

how little even a generous salary will buy.

Here are some good recipes which I hope you may like:

Cabbage—Boil a firm, white head of cabbage fifteen minutes, change the water, replacing with fresh boiling water from the teakettle. Cook until tender, drain, and set aside until perfectly cold. Chop fine and add to it two well-beaten eggs, a tablespoonful of butter, a little pepper and salt, three tablespoonfuls of rich cream, stir all well together, put into a buttered pudding dish and bake until brown.

Creamed Carrots—Boil three cupfuls of carrots, cut in dice, in salted water until tender. Dress with a cream sauce made by blending a tablespoonful each of butter and flour, letting heat to a light yellow color, then add a cupful of milk, boiling up until it thickens, then season with pepper and salt and serve. A border of canned peas is liked with this dish.

Parsnips—These should not be used until after the ground freezes hard, as the freezing sweetens them. They may be cooked in salted water until tender, then laid in a pan, some nice fat meat laid over them, and browned in the oven. Or, they may be cooked until tender, mashed with butter, pepper and a very little flour stirred into them, eaten so, or made out into little cakes and fried. Or, one-fourth pound of nice pickled side meat may be put into a kettle with a pint of water and let cook slowly for one hour. A half hour before dinner, put a half dozen good sized potatoes on the meat, then the parsnips with a little pepper and cook until the parsnips are done. Watch closely that they do not get too dry and scorch before they are done.

The Cooking Chest

The cooking chest, or "hay-box," is no longer an experiment, but is one of the new-old discoveries which will not only give to the family a much better class of cookery for less fuel, but will relieve the housewife of much watchfulness and anxiety. The home-made article can be very

BEGAN YOUNG

Had "Coffee Nerves" from Youth

"When very young I began using coffee and continued up to the past six months," writes a Texas girl.

"I had been exceedingly nervous, thin and very fallow. After quitting coffee and drinking Postum Food Coffee about a month my nervousness disappeared and has never returned. This is the more remarkable as I am a Primary teacher and have kept right on with my work.

"My complexion now is clear and rosy, my skin soft and smooth. As a good complexion was something I had greatly desired, I feel amply repaid even though this were the only benefit derived from drinking Postum.

"Before beginning its use I had suffered greatly from indigestion and headache; these troubles are now unknown.

"Best of all, I changed from coffee to Postum without the slightest inconvenience, did not even have a headache. Have known coffee drinkers who were visiting me, to use Postum a week without being aware that they were not drinking coffee.

"I have known several to begin the use of Postum and drop it because they did not boil it properly. After explaining how it should be prepared they have tried it again and pronounced it delicious."

Name given by Postum Co., Battle Creek, Mich. Read the booklet, "The Road to Wellville," in pkgs. "There's a Reason."

readily and cheaply constructed, and with a little persistence the principles may be successfully applied. There are quite a few makes of the chest on the market, and parties who count their time more than money have tried them. So far as I have heard, they have given a promise of satisfaction. Like all other household contrivances, the perfection of the working depends as much on the woman as upon the machine; but the rules are simple, and can be easily applied, though "practice" is required to make one "perfect." It is to be regretted that women are so reluctant to accept the helplessness offered her in the household inventions, but this conservatism is being overcome.

For Tough Meats

In the matter of cooking meats, it is well known, though the knowledge is not put into practice as often as it should be, that the more slowly it is boiled, the more tender and tasty it becomes. A tough piece of meat, if allowed to boil briskly for half an hour to set the surface albumen, then drawn back where it will barely simmer for several hours, or until perfectly tender, then left to cool in the water in which it was boiled, will come out very tender, juicy and appetizing; while the same piece of meat, if kept rapidly boiling until it falls from the bone, then dished up, will still be tough, dry and tasteless. Simmering does not mean boiling, but the water must be kept at boiling heat, and a very little ebullition will attest to the fact that it is. Too much water must not be added at first, and much of it may be allowed to evaporate, and in this way, the remainder makes excellent gravy. The pot should be kept closed, to confine the steam, and in this way the cooking will be much more even. Try this method with your next tough piece of meat, or old fowl.

"Small Matters"

For the woman of quiet tastes, black or white, or gray and white, or two tones of gray, in checks or pin-stripes, as suit, always is becoming, and will go with any coat and hat.

Freshness and neatness of attire, rather than costliness of material, is the rule of the day. This can only be attained by attention to the condition in which the garment is worn and laid away.

