

can be obtained from the florist. The latter is an extremely hardy vine, found growing along creeks in many localities, but will grow anywhere.

Prue S.—Pansy seeds may be started indoors early in March, kept growing, and set out in the ground early in May. They should have shade and moisture at all times.

Mrs. Helen Moore, Iowa—Amaryllis Johnsonii is a tender bulb, grown in a pot. It is rested during the early winter months, but starts to grow during February or March, and generally blooms by April. The bulbs can be had of the florist.

"Troubled"—To clean the white veil, wash carefully in alcohol, rinse in clean alcohol, and stretch on a Turkish towel. The alcohol will evaporate, and the result will be satisfactory. To wash in water will ruin the veil.

Querist—For the nervous woman or girl, who is inclined to be hysterical, it is recommended to get a bottle of aromatic spirits of ammonia, and one of spirits of lavender; into a half teaspoonful of the lavender drop ten drops of the ammonia, and put both into a wineglass of water and drink. It is almost immediate in its effects.

Contributed

Mrs. G. B. T., New York, contributes the following:

Fruit Cake—Three cupfuls of granulated sugar, one cupful of butter, one of sour milk, one cupful of raisins (good measure), four cups of flour, one-half teaspoonful of cinnamon, four eggs, reserving the white

IN A SHADOW

Inveterate Tea Drinker Feared Paralysis.

Steady use of either tea or coffee often produces alarming symptoms as the poison (caffeine) contained in these beverages acts with more potency in some persons than in others.

"I was never a coffee drinker," writes an Illinois woman, "but a tea drinker. I was very nervous, had frequent spells of sick headache and heart trouble, and was subject at times to severe attacks of bilious colic.

"No end of sleepless nights—would have spells at night when my right side would get numb and tingle like a thousand needles were pricking my flesh. At times I could hardly put my tongue out of my mouth and my right eye and ear were affected.

"The doctors told me I was liable to become paralyzed at any time, so I was in constant dread. I took no end of medicine—all to no good.

"The doctors told me to quit using tea, but I thought I could not live without it—that it was my only stay. I had been a tea drinker for twenty-five years; was under the doctor's care for fifteen.

"About six months ago, I finally quit tea and commenced to drink Postum.

"I have never had one spell of sick headache since and only one light attack of bilious colic. Have quit having those numb spells at night, sleep well and my heart is getting stronger all the time." Name given upon request.

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 everywhere.

A 5-cent trial t'n mailed for grocer's name and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Creek, Mich.

of one for frosting. Put together as any cake. This should make three small cakes, or one large one.

Mrs. M. A. B., who did not give her address, contributes the following: For burns, take the fuzz of one or two cat-tails (found in swamps), put in a pound of lard, cook slowly for half an hour, strain through a cloth and use for burns. It is almost miraculous in healing the burn.

To prevent the "bed-room smell" peculiar to rooms occupied by old people, throw the bedclothes over a chair in the morning and leave the bed unmade until about sundown. This is the method used by herself in caring for two old people. If the bedding could be hung in the air and the room well ventilated every day, the effect would be good; but this can not always be done, especially where the old people keep to their room, as most old people like to do.

Mrs. H. H. R., California, contributes as follows:

Oil Finish for Floors—One pint of linseed oil, two ounces of paraffin; melt together and apply boiling hot with brush or cloth on mop stick. The above should be well rubbed in, going over a small space at a time.

An Economical Breakfast Food—Stale bread, toasted a delicate brown in the oven, having it thoroughly toasted so it will be very dry; put through the food grinder, and eat with cream and sugar. If no food grinder is at hand, roll with the rolling pin, or run coarsely through the coffee grinder.

Requested by Mrs. F. W.

For cleaning silverware, lay two small pieces of zinc in a solution of one teaspoonful of soda and one tablespoonful of salt to one quart of warm water. Place your silverware in this solution so that it touches the zinc, and the tarnish will disappear as if by magic. Oxidized silver is silver with tarnish artistically applied, and if put into the above solution, will come out plain silver. This recipe was sent in by a reader from Madison, Wis., and has been published in our columns before.

Silverware, and all plated ware can be cleaned with common baking soda, or saleratus. Moisten with water in which a few drops of ammonia have been put; rub the ware thoroughly with this; using an old soft cloth (canton flannel is good.) For the engraved parts use a soft old tooth brush. Tissue paper polishes beautifully. It can be used without harm.

