

rolled in flour when the meat is about half done. Just before you take it from the fire enrich the gravy with a half pint of thick, sweet cream, grating a little nutmeg over it, if liked. Stir the gravy well, but do not let come to a boil after the cream is added, or it may curdle. Let it barely come to the boiling point, then remove from the fire and pour over the pieces of rabbit in a dish. Serve hot.—Housewife.

Sausage—Ten pounds of ground

The Way to Cure All Skin Diseases

The Prescription is Simple: Purify the Blood by Using Stuart's Calcium Wafers—and the Rest is Easy

If people only realized the utter absurdity of attempting to cure a pimply, blotchy, unsightly complexion by means of the many irrational and illogical methods employed in "beauty parlors," and also in the boudoir, thousands of dollars which are wasted every year—literally thrown away—would be saved, and the complexion rendered clear and free from blemishes through constitutional treatment, at about one-tenth of one per cent of the cost of the "fancy" and exceedingly expensive local "treatments."

The idea of massaging the cheeks, and attempting to rub in a so-called "skin-food," is the height of nonsense. Nature never intended the skin to be fed from the outside, but from the inside exclusively, and it is the blood which really feeds the skin, builds it up, and supplies it with nutriment absorbed from the digestive system. There is really no such thing as a "skin-food," any more than there is a "heart-food," or "lung-food," or a "brain-food."

The skin is a water-proof, air-proof envelope over the muscular system, and it has no power to absorb cold creams, or any other medicaments when rubbed over its surface. While, of course, steaming the face, or massaging with electricity, or by hand, will draw the blood temporarily to the surface and produce an artificial glow, which may last half an hour or so, but such treatment brings no lasting benefit, and will never cure wrinkles, pimples, postules, blackheads, or other facial blemishes.

Besides, the frequent treatment of the skin in the way which "beauty doctors" have—those kneading, rubbing, "cooking" methods, making the face for the time being as red as a boiled lobster, also have the very undesirable effect of increasing and strengthening the hair-growth on the cheeks.

The only logical treatment in acquiring and maintaining a perfect complexion, devoid of all blemishes, such as blotches, pimples, roughness, chapping, scaly patches, etc., is to go after these troubles from the inside—to strike at the foundation, the origin of the complaints—and that means, in other words, to thoroughly purify the blood, by using STUART'S CALCIUM WAFERS.

These powerful little wafers as soon as taken into the system, exert their wonderful, blood-purifying effects, and they never let up for a moment, until every atom of impurity in the blood is eliminated, and, in addition to that, they also build up the blood, and strengthen the circulation through the skin's surface, and thus render wrinkles and skin blemishes impossible of existence.

Secure a 50c box at once from your druggist, and send us your name and address for free sample. Address F. A. Stuart Co., 175 Stuart Bldg., Marshall, Mich.

meat requires six tablespoonfuls of powdered sage, two tablespoonfuls of black pepper, one teaspoonful of powdered red, or cayenne pepper, three tablespoonfuls of salt. The meat and seasonings must be thoroughly mixed. A good proportion for the sausage meat is two-thirds lean and one-third fat, and it should be proportioned by weighing.

"Crackling Corn Bread" — One quart of corn meal, one teaspoonful of salt, half a cupful of cracklings. The cracklings should be softened with a very little hot water, or by steaming for a few minutes. Mix all together with sufficient cold water to make a dough that can be made into "pones" with the hands by tossing into shape, then flattened—the pones should be about the size of large biscuit. More cracklings may be used, if wished. Lay these pones in a well greased baking pan, and bake in a very hot oven until done. These are good, hot or cold.—"Old Mammy."

Baked Canned Tomatoes

From a can of solid tomatoes pour off all the juice; put the tomatoes in a sauce pan with two tablespoonfuls of sugar; pepper and salt to taste, and a pinch of soda. Let them stew not more than ten minutes, then put them in a baking dish with a teacupful of finely grated bread crumbs and a tablespoonful of butter. Cover the top thickly with bread crumbs and dot with bits of butter; bake a light brown.