Hats should be brushed and put away carefully when taken off; gloves, veils and neckwear should be smoothed out before being put away, and for shoes, it is well to have trees on which to slip them for airing when taken from the feet.

Little economies and discriminate buying, purchasing nothing merely because it is cheap, or "bargain," or may be needed at some future time, adding only such things as will serve a definite purpose, is at all times to be commended.

It is the woman who tosses her clothing down in "any old place," when she takes them off, and hangs her coat and skirt (when she hangs them at all) on whatever will hold them, who "never has anything fit to wear." The best of materials will look cheap under this process.

What to Eat

It has been indisputably proved by experiment that animal foods are more easily, more readily and more completely digested than vegetable; milk, eggs and beef being the most readily so of all foods in use, having a minimum of residue (from 3 to 6 per cent) remaining undigested, while from 20 to 70 per cent of all vegetable foods pass through the

alimentary tract undigested. While it makes little difference as regards the obtaining of nourishment, the question, from the view-point of digestion and non-fermentation is decidedly in favor of a mixed diet—not wholly one or the other. It is claimed that the eating of meat clogs the system with uric acid, producing rheumatism, etc. There is no gain, however, in changing to a vegetable diet, because the vegetables that are substituted for meat (those furnishing the protein—beans, peas and lentils) contain xanthin, a substance closely allied to the uric acid in meats and producing the same results. Summing up the pros and cons of vegetarianism and mixed diet, carefully and without prejudice weighing the one over against the other, we may safely say that it is not altogether the kind of material that enter the being, but the kind of being the materials enter.—Joseph B. Bowles, in Globe Democrat.

Some Remnant Recipes

Turkey Remnants—Take the remains of a cooked turkey, and remove all bones, gristle and bits of tough skin; to one pound of this add one-half pound of cold boiled tongue, and pound or mash the whole to a smooth paste, with a generous piece of butter and a half-teaspoonful of powdered mace, a half teaspoonful each of salt and pepper, and a pinch of cinnamon. When this is quite smooth, press into little pots, cover with clarified butter and put in a cool place. The meat may be run through a chopper, using the fine cutter.

Scalloped Turkey—Chop the meat taken from the carcass of the turkey and fill a buttered dish with alternate layers of the turkey meat, bread crumbs and a nice cream sauce—a scant pint of the cream sauce to each large cupful of the meat—and season each layer to suit the taste. Cover the top with buttered crumbs, and brown in a moderate oven.

Paris Fashions for Readers of The Commoner



2142 — Ladies' Shirt-Waist, with Three-Quarter Length Sleeves and a Removable Chemisette. Steel gray messaline with the chemisette of cream-colored lace, and trimming of Persian embroidery makes this waist appropriate for all and every occasion. Six sizes, 32 to 42.

2151 — Girls' Sailor Suit. Consisting of a Blouse Slipped on Over the Head, with or without Yoke Facing and a One-Piece Plaited Skirt joined to an Underwaist Having a Shield Facing. There is no style of costume more becoming to the growing girl than the regulation sailor-suit, and navy blue serge is one of the best materials for its development. Four sizes, 6 to 12 years.

2164 — Ladies' Princess Slip, Lengthened by a Gathered Flounce. In Short Sweep or Round Length. Taffetas silk, cotton backed satin, organdy or lawn may be used with good effect for this slip. Seven sizes, 32 to 44.

2130 — Childs' Plaited Coat. Any bright colored broadcloth, or cheviot with the collar and cuffs bound with dark fur, is reasonable for the development of this garment. Four sizes, 1 to 7 years.

2152 — Ladies' Tucked Shirt-Waist. Cashmere, nans-velving, voile, or taffetas silk all develop well in this style. Seven sizes, 32 to 44.

2135 — Ladies' Skirt, in Medium Sweep or Round Length, with Plaited Front Gore, and Having a Circular Flounce joined to a Foundation and tucked Over-Skirt at the Sides. This pattern is suitable for any soft finished material, such as granite cloth, lady's cloth, etc. Six sizes, 22 to 32.

2141 — Misses' Semi-Fitting Coat. This jaunty little model is particularly stylish, if developed in reversibly tweed. Three sizes, 13 to 17 years.

2139 — Child's One-Piece Dress. Closed at Centre-Back. Black and white shepherd's plaid with a yoke of scarlet mohair, makes this model a stylish one. Five sizes, 1 to 9 years.



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