

and we would be glad, if our readers have "tried and true" methods for their extermination, to have them send them in, that others may be helped. Rats, mice, roaches, beetles, carpetbugs, ants, flies, moths as well as the nimble flea and the testable bed bug, should all be warred against. It is claimed that rats, mice, and roaches object to cayenne pepper. Roaches and beetles are said to dislike borax; these pests are partial to damp, dirty places, and all foods should be kept out of their way. Chloride of lime is also said to disagree with rats and mice. To prevent carpet bugs, the floor should be well scrubbed with a mixture of warm water and turpentine before laying the carpet, saturating all cracks; proportions, half a pint of turpentine to each half pail of warm water. Fleas flee from air-slacked lime.

A mixture of one pound fine sugar, one pound powdered borax, and ten cents worth of paris green, mixed and put into all places where roaches are seen, by using small bellows or puffer, it is claimed to be "good" for roaches, beetles and water bugs. Many of our young housewives are very anxious for information on these matters. Red ants are a special terror.

Early Spring Dishes

Salsify—Scrape a dozen roots of salsify and soak in cold water for ten minutes, then put into a sauce pan with a little water, cover closely and let boil until tender. When done, take up, drain, and cut into pieces half an inch long. Put into a sauce pan a teacupful of good stock, half a teacupful of vinegar, a tablespoonful of butter, dessertspoonful of sugar, salt and pepper to taste and add the salsify. Let come to a boil, take from the fire, stir in a well beaten egg, turn into a heated dish and serve.

To make a Rice Border—Wash and drain a cupful of rice; put into a sauce-pan with a quart of stock,

SISTER'S TRICK

But it all Came out Right

How a sister played a trick that brought rosy health to a coffee fiend is an interesting tale:

"I was a coffee fiend—a trembling, nervous, physical wreck, yet clinging to the poison that stole away my strength. I mocked at Postum and would have none of it.

"One day my sister substituted a cup of piping hot Postum for my morning cup of coffee but did not tell me what it was. I noticed the richness of it and remarked that the coffee tasted fine but my sister did not tell me I was drinking Postum for fear I might not take any more.

"She kept the secret and kept giving me Postum instead of coffee until I grew stronger, more tireless, got a better color in my sallow cheeks and a clearness to my eyes, then she told me of the health-giving, nerve-strengthening life-saver she had given me in place of my morning coffee. From that time I became a disciple of Postum and no words can do justice in telling the good this cereal drink did me. I will not try to tell it, for only after having used it can one be convinced of its merits."

Ten days trial shows Postum's power to rebuild what coffee has destroyed. "There's a Reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

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

and let boil rapidly for ten minutes, then draw back on the range to cook slowly for twenty minutes longer; drain, season with salt and pepper, and turn into a border mold; set in the oven and bake for fifteen minutes. Take out, turn on a dish and fill the center with fricasse of chicken or brown stew, and serve.

Boiled Spinach—Wash half a peck of spinach in cold water until clean, pick over carefully and remove roots; wash again and shake dry. Put into a kettle without water (the moisture clinging to it will be sufficient) and set over a moderate fire and let steam for twenty minutes, well covered. Then take up, drain, chop fine, put into a sauce pan with a tablespoonful of butter, salt and pepper to taste; stir over the fire until very hot. Arrange squares of toast on a heated dish; put little mounds of spinach on each; cut hard-boiled eggs in slices and lay on top; pour drawn butter around the toast and serve. If preferred, the spinach may be served without the toast.

Asparagus Salad—Boil a pint of asparagus tops in salt water for fifteen minutes, take up and drain; throw in cold water and let stand twenty minutes; dry carefully on a soft towel, put in a salad bowl, and pour over it a cupful of French dressing and serve.

Dandelion leaves washed and cleaned, chilled on ice, cut up in a salad bowl with a sprinkle of chopped chives and a plain salad dressing is very nice.

The Little Leaks

While we do not in the least hold that the waste that is draining the family income, in city or country, is all on the woman's side, we would call the attention of the women of the family to the fact that the garbage can gathers in many a wasted nickel. Poor cooking, unwise planning or unchecked wastefulness on the part of the children are all factors in the loss. In many families, this waste is thrown out in the yard about the doors in the cold season, where it is very offensive to the eye of persons accustomed to cleanliness, and where it will rot and draw flies and give out foul smells as soon as the weather becomes warm. If there are poultry, pigs, or a compost heap, there is a way of utilizing it, but if not, it is better to throw all refuse into the stove, or a specially constructed crematory outside the gate. Watch for the extravagance of waste.

