

constituent of cheese. When cheese can not be eaten raw, try cooking it.

L. L.—We are told that, to get the maximum amount of mental work out of ourselves, we should be very abstemious in everything. Men or women who have done the best work in the mental world have been, in nearly all cases, very small eaters and drinkers. People who have to live by the work of their brains should never resort to alcoholic stimulants; a cup of freshly-made coffee will enable them to do far more and better work, leaving no bad effects behind. If much exercise is taken, or travel, more food should be taken.

Mrs. G. W. W.—A bland soap may be made by adding five parts of honey, four parts of castile, ivory, or other good white soap, and three parts white wax. Stir together over a slow heat, and when all is melted, add one dram of benzoin and one part of storax. This may be used with a little water and will cleanse the skin effectively. The oat meal recipe is perhaps as follows: Make a flannel bag about four inches square, and put into it all the scraps of nice toilet soap as they accumulate; add to these scraps about their own quantity in oatmeal, and use the bag when washing. Or, pulverize one pound of pure castile soap, put over the fire with a little water and stir until smooth, then turn into a dish and when cool add a few drops of any preferred perfume, and beat with a silver spoon until it creams; thicken it with oat meal or corn meal, and keep in small pots with cover pasted on, opening only as you use, as exposure to the air will harden. A smaller quantity may be made.

Contributed Recipes

Doughnuts—One half cupful each of cream and buttermilk, one teaspoonful of soda, a pinch of salt, half a teaspoonful of grated nutmeg, a pinch of cinnamon, and flour enough to make a dough as soft as can be handled. Roll with as little

A LITTLE THING

Changes the Home Feeling

Coffee blots out the sunshine from many a home by making the mother, or some other member of the household, dyspeptic, nervous and irritable. There are thousands of cases where the proof is absolutely undeniable. Here is one.

A Wisconsin mother writes: "I was taught to drink coffee at an early age, and also at an early age became a victim to headaches, and as I grew to womanhood these headaches became a part of me, as I was scarcely ever free from them.

"About five years ago a friend urged me to try Postum. I made the trial and the result was so satisfactory that we have used it ever since.

"My husband and little daughter were subject to bilious attacks, but they have both been entirely free from them since we began using Postum instead of coffee. I no longer have headaches and my health is perfect.

If some of those nervous, tired, irritable women would only leave off coffee absolutely and try Postum they would find a wonderful change in their life. It would then be filled with sunshine and happiness rather than weariness and discontent. And think what an effect it would have on the family, for the mood of the mother is largely responsible for the temper of the children.

Read "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.

handling as possible; cut in shapes and fry in very hot lard—smoking, but not scorching hot, when the dough is dropped in.—Mrs. A. T. G., Colorado.

"When Eggs are Scarce"—Stir to cream one cupful of sugar, half a cupful of butter, and add one cupful of sweet milk; then stir in two cupfuls of flour with which three teaspoonfuls of baking powder is well sifted; use any desired flavoring. This will make two large layers if baked in jelly pans, but a large cake may be made by observing the same proportions. Any preferred filling may be used.—H. C.

Rye Cakes—Beat well two eggs and stir in gradually a pint of lukewarm milk; into this stir enough rye meal to make a thick batter; add a teaspoonful of brewer's yeast, or like proportion of any good yeast; stir lightly and cover the basin with a cloth, setting in a warm place to rise. When the surface is covered with bubbles, turn it out on a board and form into flat cakes with the heel of the hand; bake on griddle and serve hot or cold.—Mrs. F. M. W., Illinois.

French Mustard—Slice a large onion and soak it in one pint of strong vinegar for twenty-four hours; put the vinegar on the stove and let come to a boil, then add the following ingredients mixed to a smooth paste with vinegar: One cupful of dry mustard, one tablespoonful of sugar, one teaspoonful of salt, one teaspoonful of black pepper and a pinch of cayenne; stir while it boils to thicken. If too thick, thin with vinegar.—Julie D.

