

quire probably two and one-half hours to rise. The oven should be hot enough to brown a pinch of flour in two minutes without burning it. Bake one hour if loaves are large; less, according to size. Rolls, from 20 to 40 minutes.

**Some Breakfast Dishes**

To cook round steak tender one must have the skillet hot, with a very little suet or butter in the skillet; flour the steak, after having well pounded it to break the fibres, and lay the pieces in the smoking-hot skillet. While the grease must be "smoking-hot," it must not be scorched. Sprinkle a little salt over the steak, and cover closely with a lid—the closer, the better; as this will confine the steam. Turn once or twice, and cook until done. The steak will cool the grease, and if the fire is too hot, it should be drawn a little aside, so as not to scorch, while still cooking rapidly. The hot grease will sear the surface, and confine the juices; the steak should not have a fork thrust into it for turning, but a narrow pancake turner may be used to good advantage.

Another way to cook tough steak is a sort of "pot-roast" in the skillet, and this can be made very palatable indeed, or it can be rendered tougher and tasteless by careless neglect. The steak should be laid on a board and floured, then pounded and chopped, forcing the flour into it. Have the skillet "sizzling" hot, put in your steak which should be cut into pieces ready to serve, and cook and turn until both sides are browned a little, and the surface of the steak well seared. Then pour in a very little boiling water, draw the skillet back so the steak will just simmer nicely, turning over occasionally, and keeping tightly covered until done, letting the water cook out by the time you are ready to serve it. Then dish up the pieces, pour several spoonfuls of cream into the hot skillet, shake it around well

**THE LITTLE WIDOW**

**A Mighty Good Sort of Neighbor to Have.**

"A little widow, a neighbor of mine, persuaded me to try Grape-Nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman, from San Bernardino Co., Cal.

"I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought relief.

"I liked Grape-Nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In 2 months my weight increased from 95 to 113 pounds, my nerves had steadied down and I felt ready for anything. My neighbors were amazed to see me gain so rapidly and still more so when they heard that Grape-Nuts alone had brought the change.

"My 4-year-old boy had eczema very bad last spring and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-Nuts, which he relished at once. He improved from the beginning, the eczema disappeared and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will willingly answer all inquiries." 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.

as it boils up, then pour over the steak. Some cooks add a tablespoonful of vinegar to the water that is poured over the steak at first.

**Query Box**

Mrs. S. M.—Slight scratches on plate glass may be removed by cleaning the glass, then rubbing it gently with a pad of cotton-wool, then cover the pad with cotton velvet charged with fine rouge and rub again.

J. L. T.—Try this for the hot water marks: Make a thin paste of salad oil and salt; spread this over the white place and leave for an hour, then polish with a dry cloth. The marks will usually disappear.

Mrs. C. K.—The Jerusalem oak is a common dooryard and roadside weed, known to botanists as Chenopodium Botrys. It should not be hard to find. Your druggist should "learn his books."

Francis M.—To clean the kitchen paint, boil a pound of bran in a gallon of water for an hour; strain, and use the liquid for going over the kitchen wood work after it has been washed with clear warm water. This will clean the paint and give it a gloss.

Mrs. L. K.—Burns caused by lime, caustic, potash, and other alkalis will not bear ordinary treatment. To remove the substance, do not try to pick it off, but apply something that will form a harmless combination with it. Vinegar diluted with water, or the acid of lemon juice will answer. Powdered sulphur is a fine dressing.

Discouraged—Try this for the rough, chapped hands: Get a pint of good quality whisky, and five cents worth of quince seeds. Put the seeds in a bottle, large enough, and cover with the whisky. There is no rule for proportions. As the liquid thickens, add more whisky until it is of the consistency of thin honey. After washing the hands and wrists clean, pour a few drops in the palms and rub over the hands and arms. This is healing and dries quickly, leaving a pleasant odor from the quince seeds. It is superior to glycerine.

**Odds and Ends**

For sore or cracked fingers and hands caused by exposure to the weather, be sure to soak and wash the hands very clean; then take a bit of harness or shoemaker's wax, heat one end of it until it drips readily, and let the hot drip fall on the crack or sore. It will sting for a minute; but it will stop the pain and heal the crack. While still hot, put on the wax a bit of clean cloth just to cover, and it will stay on until it wears off. Another remedy: Take two tablespoonfuls of turpentine and melt English resin in it, enough to make it gluey when cold. If too much resin is used it will not stick; if too little, it will not hold. To use, take a little on the point of a nail, or pocket-knife and heat real hot, then drop on the crack or sore, and stick a bit of cloth just big enough to cover the wax on the place. It will stay until worn or soaked off. The harness wax is very inexpensive.

When washing dishes, a small mop will save the hands from contact with hot water. Wearing rubber gloves will protect the hands, but they should not be worn except in water, as they make the hands perspire too much. A pair of large, old kids, or even cotton flannel will protect the hands while sweeping, and doing other housework. It is the grinding of the fine particles of dirt into the skin that ruins the texture. If the hands look grimy, rub fresh, clean lard over them, then wash with almond or oat or corn meal, instead of soap, and they will be clean.

To clean a greasy oven, take a bucket of strong soda solution, and a long handled brush, such as is

used for cleaning carriage wheels; soap the brush and rub thoroughly the roof, sides and floor of the oven, then rinse with the soapy water; take out the oven sheets, wash them, then the door, rinsing each part thoroughly with the soda water and leave the oven open until all is dry. The dirtiest frying pan will become clean in a few minutes if soaked five to ten minutes in ammonia water.

**Alkaline Stomach Treatment**

Usually, thin people have an excess of acidity in the stomach, and one of the simple, home treatments for such cases by our mothers was washing out the stomach with hot alkaline drinks. Nothing is safer and better as a domestic remedy for dyspepsia than this old remedy, which some of our best physicians recommend. Pour a quart of boiling water over half a pint of clean, hardwood ashes, with a tablespoonful of chimney soot well stirred in, and leave to settle over night. Then pour off and bottle the clear liquid. Whenever acidity is felt, or after meals, put a tablespoonful of this alkali in a glass of hot water and sip as hot as you can, comfortably, with a spoon. Soot is a valuable remedy in itself for many stomach troubles. Quantities of drink are desirable, hot enough to stimulate and comfort the stomach, and when in the night one awakens with a disagreeable or bitter taste in the mouth and a nausea or gnawing in the stomach, no simple treatment is better than to drink a pint or more of quite hot

water, sipping it as hot as possible through a spoon. Nothing is better when working for flesh than plenty of hot drinks. A scrawny, thin, "skin-and-bone" person should not drink cold beverages; even drinking water can be taken lukewarm with the best of results.

Even better than the family physician, in simple ailments, are the simple home remedies that should always be at hand, and with which every housewife should be familiar. There is nothing that brings on ill-health, and causes so much suffering as stomach ailments, and they are too often neglected until they become serious.

**Flour**

It is estimated that a barrel of flour will last one person a year for bread; but flour is likely to mould, acquire a bitter taste and get wormy by long keeping. Flour should be kept in a cool, dry place, away from all moisture, as the slightest damage by dampness spoils it for bread-making. Whole wheat, graham, and corn flours should be bought in small quantities. Pastry flour comes in small cartons, and will not keep in bulk. Always insist on having good flour, as poor flour is an extravagance.


**AN AIR-PUMP**

"I must brush the cob-webs from my brain."  
"Then you ought to get a vacuum cleaner."—Baltimore American.

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