

honey, two pounds, a handful of rosemary leaves, and twelve handfuls of grapevine tendrils infused in a gallon of new milk; about two quarts of water will be obtained from this, which apply frequently to the hair. To infuse the leaves and tendrils in the milk, use the same process as with water; have the milk boiling hot (heating in a double boiler), then pour over the leaves and tendrils, cover closely and allow to remain untouched for some hours. Results are not guaranteed, but experiment is simple.

#### Odds and Ends

In drying any of the mint family for winter use, cut the stalks before blossoming time, hang head downward in the cool room or garret, or lay on sheets of paper on the table or floor. When quite dry, put into paper bags again with heads down, fasten up tightly and hang up for future use.

To "cut the grease," or "break" hard water for use in laundry or kitchen, nothing can quite take the place of sal soda. It is inexpensive, and easily kept. For use in cleaning up greasy things, dissolve one pound of the soda in one quart of boiling water; put the solution in a jug or glass jar, cork or cover (without rubber band) in jar and

#### FAMILY RUNT

##### Kansas Man Says Coffee Made Him That

"Coffee has been used in our family of eleven—father, mother, five sons and four daughters—for thirty years: I am the eldest of the boys and have always been considered the runt of the family and a coffee toper.

"I continued to drink it for years until I grew to be a man, and then I found I had stomach trouble, nervous headaches, poor circulation, was unable to do a full day's work, took medicine for this, that, and the other thing, without the least benefit. In fact I only weighed 116 when I was 28.

"Then I changed from coffee to Postum, being the first one in our family to do so. I noticed, as did the rest of the family, that I was surely gaining strength and flesh. Shortly after I was visiting my cousin who said, 'You look so much better—you're getting fat.'

"At breakfast his wife passed me a cup of coffee, as she knew I was always such a coffee drinker, but I said, 'No, thank you.'

"What! said my cousin, 'you quit coffee? What do you drink?'

"Postum," I said, 'or water, and I am well.' They did not know what Postum was, but my cousin had stomach trouble and could not sleep at night from drinking coffee three times a day. He was glad to learn about Postum but said he never knew coffee hurt anyone." (Tea is just as injurious as coffee because it contains caffeine, the same drug found in coffee.)

"After understanding my condition and how I got well he knew what to do for himself. He discovered that coffee was the cause of his trouble as he never used tobacco or anything else of the kind. You should see the change in him now. We both believe that if persons who suffer from coffee drinking would stop and use Postum they could build back to health and happiness." Name given by Postum Co., Battle Creek, Mich.

"There's a reason." Read 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.

label. One tablespoonful of this in boiler or dishpan is sufficient.

The orange is claimed to be unsurpassed as a blood builder, as it contains certain salts which no other fruits contain in such satisfying quantities or combinations. No other fruit has so much sulphur.

When frying eggs, put a cover on the frying pan, and the eggs will cook all over alike. For poaching eggs, the water should have a tablespoonful of vinegar in it.

When serving grape fruit, wash the fruit well, cut in halves crosswise; use a pair of small scissors to cut out the pithy core and also clip the membranes holding the divisions together. Clip so these can be easily lifted out with a spoon; use a pointed knife blade to loosen the pulp from the skin all around the outer edge, fill the center with sugar and, if liked, some of the juice of marchina cherries. Serve on a bed of ice with powdered sugar, chilling the fruit thoroughly.

A yellow frosting for cakes, etc., is made by using the yolks of eggs the same way that whites are used. Beat the yolks very light and thicken with pulverized or powdered sugar. It will harden in a short time, and looks nice. Used with white frosting, it is ornamental.

A good home-made bluing is made of a nickel's worth of soluble blue sold at the druggists and a cupful of hot water; dissolve, and let cool, then add enough water to make three pints of the solution, strain and bottle.