Requested Recipes

"Real Jumbles"—Cream half a cupful of butter and a cupful of sugar; add a well-beaten egg and a tablespoonful of sweet milk; mix enough powdered cinnamon and nutmeg to half fill a teaspoon, and grate as much of the yellow rind of a lemon as will finish filling it; mix into the batter, and then add a scant teaspoonful of baking powder sifted with a cup and a half of flour; mix well, then roll thin, using as much flour as needed; cut in strips, fold into circles, roll in powdered sugar and bake in a hot oven to a delicate brown.

Fruit Fritters—Beat an egg, white and yolk together and add a tablespoonful of olive oil and a pinch of salt; add this to a cupful of milk, and pour all into a cupful of sifted flour; stir and beat until perfectly smooth; it should be about the consistency of rich cream. Any suitable fruit may be used for fritters with this batter; the oil makes it crisper than butter would, without making it too rich.

Sweetening Lard—Put on a skillet more than half full of lard; wash potatoes without peeling and slice thin as for frying; put the slices in before the lard is hot and let cook thoroughly, then drain off the lard into a clean vessel, and when cold you will find it perfectly sweet. Any quantity may be sweetened by this process after it becomes rancid, and the potatoes may be fed to the chickens or pigs.

A Plain Beef Loaf—Three pounds of beef run through a meat chopper, one pint of ground crackers, one cupful of sweet milk, one egg, one tablespoonful of melted butter, salt and pepper to taste; mix well and mold into oblong loaves, with flour, bake in a dish with one pint of water, for two hours, basting often.

"A Never Fail Sponge Cake"

One of our readers asks for a never-fail sponge cake recipe, and we copy the following from Table Talk: A good sponge cake should be yellow as gold, of velvet softness and very tender. If this rule is strictly followed, such a cake will be the result. Separate the yolks and whites of four eggs; then beat the whites until stiff enough to remain in the

bowl if inverted; then beat into them half a cupful of granulated sugar; powdered sugar makes tough cake, and proper beating does away entirely with the grain. Beat the yolks and add to them a half cupful of sugar, beating for five minutes—this latter is very important, as the delicate texture of the cake depends upon it. Add to the yolks the strained juice and grated rind of one lemon; now beat well together the yolks and the whites. At this stage, beating is in order, but must be absolutely avoided after adding the flour, of which take the cupful. The mixture should now look like a puff-ball, and the flour is to be stirred in very lightly, the cupful of sugar must be generous and the flour scanty. Bake for twenty minutes in a moderate oven. Just before putting in the oven, sprinkle the top (through a sifter) with about a tablespoonful of granulated sugar. This gives the "crackly" appearance on top crust so desirable.

Home Helps

A piece of ammonia is said to keep gloves in good condition if placed in the box with them. The ammonia should not touch the gloves, however.

To wash woolen stockings so they will not shrink is quite easy. First shred some laundry soap into a sauce pan, and cover it with water, and bring to a boil, let boil slowly until it is dissolved. Take a basin of tepid water, and with the boiled soap make a good lather; wash the stockings in this, rubbing well, then rinse in clear tepid water, wring out and hang where they will dry quickly without freezing.

Some housewives put an onion inside a fowl that has to be kept sometime after dressing, and claim that this will absorb the germs that would otherwise infect the meat. Sliced onion, or a bag of charcoal placed near any kind of meat has the same effect.

Latest Fashions for Readers of The Commoner



3103

3103—Ladies' Jersey Basque, closing at left side of front. Jersey cloth, serge or broadcloth make up well in this style. Seven sizes—32 to 44.



3087

3087—Girls' One Piece Dress with removable chemisette. Adaptable to serge, cashmere, mohair or flannel. Five sizes—4 to 12 years.



3112

3112—Ladies' Coat, suitable for traveling, storm and general wear. Adaptable to any of the season's coatings. Seven sizes—32 to 44.

3098—Girls' Dress. A neat little school frock developed in navy blue serge or any of the pretty plaid materials. Four sizes—6 to 12 years.

2712—Boys' Russian Suit, consisting of a blouse, closing at right side of front and having sleeves plaited at bottom or finished with wristbands, and knickerbockers. Made up in velvet this is a pretty little model for best wear. Four sizes—2 to 5 years.

3095—Ladies' Fancy Aprons. Adaptable to any of the sheer white materials. One size.



3098



2712



3095

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