

some thick cream very stiff and dry and spread over the tops of the pies after they are cooked and cooled.

**Housework by Machinery**

A motor that will run anything from a washing machine to a coffee-mill is now ready for the housewife's use. It is so constructed that the housekeeper may wheel it about to suit her work, attaching it to the machine to be run by it. Attached to the tub, the clothes are washed with no effort on her part, turning the wringer and guiding the article through the rollers. It can be attached to the meat-grinder, coffee-mill, ice cream freezer, sewing machine, mangle, and its uses are numerous. Electricity is another servant over which the housewife is gaining control, and it looks now as though there will be little left for the housekeeper to do, within a few years, except to "oversee" the new servant.

**Worth Knowing**

For cleaning white shoes, a ready-made preparation can now be had at shoe stores; a home preparation is as follows: French chalk will often remove the spots if used immediately when the shoes are taken off. Art gum can be used as an eraser to remove dirt. Pipe clay made into a soft paste with water and applied as a paint, left until dry and then brushed off, will clean spots. If you have a tree for the shoes, fit them on the tree and wash with a soap suds containing a tablespoonful of ammonia to each quart; wash with a brush and rinse with clean water, place in the sun to dry. For white suede or kid shoes, try gasoline.

For a furniture polish to cover

**A FINE NIGHT-CAP**

The Best Thing in the World to go to Bed and Sleep on.

"My wife and I find that 4 teaspoonfuls of Grape-Nuts and a cup of hot milk, or some cream, with it, makes the finest night-cap in the world," says an Alleghany, Pa., man.

"We go to sleep as soon as we strike the bed, and slumber like babies till rising time in the morning.

"It is about 3 years now since we began to use Grape-Nuts food, and we always have it for breakfast and before retiring and sometimes for lunch. I was so sick from what the doctors called acute indigestion and brain fag before I began to use Grape-Nuts that I could neither eat, sleep nor work with any comfort.

"I was afflicted at the same time with the most intense pains, accompanied by a racking headache and backache, every time I tried to eat anything. Notwithstanding an unusual pressure from my professional duties, I was compelled for a time to give up my work altogether.

"Then I put myself on a diet of Grape-Nuts and cream alone, with an occasional cup of Postum as a runner-up, and sometimes a little dry toast. I assure you that in less than a week I felt like a new man; I had gained six pounds in weight, could sleep well and think well.

"The good work went on, and I was soon ready to return to business, and have been hard at it, and enjoying it ever since.

"Command me at any time any one enquires as to the merits of Grape-Nuts. You will find me always ready to testify." 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.

scratches and give a fine polish, take one quart of paraffine oil, ten cents worth of wood alcohol and one quart of vinegar; mix and shake well before using; apply with a soft cloth, rub in well, and polish with a clean soft cloth.

For cleaning white net garments, lay on a table and sprinkle it well over with one part salt to three parts flour, warmed, but not hot, in the oven; rub it well into the net, roll up tightly and lay away a few days. Then take and shake out well. If not clean the first time, repeat.

For cleaning black crepe, sponge it with a weak solution of ammonia and water, then hold it loosely over a kettle of boiling water, letting it lie in crinkles; when thoroughly moist hang in a breeze, but do not heat as it is drying. It is best to "bunch" it in a heap instead of hanging, turning it often while drying.

For stretching a tight shoe, put the shoe on the foot and lay over the tight part a folded towel wet in quite hot water; repeat, and the moistened leather will "give" to suit the foot.

