

with is to make the sufferer persist in using a remedy long enough for it to become effective. A few days is not long enough.

One of the finest ways for a woman to "catch her death of cold" is to run about over the cold floor in the night in her bare feet, when any one needs waiting on. It is so easy to make, and to slip on bed slippers, that one is at a loss to know why she does it.

For curing corns, this is recommended: One teaspoonful of tar, and one teaspoonful each of coarse brown sugar and saltpeter; warm all together and mix well, then spread a little on soft leather the size of the corns and apply. In two or three days the corn will be cured, the hard center being drawn out.

Common sulphur is a short-cut remedy for healing common, everyday cuts, scalds, burns and raw places. Clean the sore with white castile soapsuds, dry and dust with the sulphur; do this every day until a scab forms, then be careful not to let the scab get knocked off. If it does, dust again with the sulphur.

Using Up Worn-Out Stockings

Take the legs of stockings, black or other color, and cut them the right length to reach from the waist down into the stocking of the child. From the top, cut down a slit along the seam, or on a straight line, for about two finger-lengths; then cut a square piece from another leg and sew it in the slash of the leg, as a gusset, sewing the other corner gusset-wise in the cut on the other leg; this will leave a couple of inches at the top where the stocking legs are joined like a pair of drawers, and this should be sewed together. The hem forms the band of the back and front of the little drawers, and the hem may be strengthened by a piece of muslin in which the button-holes are to be made. Hem the bottoms, or crochet an edge, and the child will have a neat-fitting pair of draw-

EAGER TO WORK

Health Regained by Right Food

The average healthy man or woman is usually eager to be busy at some useful task or employment.

But let dyspepsia or indigestion get hold of one, and all endeavor becomes a burden.

"A year ago, after recovering from an operation," writes a Michigan lady, "my stomach and nerves began to give me much trouble.

"At times my appetite was voracious, but when indulged, indigestion followed. Other times I had no appetite whatever. The food I took did not nourish me and I grew weaker than ever.

"I lost interest in everything and wanted to be alone. I had always had good nerves, but now the merest trifle would upset me and bring on a violent headache. Walking across the room was an effort and prescribed exercise was out of the question.

"I had seen Grape-Nuts advertised, but did not believe what I read at the time. At last when it seemed as if I was literally starving, I began to eat Grape-Nuts.

"I had not been able to work for a year, but now after two months on Grape-Nuts I am eager to be at work again. My stomach gives me no trouble now, my nerves are steady as ever, and interest in life and ambition have come back with the return to health."

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.

ers. Little petticoats may be made of other legs.

Cooking Liver

If you like fried liver, try this way: Take as many slices as are required, lay them in a dish, pour boiling water over and allow to stand a few minutes, but take them out while the water is still quite hot; slip them out of the hot water onto a towel where they will dry very quickly. Cover the bottom of the skillet with slices of nice pork or bacon, and on these lay the slices of liver, and set the skillet over the fire. When the pork is nearly done, change it to the top, letting the liver lie on the pan; turn it once or twice, and when done and dished up, set where it will keep warm, covering closely. Liver must be served as soon as cooked. The bacon will give it a delicious flavor.

A nice way to cook sausage is to mold it into small shapes and lay in a dripping pan and cook in the oven. Small cold boiled potatoes laid in the pan with them and browned makes a nice dish.

The Aftermath

After the dinners of the holiday season, there is always an aftermath of scraps and cold things. While experienced housewives usually know what to do with such accumulations, the inexperienced are always glad to learn of ways and means. Here are a few, sent in by our friends:

Take the meat left from the fowl, selecting only the nicest pieces, and chop and pound to a paste, adding gradually one gill of cream; then add, one at a time, the whites of three eggs unbeaten, being careful to work each one well into the mixture before adding the next. Add a salt-spoonful of salt, a speck of cayenne pepper, and a tablespoonful of finely-chopped truffles; a little onion juice, chutney or Worcestershire sauce may be used instead of the truffles, and will be less trouble to prepare. Next, stir in carefully the stiffly-beaten whites of two eggs; have ready small timbale cups well buttered, fill these half full of the mixture, stand them in a pan of hot water and bake twenty minutes in a very hot oven. Serve hot, with mushroom sauce poured over them.

For making mushroom sauce, melt one tablespoonful of butter without browning, and one tablespoonful of flour; stir until smooth; add one cupful of cream when it gets quite hot, and stir until it thickens. It must not boil, or it will curdle. Add half a cupful of either freshly-boiled or canned mushrooms, a salt-spoonful of salt and a pinch of white pepper.

For the bones and other pieces of the fowl, make a dish of soup, simmering altogether until the strength is all drawn out; stir in any leftover dressing and season to taste.

For the puddings made of leftovers, try this: One-half cup of whipped cream beaten very stiff, and the white of one egg, beaten very light; stir this into the creamed butter and sugar for hard sauce, and notice the improvement.—Mrs. C. S., Missouri.

General Information

Into the cider intended for vinegar put one cake of good yeast to every five gallons of cider, and when it has worked, it will have the sharp taste.

For the mud-stains on black goods cut an Irish potato half in two and rub the stains with the cut side. A raw potato is also recommended for blackening brown boots, rubbing with the cut side, then polishing.

To make leather foot-wear waterproof, saturate the leather with castor oil; to stop squeaking, drive a peg into the middle of the sole.

White furs may be cleaned with

hot corn meal, rubbing the meal into the fur, then brushing it out as it shows dirty. The best way to remove the meal is to turn the fur down on a soft pillow, or pad, and beat with a light switch or furniture beater until all the meal is out.

To make celery vinegar, cut into small pieces two-thirds of a pound of celery stalks, put into a jar and cover with half an ounce of salt, and pour over it one pint of boiling white vinegar; when cold, cover the jar tightly and leave for one month, then strain through a cloth, turn into bottles and seal, using new corks.

This is said to cure dyspepsia: Take fine white sand, sift out the coarse particles, wash the sand and dry. For nine mornings before breakfast take one teaspoonful of the sand internally. This is not recommended for nervous dyspepsia.

Solder will not adhere to any metal until that is about as hot as the melted solder. In order to solder onto any thick, heavy article either that must be heated, or a copper heavy enough to carry and hold much heat must be used.

Those who win in life's battles are the brave, courageous ones who look upon all experiences as being educational. Only the weak are cast down by apparent failures and blunders, and a good place to retrieve misfortunes is right where you are.

Our Boys

Certainly the living American boy of eighteen or twenty measures well up in the scale of merit with any

youngster that the world has yet produced, says the New York Mail. We hear a good deal of complaint about his cigarette smoking, and his rough ways and impertinence, and other defects; but if his dissipation were to be compared with the heavy drinking and lawless propensities of the smart youth of fifty years ago, he would be found to be rather a model of conduct than otherwise. He is better, not worse, than his father was at the same age. And he is more thoroughly imbued with the notion that it is his duty in life to be competent, and strong, and productive, than any other boy who ever looked out upon the great world with eager eyes.

When warming up canned goods that require little cooking, set the can in a pan of boiling water and keep boiling until the food is ready to serve. Canned corn, and many other things which burn easily, may be cooked safely in this manner. Gravy should be warmed up in this manner, too, and will be like fresh made, while cooking next to the heat would ruin it.

One of the very best wrinkle-removers and complexion beautifier is to get the habit of using the many labor-saving devices now on the market for the housework and laundry. An over-worked woman is always a fretful, worried woman, and fretting and worrying are the most effective wrinkle and "moth-patch" breeders in the world.

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