

not rattle off when shaken. The finer seeded grasses are the best.

"Worried"—If not too badly soiled, the wall paper may be cleaned by taking corn meal or fresh bran in handfuls and rubbing over the surface. Try two or three handfuls, and you can know if it will pay for the meal and the trouble.

**Drying "Shell" Beans**

There is no use to can butter beans, if you take care of the beans as they ripen. They should not be allowed to get entirely ripe and dry in the pods, but as soon as the pods show that they are done growing, gather the beans and lay them where they will dry; it is best not to shell before drying, as drying in the pod will admit of the bean drawing the strength from the shell, and thus making them much better when dried. If allowed to get thoroughly ripe and dry, they are still good, and will cook up very nice and tender; but if dried while still soft and just turning, they are like fresh ones. Many people think they are much better flavored than the canned ones.

Other kinds of beans, when in the "shell" condition, if dried, are fine when cooked. Have them gathered when they are ready for cooking as "shell beans," then gather and dry in the pod, shell and store in little sacks, and they do finely for winter succotash. The beans must be perfectly dry, and kept in a dry place.

One of our readers who has no place to store vegetables, and who has but a small family, tells us that when she has a few carrots left over from her cooking, she washes them, splits them and carefully dries them, and they are fine for flavoring soups in the winter.

**Mixing Cake**

Mrs. C. L. S. asks for instructions for mixing cake. I copy for her the following from the Housekeeper: For mixing all kinds of sponge or egg cake, the same rules are applicable. Yolks must be beaten with a revolving beater or a perforated spoon until they are very light and creamy; the whites are whipped with a flat egg-whip, which preserves the

**FOOD AGAIN**

**A Mighty Important Subject to Everyone.**

A Boston lady talks entertainingly of food and the changes that can be made in health by some knowledge on that line. She says:

"An injury to my spine in early womanhood left me subject to severe sick headaches which would last three or four days at a time, and a violent course of drugging brought on constipation with all the ills that follow.

"My appetite was always light and uncertain and many kinds of food distressed me.

I began to eat Grape-Nuts food two or three years ago, because I liked the taste of it, and I kept on because I soon found it was doing me good.

"I eat it regularly at breakfast, frequently at luncheon, and again before going to bed—and have no trouble in 'sleeping on it.' It has relieved my constipation, my headaches have practically ceased, and I am in better physical condition at the age of 63 than I was at 40.

"I give Grape-Nuts credit for restoring my health, if not saving my life, and you can make no claim for it too strong for me to endorse." Name given by Postum Co., Battle Creek, Mich.

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.

air-cells and increases their power of expansion; this is aided by the addition of cream of tartar. To test the right degree of stiffness, take up the whip and reverse it; if the whites that adhere to the bottom of the whip stand up in a point, they are right; if the points curve, continue to whip until its stands up. When blending the whites and beaten yolks always whip the yolks into the whites, gradually and thoroughly; the yolk being the heavier, unless well mixed they are apt to separate and leave the whites on top. When the term "fold in the flour" is used remember, as you value the lightness of your cake, do not beat, whip or stir, but just sift the flour lightly over the rest of the mixture and, with a light, dipping motion, fold and turn until all ingredients are incorporated.

**Some Chicken Ways**

**Fricassee with Dumplings**—After dressing and drawing a nice fowl, cut it into joints and put it on to cook in a kettle with water enough to cover it. Bring to a boil and skim carefully, then let it cook until nearly done; season with pepper, salt and half a cup of melted butter; mix a cup of flour with a little of the gravy and stir in with the chicken, taking care not to break the meat, which should be very tender. To make the dumplings, stir enough water into half a cupful of flour (in which a half teaspoonful of baking powder has been sifted, with the same of salt) to make a batter that will drop slowly from a spoon. Have ready a kettle of boiling water, salted, and drop into this the batter by teaspoonfuls. Let boil ten minutes, covered, and they will be done through and digestible.

**Baked Chicken**—Dress two chickens, wipe with a piece of cheesecloth wrung out of very cold water and lay in a dripping pan, sprinkle with salt and pepper and dredge with flour, then dot with bits of butter over the flour, using at least half a cupful of butter, as chicken meat is apt to be dry. Bake for a little over thirty minutes, according to the oven, basting very often with a half cupful of butter mixed with the same quantity of boiling water. When done, lift and lay on a hot platter and garnish with parsley. The fat left in the pan should be used for gravy, by adding to it one-fourth cup of flour stirred until well blended, then pour on it gradually, stirring constantly, one cupful of chicken stock and one of cream. In case you have no chicken stock, use beef stock, or hot water with the cream. Bring to a boil, but do not let it really boil; season with salt and serve with the chicken.

**For the Toilet**

Lemon juice and rosewater will remove light tan, but, as in case of any preparation containing acids, it should not be used continually, as the acid, by eliminating the natural oil of the skin, will certainly cause wrinkles and yellowness.

A thorough rubbing of the skin with the cut side of a ripe tomato two or three times daily is claimed to work wonders with the complexion; it is also claimed that canned tomatoes, but little cooked, will serve the same purpose during the winter. In any case, it is an inexpensive and harmless experiment.

We are advised to use some good cold cream after application of any acid preparation to the skin, in order to restore the oil eaten out by the acid. The skin of the face and arms should be thoroughly cleaned several times a week by rubbing in a good cold cream before bathing in warm water; the cream should be left on for a short time, then rubbed

off with a soft cloth. You will be surprised at the dirt on the wiping cloth. Some dirt can not be removed from the skin by soap and water, but grease will soften it so it can be taken off entirely, and only good will result to the skin.

Where it is impossible to get rain water for the toilet, as in cities where the air is so foul that the water is unfit for use, we are advised to soften the water with a few drops of ammonia or borax; but others tell us that ammonia and borax are both drying to the skin and should not be used often. An excellent cleanser is the oat-meal or bran bag. Sew up two or three spoonfuls of either bran or oatmeal and let lie in the wash water until the "milk" can be squeezed out, then wash the skin in this, using the bran bag instead of soap.

**Good Things to Know**

As the rainy season comes on, we should provide one or more good umbrellas, and then take care of them. A wet umbrella, when treated in the following manner, will last twice as long as one treated in the ordinary way. Stand the umbrella handle downwards to allow the water to run off quickly, and thus prevent the ribs from rusting and the silk rotting where it is gathered at the top. If the umbrella is opened half an inch, this will allow the water to run off without wetting the tassel or handle. When nearly dry,

open to its full extent, and this will stretch the silk and prevent it from cracking. Keep it open until it is dry—about an hour—and it will look like new. One who is careful of the umbrella and the rain coat is never afraid to go out in the rain, as such articles are always in place and in good condition.

This is recommended for curtains that ordinary tubbing might destroy: After shaking well and wiping with a soft cloth to remove as much of the dust and stain as possible, spread a clean sheet on the carpet and pin it straight and securely; scatter dry corn meal and powdered borax, mixed in proportions of one cupful of meal to one tablespoonful of borax. Over the sheet pin one curtain, and scatter over it more of the mixture; then another curtain and more mixture until all the curtains are pinned down and all strewn with the meal and borax. Now pull out all the pins and roll the sheet and curtains in a compact roll, the sheet covering all on the outside. Lay the roll away for two or three weeks where mice can not get to them, and at the end of that time unroll and shake out your curtains, and you will find them beautifully white and clean. Housewives are but recently finding out the cleansing power of corn meal and wheat flour, for dry-cleaning delicate articles. If a white serge garment is dusted and sprinkled with corn meal, rolled up and put away for a short time, it will shake out clean.

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