

stant growth of the hair from the roots outward will always show a more or less marked line near the scalp, and only constant care in applying the dye will do any good. Many hair dyes and so-called invigorators contain poisonous ingredients which are sure to injure the user in some way, while a great many harmless ones are useless for the purpose intended. From my own experience, I can recommend nothing; but can give a few recipes for stains which are recommended for coloring the hair, and are themselves harmless. Here is one that is said to gradually restore color: Mullein flowers, one-half ounce; genista, one-half ounce; steep in a little water until the liquid is black, and apply to the hair with a brush. The herbs can be had of the druggist. There is no choice between the walnut stain and the sage tea, and both are simple, easily made and harmless; but they are only stains, and like dyes, require constant use. The sage tea stain should be made in an iron kettle, and will rub off, if too plentifully applied, or allowed to touch the pillow before thoroughly drying.

Walnut Stain for Hair: Four ounces of walnut skins, beaten to a pulp, to which is added pure alcohol, 16 ounces. Let stand eight days and strain. Then apply as any other dye.

Sage Tea: Green tea, two ounces; dried garden sage leaves, two ounces; put in an iron pot, and pour three quarts of boiling water over it. Cover closely and let simmer until the water is reduced to two quarts; take from the fire and let stand in the kettle for twenty-four hours; then strain and bottle for use; wet the scalp thoroughly with this tea every night, and let dry before going to bed, as it will stain the pillow cover. Some add to the tea two ounces of alcohol, which keeps it from souring. Sage tea is one of the best tonics for the hair, and is perfectly harmless.

Cooking Opossum

After dressing, the opossum should be singed, and washed clean, then wiped dry inside and out, and hung in a cold place for several days. Boil and mash a half dozen

**CUBS' FOOD
They Thrive on Grape-Nuts**

Healthy babies don't cry and the well-nourished baby that is fed on Grape-Nuts is never a crying baby. Many babies who can not take any other food relish the perfect food, Grape-Nuts, and get well.

"My little baby was given up by three doctors who said that the condensed milk on which I had fed her had ruined the child's stomach. One of the doctors told me that the only thing to do would be to try Grape-Nuts, so I got some and prepared it as follows: I soaked 1½ tablespoonfuls in one pint of cold water for half an hour, then I strained off the liquid and mixed 12 teaspoonfuls of this strained Grape-Nuts juice with six teaspoonfuls of rich milk, put in a pinch of salt and a little sugar, warmed it and gave it to baby every two hours.

"In this simple, easy way I saved baby's life and have built her up to a strong healthy child, rosy and laughing. The food must certainly be perfect to have such a wonderful effect as this. I can truthfully say I think it is the best food in the world to raise delicate babies on and is also a delicious healthful food for grown-ups as we have discovered in our family."

Grape-Nuts is equally valuable to the strong, healthy man or woman. It stands for the true theory of health. "There's a Reason." Read "The Road to Wellville," in pkgs.

medium sized sweet potatoes, add a cupful of black walnut kernels chopped fine, a teaspoonful of salt, a small bit of grated onion and a little pepper. Fill the inside of the opossum with this mixture and sew it up; put into the roasting pan, pour over it a quart of boiling water or stock, dust with salt and pepper, and roast for three hours, basting as you would pork. The oven should be hot enough to sear the flesh at first, then gradually allow it to cool. The flesh of the opossum tastes something like pig, but if the animal is fat, it is rather rich eating. Kale, spinach, panned apples, apple sauce and corn bread should be served with this dish.

(2) After killing the opossum, have ready a kettle of boiling hot water into which has been thrown a couple of stove-shovelfuls of ashes. Into this, douse the opossum quickly in order to remove the hair, which must be scraped off, just as is done with a pig; the skin must be scraped until it is white and clean. Split the animal open, remove the entrails and wash clean with cold water, and hang the carcass in a cold place to freeze for several days in order to lessen the strong flavor it would otherwise have. Pare plenty of sweet potatoes and stuff the carcass full, sew it up, put into a kettle of boiling water and keep slowly boiling for about two hours, when the flesh should be tender. Take from the kettle and place in a bake pan, place around the carcass other boiled sweet potatoes, set the pan into a hot oven, with butter, pepper and salt to taste and bake a nice brown.

