

bone. Sometimes the necessity for salts of some kind takes the form of a perverted appetite for chalk, eggshells, and the like.

That Cistern

It would be a good thing to dig and finish the cistern before the spring rains come, and thus be sure of having the cistern filled by the cold, icy waters that fall before the summer heat. No toilet preparation will make the hands softer, smoother or whiter than rainwater; and nothing makes washing easier than plenty of good, soft water. In fact, for every household use, nothing is more to be desired than soft, sweet rainwater. It is not so very big a job to dig and wall, or cement a cistern, and the water should run through a filter of some kind, in order to free it from any foulness the water gathers from the air or from the roof. Any one who has cleaned out a cistern knows what a foul black mess the bottom holds, and this foul matter is just the settlings of the water which pours into the cistern.

Some Pick-Up Work

Dresser cover—For a dresser cover, take three embroidered handkerchiefs, sew a row of insertion around each one, then join them together, and put a narrow lace around all; line with any preferred color of cambric, tacking at each corner so it can easily be removed for laundering. Put at each corner a bow of ribbon the color of the lining.

Dusting Cap—Cut out a circular piece of cambric, a yard in diameter, of any color preferred; this allows for a hem, above which should be a casing for the tape or elastic drawstring. Sew down the hem and make the casing with machine stitching, then stitch with colored silk,

SURPRISED DOCTOR

Illustrating the Effect of Food.

The remarkable adaptability of Grape-Nuts food to stomachs so disordered that they will reject everything else, is illustrated by the case of a woman in Racine, Wis.

"Two years ago," she says, "I was attacked by stomach trouble so serious that for a long time I could not take much of any sort of food. Even the various kinds prescribed by the doctor produced most acute pain.

"We then got some Grape-Nuts food, and you can imagine my surprise and delight when I found that I could eat it with a relish and without the slightest distress.

"When the doctor heard of it he told me to take several small portions each day, because he feared I would grow tired of it as I had of all other food.

"But to his surprise, (and that of everybody else), I did not tire of Grape-Nuts, and became better day by day, till, after some weeks, my stomach entirely recovered and I was able to eat anything my appetite craved.

"My nerves, which had become so weakened that I feared I would become insane, were also restored by the Grape-Nuts food in connection with Postum which has become our table beverage. I appreciate most gratefully and thankfully the good that your food preparations have done me, and shall be glad to answer any letters inquiring as to my experience." 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.

using any fancy stitch. Edge with lace and run in the elastic or tape.

The woman who embroiders can work pretty designs on the front, neck and sleeves of her underwear or lingerie, much cheaper than she can buy the machine worked garments. Tiny tucks are much liked to give fullness to these garments.

For using up scraps of woolen or fleeced goods, cut into strips about two inches wide and gather through the center, using the ruffler attachment on the sewing machine; mix dark colors and light ones evenly, then stitch closely on a strong piece of goods the size you want your rug.

Save all the scraps of flannelette, and fleecy goods, and at your leisure piece into quilt covers. A thin lining of cotton batting, with a quilt lining of flannelette will make a warm, comfortable quilt at very little cost in money or time.

Contributed Recipes

Devil's Food, Cup Recipe—First part, one cupful of brown sugar, half a cupful of butter, two heaping cupfuls of flour, half a cupful of sweet milk, the yolks of three eggs, and one small teaspoonful of soda sifted with the flour. Second Part—One cupful of grated chocolate, one cupful of brown sugar, half a cupful of sweet milk; place this part over the fire until everything is dissolved, stirring but do not let it boil. When all is dissolved take it from the stove and let it cool. Now begin with part one and rub sugar and butter together, then add eggs, milk, then the flour and soda, then add part two, cold, and mix into a smooth dough. Bake in layer cake pans that have been greased and floured. Use a moderate oven. Filling for cake—Two cupfuls of brown sugar, half a cupful of cream, half a cupful of butter. Let boil five minutes, then stir until cool. Flavor with vanilla, and fill between layers.—M. Eva Doty.

