

into them flour to make a dough that can be rolled out very thin, adding a pinch of salt; after rolling out, flour well, roll up the dough and cut in fine strings about the size of macaroni. Drop into boiling hot salted water and boil fifteen minutes; they must be kept boiling briskly. Take out, put a layer in a pudding dish, dot with small pieces of butter, and grate cheese to cover lightly, continuing thus until the dish is full, then pour a cup of sweet cream over it and bake a few minutes until quite hot through and the cheese melted. This is a good dish to use with meats where vegetables are scarce.

Cheese Cakes—Press enough "schmiercase," or sour milk cheese through a colander to make a cupful and a half; beat three eggs, two tablespoonfuls of thick sweet cream, a gill of sugar and the juice and grated yellow rind of a lemon together, and add the cheese, mixing well. Have small patty-pans lined with pie-crust, fill with the mixture and bake fifteen minutes in a quick oven.—Mrs. H. B.

For the Housewife

When about to make cake, or any other dish, read over carefully the recipe and directions. Be sure all required ingredients are at hand, and unless you are an experienced hand, do not substitute something else as "just as good." Have the best of everything needed, if you can get it, and do not skimp on butter, eggs and flavoring. Poor butter and stale eggs will give a bad taste to the entire batch of dough.

Every kitchen should have a set of scales; these are not expensive; a very good one can be had at the house-furnishing department of hardware or department stores for

IN MATCHTOWN

Fortunately no Faith Was Required, For She Had None

"I had no faith whatever, but on the advice of a hale, hearty old gentleman who spoke from experience, I began to use Grape-Nuts about 2 years ago," writes an Ohio woman, who says she is forty, is known to be fair, and admits that she is growing plump on the new diet.

"I shall not try to tell you how I suffered for years from a deranged stomach that rejected almost all sorts of food, and digested what little was forced upon it only at the cost of great distress and pain.

"I was treated by many different doctors and they gave me many different medicines, and I even spent several years in exile from my home, thinking change of scene might do me good. You may judge of the gravity of my condition when I tell you I was sometimes compelled to use morphine for weeks at a time.

"For two years I have eaten Grape-Nuts food at least twice a day and I can now say that I have perfect health. I have taken no medicine in that time—Grape-Nuts has done it all. I can eat absolutely anything I wish, without stomach distress.

"I am a business woman and can walk my 2 or 3 miles a day and feel better for doing so. I have to use brains in my work, and it is remarkable how quick, alert and tireless my mental powers have become." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

from \$1 up as high as you wish to go. A very good kitchen scale, weighing from two ounces up to 24 pounds, can be had for \$1.50. To have the best results, you must not guess at weights and measures. Cookery can never be lifted to an exact science so long as the recipes measure by "handfuls" and the cook "measures with her eye."

An oven for a cake should be hotter at the bottom than at the top, and after the cake is put in it should not be opened for at least fifteen minutes, when the cake should have risen to its full height. Layer cake sheets require about twenty minutes; sheet cakes, such as ginger breads, require half an hour; loaf cake, if small, three-quarters of an hour.

If you have a good recipe for one kind of layer cake, it can be used for all. It is the filling that makes the difference. A good recipe for layer cake is three eggs, whites beaten separately, two cupfuls of granulated sugar, two and one-half teaspoonfuls of baking powder sifted with the flour, two-thirds cup of butter creamed with the sugar, a cupful of sweet silk and three scant cupfuls of flour. For a chocolate filling, flavor with lemon extract; for a white-iced or nut cake, flavor with vanilla; an almond extract for an orange cake.

Scattered Toys

In every home where there are little ones, there is more or less scattering about of the toys when the little ones are tired of playing with them, and they are seemingly always under one's feet, being stepped on and damaged beyond repair. This should not be allowed. The child should be required to put away the toys after use, and a little patient and firm training will make them "get the habit." There should be a box, basket, shelf, or portion of a closet set apart for their storage, and while they are still new and consequently valued by the child, it should be taught to put the playthings away; but when the "new" is worn off, it may require some penalty to enforce the rule. Still, the rule must be enforced, and habits of care and neatness inculcated. Insist on the toys being put away in their place.

Some Timely Recipes

Turnips—Cut the turnips into squares about as large as a medium-sized marble and put into cold salted water for half an hour, then put into salted boiling water and cook until tender. Drain, and serve with a sauce made as follows: Melt a tablespoonful of flour and stir constantly until thoroughly mixed, but do not brown; then add gradually, stirring constantly a cupful of warm milk, and let boil two minutes; season with salt and pepper and pour over the turnips.

A Good Bread Recipe—Put into a bread bowl four quarts of sifted flour; mix with it one tablespoonful of salt and one of sugar; rub well into the flour one tablespoonful of lard, drippings or butter, dissolve half a cake of live yeast in a cup of warm water, and put in water and all with another cup of very warm water and two cups of sweet milk; work up the flour, using more if needed, and let stand until morning, when it will be nearly twice as large in bulk, if kept in good temperature. Work over, make into four loaves, and let rise again; work each loaf again, and let it rise and bake it in a moderate oven for an hour. This makes lovely white bread, that is not apt to dry out at once.—Mrs. L. Means, Texas.

Apple jelly can be made at any time. If apples are scarce, or when canning apples, take the peelings and sound cores of one peck of tart apples, slice two lemons with the

peelings, put into the preserving kettle and cover with cold water; bring to a boil and boil slowly until quite tender, then turn into a stone crock and let stand over night. Next morning put into a jelly bag and squeeze the juice through, then measure, and for every cup of juice allow one cup of granulated sugar; add the sugar to the juice when it is boiling, keep it well skimmed while boiling, and boil until it jellies on the edge when turned into a cold saucer; then pour into glasses.—Mrs. A. V. George, Virginia.

Answering Inquiries

Vellum is a species of parchment made from the skins of aborted or very young sucking calves, and is used for bindings of superior books and covering drumheads. It is prepared in the same manner as parchment, but it is not passed through the lime-pit; it has a much finer grain than parchment (which is made of sheep skin), and it is whiter and smoother.

Rheumatism is supposed to be caused by acrid or poisonous matter in the blood, which affects the fibrous tissue, or that thready texture which enters into the composition of the chords and muscles of the body. The lining membranes of the joints are peculiarly liable to rheumatic affections. A great many remedies are exploited, but none are infallible. The system needs toning up, building with tonics and nourishing diet, when subject to this disease, and the sewers of the body should be

kept open in order to eliminate the poison.

Cleaning Paint—Provide a plate with some of the best whiting to be had, and have some clean warm water and a piece of flannel; dip the flannel into the water and squeeze nearly dry; then take as much whiting as will adhere to the wet cloth and apply to any painted surface; rub lightly, and it will instantly remove any dirt or grease, after which wash the part well with clean cold water, rubbing it dry with a soft cloth or chamois skin, and it will look as well as when first put on, with no injury to the most delicate colors. Do not use soap on paint. For kitchen paint a little coal oil in a basin of water will clean perfectly without soap.

The skin of animals is constituted mainly of glue or gluten, which is soluble; the principle derived from the bark used in tanneries—tannin and tannic acid—is also to a considerable extent soluble. When the latter is allowed to act upon the former, chemical combination takes place, and leather is produced, which is wholly insoluble.

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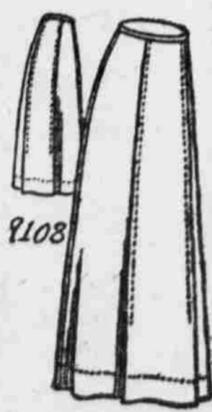
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