A fine powder for prevention of moths in clothing when packed away is made of one ounce each of ground cloves, caraway seeds, nutmeg, mace, cinnamon, and tonca bean, with six ounces of powdered orris root added. Fill little cheese cloth bags and lay about among the clothes.

It is said that if common salt is added to gasoline when used for cleaning spots on garments, no rim will be left about the spot cleaned. Gasoline must be used away from all possible contact of the vapor with fire.

All rugs should be rolled up and carried out onto the porch or into the yard and there brushed or swept. This will save much dusting in the house where the dust raised by sweeping settles back on things in the room.

For perspiring feet, twenty to thirty drops of carbolic acid in a basin of water is efficacious. Or, rub the feet while wet with baking soda; a little borax in the water is good; powdered borax, or boracic acid dusted on the feet is good.

#### Treating Stains

Very few stains can be removed by washing and boiling in the usual way. If the soap does not set the stain, the boiling will do the work the soap has commenced. The sooner such things are given attention, the better hope of fading them out. For grease, a solvent for grease may be used, such as chloroform, benzine, gasoline, coal oil, alcohol. These are all inflammable, and must be used with due regard to fire. In some cases, an emulsion may be formed by causing the grease to mix with soap, then washing the stain out; or, washing soda or ammonia will unite chemically with the grease, forming a soap easily taken out.

If the stain is of tar, after scraping off all surplus, use cold tallow; rub and press well on the spot a lump of good tallow, and leave until next day; then wash out in strong warm soapsuds, if the material is cotton or linen. For silk, use either spirits of wine or ether.

Another recommended way is to dissolve an ounce of pure pearlash in a pint of spring water, and to the solution add a lemon cut in small slices; mix the ingredients well, keep

in a warm state for a couple of days, then strain it and bottle the clear liquid for use. Pour a little of this on stains of grease, pitch, or oil, and rub lightly, and as soon as the stains disappear, wash the cloth in clear water.

For white clothes, javelle water will remove almost any stain.

For removing iron rust, get five cents worth of oxalic acid crystals, put in a bottle and pour rainwater over to dissolve; it makes no difference if all is not dissolved, as more can be added as the water is used off; apply a drop of the water to the spot, hold it in the hot sun a few minutes and it will fade out; repeat if necessary. As soon as the stain disappears wash the fabric thoroughly, as if left, it will rot the cloth. Keep in bottle labeled and corked as it is poison.

#### Where Laundry Starch Comes From

Starch is a vegetable product found in all plants in some degree, but for laundry purposes it is obtained from rice, maize and wheat. That obtained from rice is best for all delicate materials, as rice is nearly pure starch, and of a very fine quality. Wheat yields a very stiff starch, good to use on coarse materials, and if carefully washed from the other ingredients of the grain, will answer admirably with goods of very fine quality; but care is required, and it is better to use starch from other materials. The starch

from corn, or maize requires some glazing medium, or it is apt to leave a rough surface; this can be done by adding a little sugar to it. To ascertain the quality of starch, mix a little cold water with the dry article; if it dries into a cake, it is all right; if it crumbles, it is of poor quality. A little beeswax, or paraffin mixed with the hot starch will keep it from sticking. A little borax, also, will prevent sticking. But poorly made starch will always be troublesome. Starch is also made from potatoes, and can be had of the grocer, usually, but if not, is not hard to make at home. Frozen Irish potatoes yield a large quantity of starch. Gum arabic is used in starch to give a gloss. Potato starch has the lowest stiffening powers.

#### GREATER THAN PRESIDENT

Highland Park (Cal.) Herald: To be right, and get away with it, is greater than to be president. Bryan is today a greater man than if he had won the presidential nomination.

He chose to stand for a principle in the democratic convention that no other man in political life would have had the courage to take. He threw away the possible chance to have the nomination himself, and almost sure election, to compel repudiation of the money powers.

Woodrow Wilson, nominated by the people in defiance of the political bosses, may or may not be president, but W. J. Bryan is greater than president.

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