crust, after the crust is fitted to the tin, rub a tablespoonful of flour into the surface of the paste up to the edge; if the filing is very Juicy, sprinkle a tablespoonfui of hour over the top of it; wet the edges of bether.
Mary.-To massage the scalp, a good "home" way is to run the fingers of both hands through the hair, letting the tips rest on the scalp and with the cushions of the finger ends, press on the skull beneath, moving the scalp up and down, and round in a circle, doing this until the scalp feels warm. This will bring the blood to the surface
H. J.-The word, mortar-board, as applied to the cap worn by college students, is a corruption of a French word, mortier, meaning the cap worn by the ancient kings of France, and still otucially used by the chief, or president, of the court of justice. As the college cap has a square board on the top, the "mortier board" became a "mortar board."
"Observer."-A woman's signature is her own name, not her husband's, and without the use of the prefix, Miss or Mrs. Miss, or Mrs.
is a title, not a name. alte, not a chur should have a temperature of sixty degrees in summer, and sixty-two to sixty-five in winter. A dairy thermometer should be used, lowering it into the cream, no guess-work will do. If too cold, the temperature may be raised by setting the churn into a vessed of hot water, stirring both cream and water occasionally, until the right temperature is reached. If the cream is too ture is reached. the butter will be white and spoiled; if too cold, the cream will spoiled; if trothy, and the butter will not "come."

Only Me."-For keeping the waist and skirt together at the back, use three hooks and eyes; if the waist is worn over the skirt, sew skirt belt, and one about an inch

## LOST $\$ 300$

Buying Medicine When Right Food was Needed
Money spent for "tonics" and "bracers" to relieve indigestion, while the poor old stomach is loaded with pastry and pork is worse than losing a
If the money only is lost it's bad enough, but with lost health from wrong eating, it is hard to make the money back.
A Michigan young lady lost money A drugs but is thankful she found a way to get back her health by proper food. She writes:-
"I had been a victim of nervous dyspepsia for six years and spent three hundred dollars for treatment in the attempt to get well
of it did me any good.
Finally I tried Grape-Nuts food. and the results were such that, if it cost a dollar a package, I would not be without it. My trouble had been caused by eating rich food such as pastry and pork.
"The most wonderful thing that ever happened to me, I am sure, wa the change in my condition after began to eat Grape-Nuts. I began to improve at once and the first week 1 gained four pounds.
"I feel that I cannot express my self in terms that arc worthy of the benefit Grape-Nuts has brought to me, and you are perfectly free to poor sufferer relief, such as has come to me.,

Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs. "There's Reason."
and a half at each side of it, sewing the hooks in corresponding positions on the inside of the belt of the waist. If the skirt fastens over the waist, the hooks should be sewed on the inside of the skirt-band, and the eyes or loops on the outside of the waist-line to correspond.
Housewife.-Wood that has been painted and long dried can not be satisfactorily cleaned of the paint and stained. Regular painters burn old paint off, but the work is seldom satisfactory, and with the amateur it is a failure. Varnish and paint removers do not give the desired results, in most cases. Washing with a good scouring preparation, then sandpapering is the best that can be done. No. 1 sandpaper should be used wrapped sandpaper should wood for easy handling.

Answering Many Questions
Fringed napkins and doileys should be taken by two corners and snapped quickly, changing the hold from side to side to shake out ail kin should be in board and carefully smoothed oit with the hands, that the fringe may be without tangles, and straight without matting together. The
fringe should be ironed the last thing.
When table linen is washed, bluing and boiled starch should be added to the rinse water, and too much starch should not be used, as the linen should not be very stiff. A pretty way to serve oranges is to cut the rind in the shape of a litpulp; break it up and sprinkle well with sugar; re-fill the basket and place in a refrigerator, or other cool place until serving time. White cherries, or other fruits may be mixed with the pulp, if desired.
When the tops of salt cellars are slightly corroded, they are difficult to move. In the end of a stout stick put two very thin wire nails; thrust these nails in the holes of the cover, and twist. This will remove the top. For the deep scratches which sometimes mar the surface of a hardwood door or casing, this is recommended: Hold a red hot poker an nch above the scratch cool, rub hard with a mixture of equal parts of olive oil, alcohol and best vinegar. This is a clean, effective furniture polish.
a good polish for boots and shoes is made by mixing together two pints of best vinegar, one pint of soft of glue broken into bits, or powdered, one-half pound of logwood chips and one-quarter pound of isinglass. Put the mixture over the fire and let boil for ten minutes or more, until a good color; then strain the iquid and bottle in small bottles and cork tight. When cold, it is ready to apply with a bit of clean sponge.

