

bake in a moderate oven. (Recommended.)

Herb Stuffing for an Old Fowl—Take about three-fourths loaf of stale bread, slice and moisten with boiling water; chop an onion very fine, and add to the bread with pepper, salt and seasoning to taste (sage is generally used), and stir until thoroughly mixed; let the dressing cool, then filling the hen with it. Poultry seasoning is liked very well for dressing.

Puree soups are good for the Lenten season. Boil potatoes and mash; season well with salt, pepper and butter, and add hot milk until the mixture can be poured through a sieve; serve quite hot. Peas, beans, corn, tomatoes may all be used for puree soup.

Carpets and Comfort

One of the greatest foes to health, and one inveighed against by nearly all reformers, is the carpet which covers the whole extent of the floor surface. The rug, which admits of a bordering of bare floor is considered an improvement, but is still bad enough. A bare floor can scarcely be tolerated by the home-maker, because of its unsightliness and call for constant sweeping, wiping up, polishing, scouring and dusting, besides the oftentimes unbearable noise made by walking over it, moving furniture, and letting things fall on it. The still-further discomfort of contact with the hard surface by the women who mostly affect thin soled footwear in going about the housework, is anything but pleasant, while physicians tell us it is responsible for many "nerve" things that afflict the sensitive woman.

The big, heavy carpets were a back-breaking burden to take up, air and beat, while, if sent to the professional cleaner, they came home ruined, and a few such journeys finished their usefulness. The large rugs are little better, because women

BRAIN POWER

Increased by Proper Feeding

A lady writer who not only has done good literary work, but reared a family, found in Grape-Nuts the ideal food for brain work and to develop healthy children. She writes: "I am an enthusiastic proclaimer of Grape-Nuts as a regular diet. I formerly had no appetite in the morning and for eight years while nursing my four children, had insufficient nourishment for them.

"Unable to eat breakfast I felt faint later, and would go to the pantry and eat cold chops, sausage, cookies, doughnuts or anything I happened to find. Being a writer, at times my head felt heavy and my brain asleep.

"When I read of Grape-Nuts I began eating it every morning, also gave it to the children, including my ten months old baby, who soon grew as fat as a little pig, good natured and contented.

"Within a week I had plenty of breast milk, and felt stronger within two weeks. I wrote evenings and feeling the need of sustained brain power, began eating a small saucer of Grape-Nuts with milk instead of my usual indigestible hot pudding, pie, or cake for dessert at night.

"Grape-Nuts did wonders for me and I learned to like it. I did not mind my housework or mother's cares, for I felt strong and full of 'go.' I grew plump, nerves strong, and when I wrote my brain was active and clear; indeed, the dull head pain never returned."

"There's a Reason."

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

are not as strong as they used to be in the old days, and even the small rugs require more strength than the average housewife possesses in order to shake them free from dust. The compressed air method of cleaning house is still too expensive for the housewife of small means, while the proverbial "strong young girl" of whom we used to read so much as bobbing up in emergencies is now no longer to be found. The "hired man" has already given up his job and gone to the factory. What are we to do? If some one would only invent a "ways and means" within the limits of our purses, by which the floor coverings could be kept free from dust, what a blessing it would be to the tired woman! I wish some of our women who have solved the problem to their own satisfaction, would send in some "helps" for the woman who is still in the throes of doubt. Let us hear from our good housekeepers. The suggestions they offer will be put into shape and passed on; think of the good it might do!

For the Bath

Bran for the bath is recommended. The bran used is the ordinary wheat bran fed to stock, and can be had cheaply at any feed store. Too much should not be purchased at once, in order that it may be fresh and sweet. To use, make a cheese cloth bag to hold one or two quarts, and fill with the bran—one quart size is sufficient for most people—and lay this in the bath, which should be quite warm water, until it is thoroughly soaked; squeeze in the water until it gives to it a "bubbly" appearance. The bag may be used as a wash rag, scrubbing as you would with soap. Bran water has a remarkable cleansing effect, even in the laundry. If one can have a thorough massage after the bath, it will aid greatly in bringing out the strength and steadying the nerves, but if not, a good rub-down with a Turkish towel should follow the bath.

