

at once sprinkle dry Spanish whitening on it and, if the surface is smooth enough, rub the whitening well into the wood with the hand; but for a floor, a brush which is worn short and stiff will save the hands; go over all the surface well. The whitening absorbs the oil and fills the pores with a coat of putty which makes it smooth, and water will have no effect on it. For furniture, the color of the wood may be preserved by putting a little coloring matter in the whitening, only sufficient being used to make the whitening the color of the wood.

In mixing paints, a pigment and oil alone will not work as well as when brown japan dryer is mixed with it; the oil has a tendency to run away from the pigment and produce streaked work; one gill of brown japan to a quart of paint will prevent the trouble.

Where paint rubs off, or "chalks," the cause may be found in the way the wood is prepared. The wood being porous, absorbs or draws in the oil, leaving the pigment on the surface with nothing to hold it. Before using paints on new wood, a filler should be well rubbed into the surface.

A painted surface can not be stained while the paint is on the wood. New wood surface should be rubbed smooth with suitable sand paper, and paint can be removed by using some strong detergent.

For the Housewife

If you can not afford a hard-wood floor, you can have the old floor finished with oil and varnish, or stain and varnish, or some one of the many patent floor finishes to be found on the market. In order that the finish may be the more satisfactory, all cracks should be filled, and this can be done in several ways. There are the home-made fillers, glue and saw-dust, paste and paper, or putty, or one of the crack fillers to be had at the paint stores. All the up-turned edges of the boards should be smoothed down, and the

THE DOCTOR HABIT

And How She Overcame It.

When well selected food has helped the honest physician place his patient in sturdy health and free from the "doctor habit" it is a source of satisfaction to all parties. A Chicago woman says:

"We have not had a doctor in the house during all the 5 years that we have been using Grape-Nuts food. Before we began, however, we had "the doctor habit" and scarcely a week went by without a call on our physician.

"When our youngest boy arrived, 5 years ago, I was very much run down and nervous, suffering from indigestion and almost continuous headaches. I was not able to attend to my ordinary domestic duties and was so nervous that I could scarcely control myself. Under advice I took to Grape-Nuts.

"I am now, and have been ever since we began to use Grape-Nuts food, able to do all my own work. The dyspepsia, headaches, nervousness and rheumatism which used to drive me fairly wild, have entirely disappeared.

"My husband finds that in the night work in which he is engaged, Grape-Nuts food supplies him the most wholesome, strengthening and satisfying lunch he ever took with him." 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.

cracks filled level with the floor and allowed to dry before applying any of the finishes.

For the ordinary floor finish, a pail of clean water with only a half teacupful of crude oil, or any good furniture polish added is all that is necessary for cleaning. After the first mopping with oil and water go over it again with clean water and polish dry with a soft cloth. The water takes up the dirt and the oil or varnish covers up all scratches, giving the floor a nice finish. The cheapest and coarsest of cheese cloth is best for all house cleaning, and is not expensive; a flannel cloth used for oiling or for applying furniture polish is apt to leave a trace of lint on the surface. Only enough polish should be applied to furniture to cover the scratches, and make the rubbing easy; too much polish will ruin the furniture by making it gather the daily dust and lint of every-day rooms, and nothing but a thorough washing with soap and water and a refinishing of the wood by a thorough rubbing will restore the surface polish.

It is the rubbing, not the polish, that makes furniture take on a brilliant polish.

Soap and cleansing fluids should never be used on oil cloths or linoleums; the same treatment given to hardwood or stained floors should be given to these floor coverings, and thus will be preserved their bright and new appearance to the last. A good grade of inlaid linoleum will last a life time if given good care, and still be bright as long as a piece of it lasts, as the design goes through the thickness instead of being merely stamped on the surface.

Contributed Recipes

Two Eggless Cakes—One cupful of granulated sugar, one cupful of sweet milk; stir until the sugar is dissolved; three tablespoonfuls of soft butter, two cupfuls of flour, two teaspoonfuls of baking powder, sifted with the flour; put together in the usual way; flavor to taste. Nice for loaf or layer cake. Use fine granulated sugar, stirring with the milk as directed.

