

be kept well watered, and some pulverized fertilizer should be used from time to time. Old pulverized horse manure is excellent for a surface dressing to keep the soil moist.

Something New in Food

A writer in Farm and Fireside Magazine tells us of a new food article. This is cotton seed meal, or flour made of cotton seed. Cotton seed flour tastes like raw peanuts, looks like mustard, and bakes about like graham flour. It gives a dark brown, almost chocolate color to foods. It has in it twice as much bone and muscle as beef, twelve times as much fat as wheat flour, nine times as much starch and sugar as cheese, thirteen times as much mineral matter as rice, and a quarter as much water as rice. It is about one-half flesh-building material, one-eighth fat-making material, one-quarter energy-producing material, and the rest chiefly water and mineral matter for making bone. It is a hearty food, but is twice as easy to digest as beef, mutton, or eggs. It is a new thing for human food, requiring newly perfected milling machinery. Although cottonseed meal is familiar as a stock feed and fertilizer, we owe most of our knowledge of cotton seed flour to Dr. G. S. Fraps, state chemist of Texas. It is too concentrated to use unmixed; one part to four parts of other flour or meal is the limit; one part to six is a good average proportion, and one-eighth, or even less, may suit some tastes best. As cotton seed flour costs only five cents a pound, and is more nourishing than meat, its advantages are clear. Its use will help the south; will cheapen food everywhere, and may stop the dreadful disease pellagra, by giving proper nourishment to the poorly nourished people everywhere. This is copied from the Farm and Fireside magazine, which magazine is conducting bakings of the article.

Troublesome Insects

Ants are among the worst things that can "happen" to the lawn and garden, as well as inside the house. Here is a clipping from an agricultural paper which copied it without giving credit, so it will be passed on for what it is worth. It will do no harm to try it. "An agricultural college recommends the use of one per cent solution of arsenic with enough syrup to sweeten it, for the destruction of ants on lawns. To the insect which eats it, this is instant death; but a weaker solution—say one-eighth to one-quarter per cent, is slower poison, but surer, as the grown ants carry it to their nests and feed it to their young, and thus exterminate the whole bunch. It is recommended to saturate a sponge with the solution, put the sponge inside a jar, then cover the jar with a top perforated so the ants can enter and leave, and set these traps about in places, indoors and out, which are infested with ants, and they will soon disappear.

A floral writer gives us the following "sure death to rose bugs": Into a jar, or other container, put three pints of sweet milk, three pints of coal oil, and one quart of water; shake this thoroughly, and set it away. To use, one cupful of this mixture, well shaken before using, into a gallon of water, shaking to thoroughly mix. Spray the bushes, over and under the leaves, and wet the soil about the plants with the same. Begin the first of May and keep it up every ten days for six weeks, or two months. The wetting the ground with the mixture will affect the larvae disastrously, and the sprinkling of the foliage will kill any bug that has got out.

"Eternal vigilance," and plenty of the right kind of insecticides is the

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No. 7198—Ladies' Shirt-Waist—Plain and figured materials are combined in making this waist. The waist closes at the front and can be made with long or short sleeves. The pattern, No. 7198, is cut in sizes 34 to 48 inches bust measure.

No. 7193—Ladies' Skirt—Serge, cheviot or broadcloth can be used to make this skirt. The skirt is cut in four gores and is joined to a yoke. The high or regulation waistline may be used. The closing is at the left side. The pattern, No. 7193, is cut in sizes 22 to 32 inches waist measure.

No. 7213—Misses' and Small Women's Middy Blouse—Every young girl likes to have a couple of middy blouses, and here is an excellent pattern for making such a garment. The blouse can be made with or without the back yoke, and with either long or short sleeves. The pattern, No. 7213, is cut in sizes 14, 16, 18, and 20 years.

No. 7206—Girls' Dress—This little dress is just the thing for the growing girl. It closes at the back and can be made with either the long or short sleeves and with or without the fichu (Continued on next Page)

price to pay for successful gardening, whether fruit, flower or vegetable. If you will write to the Department of Agriculture, Washington, D. C., asking for printed matter on the subject of insecticides, you will get the worth of your postal card.

Query Box

Mrs. R.—Codfish fluff is merely a codfish ball mixture baked in the oven instead of fried. An extra egg worked into it improves it.

Housewife—The flavor of stewed apples at this time of year is claimed to be improved if a rind of orange is stewed with the sauce, adding the juice of the orange when the sauce is done. Evaporated apples may be used this way.

M. N. R.—Dustless dusters are made in various ways. One writer advocates dipping squares of cheese cloth in gasoline, then hang out and let dry without wringing; this should be done out of doors. Others advocate dipping in kerosene, or coal oil, letting dry before using. Others, moistening the cloth, pouring over it a few drops of a certain polishing oil, put into a tin box and leave for some hours. This should be kept in a tin box.

Requested Recipes

Salad dressing—Mix together one tablespoonful of Worcester sauce, two tablespoonfuls catsup, three tablespoonfuls of vinegar, six tablespoonfuls of olive oil, and one finely chopped hard-boiled egg. Blend in the usual way.

Bran Muffins—Turn into a mixing bowl two cupfuls of bran meal, one cup of white flour; then add in the order mentioned, one cupful of sweet milk, one cupful of dark molasses, a pinch of salt and one teaspoonful of soda dissolved in a little hot water; beat the mixture until full of air-bubbles and bake in a very slow oven. This is nourishing and laxative, but a taste for it must be cultivated.

Beef Loaf — Blend together two pounds of raw minced beef, one large handful of moistened bread crumbs, one small grated onion, one teaspoonful of pepper, one scant tablespoonful of salt, and from half to three quarters of a glassful of cold water. Mix well, form into a loaf and cook for an hour and a half in a moderate oven, pouring a small cupful of water into the baking pan. When beef loaf is made with eggs, it does not cut well when hot; cut the above hot or cold.

Mending Kid Gloves

When kid gloves begin to show wear, it is a fine art to so mend the rips, slits and tears that they will not be so glaringly in evidence as to make the wearing of the glove a sort of penance. The finger tips may usually be mended quite neatly, but when slits come along the seams it is not so easy to draw the delicate edges together securely enough to last for any length of time. Silk stitches should not be used, as silk thread will cut the leather out in no time. A temporary mending can be easily effected, and with care it may last a long time, but at any rate, may be renewed if need be. At all stores there is kept a material called "mending tissue," and with a bit of this, applied according to the directions on the label, the damage may be quickly and safely repaired. Or, lacking this, a tiny patch of silk, the color of the glove may be applied to the inside of the glove with a drop of mucilage, and when dry, the patch will hold for a long time.

Cooking Bananas

It is claimed that bananas are much more digestible when cooked