

cloths, and polish with these. Soap and hard water give greasy, sticky dish cloths and smeary dishes. When done with the dishes, use soap powder to clean the pots, pans and kettles, then wash out the cloths with the borax soap powder, rinse clean and hang out to dry. Burn the sticky, greasy dish cloth. They will get gray-colored, but they can be kept clean and soft.

If you must use hard water for rinsing, measure out the quantity of bluing necessary, and stir this into a quarter or half a cupful of sweet milk, then stir the mixture into the rinse water. The bluing does not "streak" so badly, if at all, when used in this manner.

Try the sticky fly paper for trapping the wise mice who play over your traps. Put the bait on the paper about the middle of the sheet, and see what happens. Mice fatten on corn meal and plaster of paris at my home.

An Excellent Bread Recipe

A reader living in New Hampshire sends us the following directions for making bread, which she highly recommends: Boil in one quart of water enough potatoes to make one pint after being mashed. When done enough to fall to pieces, drain, and mash, and return the potatoes to the water in which they were boiled, together with another half pint of boiling water. To this add two tablespoonfuls of sugar, a scant tablespoonful of salt, a small cupful of finely ground corn meal and the same quantity of lard or butter. With a wire potato masher stir and beat this mixture until there is not a lump in sight, then pour the mass into the bread mixer and add three quarts of best bread flour. Put the crank in place, screw the mixer to a table and turn until the dough is smoothly and evenly mixed. Add the yeast (which has been soaked for half an hour in a cupful of warm water) and turn the crank again for five minutes. (It is not stated what quantity of yeast is used, but as it is dried yeast, one cake is supposed to be the amount.—Ed.) Put on

SICK DOCTOR

Proper Food Put Him Right

The food experience of a physician in his own case when worn and weak from sickness and when needing nourishment the worst way is valuable:

"An attack of grip, so severe it came near making an end of me, left my stomach in such condition I could not retain any ordinary food. I knew of course that I must have food nourishment or I could never recover.

"I began to take four teaspoonfuls of Grape-Nuts and cream three times a day and for two weeks this was almost my only food; it tasted so delicious that I enjoyed it immensely and my stomach handled it perfectly from the first mouthful. It was so nourishing I was quickly built back to normal health and strength.

"Grape-Nuts is of great value as food to sustain life during serious attacks in which the stomach is so deranged it cannot digest and assimilate other foods.

"I am convinced that were Grape-Nuts more widely used by physicians, it would save many lives that are otherwise lost from lack of nourishment."

Absolutely the most perfect food in the world. Trial of Grape-Nuts 10 days proves. "There's a Reason."

Look in pkg. for the 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.

the cover of the mixer and set in a warm place to rise; it should rise two or three times and be stirred down each time, until 9 o'clock arrives and you are preparing for bed. The contents of the mixer should be at this time a light, fluffy sponge. Add to it all at one time three quarts of sifted flour and turn the crank until all the flour is thoroughly incorporated and the mass is smoothly combined. If it seems sticky, keep adding more flour until by testing it you find it will not stick to the fingers. Cover it up, set in a moderately warm place away from any current of air, and let alone until morning.

As soon as possible after making your toilet, stir the dough down carefully, cover again, and set in a warm place to rise again to at least twice its original bulk. Do not hurry it. Mold the dough and put into well greased pans, let rise to double its bulk when put into the pans, and then bake in a moderately hot oven. It will keep sweet and moist as long as there is a crumb left.

Keeping Eggs Fresh

The use of water-glass for preserving eggs has passed the experimental stage, and it is now claimed that among all the materials used for this purpose, the water-glass is the most reliable. While it has been demonstrated that the solution, once used, can be used again, it is always best to begin the new season with a fresh supply of the liquid. The water-glass can be had at almost any store dealing in country supplies, or at the drug stores, and if not kept in stock, may be ordered for you. The price ranges from \$1.25 to \$1.75 per gallon for the liquid, and about 25 cents a pound for the dry. The druggist can tell you how to dissolve the dry. The vessel to contain the eggs may be a tub, pail, or stone jar, and should be perfectly sweet and clean to begin with. They must be set in a cool place, out of the sunshine and draught of air, as both these agencies tend to cause the liquid to evaporate. The eggs must be perfectly fresh, and put into the liquid day by day, as they are gathered. The liquid must at all times completely cover the last layer of eggs. The water used must be boiled and the mixture made while it is hot—measuring carefully, the proportions are one pound of the dry material to each gallon of water; or, to sixteen pints of the water add one pint of the liquid. The mixture must be cold when the eggs are put in. Be sure that the eggs are fresh—you will get out of the vessel only what you put into it. It does not pay to put up tainted, stale or doubtful eggs. Cover the vessel in order to keep out dirt, insects or trash.

For the Spring Planting

It pays to get the large sized, dormant shrubbery and roses, and if you want immediate bloom, in many cases you must do so; but if you have more time than money, and will give the plants the necessary care, the mailing size will give you much pleasure, and with some kinds, a few blossoms this season. Be good to the plants, and they will respond quickly to your kindness.

Cement Instead of Wood

For many reasons, cement is growing in popularity with builders. Properly proportioned with sand, water and gravel, cement is used most satisfactorily for walls, floors, foundations, walks, posts, troughs, drains, pillars and in numerous other ways which will suggest themselves to the wide-awake man, in improving his premises. If properly proportioned and put together, the result is a concrete which is as durable as stone,

fire proof, rat proof and frost proof and the process of making it is not at all difficult to understand. By paying strict attention to the fundamental principles which govern the use of the materials, almost any man can do the work satisfactorily. Only the best materials should be used if the best results are wanted. Compared with the value of the finished work, the materials are not expensive, but it is not a "something for nothing" scheme. The cement must be good, and it must be kept in a perfectly dry place; sharp, clean sand must be provided, and either gravel, finely broken rock, or coal cinders may be used. If one is interested in the matter, a postal card should be sent to the Secretary of Agriculture, asking for the literature sent out by the department on this subject. There is a "good, better, and best" quality of the cement, and no matter

what else is used with it, the "best" is none too good for the cement.

Household Conveniences

In a recent exchange, a writer says the farmer is not only willing, but anxious, to provide for his women folks the labor saving and economical machinery so often advised, but he does not always have the means to procure them. There are many things which can be made at home, at small, if any, cost by the men folks in their off hours, and there are hundreds of little chores, calling for only a little strength, skill and a few minutes of time, which could be attended to on rainy days, or the days when the men-folks give to lounging about the country stores. If these were attended to promptly, the women folks would have time to go with the husband and thus both of them could take a little recreation oftener.

Latest Fashions for Readers of The Commoner



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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