

stiff. A cheap brush is harmful. Only the best of ingredients and "foods" should be used on the skin. The vegetable oils are said to be much less likely to encourage a growth of hair on the face than the animal fats. Yet it is petroleum preparations, vaselines and the like, which are not of animal origin, that of all others stimulate the hair follicles.

We are requested to again give the formula for the dandruff cure: Have ten grains of corrosive sublimate dissolved in five ounces of distilled witch hazel, and apply twice a day to the scalp. A bit of absorbent cotton may be used to apply it, but a five-cent medicine dropper is much better, as it can thus be applied directly to the scalp. This is fine for the purpose, but taken internally, it is deadly poison.

How to Bone a Fowl

Where chickens or other fowls are plentiful, it is a good plan to use up the culls, or old fowls for the table during the early spring months, and these, especially old tough fowls, should be braised or boiled. For this purpose, the bones should be removed. To bone a chicken, take the fowl before removing the feet and head; remove all pin feathers and singe; draw the tendons from the legs by making an incision just below the knee joint, and with a strong wire or skewer draw the tendons out, one at a time; then cut off the feet, and lay the bird breast down; remove the head and part of the neck, leaving the skin of the neck as long as possible. Take out the crop, and begin at the neck portion to free the flesh from the carcass, using a small, very sharp knife for this purpose. Scrape, rather than cut and strip off the flesh until the carcass is entirely detached from the flesh. A little practice will be required before it can be neatly done. When during the operation the legs are reached, dislocate the first joints and remove the bones, then pull out the carcass and put the flesh in its original shape. It can then be

EASY CHANGE

When Coffee is Doing Harm

A lady writes from the land of cotton of the results of a four years' use of the food beverage—hot Postum.

"Ever since I can remember we had used coffee three times a day. It had a more or less injurious effect upon us all, and I myself suffered almost death from indigestion and nervousness caused by it.

"I know it was that, because when I would leave it off for a few days I would feel better. But it was hard to give it up, even though I realized how harmful it was to me.

"At last I found a perfectly easy way to make the change. Four years ago I abandoned the coffee habit and began to drink Postum, and I also influenced the rest of the family to do the same. Even the children are allowed to drink it freely as they do water. And it has done us all great good.

"I no longer suffer from indigestion, and my nerves are in admirable tone since I began to use Postum. We never use the old coffee any more.

"We appreciate Postum as a delightful and healthful beverage, which not only invigorates but supplies the best of nourishment as well." Name given by Postum Co., Battle Creek, Mich.

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.

stuffed, if wished, or stewed until tender, afterwards stuffing and baking nicely in the oven. Or it may be cooked by braising. Tough old fowls, if properly cooked make most appetizing meals.

Requested Recipes

Pumpkin Pie—Allow for two pies three eggs beaten separately, one cupful of sugar, four large table-spoonfuls of pumpkin stewed dry and mashed very fine or rubbed through a sieve (good canned pumpkin may be used), one pint of cream or very rich milk, a pinch of salt, cinnamon, nutmeg and ginger to taste. Beat the yolks of the eggs smooth and light, add the sugar, spices and salt, then the cream and pumpkin. Have the eggs whipped quite stiff, and after stirring the other ingredients well to mix thoroughly, fold (not stir) in the whites of the eggs. Have two pie-tins lined with nice pastry, fill in the custard and bake in a steady oven. To prevent the bottom crust being soggy, when the pie is taken from the oven, stand it on a cup, or other article, so the bottom of the pie will cool evenly.

Almond cakes—Cream one-fourth pound of butter with half a pound of sugar, add six unbeaten eggs, one at a time, beating in each one thoroughly before adding another. Stir into this half a pound of blanched and ground sweet almonds, and one teaspoonful of ground bitter almonds, and the grated rind of one lemon. Lastly, stir in very lightly six ounces of sifted pastry flour. Have small molds buttered, and fill half full with the cake mixture; sprinkle on top of each a few finely chopped almonds, and bake until the sides shrink from the sides of the mold.

Fritter Batter—Sift together one cup of flour and a fourth of a teaspoonful of salt; beat well the yolks of two eggs, and add to them gradually half a cupful of milk, then stir this slowly into the flour, beating until smooth; add a tablespoonful of melted butter or olive oil, and stand aside for an hour or more; if the weather is cold, overnight is preferable. When ready to use, add the whites of the eggs, beaten very stiffly. With this batter, one may make fritters of fowl meats, oyster fritters, clam, cauliflower, and many other kinds of fruit or vegetable fritters, using the batter for all.