Velvet Cake—This should be just like white velvet, and must be made just as directions read. Bake in a moderate oven, as much depends on the baking. Cream together one cup of sugar, one-half cup of butter; add one-half cup of sweet milk. Have one-half cup of corn starch, one cup of flour and one teaspoonful of baking powder sifted together five times, ready in a dish or on a board; add this gradually stirring one way, and use any flavoring liked. This is good, if properly made.—Mrs. L. K., Michigan.

Requested Recipes

Dolly Madison Bouillon—Four pounds of juicy beef, one knuckle of veal, two small turnips, one small pod of red pepper, two small white onions, salt, six quarts of water. Simmer for six hours, then strain through a fine sieve, let stand over night and congeal; skim off all the grease. Put into a kettle to heat, and just before serving add sherry to taste. This is said to be the recipe from which the bouillon served at the White house is made. The following is the recipe for the famous White house cake:

Dolly Madison Layer Cake—The whites of eight eggs beaten stiff, two and one-half cupfuls of sugar, one small cup of butter, one cup of layers: Three cups of brown sugar, starch, three cups of flour, two and one-half teaspoonfuls of vanilla. Follow general directions for making layer cake. This will make four layers. For the filling between the layers: three cups of brown sugar, one cup of sweet cream, butter the size of an egg, one teaspoonful of

vanilla just before removing from the fire. Cook in double boiler for twenty minutes.

Green Tomato Mince for Pies—Chop fine one peck of green tomatoes and cover with cold water; let drain through a double cheese cloth bag as long as it will drip; then turn out into a kettle, pour on a little hot water and scald thoroughly. Add two pounds of seeded raisins, four pounds of sugar, two scant tablespoonfuls of salt, one cupful of vinegar, the strained juice of three or four lemons, two teaspoonfuls each of cinnamon, cloves and nutmeg. Cook all together slowly for four hours, and can while boiling hot.

Maple Gingerbread—Cream one-fourth cupful of butter; then add one cupful of maple sugar, one egg well beaten and one-fourth cupful of boiling water. Sift together two cupfuls of flour, one teaspoonful of soda, one teaspoonful of ginger, and half a teaspoonful of salt. Add to the first mixture, beating smooth, and bake in a moderately hot oven about half an hour.

"Other People's Children"

"To such an extent has the lack of training of the children been carried that instead of children being looked upon as an attraction, everybody outside their immediate family regards them as an affliction. Apartment houses and hotels bar their doors against them, servants refuse to work in households possessing them, landlords prefer empty houses to them, and when you hear that even your dearest friend is coming to visit you and bring her children, you have the same kind of feeling of despair that you would if she

were bringing the leprosy or Asiatic cholera. This is the fault of the mother who from the child's earliest consciousness has spent her time burning incense before it, cultivating tyranny in it, fostering its egotism, teaching it by word and deed that nobody has any rights which it is bound to respect. There is nothing on earth so lovable, so adorable as a sweet, unspoiled child, and the lack of training is fast doing away with the once familiar type."—Elizabeth M. Gilmer.

Exercise for Health

Thomas Jefferson, in 1785, in a letter to a young man concerning his reading and studies, advised him to give two hours every day "to exercise, for health must not be sacrificed to learning; a strong body makes the mind strong." He expressed a preference for gunning and walking. "Games played with the ball, and others of that nature, are too violent for the body and stamp no character on the mind." In 1818, in his draft of a plan for a university in Virginia, he says: "We have proposed no formal provision for the gymnastics of the school, although a proper object of attention for every institution for youth. . . . The manual exercises, military maneuvers, and tactics generally should be the frequent exercises of the students in their hours of recreation. Needing no regular incorporation with the institution, they may be left to accessory teachers, who will be paid by the individuals employing them, the university only providing proper apartments for their exercise."

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