A Fudge Recipe

Melt a level teaspoonful of butter in a porcelain lined saucepan; add a coffee-cupful of granulated sugar, one-third of a cupful of sweet milk and a pinch of salt. Bring to a boiling point, stirring constantly; cook about eight minutes from the time it begins to boil. Test in the usual manner until a spoonful dropped in ice water will form a soft ball. Add desired flavoring when the mixture is taken from the stove. Beat at least ten minutes after it is done, by which time it should form a creamy mass and should be poured into a large square pan, well greased. When almost cold, cut in squares; the squares may be dipped in chocolate if liked. Ground nuts added to this mixture before it cools makes a delicious candy, and a half cupful of chopped dates or figs also makes a nice confection.

Care of the Shoes

As soon as wet shoes can be removed, rub them well with a soft, warm cloth to get all the dampness possible out of them; remove all the mud, if any, and then rub them with a cloth saturated with coal oil or vaseline. Rub as much of the oil in the leather as possible, stuff filling of some kind into the shoes to give them shape, and set aside for some hours. When about dry, give another application of oil and rubbing, and this will remove all stiffness and leave them in good shape. It pays to take care of one's clothing, even at cost of some trouble.

Some Laundry Notes

When washing black calicoes and lawns, make the bluing water very dark, in order to restore color. A better way is to wash them in bran water or thin starch.

Iron spots should be covered with salt moistened with lemon juice and laid in the hot sunshine for several days, moistening the salt frequently.

To improve the appearance of wash silk, put a teaspoonful of wood alcohol to every pint of the rinse

water, and be sure to iron before it is dry.

Sponge black satin and taffeta silk with a cupful of strong black tea containing a teaspoonful of ammonia, and press on the wrong side with a damp cloth over it.

About the only way to avoid ruining a garment by perspiration stains is to prevent them. Use a large sized shield on the under part of the arm portion of the corset, covering the shield with a washable cover.

"Whole Wheat Bread"

This is Mrs. Rorer's recipe for whole-wheat bread: Use the same quantities as for white flour bread, but the manipulations must be different. After you have mixed the water and the milk and added the yeast in the same quantity, stir in one pint of whole wheat flour; beat for five minutes, lifting the batter

into the air and folding it over. Remove the spoon, scrape down the sides of the bowl, cover it and stand it in a warm place as you do white bread, three hours in winter and two or two and one-half hours in summer. When the mixture is light, stir in slowly enough whole wheat flour to make a soft dough, not quite stiff enough to knead with the hand; dust the bowl thickly with flour, turn it out and manipulate it until the dough is elastic and soft, but do not let it lose its stickiness. With a sharp knife cut it in two portions; mould each into a loaf, put them in greased pans, and when light (like white bread) bake in a moderately quick oven at about 360 degrees Fahrenheit for three quarters of an hour. Whole wheat bread should be most thoroughly baked to the center of the loaf.—Ladies' Home Journal.

*Latest Fashions for Readers of
The Commoner*



2203—Ladies' Tucked Shirt-Waist. This is a good model for linen shirt-waists as well as for silk or madras. Six sizes, 32 to 42.



2202—Men's Pajamas, with Standing Band or Rolling Collar. Striped silk gingham or madras is suitable for this model. Five sizes, 34, 36, 38, 42 and 46.



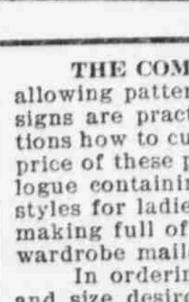
2180—Misses' Tucked Jumper. The model is adaptable to all materials and would be exceedingly dainty in delicate-colored China silk. Three sizes, 13 to 17 years.



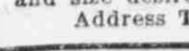
2195—Ladies' Work Apron. Nothing is more useful than one of these all over aprons developed in cross-barred gingham. Four sizes, 32, 36, 40 and 44.



2209—Ladies' Two Piece Tucked Jumper, Closed at Back. A suitable material is dark red Henrietta with trimmings of self-colored velvet. Six sizes, 32 to 42.

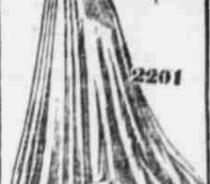


2201—Ladies' Six-Gored Skirt, with Plaits at Front and Back and in Medium Sweep or Round Length. Developed in serge this would be a charming model. Seven sizes—22 to 34.



2182—Girls' Dress, with Three-Quarter Length Sleeves and a Removable Chemise. A good model for school or every day wear. It is here illustrated in challis. Four sizes—6 to 12 years.

2175—Ladies' Coat, with Side Portion and Sleeve in One. Developed in cheviot, serge or tweed this model would be charming. Six sizes, 32 to 42.



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