

can, and freeze as ice cream, without stirring, leaving in the freezer from half to a whole hour.

#### Some Timely Recipes

**Baked Rice Pudding**—Over one pint of boiled rice pour a pint of scalding hot sweet milk, and allow the mixture to cool. Then stir into this half a tablespoonful of butter, three eggs slightly beaten, and a saltspoonful of salt, beating all of these well together, and add gradually, beating vigorously, just enough flour to slightly thicken—a heaping tablespoonful will do. Pour this into a buttered pudding pan and bake for half an hour, and serve warm, with or without sweetened sauce, as preferred.

**Using Cold Meat**—Put into a pan all the gravy and dressing left from the previous roast—beef, veal or mutton; if not enough, add one teaspoonful of butter and half a cupful of boiling water. While this is heating, slice small thin pieces from the cold bones and lay them on previously prepared toast in the bottom of a dish. As soon as the gravy is piping hot pour it over the meat and toast in the dish, and serve for breakfast.

**For Left-Overs**—Put a pint of carrots, cut into cubes, into boiling water and cook forty minutes; then pour off the water, and add one pint of cooked cauliflower, the flowerets broken apart, one pint of French peas, rinsed and drained, one gill of stock, a saltspoonful of pepper, a tablespoonful of sugar and two teaspoonfuls of salt. Cover the stew pan and set where the contents will cook for ten minutes. Put into a sauce pan three tablespoonfuls of butter and two level tablespoonfuls of flour stirred until smooth. Heat a half pint of stock and add to this, place over the fire and stir until it boils; then add one tablespoonful of chopped onion, one bay leaf, one teaspoonful of salt and one saltspoonful of pepper. Cook five minutes, add half a cupful of milk or cream, and let come to a boil; strain this sauce over the vegetables and arrange on a warm dish. To be served with chops or cutlets, or without meats.

#### Some Good Ideas

Don't forget the scissors for the kitchen. They "come handy" for many things that a knife is used for, such as mincing herbs, cutting up fruits, etc.

Don't leave the clothes line stretched after the wash is brought

#### BUILT UP

#### Right Food Gives Strength and Brain Power

The natural elements of wheat and barley, including the phosphate of potash, are found in Grape-Nuts, and that is why persons who are run down from improper food pick up rapidly on Grape-Nuts.

"My system was run down by excessive night work," writes a New York man, "in spite of a liberal supply of ordinary food."

"After using Grape-Nuts I noticed improvement at once, in strength, and nerve and brain power."

"This food seemed to lift me up and stay with me for better exertion, with less fatigue. My weight increased 20 pounds, with vigor and comfort in proportion."

"When traveling I always carry the food with me to insure having it."

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

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

in; either wind it, or coil it, and put into a bag from the dirt. Gather up the clothes pins, put them in a bag and hang in a dry place.

Keep all the scraps of soap that accumulate, and on wash day use them in the suds. Scraps of toilet soap may be put into a can and used to make soap jelly by dissolving in a little boiling water.

When done ironing, put the flat-irons away where they will keep perfectly dry, so they do not rust. See that they are clean. If left on the stove from ironing to ironing, they "lose temper," and are hard to keep hot when in use. The laundress loses temper, too, when trying to use them.

Put the ironing board away at once, drawing a loose bag over it to keep it from dust. It is best to have two or more cover cloths for it, and wash one with each wash, putting a clean one on the board every time it is used.

No matter how good the quality of velvet used for coat collars, the velvet will always leave a soil on any white fabric, unless means are taken to prevent. The best thing to do is to wipe off the velvet thoroughly with a soft, slightly-moist cloth, then go over it with a rag saturated with pure alcohol, rubbing it vigorously. Do this regularly, once a week at least, and it will prevent the discoloration by "crocking."

For running up long, straight seams on light fabrics, lay the two pieces of the material with the right sides together and insert the raw edges in the hemmer attachment, sewing it as you would a hem. This will make a smooth, straight seam, with the raw edges hidden, with very little trouble. This is especially good for materials that will "frazzle out" on the raw edges.

#### Some Helpful Ideas

If, from any cause, your rug should become creased so it will not lie straight, turn it upside down and wet the crease until the rug is quite wet; then stretch the rug tight and tack its edges down with tinned tacks and leave it over night. In the morning the rug should be dry, and the crease removed, allowing it to lie straight.

Always shrink a new braid before sewing it to the skirt, and do not stretch it in sewing it on. If a skirt pattern is too long, shorten it by folding a plait across the middle of the pattern, and never attempt to make it the required length by taking from either the top or the bottom.

