

clean as the hands, and the stockings changed before becoming much soiled.

Common yellow licorice root chewed is a sweetener of the breath and is claimed to relieve a sour stomach. It used to be an old, much used "stand-by" for bad breath.

General Household

A plain pongee can be washed in warm soapsuds, carefully rinsed and ironed when quite dry. If sprinkled for ironing, it is apt to spot.

For cleaning shiney coat collars, use an old toothbrush; dip this in naphtha, then give a few brisk rubs to the shiny places and it will be clean. Delicate velvets may be cleaned in this way.

For colored hosiery, add a gill of vinegar to each half gallon of the last rinse water and hang to dry wrong side out; this will prevent streaking, and the dingy, rusty color sometimes shown.

For the removal of milk stains from woollens, get a ten cent package of soap bark, put half of it in a vessel and cover with boiling water; let steep where it will keep barely at the boiling point for an hour; strain, and wash the milk or grease stain in this, rinsing when clean. Or, the spot may be sponged out with the soap bark tea.

To harden soft soap, add to each gallon of boiling hot soap half a pint of clean barrel salt, stirring it in well. Pour the mixture into broad, shallow vessels or pans, allow to cool, then cut into cakes or bars and stack up to dry.

Skirts that have become damp should be first dried thoroughly in the sunshine, if possible, then shaken out carefully to remove all dust. Bindings, facings, and plaits at the

bottom should be made tidy, replacing anything worn or frazzled. Under arm protectors should be removed as often as necessary and scrubbed with a brush dipped in quite warm water to which plain white soap and a little ammonia have been added, then dried in the open air. Fresh air and sunshine are the best disinfectants known.

Contributed Recipes

Colonial Gingerbread—This is a loaf cake. To make, put a cupful of New Orleans molasses in a mixing bowl with a half cupful of butter and a half-cupful of sugar; over this pour a cupful of boiling water in which a level dessertspoonful of soda has already been dissolved. Stir well and let the mixture cool, then add a cupful of chopped walnuts and a cupful of chopped and seeded raisins, a teaspoonful each of cinnamon and ginger, two and one-half cupfuls of flour, and lastly, two well-beaten eggs. Bake in a shallow pan and serve warm from the oven.

Fruit Flavoring—This is made from the peels of lemons and oranges. Soak the peels over night in salt and water, and in the morning drain and cover with fresh water, and bring to a boil. Drain again, throw the water away, and cover again with fresh water, adding enough sugar to make a thick syrup. Bring to a boil and let the peel simmer in this until it has become tender, and by this time the syrup should have thickened considerably, but not to the candying point. Remove from the fire and put into self-sealing jars at once. Some of the peel, chopped fine, with a little of the syrup added, gives a delicious flavor to cake; when preparing for the cake, chop the peel fine, add confectioner's sugar and sufficient water to make it of the right consistency.

Endive Sauce—Clean and trim off the outside leaves and place the endive in a stewpan of boiling water, boiling it for twenty minutes, then immersing in cold water. When cool, squeeze each leaf separately to remove as much water as possible, then remove the roots and chop the leaves fine. Put the chopped leaves in a stew-pan with two ounces of fresh butter, salt, sugar and nutmeg to taste as seasoning cook five minutes, stirring constantly, moisten with a cup of white broth, cover with buttered paper, put on the lid and let simmer gently for half an hour; then add a ladle of white sauce, half a pint of sweet cream, reduce quickly over a brisk fire, rub through a sieve and serve.

Requested Recipes

Hot Chocolate for Vanilla Ice Cream—Place one pound of light-brown sugar in a graniteware sauce pan, and with it two ounces of scraped bitter chocolate, one-fourth pint of fresh milk and an ounce of best butter. Boil together until it forms a soft ball when dropped into cold water, then take from the stove and flavor with vanilla. Pour into the sauce boat and serve hot with each portion of cream. The cold cream immediately hardens the hot sauce, which forms a smooth coating over it. The two do not unite, and the taste of the two separate flavors is delightful. In preparing the sauce care must be taken that it is not boiled too long, else the coating will harden too much, making it difficult to manage with a spoon or fork, while if not boiled long enough, the two flavors are apt to blend. Experience alone can teach the exact stage when done; it may be made early and re-heated before served.

