

Make the washing as little as possible, if one pair of hands must do everything.

"Puccoon"

A Reader wishes to know what is puccoon. This is the name given to any one of several plants, according to Webster's Dictionary, yielding a red pigment which is used as a paint by the North American Indians; as Sanguinaria Canadensis, also called blood root, bloodwort, and red root; also two species of Lithospermum, and the pigment itself. The roots are the parts used, but the leaves have a value also. The red puccoon is used in medicine as a tonic, narcotic, emetic, or stimulant, according to the size of dose and form in which it is used. For internal use, it is in the form of syrups, decoctions, infusion, extracts and tinctures, and is very valuable in chest lung and liver diseases. For external use, it is in the form of powders, infusions or decoctions, and as a powder or wash, it is a very valuable remedy for old sores, ulcers, ringworms etc. For this purpose, the roots should be infused in vinegar. The yellow puccoon is hydrastis canadensis, also called orange root and golden seal, and is a well-known drug of much value to physicians. In the form of a snuff or a spray, it is very valuable in the treatment of nasal catarrh.

Milk Breads

Where buttermilk is plentiful, only fresh, sweet buttermilk should be used, or fresh, sweet clabbered milk, if one is at all particular of the flavor of the bread. Milk that is too old and sour, or where the cream has been allowed to over-ripen, will ruin the best of meal or flour. For breakfast breads, one even teaspoonful of soda (saleratus) to two cupfuls of fresh buttermilk or clabber is sufficient; one level teaspoonful of soda to two rounded teaspoonfuls of

FOOD FACTS

What an M. D. Learned

A prominent Georgia physician went through a food experience which he makes public:

"It was my own experience that first led me to advocate Grape-Nuts food and I also know, from having prescribed it to convalescents and other weak patients, that the food is a wonderful builder and restorer of nerve and brain tissue, as well as muscle. It improves the digestion and sick patients always gain just as I did in strength and weight very rapidly."

"I was in such a low state that I had to give up my work entirely, and went to the mountains of this state, but two months there did not improve me; in fact, I was not quite as well as when I left home."

"My food did not sustain me and it became plain that I must change. Then I began to use Grape-Nuts food and in two weeks I could walk a mile without fatigue, and in five weeks returned to my home and practice, taking up hard work again. Since that time I have felt as well and strong as I ever did in my life."

"As a physician who seeks to help all sufferers, I consider it a duty to make these facts public."

Trial 10 days on Grape-Nuts, when the regular food does not seem to sustain the body will work miracles.

"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.

cream of tartar should be allowed where sweet milk or water is used for the wetting. If molasses is used, as in ginger bread, one even teaspoonful of soda should be allowed to one cup of molasses, as the liberated gases lighten the dough without being harmful; but if too much soda is used, no matter what the wetting the product is in a degree poisonous.

Query Box

C. W.—A heaped-up teaspoonful of chloride of lime dissolved in a quart of water will usually remove mildew; as soon as the spots disappear, wash well in several clear waters.

Y. L.—Dip the stale loaf quickly in hot water, set at once in a hot oven and let bake a few minutes. Many people prefer stale bread to fresh, and it can be freshened in several ways.

E. D.—This is said to remove scratches from furniture by swelling the wood: One tablespoonful of turpentine beaten into half a pint of sperm oil. Apply with a wooden cloth or sponge, rubbing in well.

S. W.—Black silk of any kind may be renovated by removing the dust with a soft towel, then sponging on the wrong side with a teacupful of water in which has been dropped seven or eight drops of liquid ammonia.

T. S.—Statistics show that more than one-half the income of the people of the United States is spent for food and food accessories; it is clearly demonstrated that too much is eaten, a great deal of it wasted, and much of it allowed to spoil from poor management.

L. L.—Silks should not be packed away in white paper, as the chemicals used in bleaching the paper are injurious to some colors. Blue paper should be used. Tissue paper is the kind mostly used for packing inside bodices.

W. S.—Coal oil is too severe for a burn, as it is apt to blister the skin; try painting the inflamed part with colorless iodine, which will take the soreness out of any corn. Five cents worth will last a long time, and it must be kept well corked. Wear a wide shoe.

J. M.—Cretonne is a fabric, the higher grades of which are made of cotton warp and wool woof, but in grades usually used in house furnishing, it is all cotton, and sells from eight to twenty-five cents a yard. It is much heavier than calico, and is usually in large designs, like curtain calico. Some of it has a glossed surface, but it is usually made to resemble wool. Any large department store, and many small ones, will have it. It is not a rare product.

