

painting is not so difficult; neither is it expensive, and if the gude mon just won't do the work, just get a can of prepared paint and a brush and get at it yourself. One of the girls of the family can do the work; or one of the boys. Of course, you can not at first do it as well as a regular painter; but you can do it well enough for keeping things clean, and after a few trials you can do it better than the ordinary hired painter will. Take everything out of the room, and go at it determinedly; stop all the nail-holes and open joints, and fill in behind the base-board with cement, in order to stop the goings and comings of vermin. Nail pieces of tin over any rat or mouse holes; these can be had by throwing a can in the fire until the solder melts, then cutting it to suit. Before tinning the rat or mouse hole, put a lot of red pepper, ground, into the runway behind the walls.

If the walls and shelves are already painted, but need cleaning, try this: Dissolve in a pailful of water four tablespoonfuls of sal soda, and an equal quantity of good soft soap and turpentine. If soft soap can not be had, use a good laundry soap. Apply this to the dirty places with a flannel cloth, wipe dry, then polish with a soft cloth, or leather. If the walls are plastered, repair the plastering wherever broken, and give the walls either a good coat of paint, or a coat of kalsomine. The kitchen and pantry are the rooms infested with roaches and ants, and to keep free of them, everything must be kept clean, and all eatables put out of their reach. They can thrive on crumbs, and to rid the place of them, you must keep even the crumbs out of their reach.

#### "Line Upon Line"

Don't be afraid to wash the cover to the ironing board. It is well to have several of these cloths—a single width of muslin, the half of an old sheet, is sufficient, and it should not be permanently fastened

#### CLEARED AWAY

##### Proper Food Put the Troubles Away.

Our own troubles always seem more severe than any others. But when a man is unable to eat even a light breakfast, for years, without severe distress, he has trouble enough.

It is small wonder he likes to tell of food which cleared away the troubles.

"I am glad of the opportunity to tell of the good Grape-Nuts has done for me," writes a New Hampshire man. "For many years I was unable to eat even a light breakfast without great suffering.

"After eating I would suddenly be seized with an attack of colic and vomiting. This would be followed by headache and misery that would sometimes last a week or more, leaving me so weak I could hardly sit up or walk.

"Since I began to eat Grape-Nuts I have been free from the old troubles. I usually eat Grape-Nuts one or more times a day, taking it at the beginning of the meal. Now I can eat almost anything I want without trouble.

"When I began to use Grape-Nuts I was way under my usual weight, now I weigh 30 pounds more than I ever weighed in my life, and I am glad to speak of the food that has worked the change." Name given by Postum Co., Battle Creek, Mich. Read the little booklet, "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.

to the ironing board, as the padding is. Have a clean one for every ironing day, and pin it on tightly and securely when you are ready to use the board. A stained or dirty cloth will impart a more or less discolored appearance to everything that touches it.

Don't forget that a fireless cooker has become one of the necessities in the home. You can do without a great many things which you should have in order to give you more time and strength, and it is a useless economy to save the pocket-book at the expense of the housewife's health. It is time the kitchen came in for a little labor-saving attention, as well as other departments of the home.

A good way to bleach linen or muslin that has become yellowed by poor washing or disuse, is to put it into a thin muslin bag, and drop the bag into a pan of strong soapuds and set in the hot sunshine. If you want to bleach the color out of a faded cotton garment, such as lawn dresses, soak in a pail of water over night in which has been dissolved a tablespoonful of bichloride of lime. In the morning, take the garment out of this, and prepare another water in the same way, and boil the garment in this fresh water for twenty minutes, then rinse, starch and dry, and you will have a white garment.

Stains made by medicines and liniments are often obstinate to remove in the hands of an unskilled person. Iodine marks will disappear if strong ammonia water is used; then washed in tepid water and strong soap. Ammonia will remove cod liver oil stains; fuller's earth made into a paste and thickly applied to the spots will remove them.

#### Hand-Painted China

Hand-painted, or decorated china should not be entrusted to any but careful hands for washing. Put the pieces, each separately, in a pail of warm water in which a teaspoonful of good washing powder has been dissolved, stir well and wash your pieces quickly, then rinse in warm water and wipe dry on a soft, fine linen towel, free from lint, and polish with white crumpled tissue paper. The work must be done quickly, and the dishes must not be left in the wash water, but cleaned one at a time.

#### How It Is Done

During the work of the "investigating" committee, much was said about the care with which the big stores looked after the welfare of their employes, and especially were exploited the provisions for recreation supplied by the employers. Among them, the president of a large department store company told of these things, and his telling brought out the fact that all the money expended for the recreation farm in the country, horses, cows, chickens, garden, gas, hot and cold water plant, piano, etc., is paid by the employes themselves, who, from cash girl to department buyer, contribute a certain amount of their salary for that purpose, each payday.

#### Floor Paint With Glue

Some time since a reader asked for this floor finish. Two good friends, J. W. Millard, of Clifton, N. Y., and Mrs. W. E. C. of Iowa, have kindly supplied the following:

Four pounds of yellow ochre, two pounds of whiting, one-half pound of sizing glue, and four quarts of water. Dissolve the glue in a little warm water; mix the ochre and whiting, and add all the ingredients, mixing well. Apply warm with a brush. It will dry in two hours; then apply a coat of boiled linseed

oil. If the paint gets too thick, thin with a little hot water.—J. W. M.

Another: Take two ounces of common glue and put in one quart of rainwater, and stand on the back of the stove or in a warm place until the glue dissolves. Then let cool. When cool, but not cold, add yellow ochre, or any desired color, until it will spread nicely, mixing it thoroughly and smoothly. Apply warm to the floor with a brush. When the floor is dry, give it a coat of boiled linseed oil. It will wear like iron, and is cheap. A light color is better than a dark one, as it does not show dust so plainly. The floor dries quickly.

Both these friends have our thanks for the kindness.

#### The Date as Food

The date is one of the most valued and most used fruits of the Orient. It is one of the most nutritious of foods, and it is claimed that both man and beast can sustain life and strength for long caravan trips without any other food. So clearly has its value been recognized that our own government is experimenting with the culture of the date palm in the valleys of Arizona, and meeting with success. The tree bears when it is about ten years old, and the right variety to do best in the climate and soil of the country is being experimented for, with hopes of eventually raising enough to supply the wants of our own country. Dates

may be served raw or cooked, or in combination with other fruits, nuts and foods. In buying dates, one should patronize only reliable dealers, as there is so much unclean, poorly-packed fruit, and best results can not be obtained from poor fruit.

#### "Fig Paste," or Roll

For making fig rolls, take three eggs, one cup each of sugar and flour, one teaspoonful of cream tartar and one-half teaspoonful of baking soda; or use two teaspoonfuls of baking powder instead of the tartar and soda. Mix well, as any other cake, roll as you would for jelly cake, and spread stewed figs, the water having about all boiled out of the fruit, leaving it a sort of thin paste, over the top of the dough and roll as you would jelly cake. Some pass the rolling-pin over the roll, to flatten it slightly; then bake until done. This is an excellent remedy for constipation, and at the same time very palatable.—Mrs. H. C. M.

Another way to make it is, having the dough mixed, bake in a large shallow pan, or cake sheet; beat the white of one egg with enough fine granulated sugar to make a rather soft frosting; have figs stewed until done and the water well evaporated, chop or mash, stir into the frosting, spread on the hot cake and roll up; run the rolling pin over to slightly flatten, and cut into suitable sizes.

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