

the newspaper cushion, made to fill in the box, tight, when the box lid is fastened. I know of nothing better than newspapers to prevent the radiation of the heat."

For the Laundry

The day before the washing is to be done, take as much soap as will be required for the washing, and shave it down thinly; put this into a sauce pan and pour over it just enough boiling water to cover; set it on the back of the range and let melt slowly until quite free from lumps. If allowed to boil, it is inclined to boil over, and if kept just below the boiling point it will not require watching. Any scraps of soap may be used. When cool, it will form a jelly, and should not be kept long, as it loses its strength. Dissolving the soap in this way modifies the alkali in it, and soap jelly should always be used for washing flannels. When washing the flannels to put away, make a good lather of the soap jelly with warm water, adding one tablespoonful of ammonia to one gallon of water, then put in the article or garment. Shake it about in the water, using a squeezing motion, sousing it up and down until as clean as this water will make it, then put it through another water with less soap and no ammonia, then through the clear rinse water; do not wring with the hands, or twist; either squeeze, or run it through a wringer, shaking it well. Dry the garment quickly by hanging in the sunshine, if it can be done, but dry in warmth, not near enough heat to make it steam. Do not iron flannel with a hot flat-iron. Such garments as need a smoothing should be ironed with a cool iron, laying a cloth between the iron and the material. All flannels should be pulled into shape while drying, and straight articles, such as shawls, wraps, and thin blankets should be pinned to sheets and laid on the floor, or a flat

ROSY COLOR

Produced by Postum

"When a person rises from each meal with a ringing in the ears and a general sense of nervousness, it is a common habit to charge it to a deranged stomach.

"I found it was caused from drinking coffee, which I never suspected for a long time, but found by leaving off coffee that the disagreeable feelings went away.

"I was brought to think of the subject by getting some Postum and this brought me out of trouble.

"It is a most appetizing and invigorating beverage and has been of such great benefit to me that I naturally speak of it from time to time as opportunity offers.

"A lady friend complained to me that she had tried Postum, but it did not taste good. In reply to my question she said she guessed she boiled it about ten minutes. I advised her to follow directions and know that she boiled it fifteen or twenty minutes, and she would have something worth talking about. A short time ago I heard one of her children say that they were drinking Postum now-a-days, so I judge she succeeded in making it good, which is by no means a difficult task.

"The son of one of my friends was formerly a pale lad, but since he has been drinking Postum, has a fine color. There is plenty of evidence that Postum actually does 'make red blood,' as the famous trade-mark says."

Read "The Road to Wellville," found 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.

surface; otherwise, the corners will pull or sag out of shape. For crocheted or knit articles, dry them by heaping them on a flat surface covered with a clean cloth, bunching them together, though allowing them to be spread so as to dry quickly. Do not stretch on line, or they will pull out of shape and be stringy.

Helpful Suggestions

If you have a much soiled chamois skin, try washing it through a strong solution of ammonia and cold water, then rinse well in clear cold water, and it should be clean and soft.

When putting away the furs and woollens, sprinkle liberally with lavender seeds, with a small amount of gum camphor; feathers and other cold weather necessities and ornaments may be put away with packages of lavender seeds laid among them, and will come out next fall with a delightful odor clinging to them.

For every household where a bit of ground may be used, a mint and lavender bed should be made. The mint will take care of itself, coming up year after year, while the lavender is not hard to raise. Either grows readily from seeds.

The best color for the ceiling of a room is a faint cream gray it having been shown that this color has the largest reflecting power, while ceilings of a faint green, light yellow and faint pink follow in order. The plainer and harder the surface, the more glare in the reflection.

Do not forget the flower planting for the housekeeper's eyes. Give the kitchen windows a restful, comforting view for the sake of the one who spends the bigger part of her life inside. Shut off the ugly views with vines and tall shrubs, and do cultivate grasses rather than rubbish heaps in the back yard.

Sweep the hardwood floor with a soft hair brush and wipe with a long handled dust mop. Where the room is not much used, the dust mop may be enough.

The kitchen sink requires constant care to prevent a greasy, unsanitary condition from careless uses. All dishes should be scraped clean of foods, and washed in quite warm soapy water. If there is gilt on the china, do not use soap, but have quite warm water.