**About Foods**

When we read of people in some other locality starving because of some disaster, failure of crops, or the like, we are quick to "go down in our pockets" and rush to their aid anything we think will relieve them. But how few of us realize that here, right at our doors, there are thousands of people starving every day; it may be one of "our own," within our family circle; it may be that we, ourselves, are of the number; but we do not heed. Everywhere, among both young and old, people are starving for mental and social food—for companionship; for something just beyond the reach of our failing hands. Did you ever think of it? I speak from experience when I say there is nothing so cruelly hard to bear as isolation; loneliness because of being, through some cause, shut out from our kind. Mental and spiritual foods are as necessary as that for the body, and the lack of it is just as disastrous, though not so readily recognized. At this season of the year, one should begin to plan for social life to fill the days of winter now so near. Now is the time to organize clubs, and arrange for meetings of various kinds. While these meetings will mean much to the elders, to the young people they will mean more, for youth is the developing period of life. Much of the social crime of the day is caused by the starvation of isolation. The mail delivery and the telephone is all right; but more is needed. Pleasant gatherings where personal magnetism may be freely exchanged under respectful restraints is the right, as well as the demand of youth. These gatherings bring out the best that is in one, and relieve life of much of the monotony which breeds discontent. Get together and stay together; get acquainted with each other, and with the interests of others. Think club, talk club, and be sure to organize the club. Then make it your business to attend its meetings and make them interesting. You may, yourself, be one of the starving souls.

**"The Dream Woman"**

Through the expression of tender sadness that illumines all the portraits of the martyred Lincoln, we see the signs of an old sorrow, and in his eyes the shadow of an old heartache. There was a wild-rose slip of a girl in a slatted blue bonnet with whom he walked the lanes of his home-spun days. There was a clever, cultured woman whose brilliant intellect lighted his ascending way to the Illinois legislature. And

there was the belle of the gay social set at Springfield who fluttered across his path as it led to Washington. These were the women he courted. They all loved Lincoln. One he loved; one he tried to love; and one he married. To these women, the greatest American was nearer than the lofty figure on a high pedestal; they heard his heart beat.

One of them today lies near the Sangamon, where he loved her. To the last, there was with him the long, long sorrow of her loss that cast its shadow across his heart in youth. One rests peacefully in a little cemetery at Pleasant Ridge. One lies at his side in the great mausoleum at Springfield, where the state keeps her bier and his heaped with fresh, fragrant flowers.

Wherever Lincoln wrought and worked and achieved, he was always accompanied by the haunting memories of an old love. She was the dream woman who walked always by his side, never yielding her place in his heart to any living woman. In remembering this, we see the untouched side of the nation's hero, and it throws a new light on the life of this greatest of men.—Delineator.

**"The Fragments"**

One of our readers tells me she has quite a shelf full of canned fruits and vegetables by using up the few things that are "left-overs," perhaps but enough for one jar at a time. They would have been consigned to the garbage can, but she has been reading the Home department, and has absorbed some of my

economical ideas therefrom. I assure you, sisters, that my ideas have been gained by practical experience with a slim purse, and the sight of waste is absolutely painful to my sense of economy.

**Odds and Ends**

Papered walls may be cleaned with a mop of cheese cloth strips an inch and a half wide and eight inches long fastened to a light handle. Brush the paper twice a month, and keep the brush washed clean.

To remove hot water marks and rings made by putting hot water jugs, etc., on polished trays or tables, apply a thin paste of salad oil and table salt; leave it on the mark or ring for an hour, then polish with a dry cloth, and the mark will disappear.

For cleaning any paint, use soft water and coal oil, stirring the mixture every time you dip the cloth in it, and always rinsing the scrub cloth in clean water when used, so the oil and water will always be clean. If it gets dirty, throw it out and get clean. Rub the wood work perfectly dry before leaving it; otherwise, it is apt to gather lint.

Club women of the large cities have taken up the cause of the wife who works fourteen to sixteen hours a day; it is claimed that if the men work only eight hours a day, they will have time to come home and help get the supper, and otherwise relieve the woman who has to put in the full time to keep up the comfort of the family.

**LATEST FASHIONS FOR COMMONER READERS**



**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 and 30 inches, waist measure. Requires 2 1/2 yards for the blouse and 1 1/4 yards for the tucker of 27-inch material for the 36-inch size. The skirt requires 5 1/2 yards of 36 or 44-inch material for the 24-inch size. This illustration calls for two separate patterns which will be mailed on receipt of 10c for each pattern.



**8982—LADIES' APRON**

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**9006—GIRLS' DRESS**

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