Drop Cake—Twelve ounces of sugar, five ounces of butter, three eggs, one large cupful of sweet milk, one and a quarter pounds of flour, a few drops of extract of lemon, two teaspoonfuls of baking powder. Take half the sugar and beat with the eggs for about two or three minutes, then rub the rest with the butter; then beat and add the eggs a little at a time, mixing well each time, then add extract of lemon, then the flour and baking powder sifted together. With a teaspoon drop the dough on pans that have been greased and floured, and bake in a hot oven. A good pan to use for these is fifteen inches long, ten inches wide, and one inch high and holds five rows—three in each row. The pan will need greasing only once, and the whole batch can be baked without greasing or flouring again.

What is meant by greasing and flouring a mold is to first grease, then put a handful of flour in the pan and shake all around the bottom and sides, also the pipe in the center when there is one.—W. L.

Odds and Ends

For the breakfast cake, this will make an excellent and cheap dressing, much better than one can buy: One quart of water, and four pounds of sugar; boil and skim; add one rounded saltspoonful of pulverized alum to keep it from graining; remove from the fire and stir in one-half ounce of cream tartar. Add any flavoring liked, but it is excellent with none.

Turpentine is a sovereign remedy for fresh cuts and bruises. Peroxide of hydrogen, bought at the stores, is just the right strength for household purposes. It will take the soreness out of cuts and sores that are "always getting hurt." Apply it

with a little lint wound on a toothpick, or, if in a hollow place, pour a little on the sore. It will foam up as long as there is any poison in the sore; after using, bind a dressing of dry powdered sulphur on the sore, and see how quickly it will heal. Balsam apple, steeped in rectified spirits, is an old fashioned, but sovereign remedy for cuts, sprains, and bruises. Such remedies should always be kept in the house.

For strengthening weak eyes, nothing is better than equal parts of rosewater and witch hazel; have it as hot as can be used without discomfort. A teaspoonful of green tea steeped for fifteen minutes in a pint of water, and applied hot to the eyes is also good.

When woolen garments need cleaning and pressing, it is recommended to dip a towel in a pint of quite hot water in which three tablespoonfuls of coal oil have been stirred, place it smoothly over the garment to be cleaned, pressing until dry. The oil must be well stirred in the hot water before dipping the towel in. It is said to remove stains, dust, grease, and leave the garment "good as new." This is for coarse garments.

The ready-set tea-table is no longer seen in up-to-date houses. The house-dust is supposed to render the china not so clean as when the tea service is brought in on a tray at serving. It is more sanitary and neater.

"Telling" Eggs

Whether an egg is fresh or stale can be readily enough ascertained

by holding it up to a lighted candle. In order to do this, it is best to have a funnel made of something which will exclude the light, and with the small end at the eye, look through the egg at the larger end, holding it directly between you and the light. If a dark spot, however small, is visible, the egg is unfit to eat; a fresh egg must appear translucent when held up to a candle. Another test is the buoyancy of the egg. A very old egg will rest on salt water like a cockleshell; an egg a week old will float, an egg half a week old will float simply immersed; an egg a day old will be submerged, but will not sink, while the "strictly fresh egg" which every groceryman claims to sell, ought to sink to the bottom like a stone. These phases are due to a decrease in the density of an egg as it ages, a decrease occasioned by the evaporation of water through the pores of the shell.

HAD HEARD ABOUT IT

Cy—"Come on, Hannah, let's take a look at old Wall street."
Hannah (nervously)—"Don't you think we'd better do our shoppin' first?"—Life.

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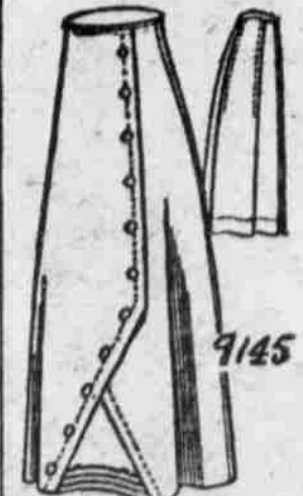
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