

water hot, and wash the rag in clean water as often as it shows dirt, in order not to spread the blackness. Change the water if it gets colored, making the same proportions. This is only for painted surfaces.

For cleaning the dirt and smoke from a papered wall, be sure to have plenty of clean cloths, and wipe carefully a little space at a time. Do not use a cloth after it is much soiled, even if you have to stop, wash and dry the cloths.

To prevent the destructive and unsightly ridges made by the looseness of the matting, in laying it, get the widths as smooth as possible, then, put a cupful of common coarse salt in a pail of hot water, and with a cloth dipped in this, mop and wash the matting as you would if it were dirty, using the salt water freely and keeping it hot by renewing the proportions as it is used up; wash with the grain of the matting, and let it be quite wet. Then open doors and windows and let it dry. The salt toughens the straw, preventing it breaking, and the drying shrinks it into place.

In cleaning the cellar, the floor is usually found very dusty, and the sweeping of it is very unpleasant. To prevent the dust and light ashes from rising, after cleaning the walls and ceiling scatter wet saw-dust or shredded paper over the floor, and you can sweep with comfort.

Contributed Recipes

Chicken and Rice—Wash a cupful of rice and throw it into boiling water, letting it boil for twenty minutes, then drain. Add half a cupful of milk, a tablespoonful of butter, a level teaspoonful of salt and a quarter of a teaspoonful of pepper, stirring all to a smooth paste; butter custard-cups and line them to a

COFFEE HEART

Very Plain in Some People

A great many people go on suffering from annoying ailments for a long time before they can get their own consent to give up the indulgence from which their trouble arises.

A gentleman in Brooklyn describes his experience, as follows:

"I became satisfied some months ago that I owed the palpitation of the heart from which I suffered almost daily, to the use of coffee, (I had been a coffee drinker for 30 years) but I found it very hard to give up the beverage.

"One day I ran across a very sensible and straightforward presentation of the claims of Postum, and was so impressed thereby that I concluded to give it a trial.

"My experience with it was unsatisfactory till I learned how it ought to be prepared—by thorough boiling or not less than 15 or 20 minutes. After I learned that lesson there was no trouble.

"Postum proved to be a most palatable and satisfactory hot beverage, and I have used it ever since.

"The effect on my health has been most salutary. The heart palpitation from which I used to suffer so much, particularly after breakfast, has disappeared and I never have a return of it except when I dine or lunch away from home and drink the old kind of coffee because Postum is not served. I find that Postum cheers and invigorates while it produces no harmful stimulation." Name given by Postum Co., Battle Creek, Mich.

Ten days' trial proves an eye opener to many.

Read the little book, "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.

depth of half an inch with the rice mixture; rub two tablespoonfuls of butter and two of flour together, then add a pint of milk, stir until it boils; then add a teaspoonful of salt, a dash of pepper and one pint of nicely seasoned pieces of cold cooked chicken cut into blocks. Fill this mixture in the center of the cups, cover with a layer of rice, stand in a pan of boiling water and cook in the oven for twenty minutes; turn carefully into a hot dish, garnish with seasoned green peas and serve.

Creamed Potatoes—Chop cold boiled potatoes quite fine and season with salt and pepper; put into a baking dish and pour over sufficient cream sauce just to cover; dust the top with grated cheese, put into a hot oven and cook until nicely browned.

Bacon Relish—Beat four eggs with one-half cup of cream and a teaspoonful of flour; fry several thin slices of nice, sweet bacon and dip them in the batter. Put the bacon in a frying pan with a little hot lard or drippings and pour the batter over it, and when both sides are well browned, lay on a hot dish and serve very hot.

Tongue and Tomatoes—To one of onion, a bay leaf, a sprig of parsley, and a stalk of celery well chopped, and simmer together for fifteen minutes. Cover one-half box of gelatine with half a cup of cold water and leave for half an hour. Dissolve over hot water and add to the tomatoes; strain; chill small cups and fill them with the jelly, and when ready to serve, turn out upon slices of ox tongue; serve with mayonnaise and on lettuce leaves.

Query Box

Harold L.—Something over 5,000 new books, stories and light literature, are published every year in the United States.

S. S.—Velvet is especially becoming to a person with a thin, fallow face, or with a face losing its bloom, as it gives a softened appearance to the texture of the skin.

Eda S.—Dry the hair with warm, soft towels, letting dry in the sunshine, which gives it a soft shine and gloss. Turkish toweling is not good to use. For dry hair, a little oil of almonds or oil of benne should be rubbed well into the scalp.