House Cleaning Helps

For cleaning and polishing furniture, Maria Barloa gives and recommends the following: Put into a bottle in the order named, one gill each of powdered rottenstone, cold-drawn linseed oil, turpentine, naphtha, strong solution of oxalic acid, half a gill of alcohol and one gill of cold water to which has been added one tablespoonful of sulphuric acid. Shake the bottle well and pour a little of the mixture on a piece of felt. Rub the soiled surface with this, using a circular motion and rubbing quickly and lightly. Finish by rubbing to a polish with a piece of soft old linen. Cork the bottle tightly at all times and keep in a cool place.

Paint, varnish or oil stains, when fresh on glass, may be readily removed with a cloth wet with turpentine. If the spots have hardened, wet with turpentine several times to soften. Sometimes they will still resist removal, and they should then be rubbed with some substance that will not scratch the glass—the edge of a penny will do. If great care is exercised to prevent its touching the woodwork, a strong solution of wash-

ing soda, liquid ammonia, or caustic lye will soften the spots so the material may be removed. If allowed to touch the painted woodwork, it will ruin it.

Housekeeper sends us the following: "Use on the bare floor a solution of paraffin oil and petroleum; this will give the boards a brown color, and render them impervious to anything in the nature of microbes." As she does not give the proportions, it is difficult to follow her instructions. A cleanser for furniture is made of one part turpentine to three parts paraffine oil, applying with a woolen cloth, letting the first coat dry in for a couple of hours, then go over it again with the mixture, rubbing well, following in an hour or two with a rubbing with a dry woolen cloth, as a final polishing. This might be what she refers to for floors. In sending directions or recipes, proportions should always be given, and ways of applying.

TWO WAYS

Have you noticed a difficulty in breathing—short, quick breath—when you are walking, going up stairs, singing, or are angry and excited? You may not think what this means, but doctors will tell you it means weak heart action.

Take Dr. Miles' New Heart Cure at once. It will strengthen and build up the weakened nerves and muscles of the heart, and make you strong and healthy.

This is one way—the right way. Neglect it a little while, and you will then notice Fluttering, Palpitation, Dizziness, Fainting Spells, Pain in region of heart, side and shoulders, Stomach and Kidney Troubles. This is serious. It is the other way—the wrong way.

Dr. Miles' Heart Cure

is a safe, sure remedy, and is curing Heart disease right along, as thousands will testify.

"I had enlargement of the heart. The doctors said I could live but a short time. I took Dr. Miles' New Heart Cure, which restored me to perfect health."

—A. M. Bassett, Wellington, Ohio.

The first bottle will benefit, if not, the druggist will return your money.

Latest Fashions for Readers of The Commoner



2824—Ladies' Semi-Fitting Dressing-Sack with Three-Quarter Length Sleeves. A dainty little, model for lawn, or challis, which should be trimmed with lace insertion. Seven sizes—32 to 44.



2799—Girls' and Child's Rompers, with Circular Bloomers. These garments are usually made of duck, linen, Indian-head cotton or chambray in some dark color, which will not show the dirt. Four sizes—2 to 8 years.



2825—Misses' Semi-Princess Dress, with or without Removable Chemisette. This model may be made as plain or as elaborate as the wearer wishes, trimmed with silk or cotton soutache and with the chemisette of all-over lace or embroidery, according to the material used in its development. Three sizes—13 to 17 years.

2800—Ladies' Waist, Closing at Front and Having Body Lining. This waist is suitable for both plain and bordered materials, the former having the effect of a border by the trimming of lightening braid. Six sizes—32 to 42.

2795—Girls' One-Piece Dress, Slipped over the Head and Having a Separate Guimpe. A pretty little model, developed in plain or striped linen, chambray, Indian-head cotton, duck or pique, with the guimpe of plain or dotted muslin. Four sizes—6 to 12 years.

2828—Ladies' Four-Piece Corset Skirt with Habit Back. This model may be made of striped flannel, thin serge, mohair, or any of the washable materials, used for separate skirts. Six sizes—22 to 32.



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.

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