For toilet purposes, make little bags holding two or three spoonfuls of either oatmeal, or bran, and use in place of soap after filling and letting lie in the water a few minutes.

House Cleaning

The house-cleaning season is not one of dread to all housekeepers. Things get so dreadfully dirty through the winter months, that most of us are glad of the chance to air and scour. Where wood or gas is used for fuel, the necessity for a thorough overhauling is not so glaringly apparent as where coal is used; but the neatest housewife is appalled at the amount of dust, soot, grime and discoloration which takes literal possession of every inch of surface, both of walls and furnishing. Even rooms which are little used show the settlements of the atmosphere, and lamps add their share to the untidiness of everything one touches.

While "haste makes waste" in this, as well as in other lines, it is well to take the work "by littles," doing whatever can be done at an early date. Remember that March is the month for the most effective warfare on the "little brown bug." Give him no quarter.

"For the Stomach"

There is nearly always, with thin people, an excess of acid in the stomach and blood, and this should be washed out with alkaline hot drinks. A domestic remedy for dyspepsia, recommended by some of our best physicians, is made by pouring a quart of boiling water on half a pint of clean hard-wood ashes, adding a tablespoonful of wood-soot, well stirred and left to stand over night.

In the morning bottle the clear liquid, and after meals, when acidity is felt, add a tablespoonful of this to a glass of hot water, and sip it from a spoon, as hot as can be comfortably used. Wood soot contains potash, lime and magnesia, ammonia and creosote, and is a valuable medicine.

Liquid magnesia, or nibbling dry magnesia, drinking a pint of hot water five minutes after, is good. Or, the hot water alone may be taken, with great benefit. Quantities of water, the temperature that is most comfortable to the stomach, but hot enough to stimulate the stomach, is good treatment. It is recommended to take the water directly from the boiling tea kettle, sipping it slowly with a spoon, thus losing as little of the heat as possible.

Very cold drinks should not be in-

dulged in. Especially should cold drinks be avoided in cases of chronic constipation, or when the cold water lies "like lead" in the stomach for some time after drinking it. It is better to drink plenty of water than too little. Many people—especially women, boast that they drink no liquids except at the table, and do not know what it is to be thirsty. Drinks should be let alone at the table, but freely taken between meals, and the last thing at night. If possible, do not let the young people contract the tea and coffee habit. If they must use a hot beverage, let it be hot water, seasoned with milk and sugar; but even this should not be allowed at meal time. Dieting is more profitable than drug-taking, and far less expensive, leaving no bad after-effects. Frequent fasts are beneficial, whether in or out of health.

Latest Fashions for Readers of The Commoner



1896—Ladies' Tucked Shirt-waist, with tab front yoke and pointed back yoke. A stylish model for heavy linen or madras. Six sizes, 32 to 42.



2247—Ladies' Seven-Gored Plaited Skirt, closed at left side of front and in ankle length. Striped or plain cheviot as well as any of the thinner materials is a good development for this style. Seven sizes, 22 to 34.



2226—Girls' Box-coat, in seven-eighths length. Covert cloth is a happy medium for this jaunty coat. Four sizes, 6 to 12 years.



2229—Ladies' Kimono Wrap, in seven-eighths length. Chiffon-Broadcloth is the best medium for this wrap. Four sizes, 32, 36, 40 and 44.



2213—Ladies' Tucked Shirt-waist, with or without plastron yoke. Suitable for white or colored linen, with the yoke in a contrasting shade. Six sizes, 32 to 42.



2230—Childs' French Dress, with square yoke, with high or low neck and long or short sleeves. White batiste trimmed with cream-colored lace makes this a simple and dainty party frock. Four sizes, 3 to 9 years.



2249—Boys' Reefer, with sailor or notched collar. Navy-blue serge is the material ordinarily used for these reefers. Six sizes, 2 to 12 years.



2215—Ladies' Jumper Dress, consisting of a tucked jumper and an attached thirteen-gored plaited skirt. A pretty style for challies, voile, panama-cloth or serge. Six sizes, 32 to 42.

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.**