He says:

"I should like to tell you how much good Grape-Nuts has done for my wife. After being in poor health for the last eighteen years, during part of the time scarcely anything would stay on her stomach long enough to nourish her, finally at the suggestion of a friend she tried Grape-Nuts.

"Now, after about four weeks on this delicious and nutritious food, she has picked up most wonderfully and seems as well as anyone can be.

"Every morning she makes a good breakfast on Grape-Nuts eaten just as it comes from the package with cream or milk added; and then again the same at supper and the change in her is wonderful.

"We can't speak too highly of Grape-Nuts as a food after our remarkable experience." 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.

three or four days—perhaps more. Then give a second coat of the white paint, let dry as before, then follow with a third coat. Each coating must be thin. This will be none too many, and each must be let get perfectly dry before another is applied. Then you are ready for the enamel, which you can get at the paint shop, or furniture store. Two coats of the enamel are needed, and one must not be put on until the other is dry. Several days after the last coat of enamel has been applied, fill the tub with cold water and let stand a few hours—half a day—to harden the enamel, then run the water out, dry the tub and wait a day or two longer. Then you will have a new bath tub. The enamel must be allowed to thoroughly harden before the tub is used, else the hot water for the bath may soften the enamel, and make things very disagreeable. It requires patience and plenty of time; but it pays.

Contributed Recipes

Creamed Codfish—Soak overnight some good salt codfish; in the morning drain and pick into small pieces, removing any bones. To one cup of the fish add two cups of cold mashed potatoes; season with salt and pepper and add cream to cover; cook slowly half an hour; the cream will thicken by evaporation, and the potatoes and fish are very delicate prepared this way. If you have some nice tomatoes canned whole, dress the large pieces with oil and vinegar and serve with the fish.

Baked Lentils and Cheese—Wash a quart of lentils and put them over the fire in a granite saucepan with a quart of cold water; add a teaspoonful of lemon juice, two small onions each stuck with two cloves, two or three small red peppers, a teaspoonful of salt and a bunch of garden herbs, including plenty of parsley and a small spear of mint. Place the pan, well covered over a moderate fire until the water has been absorbed and the lentils are soft, but not pulpy. This will require about half an hour. Then remove the herbs, onions and cloves, put the lentils into a buttered earthenware dish in three layers, with grated cheese between each layer. On the top put thick slices of fine, solid tomatoes, so as to cover the lentils. Over the tomatoes sprinkle finely chopped parsley, and dot with bits of butter. Bake quickly and serve hot, with or without gravy.

A Tested Salad Dressing—Four eggs lightly beaten, half a cup of cream, either sweet or sour, butter the size of an egg, three teaspoonfuls of sugar, salt and paprika to taste, five tablespoonfuls of vinegar and three teaspoonfuls of dry mustard. Cook in a double boiler, stirring constantly until thoroughly blended and thick. Will keep well if kept cool. When wanted for use, take a little out, thin with either sweet or sour cream, a little lemon juice, with seasoning to taste.—Mrs. H. Holoran, Michigan.

A Good Bread

Mrs. M. A. Hall sends in a recipe for yeast which she calls "railroad emptyings," and would like any one who tries it to report success. It will keep a week in hot weather, and will not hurt to freeze. Her bread is light, white and sweet. Here is the rule: One heaping teaspoonful of ginger, a pinch of soda and three times as much salt, one-half teacupful of coarse flour; mix well together; pour on boiling water, stirring rapidly to free from lumps, then add enough more boiling water to make it of the consistency of thick, sweet cream; set in a warm place to rise, and when light set away for use. For a family of six or seven persons, take one-half pint of water, set in a dish of hot, but not scalding water, stir thick with flour, put in one-third of the emptyings, add a teaspoonful

of salt and set in a warm place to rise. When light, take one quart of cold water, one quart of hot water, thicken with flour, stir in the emptyings and beat well; stir thick, cover an inch deep with flour, let rise again in a warm place. When light, mix from the outside of the flour in, knead three to five minutes on the board, and shape each loaf with kneading half a minute or so; place the loaves in well-greased tins, rub over them with melted butter, let rise once more and bake in a quick oven. The process will call for five or six hours' time.

Conveniences

A bag with several pockets, like those made for shoes, to be hung in the kitchen or other rooms, is very useful indeed. Various articles can be slipped into the separate pockets—clean paper bags, pieces of wrapping twine, the laundry wax, the bottle of shoe polish, milk tickets, and dozens of small things which have a way of getting out of sight when wanted. Larger pockets may be made to hold the shoe and other brushes, dust rags, hand brooms, and other like things.

For the discouraged door-lock that will not "work," nothing is better than a few drops of coal oil, or other oil. If one application is not enough, try another. Sometimes, one can not oil the lock because of its being inside the wood of the door. If you are mechanic enough to take the lock out, it is very easily done, and can then be readily oiled, and replaced.

Don't forget that the castors will "roll" more easily for a little oil

applied to the turnings. Rubber castors are better than any others, and a castor that will not work, because of being damaged would better be replaced by new ones. Castors are cheap.

Caring for Lard

If lard is cooked properly and put into sweet, clean vessels, and kept in a cool place, it should not be rancid. Cook the fat until the cracklings are a light brown and sink to the bottom; but do not scorch. If the lard becomes rancid, put into a small kettle, something over half-full, and slice cleanly-washed potatoes as for frying, a half dozen to a gallon of lard if they are large; put into the lard before it is hot, and leave until the potatoes are cooked brown and crisp, then strain out, and the lard should be sweet. Feed the potatoes to the chickens. There should be potatoes enough to absorb the bad taste of the lard, and a half dozen to the gallon will be plenty.

Apple Meringue Pie

Take one-half cup of flour, a tablespoonful of lard, a pinch of salt, water enough to moisten into dough; mix quickly with the finger-tips, roll out on the board and put in pan for bottom crust. For the filling, cook two apples, sweeten to taste; take the yolks of two eggs, one cup of milk and a grating of nutmeg. Beat all together and fill in the paste-shell and bake. Now beat the whites of the two eggs to a stiff froth, sweeten to taste and spread on top of the pie; return to the oven and let get a light brown.

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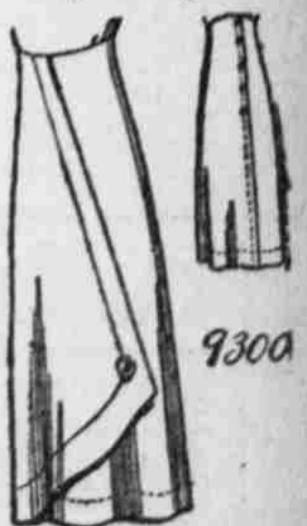


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