Requested Recipes

Cream Cheese and Watercress—Mash one cream cheese with a little cream; add half a cupful of chopped English walnut kernels, form into balls and serve two or three to each person on a bed of watercress, using French dressing for this salad.

Spinach—After thoroughly washing and cooking, take six tablespoonfuls of spinach pressed through a sieve; add to this the beaten yolks of four eggs and one pint of rich milk; beat this well, adding salt and pepper to taste, set over the fire and stir until it thickens; when cool, put into fancy molds, and set the molds in a pan of boiling water simmering slowly until firm. Turn out carefully and serve with a French dressing made with one tablespoonful of oil to six of lemon juice or vinegar.

Tapioca Cream Soup—One quart of white stock, one pint of cream or milk, one onion, two stalks of celery, one-third cup of tapioca, two cups of cold water, one tablespoonful of butter, a pinch of mace, salt and pepper. Wash the tapioca and soak; cook it with the stock for one hour; cut the onion and celery into small pieces and put on to cook for twenty minutes with the milk and mace. Strain on the tapioca and stock, season, add butter and serve.

Corn Timbales—One can of corn, when the fresh is not in season; chop the corn very fine, add two eggs slightly beaten, one teaspoonful of salt, a dash of pepper, one and a half

tablespoonfuls of melted butter and one pint of scalded milk. Cook carefully as you would a custard. Put the corn mixture into buttered timbale irons, set them in a pan of hot water and bake slowly until firm. Serve as an entree, or turn out on a hot platter and garnish with parsley.

TRUSTS AND SALOONS

Mr. Bryan says the trust question is now involved in the liquor question. No longer is there individual ownership of saloons. They are owned by wholesalers and manufacturers. He says:

"Instead of the saloon of former days, owned by a resident and amenable to some extent to the sentiment of the community, we have the branch saloon, owned and operated by a producer of liquor. This system adds the evils of the trust system to the evils of the saloon itself. Whenever a community attempts to deal with one of its own citizens it finds itself in a struggle with great corporations which operate over a

large area, and have a pecuniary interest in cultivating the appetite for drink; instead of settling the question by consulting its own voters it must engage in a war with a foreign power."

That's just it and that explains why many states like Tennessee, abolished the manufacture along with the saloon. It was not that the manufacture in itself was so pernicious, but that the manufacturers owned the retail establishments and furnished the fund with which regulation of the retail sale was fought. —Knoxville, Tenn., Sentinel.

FORCE OF HABIT

"You know that pretty salesgirl I took home from the dance?"

"Yes."

"Well, I stole a kiss."

"What did she say?"

"'Will that be all?'"—Judge.

In proportion to population, Australia has more unemployed area than any other country.—Ex.

Latest Fashions for Readers of The Commoner



3223—Ladies' Dressing Sack. A most pleasing design is here shown developed in flannelette. Five sizes—34 to 42.



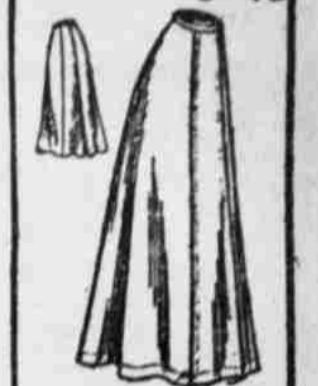
3242—Girls' Dress. This is an excellent model developed in French percale, gingham or lawn. Four sizes—6 to 12 years.



3229—Ladies' Dress, with attached nine-gored skirt. Linen crash, duck or gingham are adaptable to this model. Five sizes—34 to 42.



3231—Ladies' Shirt Waist. This stylish waist is most becoming for summer wear, developed in lawn, fine muslin or batiste. Five sizes—32 to 40.



3225—Ladies' Five Gored Skirt, closing at side-front. The materials most suited for this model are serge, broadcloth, mohair or cotton and wool novelties. Six sizes—22 to 32.



3222—Misses' Shirt Waist Dress, having an attached five gored skirt. Linen, gingham or chambray are most suitable for this dress. Three sizes—13 to 17 years.

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