Comparative Measure
One tablespoonful of liquid, equals one-half ounce; 2 rounded tablespoonfuls of coffee, 1 ounce; two rounded tablespoonfuls of powdered sugar, 1 ounce, 1 ounce: 9 large spoonfuls or medium size, 1 pound: heaping tablespoonful of butter, heaping or onefourth cupful; buter sies of ang 2 ounces, or oneter size of al. 1 rounded tablespoonpint rul of butter, one oacked solid, 1 chopped list of milk or water, pound; 1 pupfuls, 1 pint; 1 cupful pound; 2 cupruis, gilis or liquid, 1 wine-glass spoonfuls of one-fourth cupful; one-half gill, or one-fourd: two and 3 cupruls of puls, of powdered sugar one-half cup cupfuls pulverized sugar 1 pound; same of granulated sugar;

4 cupfuls of flour, 1 pound, or one quart; 4 cupfuls of liquid one the coffee grounds. Then draw the quart; 2 cupfuls solid butter, 1 stuff tissue packer in the spout; let pound. These measures will be stand at barely boiling point for tep has to depend to the housewife who minutes.-L. C has to depend upon cups and spoons for her weights. Every kitchen good scales, but not every one is..
"A Cup of Coffee"
Have your coffee pot perfectly lean and sweet. Have one perfect$y$ fresh egg, and water freshly boiling. Allow twice as many level tablespoonfuls of ground coffee as here are cups to be served. For every ten tablespoonfuls of coffee allow one well beaten egg. Add a iittle cold water to the egg when beating, mix with it the ground coffee, and put the mixture into the coffee-pot, and pour over it the number of cupfuls of boiling water, boil
five minutes, stirring occasionally that the egg shall not coagulate with

Remove the skin and fiber from six oranges, then cut the pulp into small blocks; peel and dice three bananas; peel and cut a mediumsized pineapple first into rounds, hen into small, wedge-shaped secions. Stand the prepared fruit in a cold place to chill. At serving ime, arrange on individual salad plates as follows: First, around the outer edge a border of pineapple; inside this a row of orange blocks, then fill up the center with the diced bananas, heaped up to form a tiny mound. Finish off the top of the mound with a fine, fresh strawberry or a maraschino cherry; sprinkle went one tablespoonful of grape juice to each serving.

## Latest Fashions for Readers of The Commoner



2203-Ladies' Tucked Shirt-Waist.
Linen or Victorta lawn develop well In this style. Six sizes- 32 2058-Misses Nine-Gored Double box Platted skiru. A in any material Three slzes- 13 to 17 years.

2242-Boys' Russlan Suit, Consisting of a Blouse Closed at Right side of Front, with High Neck and Rolling Collar, or when sallor Cohar and a Re movable shiela. One of the most
stylish models for the linen suit. Four stylish models for
sizes- 2 to 5 years.

2293-Ladies' One-Button Cutaway Coat. Made up in dark blue serge with revers of moire silk. Seven sizes-
32 to 44 .

2307-Ladies' Shirt-Waist, with K1 mono Sleeves. Nainsook and embroldFive sizes- 32 to 40 .

2309-Ladies' Nine-Gored Skirt, with an Inverted Box-Plait at Centre-Back Seam and below Hip Seam and below Hip at the other feams. Serge and Moire sick are use

2316-Girls' and Childs Dress, with high or Dutch Neck. Flowered dimity 2 to 12 years

2292-Misses Jumper Dress, Consistng of a Tucked Jumper, an attached Four-Gored skirt, and a separate
Guimpe having long or three-quarter Guimpe having long or three-quarter Length sleeves. Light blue organdie,
combined with Valenciennes lace is a combined with Vatenciennes iace pretty girlish development of this pretty


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