

on the floor, as it forms a sticky film over the surface and serves to discolor and to collect dust and lint.

For the House Cleaning

When cleaning waxed or stained floors, all that is needed is to wipe them up with a cloth dampened in lukewarm water in which a couple of spoonfuls of coal oil to the gallon has been stirred, then rubbed well with a weighted brush to renew the polish.

Do not use soap in cleaning paints; soap suds usually fogs the polish and makes the furniture look dingy. One tablespoonful of coal oil to a wash-pan of water applied sparingly, with a moistened cloth will usually take the fog from any fine piece of furniture, even the piano. Do not use too much water on any painted, stained or varnished surface. Coal oil used alone will fog the wood, and too much of it used and left on will make the finest polish dull and sticky. Every particle of the oil should be either rubbed in, or wiped off.

Very few women appreciate the cleansing qualities of kerosene, and most of people have an absurd prejudice against it, but it is one of the best helps a woman can have, if she will only use it with the necessary discretion. For wiping off the woodwork in rooms that are smoked and grimed with the winter's uncleanness, it is invaluable. Two tablespoonfuls to a gallon of water will do wonders.

If one can have the rugs cleaned by a vacuum cleaner, the saving will not be alone in the strength of the housewife, as the rugs are cleaner and much less worn by any other process. One good cleaning in the old way or hanging on the line and

**COFFEE HURTS
One in Three**

It is difficult to make people believe that coffee is a poison to at least one person out of every three, but people are slowly finding it out, although thousands of them suffer terribly before they discover the fact.

A New York hotel man says: "Each time after drinking coffee I became restless, nervous and excited, so that I was unable to sit five minutes in one place, was also inclined to vomit and suffered from loss of sleep, which got worse and worse."

A lady said that perhaps coffee was the cause of my trouble, and suggested that I try Postum. I laughed at the thought that coffee hurt me, but she insisted so hard that I finally had some Postum made. I have been using it in place of coffee ever since, for I noticed that all my former nervousness and irritation disappeared. I began to sleep perfectly, and the Postum tasted as good or better than the old coffee, so what was the use of sticking to a beverage that was injuring me?

"One day on an excursion up the country I remarked to a young lady friend on her greatly improved appearance. She explained that some time before she had quit using coffee and taken Postum. She had gained a number of pounds and her former palpitation of the heart, humming in the ears, trembling of the hands and legs and other disagreeable feelings had disappeared. She recommended me to quit coffee and take Postum and was very much surprised to find that I had already made the change."

"She said her brother had also received great benefits from leaving off coffee and taking on Postum." "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.

beating will often prove more disastrous to the rug than a year's wear on the floor.

The object of housecleaning should be more than just to be clean. The general appearance of the room can be changed by shifting the furniture into new positions, changing the tone or design or the wall hangings, or something different in the way of draperies, a new arrangement of the floor coverings, or a readjustment of the color scheme.

Query Box

L. L.—Sponge the dark skirt occasionally with a strong bluing water, then press (not iron) carefully. Laundry blue should be used. Use same treatment to remove shine from dark blue serge.

W. L.—The weathered appearance is known as fumed oak, and is given by exposure in an air-tight compartment to fumes of ammonia from uncorked cans, after the wood has received a coat of filler.

Mrs. S. C.—To remove vaseline stains, saturate the spot with ether and turn a cup over it to prevent evaporation until the stain is removed. To remove paint stains from fine materials, use alcohol or benzine. Use ether with great care.

Annie R.—For the suede shoes, dip a sponge in gasoline and rub lightly always in one direction, cleaning, let the shoes dry in the wind outside. If the natural dull finish is wanted, brush over the worn parts with sand paper. Remember to use gasoline only out doors.

"Inquirer"—Some western people are said to have discovered that alfalfa roots are as nice as asparagus tips for the table. It is also claimed that alfalfa has great medicinal values for humans, taken in concentrated form. I can not presume to advise you in the matter.