An Old-Time Stew

In the days of our grandmothers, when the cooking was done at the open fire-place, it was called a "Skillet and lid," and the heat was both above and below. The vessel was a deep, wide skillet having long, iron legs, and this was set over a bed of bright, glowing coals that were raked out on the hearth. The pan was always lined with slices of bacon, carrots, onions, and savory herbs, and on this lining, the meat was laid. A little water was added—enough to keep the contents from burning, and to furnish liquid for occasional basting. Over this was placed an iron lid, tightly-fitting and deep rimmed, with a depression of the top for holding hot coals and ashes, and into this depression, covering the whole lid, were heaped shovelfuls of bright, live coals. The cooking was done literally "between two fires." The coals were replenished as wanted. The lid could be lifted occasionally, for the purpose of basting, or adding a little more water, if needed. The coarser, cheaper, tough and tasteless pieces of meat were thus rendered deliciously tender and savory. Generally, a few drops of vinegar or lemon juice was added to the water in the pan to make the meat more tender. When the dish was done, the meat

was taken up, the gravy reduced, strained and finished with a little thickening, and either poured over the meat and vegetables, or served separately. Braising can be done in the range oven with an ordinary pan with a tight-fitting cover, such as can be had of any house-furnishing or department store. Or it can be done in an iron kettle on top of the stove, having a tightly fitting cover to retain all moisture, and then it is called a pot-roast.

The Water Supply

Do not forget that nothing is so good for household purposes as a plentiful supply of rainwater, and now is a good time to put in the cistern. It is a good thing to wall it up with brick, then plaster with cement, walls and bottom, so as to keep out all vermin and insect pollution. Have a filter through which the rain must pass in going from roof to cistern, and have the eave troughs and spouting so placed as to catch all that is needed, with an over-flow or waste-pipe, if the cistern gets too full through a heavy downpour. The water can be carried into the house through pipes and pumps, if nothing better offers, with a sink and a drain pipe to carry off the dirty water from kitchen and laundry. In many sections of the country, the water is "hard," or strongly impregnated with lime, and this renders it unfit for either cooking, drinking or laundering, though for the laundry the water may be "broke" by the use of chemicals.

But well filtered rainwater is better for the kitchen, toilet and laundry than anything else. Many claim that hard (or lime) water causes rheumatism, and for health's sake alone, the filtered cistern water is best. For the sake of yourself and family, but more for the sake of the housewife and the young people, have the cistern, and have it large enough. Get it ready now for the spring rains.

Toilet Soaps

During the cold weather, one should use as little soap for the toilet as possible and what is used should be of the best. All the low-priced kinds are made of inferior materials, or poor or rancid fats and strong alkalies. Any color except white or yellow is the result of more or less harmful coloring matter. Transparent soaps are made by dissolving dry tallow soap in alcohol. Plain white castile soap is as good as any made. There is little economy in making toilet soaps at home, and there is always the possibility of spoiling it by wrong proportions and poor methods of blending ingredients. If one would but remember that many soaps are poisonous to the skin, bringing about troublesome skin diseases as well as roughness, chaps and cracks, they would escape much pain. Good soaps, made by a responsible firm, cost but a few cents more than the inferior grades, and in the result are much cheaper. Cheap laundry soap is an extravagance.

Latest Fashions for Readers of The Commoner



8830



8843

8843-8830—LADIES' COSTUME

Waist, 8843, cut in sizes 32, 34, 36, 38, 40 and 42 inches bust measure. Skirt, 8830, cut in sizes 22, 24, 26, 28, 30 inches waist measure. Requires two and one-half yards for the blouse and one and three-fourths yard for the tucker of 27-inch material for the 36 inch size. The skirt requires five and one-eighth yards of 36 or 44-inch material for the 24-inch size. This calls for two separate patterns which will be mailed on receipt of 10 cents for each pattern.



8861

8812—LADIES' ONE PIECE CORSET COVER AND ONE-PIECE DRAWERS

Sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. Requires two and three-eighths yards of 36-inch material for the medium size.



8812

8861—GIRLS' DRESS

Sizes: 6, 8, 10, 12 and 14 years. Requires three yards of 44-inch material for the 8-year size.

8830—LADIES' SKIRT

Sizes: 22, 24, 26, 28 and 30 inches waist measure. Requires five and one-eighth yards of 36 or 44-inch material for the 24-inch size.

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