Distressed—For bleaching the superfluous hair to make it less noticeable, first wash it in hot water and soap, with a little ammonia in it to take all oil off the surface; then apply peroxide of hydrogen with a bit of gauze. This will in time weaken the roots of the hair; but it must be persisted in.

Mrs. L.—The small-foot craze has gone out of style; the athletic exercises and much walking indulged in by girls and women at the present time has given the feet larger size. The perfect foot is seldom seen. Nothing but demand will create a shoe that fits the foot, and until such a shoe is given us, we must continue to bear the ills we have.

Q. H.—Corn dodger is a bread made of corn meal and hot salted water, with or without a little shortening, mixed with the hand and shaped by the hands into thick, oblong "pones" or loaves, usually retaining the imprint of the shaping fingers, and baked in a very hot oven. Hoe-cake is made in the same way, a little thinner dough, patted into disks and baked on a skillet on top of the stove. "Ash cake" is the above dough baked in the ashes of the fire-place under hot coals. These are all southern breads, and are very savory if made and cooked right.

If new calicos are allowed to lie in strong salt water for an hour before washing, the colors will usually be "fast."

THE BELL WETHER

An exposition of Aldrichism, by Senator William Lorimer: "We have our bell wether here. We have the democratic bell wether. We have the insurgent bell wether, and we have the stalwart bell wether.

"When I happen to be absent from this chamber and the bell rings announcing the roll call; if I happen to step in the door in time I hear the name of Senator Aldrich called—he is my bell wether—I know where my vote belongs, and I vote as he voted. If he happens to be absent, I listen to the roll call until they come down to the name of my distinguished colleague, Senator Cullom, and then, after he has voted, he becomes my bell wether.

"I know where to vote from that time on, and if I happen to get in a little later, I wait for the roll call to reach Senator Gallinger's name, and after he has voted, I know my place, and then we go along a little further, and if I happen to come in after the roll call, I wait until Senator Lodge has voted. Then if I find that he and Senator La Follette have both voted the same way, I wait until somebody else has voted."—La Follette's Magazine.

"BRYAN THE PATRIOT"

The Springfield Republican is not afraid or ashamed to concede the influence of Mr. Bryan in molding opinion and in forcing republican administrations to take advanced positions on several big questions. We quote:

"Age has mellowed William Jennings Bryan, not to speak of the mitigating effect of the acceptance of his

ideas that were once fought with fiery bitterness. There is both humor and truth in this statement of Mr. Bryan, made before the Boston City Club: 'If I ever did think of running again for the presidency—and I do not—with these two men (Roosevelt and Taft) carrying out so many things I have advocated, I am afraid some republican would raise the third-term cry on me, and say I had already had two terms of my policies.' It is just as well now and then for the unthinking to be brought face to face with the fact that the man best entitled to the copyright on 'my policies' lives in Nebraska and not in Oyster Bay, L. I."

No. Mr. Bryan is not a candidate for the presidency. He may never be again, but the bitterness and injustice still exhibited by numbers of his opponents in the east, and a few of their satellites elsewhere will not affect the estimate of history of his tremendous influence for good. In this generation no private citizen has made such impress upon the American people; indeed, we might say it had not been done by another in the life of the republic.—Columbia, (S. C.) State.

BLACK AND BLUE

"Your husband is not looking well tonight, Mrs. Rhymer."

"He isn't and I'm not surprised at it."

"No? Has he been overworking?"

"It isn't that so much, it is his originality. Why, that man is struck by so many original ideas that his mind must be one mass of bruises."—Woman's Journal.

Latest Fashions for Readers of The Commoner



8879-8801 LADIES' COSTUME
Waist, 8879, cut in sizes 32, 34, 36, 38, 40 and 42 inches, bust measure. Skirt, 8801, cut in sizes 22, 24, 26, 28 and 30 inches, waist measure. Requires 8½ yards of 36-inch material for the medium size. This illustration calls for two separate patterns which will be mailed to any address on receipt of 10c for each, in silver or stamps.



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Waist, 8561, cut in sizes 14, 16 and 18 years. Skirt, 8559, cut in sizes 14, 16 and 18 years. Requires 1¼ yards of 44-inch material for the waist and 3 yards for the skirt for the 16-year size. This illustration calls for two separate patterns, which will be mailed to any address on receipt of 10c for each, in silver or stamps.



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Sizes 6, 8, 10, 12 and 14 years. Requires 3¾ yards of 44-inch material for the 10-year size.



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