

removed from the heat, the grounds will sink to the bottom, and the liquid will be clear.

In using the meat substitute on your tables, remember that a new taste is to be acquired, and it is well to make appearance as well as flavor as attractive as possible. Do not be discouraged if the new dishes are not at first received with delight; the education of taste is largely one of persuasion, and sometimes a little hunger will be a good sauce. People must be led to want what they eat, not in eating it because it is "good for them."

Many kinds of canned and dried fish can be used with success, if only the housewife will exert herself to make them into appetizing dishes. Experiment with small quantities, but experiment. Legumes and cereals lend themselves to so many ways of preparation, that one has but to find out their possibilities in order to have variety.

A difficulty which can largely be overcome by proper methods of cooking is that some members of the family may be able to dispose of the heartier foods without difficulty, while others, of weaker digestive organs, or because of indoor work, find it very difficult. For this reason, the mother must learn to plan wisely.

Different nuts, reduced to a fine meal and thoroughly cooked, are now manufactured into a variety of palatable, wholesome and easily digested products, which serve as an excellent substitute for meats and butter, and lend themselves to the preparation of numberless good dishes.

**Little Helps**

Rust on a stove may be removed with coal oil. Wash the stove well

**HARD TO DROP**

**But Many Drop It**

A young California wife talks about coffee:

"It was hard to drop Mocha and Java and give Postum a trial, but my nerves were so shattered that I was a nervous wreck and of course that means all kinds of ails.

"At first I thought bicycle riding caused it and I gave it up, but my condition remained unchanged. I did not want to acknowledge coffee caused the trouble for I was very fond of it. At that time a friend came to live with us, and I noticed that after he had been with us a week he would not drink his coffee any more. I asked him the reason. He replied, 'I have not had a headache since I left off drinking coffee, some months ago, till last week, when I began again, here at your table. I don't see how anyone can like coffee, anyway, after drinking Postum!'"

"I said nothing, but at once ordered a package of Postum. That was five months ago, and we have drunk no coffee since, except on two occasions when we had company, and the result each time was that my husband could not sleep, but lay awake and tossed and talked half the night. We were convinced that coffee caused his suffering, so he returned to Postum, convinced that coffee was an enemy, instead of a friend, and he is troubled no more by insomnia.

"I, myself, have gained 8 pounds in weight, and my nerves have ceased to quiver. It seems so easy now to quit coffee that caused our aches and ails and take up Postum."

Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

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

with a woolen cloth wet with coal oil, using an old brush on the grooves and ornamental parts; let the stove stand a day, and repeat the washing; finally, rub dry with a woolen cloth, then polish with stove blacking.

A spoonful of mustard stirred into a gallon of water will kill insects in the soil of potted plants.

The use of granulated sugar instead of powdered, in making meringue, will prevent its falling.

It is a great mistake to put a thick coat of blacking on the stove at one time, as only a small portion of it will adhere to the iron surface, and the brushing will remove the better part of it. A thorough polishing with the dry brush is most important; if this is neglected, the utensils and garments that may come in contact with the range will become soiled.

It must be remembered that not many colors can withstand strong alkalies, such as washing soda, soap powders, or fluids. Colored-bordered towels or table linen should not be washed nor boiled with white clothes when strong alkalies are employed. All colored fabrics and woollens should be washed with a mild laundry soap.

**Cows' Butter**

Sometimes I wonder how many people know the taste of butter made from cow's cream—the real, old-fashioned butter of our former times. People who have to depend on the grocer for their supply of butter seldom know what they are eating, as there is so much adulterated, made over and colored mixtures sold under the name of butter. "Creamery butter" is one of the latest misnomers.

**Removing Ink Stains**

Two methods of removing ink stains have come to us. We give them here:

To remove ink stains from paper, put one pound of chloride of lime into four quarts of water; shake well together and let stand for twenty-four hours; then strain through a clean cotton cloth. Add one teaspoonful of acetic acid to one ounce of this prepared lime water and apply the solution to the blot, and the ink will disappear. Absorb the moisture with a blotting paper. The remainder of the solution may be bottled and closely corked for future use.

