

prevent rust. Be sure and dust well before painting. The fly and other insects which come with the warm spring days should be excluded from the rooms. It has been proven that flies are "common carriers" of disease, as well as being very filthy things, living and breeding in filth, and every effort should be made to prevent their entering the house. Keep all foods covered, and all floors, tables and pantry shelves clean. Teach the young folks (and often the old folks will bear a little educating) to refrain from touching the wire, pushing against the frame instead when opening from within, and have a handpiece on the outside. If wires are good, but torn in places, patch with a piece of another screen that will hold. Do not use patches of muslin or cloth. To prevent flies settling on the outside of the screens when the weather is chilly or rain coming, go over the whole screen occasionally with a rag wet with coal oil. Be sure to have good, strong springs, that the door screens shut.

The Marital Shadow

Usually it is the shadow of money that brings the first partial eclipse to the honeymoon, and unless the problem is rightly handled, the eclipse may become total. There is nothing more humiliating to the modern wife than the having to constantly "dun" her husband for the money necessary to keep the household on its feet. A woman who has been a wage-earner, and who has handled her own earnings, is not entirely ignorant of the value of the dollar, and in these days, nearly every girl or woman has had some experience in that line. No man would think of trying to conduct a business without a regular pay-day for his employes, and he would soon learn that bills must be settled, or disaster would follow. It is just as impossible to conduct a home, or a house without money, as it is to conduct a business, and the would-be husband should be made to think of this before he assumes the role of the "head of the household." There should be some arrangement by which regularity and security may be had in the matter of settling the inevitable household bills. Wives are supposed to bear uncomplaining-

A FOOD STORY

Makes a Woman of 70 "One in 10,000."

The widow of one of Ohio's most distinguished newspaper editors and a famous leader in politics in his day, says she is 70 years old and a "stronger woman than you will find in ten thousand," and she credits her fine physical condition to the use of Grape-Nuts:

"Many years ago I had a terrible fall which permanently injured my stomach. For years I lived on a preparation of corn starch and milk, but it grew so repugnant to me that I had to give it up. Then I tried, one after another, a dozen different kinds of cereals, but the process of digestion gave me great pain.

"It was not until I began to use Grape-Nuts food three years ago that I found relief. It has proved, with the dear Lord's blessing, a great boon to me. It brought me health and vigor such as I never expected to again enjoy, and in gratitude I never fail to sound its praises." Name given by Postum Co., Battle Creek, Mich.

"There's a Reason." Look for it in the little book, "The Road to Wellville," to be found in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

ly the hardship of never knowing just how much she may be able to spend on her own business, and a great deal of marital unhappiness comes from this source. A magazine writer urges women to either have some definite arrangement made before the wedding day, or to rebel early and insist on her rights as a partner in the business of home-making. She should have her part of the income without ask-ink or "dunning," and unless this is made plain, and its importance recognized, the woman will always be seriously handicapped, and her work under-estimated. Women do not demand a fraction of what they deserve, and this is readily recognized when one considers the wages cheerfully paid to the skillful, trustworthy women in the business world. It is just as well for the man to recognize the fact that the woman must be treated as his partner in the business of home-making, and is entitled to her full share of the combined earnings of the two. The one that "stays by the stuff" should "part alike with the one who goes down to battle."

Renovating

Often a garment will need cleaning, but the ordinary method of washing will not do. For woollens, nothing is better than soap bark. To prepare the solution, pour a quart of boiling water over five cents worth of the bark, which may be had of the druggist done up in a small package, but it is enough. Steep the bark gently for two hours or longer, keeping the heat so low that the water will not be perceptibly reduced; then strain the liquid through a cheese cloth, into an earthen bowl or china basin. If more water is needed, more bark may be used, but if the garment is ripped apart, and each piece washed separately, this is enough. Wash the garment through the bark tea until clean, then rinse thoroughly through clear water and dry in the shade, ironing when nearly dry.

For cleaning furs, put a gallon of corn meal into a deep pan and set in the open, stirring until it gets quite hot all through; put the furs in a bag with the meal or into the pan, and rub in the cornmeal just as though you were using soap and water. The meal must be kept hot while doing this, even if it must be re-heated; then, when the meal looks soiled, the furs can be well shaken, and they will be clean. This will do for both white and colored furs.

Children's white wool garments, and knitted or crocheted articles should be "washed" through very hot flour, just as you would use soap suds. The flour must be heated very hot, and the woolen articles rubbed through it thoroughly. If the first flour is much soiled, "rinse" through a second quantity of hot flour.

To wash silk plush caps, bands for hats, plush coats, collars, etc., first remove all dust by whipping well; spread it on a board or block and sponge the plush well with warm rainwater and a little ammonia. Sponge every inch of it. Then take a dry sponge and rub it until it is perfectly dry, then brush with a soft brush. If well done, it will look as well as new.

Rules for Cooking

If one could have a thermometer, and use it in testing the heat, many things would be the better for cooking at the right temperature. Turnips, beets, and all vegetables of the root class, contain very little starch, but much fibre, and should be cooked at just the boiling point—210 degrees Fahrenheit. Potatoes are starchy food, and must be boiled quickly. Meats, eggs, peas, beans,

lentils, milk, etc., should be cooked below the boiling point, in order to soften the animal fibre. Potatoes baked in the oven are more digestible than when boiled in water. In cooking meats, the object is to retain its natural juices and make it tender. The outside must be quickly seared to prevent the juices escaping, and this may be done either by dry heat in the oven, or by pouring boiling water over it, keeping the water boiling until the outside is hardened. After this, it should be cooked with less heat.

Dumplings are served with stews, and take the place of crust or starchy foods. And Irish stew is a light stew in which potatoes are used, and the neck of mutton is the piece usually used for this purpose. Foods rich in starch, such as rice, must be boiled rapidly, as rice, cooked with a slow heat, especially as is often done in a double boiler, is heavy, water-soaked and often the cause of indigestion.

For the Toilet

It is a singular fact that just as we get cleverly certain of a thing, some scientist comes along and upsets the accepted theory, and leaves us floundering in the marshes of doubt again. It is claimed that the latest investigations give to spinach the lowest place in the iron-containing plants, placing the percentage in lettuce as the highest. Potatoes also have a higher percentage of iron than spinach. Nevertheless, spinach is a good dish for the spring table, and as it does not cost very highly, it should be eaten freely.

Spring tan and freckles will soon

be in evidence, and these are best guarded against by the old-fashioned sun-bonnet and half-hand mittens so constantly worn by the preceding generation. But the springtime brings bleachers with its winds and sunshine, in the form of plenty of vegetables and fruits, alluring outdoor exercises and fresh air. The best bleaching comes from the inside outwardly; but external applications are not to be disregarded.

A mixture of lemon juice and the water in which oatmeal has been boiled, is a fine complexion application. If the hands become seamed with fine black lines when working in the garden, rub lard, or other grease over them, as you would soap, let soak a few minutes, then wash off with mild soap and quite warm water, "rinse" in corn meal wet with vinegar, and rub with dry cornmeal. Next time wear the cloth mitts.

Keep Up a Cheerful Spirit

In order to get through the day with the least friction, make up your mind that the day is going to be a good one; that you are going to look on the bright side and keep the wrinkles out of your face by thinking cheerful things, and not scowling. When you are at your housework, do all you can to protect your hair, hands and face, wearing a cap and gloves when sweeping, and when doing the dishwashing wear rubber gloves; they cost less than half a dollar, their wear depends on the care you give them. Don't make drudgery of your work; do it in a cheerful spirit, for the sake not only of others, but of yourself.

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