Rhubarb Meringue—Cut six large oranges in halves and remove the centers with a sharp knife and squeeze the juice into a basin. Put into a sauce pan one gill of water

with half a gill of sugar and let boil. Wash and slice thinly one pound of nice, red rhubarb and add to the syrup; cook all gently for half an hour and strain the juice into a basin. Place the rhubarb in the orange hulls and pour the juice of the oranges and rhubarb into a clean saucepan. Mix in a basin two table-spoonfuls of corn starch with a little cold water, stir into the boiling juice and cook five minutes, stirring all the time, and then pour over the rhubarb in the orange skins in equal quantities. Beat up stiffly the whites of three eggs, add three table-spoonfuls of sugar and beat again for five minutes. Put the mixture into a forcing bag and tube and force it out in equal quantities over the rhubarb; set in a quick oven for ten minutes, and serve very cold.

Cider Sauce—Cook sweet apples just enough not to color the inside of the quartered apple, using cider as the only liquid. Cook slowly and keep covered closely to confine the steam, as but little cider should be used.

Query Box

M. M.—According to Pincus, the life of a hair ranges from two to six years, after which it falls out and is replaced by a new hair. About fifty or sixty hairs are normally shed every day.

Mrs. L.—To clean the window shades, spread the shade flat on a large table, and heat thoroughly without scorching a pan of corn meal. Rub the shades with the hot corn meal, using a circular motion,

rubbing vigorously. When the meal is soiled and the curtains look clean, take a clean dry cloth and dust off all traces of the meal, and the dirt and dinginess will go with the meal. Try it.

"Distressed"—To take the marking ink out of linen, try a saturated solution of cyanuret of potassium applied with a camel's hair brush. After the ink disappears wash the linen in cold water.

G. H.—The nicotine in tobacco is said to be one of the most deadly poisons known, and it certainly is a poison to the body and the nervous system. It is strange that any sensible person will encourage its use.

S. K.—Charcoal is not used much for cooking except among the very poor, or where gas, gasoline, alcohol, or oil cannot be had. When used, it should be set out of doors, or where a draft will carry the smoke or gas outside.

Edna S.—All goldfish are not necessarily gold in color; some show black markings, and some are entirely black, while others are a pale yellow, white, pink, crimson, and rarely, blue. Goldfish, if given intelligent care, make interesting pets, as well as beautiful bits of color in an aquarium.

Eugene D.—A tortilla is a large, flat cake made of corn meal mixed to paste with water and baked on a large, flat earthenware disk called a "comal," and set on a fire of sticks; it is the bread of the peasants of Mexico, and is universally eaten, even by the better class of people, who prefer it to white bread.

HEREDITY

Can Be Overcome in Cases

The influence of heredity cannot, of course, be successfully disputed, but it can be minimized or entirely overcome in some cases by correct food and drink. A Conn. lady says:

"For years while I was a coffee drinker I suffered from bilious attacks of great severity, from which I used to emerge as white as a ghost and very weak. Our family physician gave me various prescriptions for improving the digestion and stimulating the liver, which I tried faithfully but without perceptible result.

"He was acquainted with my family history for several generations back, and once when I visited him he said: 'If you have inherited one of those torpid livers you may always suffer more or less from its inaction. We can't dodge our inheritance, you know.'

"I was not so strong a believer in heredity as he was, however, and, beginning to think for myself, I concluded to stop drinking coffee, and see what effect that would have. I feared it would be a severe trial to give it up, but when I took Postum and had it well made, it completely filled my need for a hot beverage and I grew very fond of it.

"I have used Postum for three years, using no medicine. During all that time I have had absolutely none of the bilious attacks that I used to suffer from, and I have been entirely free from the pain and debilitating effects that used to result from them.

"The change is surely very great, and I am compelled to give Postum the exclusive credit for it." Name given by Postum Co., Battle Creek, Mich.

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