Stains on Fabrics—In days gone by, inks were made of iron compounds, but are now mostly made of aniline or other allied substances. The colored anilines readily yield to alcohol, but aniline black is practically indelible. Stains from ink made of iron compounds should be treated in the following manner, with oxalic, muriatic, or hot tartaric acid: Fill an earthen dish two-thirds full of boiling water, and stretch the stained article over this; have near at hand two other dishes, one containing clear water, and the other containing ammonia water. The steam from the boiling water will furnish the heat and moisture necessary for favorable chemical action. With a medicine dropper, drop a little of the acid on the stain, and wait a minute for action to take place, then lower the cloth into the clear water; repeat until the stain fades; then rinse well in the clear water and immerse in the ammonia water in order to neutralize any excess of acid, and preserve the fabric from injury.—H. J. C., Iowa.

A very pretty suit for the school girl is made of navy-blue serge with belt, cuffs and trimming band of red serge, with a removable chemisette of tucked white batiste.

**BOOKS RECEIVED**

Why American Marriages Fail. By Anna A. Rogers, Houghton Mifflin Company, Publishers, 4 Park St., Boston, Mass. Price \$1.25 net.

Farming It. By Henry A. Shute, author of "The Real Diary of a Real Boy." Houghton Mifflin Company, Publishers, New York and Boston. Price \$1.20 net.

Inspired Millionaires. An interpretation of America. By Gerald Stanley Lee. Mount Tom Press, Northampton, Mass.

The People's Hour and Other Themes. For the millions who work. By George Howard Gibson. The Englewood Publishing House, Chicago, Ill.

A Young Man's Plea for Young Men or government that forces every man to starve or rob or be robbed vs. government that blesses all and curses none. By M. V. Rork, Topeka, Kan.

Abraham Lincoln, the people's leader in the struggle for national existence. By George Haven Putnam,

Litt. D., late brevet major, 176th Regt. N. Y. S. Vols. G. P. Putnam's Sons, New York and London.

The People's Law or popular participation in law-making, from ancient folk-moot to modern referendum. A study in the evolution of democracy and direct legislation. By Charles Sumner Lobingier, Ph. D., LL. M., judge of the court of first instance, Philippine Islands. Introduction by George Elliott Howard, Professor of political science and sociology in the University of Nebraska. The Macmillan Company, New York. Price \$4.00, net.

American Civics. Descriptive of the government of New York City, the states of New York and New Jersey, of the United States, and of political methods in nation and state. By James Clancy, member of the New York bar. Democracy Printing Company, 23 Duane St., N. Y.

The Dream of Love. A mystery. By Henry Abbey. The Riverside Press. Cambridge, Mass. Price 75 cents.

*Latest Fashions for Readers of The Commoner*



3129—Girls' Dress, closing at left side of front. This stylish little model will develop well in broad-cloth cashmere or mohair. Five sizes—6 to 14 years.



3133—Ladies' Five Gored Skirt, with plaited flounce. Serge, mohair, broadcloth, cheviot or Panama cloth are all adaptable to this style. Five sizes—22 to 30.



3147—Ladies' Work Apron. Adaptable to gingham, percale or linen. Four sizes—32, 36, 40 and 44.



3127—Ladies' Waist with Girde, high or dutch neck, with or without long sleeves, and with one-piece over-waist having cap sleeves. A pretty model for net and messaline for evening wear. Five sizes—32 to 40.



3123—Girls' Dress, consisting of an over-blouse closing with buttons on shoulders, and a one-piece plaited skirt joined to a waist. Dark red serge was used for this charming model. Five sizes—6 to 14 years.



3125—Misses' Princess Dress, with high or low neck and long or short sleeves. A pretty frock for evening wear developed in pale blue colienne. Three sizes—13 to 17 years.

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