Josie D.—For the baking powder, take one pound of best cream tartar and half a pound of baking soda, sifting together five or six times. For use, one teaspoonful to a pint of flour. Some add a quarter of a pound of corn starch, but I do not know that it makes it any better, or worse.

Judith K.—Wash the sheepskin rug in suds made of white soap and soft water. To each gallon of water add one tablespoonful of borax dissolved in a half pint of boiling water; use the suds tepid, and let the rug soak for half an hour or more; wash well, rinse in a weaker suds, then follow with a rinsing in clear cold water; press out all the water possible, hang in the shade, and when half dry rub between the hands to prevent the rug from becoming stiff. Rub frequently until dry.

Requested Recipes

To make French dressing for salads is not difficult, and it is the best dressing for everyday use, being less troublesome and not as expensive as the mayonnaise. Put a tablespoonful of vinegar into a cup and add a little salt and pepper—to taste; then add three tablespoonfuls of best olive oil and stir well until they mingle; have the salad well washed and dried; if lettuce, cress or any of the green salads, put in a bowl and sprinkle with the dressing only a few minutes before serving; or the dressing may be served separately and guests may help themselves.

Using Sassafras Roots—Make a tea of the roots, after having washed clean and cut into small pieces, steeping until strong; strain and bring to a boil; add a pint and a half of honey and three pints of good molasses; add also a tablespoonful of pure cream tartar and stir well. Set where it will cool, and when quite cold strain and bottle. This should

make half a gallon. Use carbonated water, or add a pinch of soda to the glassful, when serving. This is called sassafras mead.

Waldorf Salad—Chop rather finely four tart apples, squeezing over them the juice from the half of a lemon; chop two cupfuls of white celery and add to the apples with one cupful of nut meats; toss the ingredients lightly together, using a large cupful of mayonnaise dressing, and serve individual portions in nests of lettuce leaves, garnishing with grated hard-boiled egg yolks and small scarlet radishes.

Tomato and Asparagus Salad—Take six large, smooth tomatoes, and scald for a second in boiling water, to loosen the skin, then peel carefully and scoop out the pulp; set on ice to get thoroughly chilled. Chop coarsely a pint of tender asparagus tips and boil in salted water until done, then drain, chill and season with a little paprika and cayenne; dress with thick mayonnaise. Fill the tomato shells with the asparagus, put in a dessertspoonful of mayonnaise on top of each and garnish with bits of pickle or olives. Serve on lettuce leaves crisped in ice water.

Asparagus tips are tied in bunches of equal length and stood in a kettle of boiling water with the tips out of the water, which are thus cooked by steam while the harder parts are cooked by the boiling water. If not separated in some such way, the tips will be boiled to a mush while the hard part is yet underdone. A good way is to cut the stalks in two, boil the

tender tips in one vessel, and the hard parts in another, then, when both are done, mix and season.

For the Home Seamstress

Don't cut into any material without first pinning carefully the various sections of the pattern to the material. Silk should not be dampened when pressing; a moderately hot flat iron with a cloth or paper between the garment and the iron, should be used when pressing is done on the right side.

Don't stitch skirt seams all in one direction; the bias side should be held uppermost when basting, which means that the seams of half the skirt should be stitched from top to bottom, and the other half from bottom to top. It is almost impossible to baste gores together with the bias side underneath.

Where a selvage edge forms one side of a seam, there should be a snipping or notching at intervals along the selvage, which will counteract the shrinking tendencies when seams are dampened or pressed. Where the selvage shows a puckered or drawn effect, it is better to cut the edge away before sewing.

Most silks are ruined when re-dyed. Black silk, sponged with strong black tea and a few drops of ammonia, comes out wonderfully well if they are rolled when damp, very smoothly and very tightly upon a smooth round stick and left to dry. Have the last edge kept in place by a flat, wide tape wound around, and thus keep the end smooth as the rest. The silk must not be ironed.

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