A Good Laundry Soap

"Reader of The Commoner" will find this a good laundry soap:

Measure twelve quarts of water (soft); take six quarts and put over the fire in a large soap kettle; when it boils, add five pounds of tallow, or any kind of grease, even cracklings after frying out the lard; let the grease boil a few minutes and then gradually add one box of lye; while it is boiling, put four ounces each of borax and sal soda into a quart of the water you have already measured; set on the back of the stove until both are dissolved. When the soap begins to get ropy, which it will in half an hour, add the borax and soda solution, stir well, and gradually stir in the five remaining quarts of cold water; it must "rope" well before adding the borax and soda. Dip out into shallow pans, let cool and dry in the air.

The Liliun Candidum

A few years ago, nothing was surer to prove satisfactory than the old favorite liliun Candidum; but of late it seems to have troubles of its own, and we rarely find it in its old-time perfection. The fungus disease which is giving us so much trouble is one of those diseases which have

been brought into the country with bulbs imported, and other bulbs are suffering from the disease. The remedy is to spray the foliage with Bordeaux mixture, or with lime and sulphur solution, applying the material at various stages of growth in order to prevent spreading. If you can visit a local florist, he can tell you what to do.

For Insect Pests

Dissolve common alum, one pound in two quarts of water, boiling. When thoroughly dissolved, and while still hot, apply with a brush to pantry shelves, cupboard shelves, closets, or other infested places. About the bedroom or kitchen, where bugs and roaches hide, apply to all cracks and loose joints, splintered places, and holes, with an oil can. It is effective, but must be used with care, as it will ruin paint or varnish or oiled surfaces. All floor cracks and crevices and open joints in the kitchen will be benefited by its application, if roaches and water bugs congregate there.

Plants From Seeds

Dahlia seeds germinate freely, and bloom as early as the plants grown from tubers, if the seeds are started indoors in March or April. Give them a sunny place and plenty of water.

Cannas will grow from seeds, but will not "come true." Some of the seedlings will doubtless be of poor blooming value, but all of them are

lovely. Let them bloom the first season, then save the finest roots for next year. The bloom lasts for a long time, and when it falls, the stalk should be cut to the ground, and other shoots will push up and bloom. For a window garden plant, the canna is well liked.

Balsam Apple is a fine, quick-growing vine, and will soon cover a trellis. The bloom is not showy, but the curious fruit is lovely. If you wish a nice vine this spring, try a packet of the seeds.

Bananas as Food

The banana contains albumen, four and three-fourths per cent; carbohydrates, 19 and one-half per cent; nutritive salts, one and one-third percent, cellulose tissue and water 74 per cent. It is claimed that it is quite possible to live entirely on the banana and bread; for persons of sedentary habits, it is especially recommended. For many conditions the use of the banana as a diet is strongly recommended.

What You Want to Know

For those who can get it, skim-milk makes a better whitewash than water. Slack the lime with boiling whey (skimmilk); where whey can be had it is fine.

From now on, until they bloom, throw ashes from your stoves all around your plum trees. If wood ashes, so much the better. The lye from the ashes, when rains soak through them, kills the bugs that sting.

LATEST FASHIONS FOR COMMONER READERS

9416—LADIES' HOUSE DRESS

Cut in six sizes, 32, 34, 36, 38, 40 and 42 inches, bust measure. It requires 5 yards of 44-inch material for a 36-inch size.

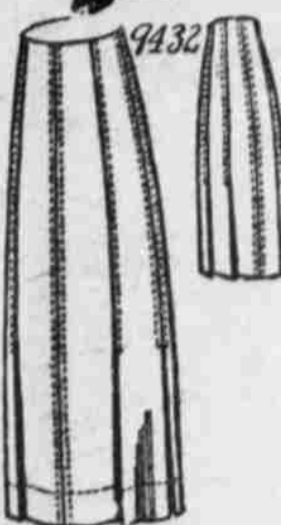


9411—LADIES' APRON

Cut in three sizes, small, medium and large. It requires 4 yards of 36-inch material for a medium size.

9432—LADIES' TEN-GORE SKIRT

Cut in five sizes, 22, 24, 26, 28 and 30 inches, waist measure. It requires 4 yards of 44-inch material for the 24-inch size.



9426—GIRL'S DRESS

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