

very thin, then add these to the stew, with salt and pepper to taste, and cook all until the vegetables are soft; thicken with two tablespoonfuls each of butter and flour cooked together. At the last add a tablespoonful of finely chopped parsley.

Good Gingerbread—Melt one-third cupful of butter in two-thirds cupful of boiling water; add one cupful of good molasses and one egg, well beaten. Mix and sift two and three-fourths cupfuls of once-sifted pastry flour, teaspoon and a half full of soda, half teaspoonful of salt, two teaspoonfuls of ginger. Add this to the first mixture, beat thoroughly, turn into a buttered and floured shallow pan, or individual pans, and bake in a moderately hot oven for thirty minutes.

A White Sauce—To be used with toasted bread, is made as follows: Melt five tablespoonfuls of butter in a graniteware saucepan; add three and one-half tablespoonfuls of flour, and stir until thoroughly blended, then pour on gradually, beating all the while, two cupfuls of scalding-hot milk; let come to the boiling point, but do not let boil; have your toast nicely browned and laid in a dish, and pour over it this white sauce. Serve hot.

Bacon, next to butter and cream, is the most easily assimilated of all fatty foods.

Aids to House Cleaning

Linoleum or oil cloth should have a coat of varnish (a hard dryer) several times a year. Inlaid linoleum, though at first cost more expensive, is much cheaper in the long run, as it keeps its colors as long as a piece of it remains.

Sweet oil and turpentine, equal parts, to which has been added a little burnt umber for color, well rubbed into scratches on furniture will hide them. Apply only a little at a time, and rub until perfectly absorbed before beginning another.

Do not make the mistake of getting up two or three hours earlier on the morning when hard work is to be done. It may save a little of the daylight, but it is an extravagance of health and strength, and will make the rest of the day harder to endure.

After a day of unusually hard work, do not attempt to do little jobs by lamplight. Be just to yourself, and do not overtax your powers. One hour of work when the system is over-fatigued is harder than twice

COFFEE DRINKING

A Doctor Says it Weakens the Heart

"In my opinion," says a well known German physician, "no one can truthfully say that coffee agrees with him, as it has long since been proven that caffeine, contained in coffee, is an injurious, poisonous substance which weakens and degenerates the heart muscles.

"For this reason the regular use of coffee, soon or late, causes a condition of undernourishment, which leads to various kinds of organic disease.

"Convinced of this fact, I have often sought for some healthful beverage to use instead of coffee. At last I found the thing desired in Postum. Having had occasion to forbid people using coffee, whose hearts were affected, I have recommended Postum as a beverage, since it is free from all injurious or exciting substances. I know this from results in my own family, and among patients.

"Hundreds of persons who now use Postum in place of coffee, are greatly benefited thereby." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

the amount when one is normally strong.

Try to do everything in its own, regular time; if you don't, things will accumulate until nothing will set them aright but a regular overhauling and upheaval. Don't leave little things to be done later. There is no time like now.

At the paint stores, raw umber, burnt umber, burnt sienna, or yellow ochre ground in oil can be had in small cans, or the dry powder may be used, if one has skill to mix. Clear turpentine is required to thin the ground colors or act as a medium for the dry colors, and any painter will tell you how to use them. Paint is better than the scrub brush, and "liveness" up the house wonderfully.

Begin the house cleaning with the cellar. Overhaul all vegetables, fruits and mouldy places, removing all decaying matter and scattering plenty of fresh lime about to absorb the moisture. Rotten wood and rusty metals are about as bad as rotten vegetables.

For the Housewife

No matter what kind of furniture you have, you want to keep it looking nice. It is not so much the material, as the care one gives it which counts. A dining room table may be made of pine lumber, stained or grained and varnished in imitation of hardwood, and if not allowed to be scratched, rubbed or defaced, or if hot dishes are not allowed to be placed on it, it will always look well; the table cloth may not be linen, but a cotton covering may be hem-stitched, or scalloped with button-hole edge, or it may have any other pretty, durable finish, and if kept free from stain and daintily laundered, it will suit every purpose.