We have been taught that water, to be perfectly healthful, and free from germs, should be boiled. Now we are assured that boiled water is a very unsafe drink, and that ordinary boiled water "is liable to cause numerous severe and often dangerous stomach and intestinal troubles."

Pale colors always give an appearance of greater size to a person or an object, while dark colors seem to contract. Thus, a white shoe gives an appearance of greater size to a foot than a black, or very dark shoe does. A white costume apparently adds to one's size, while a very dark or black garment makes one look smaller.

When putting the stoves away, rub all over both stove and pipe with a flannel cloth saturated with coal oil; this will prevent rusting. Shake out all soot from the pipes, and take all ashes and soot out of the chimney hole before closing it for the summer. See that the joints of pipe are marked so they will go together without trouble in the fall.

Keep the refrigerator perfectly clean and wholesome, and allow no decaying foods, or sour dishes to remain in it. Nothing warm should be put into it. If it is desired to cool a thing, cool it before putting in the refrigerator, and thus save trouble. Eight pounds of the best cotton

batting, made as a bed comfort, but only just as large as the mattress, should always be used between the body and the mattress proper. This can be sunned and aired, where the mattress would be too heavy to lift; besides, the covering can be ripped off at any time and washed, thus keeping it clean and wholesome. Tack as you would a comfort. For cots or woven wire springs to be used as sleeping furniture on the veranda or lawn, the cotton mattress is excellent and easily handled.

It is as well not to grieve over past mistakes—not to hold post-mortems oftener than necessary. But make use of the mistakes as "experiences," and do not repeat them. It is almost impossible to keep from being cheated, if you have much dealings, but if you find yourself dishonestly dealt with by a person, do not trust his word again. A merchant

who misrepresents in one instance will be very apt to do so again, if he thinks he can.

Near the kitchen door keep a box, barrel, or keg, and into this throw everything that can not be used in the fertilizer pile, or burnt, and once a day see that it is emptied away from the house. All manner of litter can thus be done away with. To get rid of waste paper, dig a hole in the yard and burn it, a quantity at a time, and it can thus be destroyed with safety.

Many parents who, in old age, find their children indifferent and neglectful of their comfort, are themselves to blame for such treatment. Children who are never taught to take thought of anything save their own comfort, will hardly learn the lesson of thoughtfulness for others. Teach the children to serve you and each other. It is the better way.

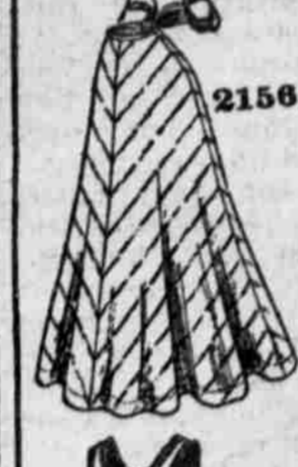
## Latest Fashions for Readers of The Commoner



2397—Boy's Shirt-Waist, with Separate Turn-Down Collar. This model is adaptable to any of the season's shirtings. Seven sizes—3 to 15 years.



1482—Child's Dress, with Tucked Yoke. A very neat model which will develop well in any of the sheer white goods combined with embroidery or lace insertion. Four sizes—one-half to 5 years.



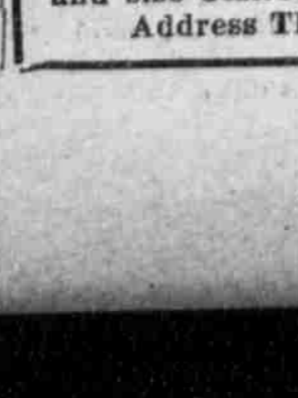
2156—Ladies' Gored Circular Skirt, with or without Centre-Front Seam and in Round or Ankle Length. The material used for its development was one of the new striped French flannels, though almost any material is adaptable. Six sizes—22 to 32.



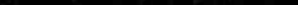
2035—Misses' Princess Jumper Dress. Taffetas silk or any of the washable materials develop well in this style. Three sizes—13 to 17 years.



2140—Ladies' Tucked Shirt-Waist. Any of the plain or fancy shirtings develop well in this pattern. Six sizes—32 to 42.



2370—Boy's Russian Suit, Consisting of a Blouse with a Removable shield, and Knickerbockers. Slate-gray Indian head cotton was used in the development of this jaunty little suit. Four sizes—2 to 5 years.



2081—Ladies' Skirt with Five-Gored Upper Part and Straight Flounce Lower Part. Lawn, organdie or any of the sheer white goods will develop well in this style. Seven sizes—22 to 34.



1911—Child's Round Yoked Dress, with Long or Short Sleeves. Chambray, Indian head cotton, lawn or linen are all suitable for this simple little frock. Four sizes—one-half to 5 years.



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