Mustard Slaw—Shave and shred sufficient cabbage very fine; place in a deep dish, sprinkle with salt and pepper, mix well and set aside. For the dressing, take one heaping teaspoonful of corn starch dissolved in a little water, two-thirds of a cupful of sweet cream, one well beaten egg, a teaspoonful of made (or ground) mustard; put the egg, cream and dissolved corn starch in a small vessel and set this in a larger one containing boiling water; let boil and stir until it thickens, then beat in slowly half a cupful of vinegar; pour this over the cabbage.

For the Home Seamstress

In darning hosiery, the majority use too coarse a thread, whether cotton or yarn, making a thick ridge around each hole so heavy that it very shortly pulls out of the adjacent material. It is always advisable to use a wooden darning ball so that both hands may be free. The edges of small holes are generally curled up, and should be straightened out flat, and the hole be made as small as possible; then, when the darning is complete, hammer down the ridge that has been made around the edge by the stitches. Large holes in the heels of stockings are usually best mended by putting on the inside a patch of stocking material and hemming down the edge of both hole and material without turning in the edge. An entire new heel may be cut out and seamed up in the middle to meet the original back seam, and neatly hemmed onto the stocking.

Fine, close stitches, are a nuisance in basting, or where the stitching will have to be ripped. If the stitch is too fine and tight, the cloth will often give way or cut before the thread will yield. Where there is firm wear on a seam, as in sleeves and bodice, the stitching must be strong and fine; but the long seams of skirts may have a coarser stitch, and trimmings of lace and braids and millinery trimmings should be put on with coarse stitches so as to be easily removed.

If the thread is too coarse, both on the machine and in the hand, the cloth will often tear away from it. The thread should suit the material. For button holes and sewing on but-

tons, a coarse thread is needed; for gathering, medium coarse; for stitching on a machine, fine, and for hand hemming, still finer. Many sewers will find that number eighty will give better satisfaction than number sixty. Strong thread and stitches are needed in sewing on buttons, and especially boot buttons, and the thread should be securely fastened and cut off from each button, not carried from one to another, as, if the thread is carried along so, if one button comes off others quickly follow.

The Baby

A great many of our babies are going to have a "second summer," this season, and very good care must be taken of them in order to keep them well. Many diseases and much suffering could be avoided by a very small amount of care in feeding and nursing, and mothers should acquaint themselves with these necessities, depending more upon such care than upon medicine. If a baby

is kept clean and dry and given suitable foods, with a clean, well-aired bed for the night, and clothing during the day to suit the atmospheric changes, there would be little need of the doctor's visits. There should be allowed no sore places, or chafing between folds, from neglect. These things sometimes appear as evidence that the child is out of health, and attention should be at once given its diet and habits. The treatment for nearly all children's complaints should be guided very largely by common sense, and the mother should be its best nurse, thoroughly acquainting herself with its every mood. The cutting of teeth should not be regarded as a disease. A healthy, well cared for and properly fed child will cut its teeth with no difficulty whatever; but as children are usually treated, it is a very critical time with them. Over and injudicious feeding, unwholesome foods, and unclean nursing bottles cause a great deal of trouble.

Latest Fashions for Readers of The Commoner



3162—Ladies' Shirt Waist. This model would make up well in silk, satin or messaline. Five sizes—34 to 42.



3151—Boys' Russian Suit, consisting of a blouse with a removable shield, and knickerbockers. Navy blue serge would develop well in this style. Four sizes—2 to 5 years.



3149—Misses' Russian Dress, consisting of a blouse gored to shoulders and a separate five-gored skirt. Panama cloth, serge or broadcloth are excellent for this stylish model. Three sizes—13 to 17 years.



3169—Ladies' Shirt Waist, with or without applied yoke. The model here illustrated was developed in heavy linen and trimmed with pearl buttons. Six sizes—32 to 42.



3171—Childs' Dress, with guimpe. The dress closes at each side. A pretty little model for cashmere, serge or challis. Four sizes—3 to 9 years.



3156—Ladies' Princess dress, with high or low neck. A stylish model for mohair, panama cloth or serge. Six sizes—34 to 44.

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