Very good stains for soft wood can be made from package dyes. One package of terra cotta dissolved in one quart of water makes a good cherry stain. For mahogany, dissolve one package of terra cotta and one-fourth package of slate in a quart of water. For black walnut, use one package of terra cotta and one of slate. Dissolve according to directions on the packages. Finish with a coat of shellac or varnish.

If your kitchen is on the shady side of the house, and is not sufficiently supplied with windows, either have more windows put in—which is much the better way—or paper and paint with a light yellow color. So much of the housewife's time is spent in the kitchen that it should have a very comfortable aspect, and light is one of the foremost essentials.

When washing bottles, cruets, and the like with small necks, put into them with the water a handful of crushed egg-shells, shake well, and the inside will be beautifully scoured. Dried beans, peas, or popcorn may be used; but fine gravel is one of the best things if it can be had.

For the greasy sink pipes, dissolve a handful of potash in boiling water and pour down the pipes. Boiling water alone is good, but the potash forms a kind of emulsion with the grease, turning it into the nature of soap. The best way is to keep all greasy water out of the sink.

When Silence is Golden

A writer in Folk Lore says: "We know how to be silent when we are happy. Each one swallows his dose of happiness by himself; but his sorrows—perhaps an insignificant scratch on the heart—he proclaims to the public. He shows it, shouting to the world to come and see it. It is not healing one wants, so much as sympathy. * * * We throw the remnants of our food from our houses and poison the air of the town; in the same way we discard from our souls all their filth and burden of festering discouragement

and cast them under the feet of our neighbors. Hundreds of healthy souls perish through being poisoned and weakened by our groans and complaints. We loose our loads from our own backs and cast them as stumbling blocks under the feet of our friends. We have no right to pollute the air that others must breathe with the washing and cleansing of our individual wounds."

Notes for the Sewing Room

For torn lace, lay a piece of plain net under the torn place, draw the edges of the lace carefully into place over the netting, baste the edges and press with a hot flat iron, then darn down. If carefully done, the tear will not show much.

To lengthen a dress skirt, use the present hem for a false tuck, setting a piece of lining goods of the re-

quired depth and shaped like the skirt-bottom, underneath; then cover the lining goods with a shaped band matching the skirt in color, finishing it at the bottom with a hem of the same width of the false tuck. The lining goods may be left out, if desired. This is a change from the hip-yoke, which some do not like.

For a pillow cover, get a fine quality of double-fold gingham, thirty-two inches wide. One-half yard will make two front covers. For cross-stitch work, get No. 12 knitting cotton, and work any design liked. To finish, add a back of some plain material—chambrey will do, to match the medium shade of the check. There should be two ruffles—the under one being made of the plain goods, and the upper one of white goods sheer enough to show the color of the under ruffle, but with body enough to keep its shape.

Latest Fashions for Readers of The Commoner



2245—Ladies' Military Coat, in three-quarter length. Venetian cloth is a good medium for this pattern. Seven sizes, 32 to 44.



1911—Childs' Round Yoked Dress, with long or short sleeves. Suitable for French cashmere, or any of the colored linens. Four sizes, one-half to 5 years.



1791—Misses' Tucked Jumper or Gulmppe, slipped on over the head. Silk or voile develops well in this style. Three sizes, 13 to 17 years.



2216—Misses' and Girls' Kimono Wrapper and Sack. Flowered crepe or plain colored flannel are pretty in this style. Five sizes, 9 to 17 years.



1873—Ladies' Tucked Shirt Waist. A simple style for voile, cashmere or silk. Seven sizes, 32 to 44.



2216—Girls' One-Piece Dress, with square yoke. A pretty style for checked or plain materials. Four sizes, 6 to 12 years.



2211—Ladies' Short Petticoat, with a straight lower edge, and yoke-band or deep yoke. Flannel, flannelette or outing cloth are good materials for this petticoat. Eight sizes, 22 to 36.



2221—Ladies' Semi-fitting Coat, in seven-eighths length. Covert cloth is a good material for the development of this coat. Seven sizes, 32 to 44.

THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired. Address **THE COMMONER, Pattern Dept., Lincoln, Neb.**