E. H.—Can not give synopsis of novels in this department.

Remedy for Strain

"A Subscriber" asks us to give place to the following recipe, which is for strain on animals: Saturate common salt with strong cider vinegar, and rub the swelling with it several times a day. Another excellent remedy is: One ounce of white vitriol, one pound of green copperas, two teaspoonsfuls of gunpowder, all pulverized together and dissolved in one quart of soft water and used cold, rubbing in thoroughly. He claims that this is one of the best applications known for reducing swellings, and every one who loves a horse should know of it.

Timely Recipes

Cream of Green Peas—Boil the peas until tender in a quart of water to which has been added half a teaspoonful of salt, quarter teaspoon-

ful of sugar and a sprig of mint. In another pan melt a lump of butter—a large tablespoonful—and stir into it two ounces of flour and half a pint of milk. Simmer these two or three minutes, then add the well beaten yolks of two eggs. Into this pour the peas and the liquid in which they were cooked, and when very hot serve with croutons of fried bread.

Banana and Orange Dessert—Twelve bananas, six thin-skinned oranges, two cupfuls of sugar, juice of one lemon. Cut the fruit into small pieces, cover with layers of sugar and a few drops of lemon; then layer of oranges, layer of bananas and then a layer of the two. Sprinkle each layer with sugar, and when ready to serve cover with whipped cream.

Mint Sauce—Place one level tablespoonful of butter in sauce pan; when hot stir in rapidly two level tablespoonfuls of flour, and when well blended, add half a pint of hot water; cook until smooth, then add

two tablespoonfuls of minced meat, one tablespoonful of vinegar, one teaspoonful of sugar, half teaspoonful of salt, and fourth teaspoonful of pepper; then enough cream to color nicely and make the sauce just creamy. Turn into lemon shells; serve nice chops wreathed about the sauce. Cut off the rind at the bottom of the shell to admit of their standing upright.

A Delicious Dessert—Take one gallon of thick cream, add two cupfuls of sugar, one pint of strong black strained coffee, and whip to a froth; when stiff, turn carefully into an ice-cream freezer; press the lid down tightly, pack in salt and ice and freeze for three hours. Serve in glasses heaped high with whipped cream, with a cherry on top. The cherry may be fresh fruit or candied.

Maple Ice Cream—One quart of rich cream, one cupful of maple syrup, one quarter pound of chopped pecan kernels; mix well and freeze.

Latest Fashions for Readers of The Commoner



2837

2837—Ladies' Shirt-Waist, with Pompadour Yoke. This dainty little waist is developed to advantage in muslin, Victoria or Persian lawn, nainsook, batiste or dotted Swiss, the yoke made of all-over lace embroidery or embroidered batiste. Seven sizes—32 to 44.

2862—Misses' Combination Corset-Cover and Petticoat, Closing at Back and with or without the Flounce. Nainsook, batiste, Persian lawn, jacet or thin cambric may be all used to advantage for this dainty undergarment, which should be trimmed with ribbon-run beading as well as lace or embroidery edging. Three sizes—13 to 17 years.

2875—Ladies' Semi-Princess Dress, with Guimpe. Heavy linen, Indian-head cotton, racquet cloth, Persian lawn, batiste, dimity, dotted Swiss, cotton voile, challis or foulard, with a guimpe of muslin, lawn, organdie or silk, develops well in this model. Seven sizes—32 to 44.

2884—Misses' Tucked Shirt-Waist, Closed at Back and with Long or Three-Quarter Length Sleeves. An excellent model for an every-day waist of chambray, linen, Indian-head cotton, gingham, madras, dimity or lawn, with collar and cuffs of embroidery or of the material, embroidered with white mercerized cotton. Three sizes—13 to 17 years.

2866—Girls' Dress, with Guimpe. Figured, dotted, striped or plain linen, lawn or gingham, as well as pique or chambray develop prettily this style, worn over a guimpe of muslin or lawn with a yoke and insertions of embroidery or lace, according to the material used for the development of the dress. Four sizes—6 to 12 years.

2872—Misses' Nine-Gored Skirt. This is an excellent model for linen, Indian-head cotton, pique, or racquet cloth, as well as for thin serge, mohair, flannel or Panama cloth. Three sizes—13 to 17 years.

2860—Child's Dress with long or Short Sleeves and with or without Ruffle. This dainty little frock, which is developed in batiste, nainsook or Persian lawn for best wear, with yoke and insertion of fine lace, or for everyday wear it is adaptable for chambray, cotton voile, dimity or linen, with yoke and insertion of embroidery. Four sizes—one-half to 3 years.



2834

2866

2872

2860

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