

on these subjects are practically worthless.

Ella S.—Why not wash the colored waist in starch water instead of soap suds? Make the starch of wheat flour, and for the first water, let it be a little thicker than for starching clothes, and when the garment looks clean, rinse in quite thin starch water. It will be about like new calico. For the cuffs and plait in front, make a stiff starch and rub it well in.

O. J.—The best time to take the physical exercises is in the morning before dressing; ten minutes will be enough time; some exercise may be repeated as often as you think of it. "Squaring the shoulders" means lifting the chest by a deep inhalation, keeping the chest raised and the abdomen drawn in, and the shoulders will fall into position without effort. Try to carry the chest so.

Good Things to Know

When you are out walking, whether in a strange place or at your own home, do not keep your mouth open; an open mouth gives one a vacant stare. When you are chewing your food, keep your lips closed; do not show your food when in the mouth. Do not try to talk with the mouth full of food.

High heeled shoes are often the cause of spinal complaints. No heels are just as bad as high heels; a medium heel preserves the arch of the foot and prevents it from

TIED DOWN

20 Years' Slavery—How She Got Freedom.

A dyspepsia veteran who writes from one of England's charming rural homes to tell how she won victory in her 20 years' fight, naturally exults in her triumph over the tea and coffee habit:

"I feel it a duty to tell you," she says, "how much good Postum has done me. I am grateful, but also desire to let others who may be suffering as I did, know of the delightful method by which I was relieved.

"I had suffered for 20 years from dyspepsia, and the giddiness that usually accompanies that painful ailment, and which frequently prostrated me. I never drank much coffee, and cocoa and even milk did not agree with my impaired digestion, so I used tea, exclusively, till about a year ago, when I found in a package of Grape-Nuts, the little book, 'The Road to Wellville.'

"After a careful reading of the booklet I was curious to try Postum and sent for a package. I enjoyed it from the first, and at once gave up tea in its favor.

"I began to feel better very soon. My giddiness left me after the first few days' use of Postum, and my stomach became stronger so rapidly that it was not long till I was able (as I still am) to take milk and many other articles of food of which I was formerly compelled to deny myself. I have proved the truth of your statement that Postum 'makes good, red blood.'

"I have become very enthusiastic over the merits of my new table beverage, and during the past few months, have conducted a Postum propaganda among my neighbors which has brought benefit to many, and I shall continue to tell my friends of the 'better way' in which I rejoice." 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.

breaking down. Medium heels also serve to keep the ankle round and supple, and is a help to a weak spine.

For the little hacking cough that keeps the household awake at night, bind a cloth wrung out of quite cold water on the child's throat, and over this pin a dry cloth. One application is usually enough, but if not, more than twice wetting the cloth will not be required.

Moths will do great injury in carpets and loose woollens kept in dark warm rooms in winter, the same as in summer. To protect the carpet, sprinkle with salt before sweeping, and be sure the edges next the walls get plenty of it. If signs of moth larva are found, rip up the edges of the carpet and wet the floor with strong alum solution, then relay the carpet. Spread a wet towel over the places and iron with a very hot iron, causing the steam to go through the carpet.

To "pick" a pineapple, peel, leaving the top leaves on to hold it by, using the left hand; take a silver fork in the right hand and tear the fruit into shreds with it; chill thoroughly before using.

Woolen stockings should be washed quickly in a warm lather, but must not soak in the suds; if they seem much soiled, add a little borax to the water, and they will clean quickly. Rinse in warm water and do not let freeze in drying.

For the Toilet

Somebody asks what is almond meal? It is made of almond nuts ground into a meal, with just enough oil in it to keep the skin soft, and its use is very whitening to the skin, usually the hands.

Where one has to do much dirty work, such as attending to coal fires, scrubbing or dusting, etc., the hands should first be thoroughly anointed with clean, unsalted lard, which should be well rubbed over the skin, and left on for a few minutes to soften the grime in the creases, then the hands washed with a vegetable oil soap suds hot enough to take off the lard; rinse in cold water and rub dry with a handful of corn meal, which heals, whiten and acts as a brush to cleanse out the tiny wrinkles of the skin. A nail brush, or other brush not too stiff is excellent to use when the grime is hard to remove.

All good cold creams cause a slight perspiration to form on the skin when it is well rubbed in, some kinds more than others. This indicates that the pores are open and absorbing the cream. A cream made without oils dries quickly, and is not so softening as the grease creams.

The white wax used in toilet preparations is the beeswax refined. Spermaceti is a deposit taken from the head of the whale. Where these are ingredients of any preparation they should be warmed or melted over heat by setting the china vessel which contains them in another vessel of hot water; and this is called melting over a water bath. Heat just enough to melt, then add any oils, without overheating any of them, but just so they can be blended by "creaming," or beating to a creamy consistency. For the creaming, a wire egg-beater is best.

Any of the "waters" used as ingredients should be added drop by drop, beating all the while, in order to blend with the oils. If the mixture threatens to harden while the beating is going on, set it back in the hot water to warm a very little, beating until it is finished.

Requested Recipes

Peptic White Bread—One quart flour, one teaspoonful of salt, two rounded teaspoonfuls of baking powder, about one pint of cold water (sweet milk would be better); mix

the flour, salt and baking powder well by sifting at least twice into the bread bowl, then make a hole in the center of the flour and pour into it the water or milk; the dough must be quite soft; with a large spoon stir quickly and thoroughly together, and when all the flour is wet, stir a moment longer to remove all lumps; then turn into a well greased baking pan at once. The pan should be four inches wide, four inches deep and eight inches long. The dough must not be kneaded, or beaten more than barely to smooth the mixture, and that must be done quickly; after the dough has been turned into the pan, smooth the top with a knife dipped in melted butter and bake at once in a moderate oven for an hour. As soon as baked, remove from the pan, sprinkle with water and wrap in a bread cloth until cold. This will make one loaf, which is very wholesome, and is especially recommended for those with weak digestion.

Dumplings—For making dumplings, a batter without eggs is preferable, as a batter made with milk, eggs, lard or butter, is apt to be heavy. Stir enough water into one cup of flour (after having sifted with it one teaspoonful of baking powder and the same of salt) to make a batter that will drop stiffly from a spoon; have ready a kettle of boiling water, salted, and drop into it the dough by teaspoonfuls. They should cook ten minutes, and should be dry and well-done and tender when taken up.

Fruit Fritters—Beat one egg

whole, and add a tablespoonful of olive oil and a pinch of salt; add to this a cup of sweet milk and pour all into a cupful of sifted flour; stir and beat until perfectly smooth, and about the consistency of thick cream. Dip the fruit in the batter and fry in hot fat. The oil makes it crisper than butter would, and not so rich. Any fruit may be used with this batter.

For the Housewife

A colander is now being shown that is a great help to the housewife. It is an entirely new invention that peels, eyes and rices potatoes in one operation; removes the skins and seeds from tomatoes, apples, grapes, cranberries, and will also remove the hulls from peas and beans, with absolutely no waste; it is said to be made from the best of materials, and is claimed to be one of the handiest kitchen devices made. The price is \$3.

While oil used alone polishes for a while, in the end it makes matters worse; but a mixture of one part of turpentine to two parts of oil will not only cleanse, but make a wonderfully good polish; it removes scratches, and often dents will disappear where it is used. Mixed and kept in a labeled bottle, it is a handy thing to have in the house.

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