

bright and clean, pour in more boiling water and another bit of soda, but not quite as much as at first, and then, after the second boiling, rinse well and dry. A coffee or tea pot should be cleaned in this way every few days. Unless you have tried it, you have no idea how dirty they get. Do the tea kettle the same occasionally.

Keep all the catsup bottles, and fancy pickle jars, small bluing bottles, and get new corks for them. Have them perfectly clean, and fill when making catsup, or relish or chow-chow; boil the new corks until soft, and when the bottles are filled force the hot corks in the necks, leaving a little space over the top, and dip the cork into either melted paraffin or sealing wax, to render the cork air-tight.

Save the baking powder, coffee, or other cans, and put dried things in them; spices keep well in the tightly closed boxes. Label them as you fill them. There are so many little ways of saving in the homes, and women and girls, as well as boys and men, should recognize them.

Human Temperatures

The ordinary temperature of an adult, when the thermometer is placed in the arm-pit is 98.4 degrees; in the mouth, 99.5; the blood itself, about 100 degrees. Blood heat is marked on the thermometer at 99 degrees Fahrenheit. In fevers, this is much exceeded, and the heat of the patient may rise to 105 or 106 degrees, but a higher temperature than this will generally prove fatal, unless it descends very quickly. The highest temperatures recorded have been in some cases of rheumatic fever, when that of the body rose to 109 degrees, and even to 111 degrees.—Medical Magazine.

A Lemon Lunch

Fill a large glass punch bowl with lemonade, cracked ice and thin slices of lemon peel. Place it in the

CAREFUL DOCTOR

Prescribed Change of Food Instead of Medicine

It takes considerable courage for a doctor to deliberately prescribe only food for a despairing patient, instead of resorting to the usual list of medicines.

There are some truly scientific physicians among the present generation who recognize and treat conditions as they are and should be treated, regardless of the value to their pockets. Here's an instance:

"Four years ago I was taken with severe gastritis and nothing would stay on my stomach, so that I was on the verge of starvation.

"I heard of a doctor who had a summer cottage near me—a specialist from New York—and as a last hope, sent for him.

"After he examined me carefully he advised me to try a small quantity of Grape-Nuts at first, then as my stomach became stronger to eat more.

"I kept at it and gradually got so I could eat and digest three teaspoonfuls. Then I began to have color in my face, memory became clear, where before everything seemed a blank. My limbs got stronger and I could walk. So I steadily recovered.

"Now after a year on Grape-Nuts I weigh 153 pounds. My people were surprised at the way I grew fleshy and strong on this food." 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.

center of the table on a deep waiter covered with white oil cloth. Entirely hide all traces of the waiter, etc., with sprays of maiden-hair fern, and on this and around the bowl, so as to conceal it, pile large, uneven pieces of cracked ice, forming a rockery. If too hot for the ice without at once melting, use any pretty specimen rocks or shells, slipping sprays of maiden-hair fern in the crevices, and bank the latter at the base of the rockery, adding here and there large, pale marigolds or chrysanthemums of a lemon tint. Tall vases filled with yellow flowers should be used around the center piece and on the corners of the table. The finger bowls, partially concealed by ferns, should be filled with cracked ice and slices of lemon; real lemons, arranged with half a dozen lemonade straws, on which the names of the guests are written, and tied with lemon colored ribbon, are put at each place. All viands should be of a yellow color if practicable.

Requested Recipes

While turnips are young and fresh, wash and boil without peeling, and the thick rind will be as tender as any other part of the vegetable, while the flavor will be improved. When done, they may be skinned just like beets, or scalded tomatoes.

Oyster Plant (Salsify)—Wash, scrape, and cut into slices a half-inch thick, either cross-wise, or lengthwise; but crosswise is preferable. Throw at once into water made slightly sour with a little vinegar, to keep from discoloration. Boil in salted water until soft, then drain off the water and pour over the vegetable a white sauce made as follows: Put two tablespoonfuls of butter into a sauce pan, stir until melted and bubbling, then stir in at once two tablespoonfuls of flour, with a little salt; when perfectly smooth, pour into it a cupful of hot milk, stirring all the time until smooth and creamy, but do not let boil. Take from the fire, beat until glossy, and pour over the cooked plant.

Salsify Fritters—Cook as above until done; mash, season with butter, pepper and salt, shape into small flat cakes, roll in flour, or dip in beaten egg and roll in corn meal or bread crumbs, and fry in a little butter, browning the sides as they are turned.

Another—Cook as above until tender; while cooking, put three ounces of flour in a bowl, and drop into it a dessertspoonful of olive oil or melted butter, mixing, and add gradually while stirring one gill of tepid water and the beaten white of one egg. Beat well. As soon as the vegetable is done, take from the water and dry on a towel; then have a skillet with boiling hot fat in it; dip the pieces of plant into the batter and drop into the boiling fat, turning as it browns. Serve hot.

Timely Recipes

Pumpkin Jelly—After peeling and seeding the pumpkin (not squash) cut in one-inch cubes and cook over a slow fire with as little water as possible to begin with, until soft and dry. Mash fine, season with sugar, a little salt and spice, as you would for pie; spread this mixture on large plates and keep in a warm place near a range, or in the hot sunshine until the extra moisture leaves it, then turn out on the bread board and knead with the hands, like dough, which will work out the air spaces. Pack with a vegetable masher in a stone crock, sprinkle with sugar, cover, and set away in a cool, dry place. An upper shelf in a cool pantry is a good place to store it. When ready to use, take for each pie one heaping spoonful of the jelly, sprinkling the space made by the spoon with sugar; add to the

jelly one egg and milk enough to prepare for the pie filling in the usual way. This makes excellent pumpkin pies.

Squash Biscuit—Any good yellow squash will do. Boil and mash as for the table, take one cupful of the squash, half cupful of hot water, butter size of walnut, one tablespoonful of sugar, one teaspoonful of salt. Mix altogether while hot; when cool, add one-half cup of milk, one-half cake compressed yeast dissolved in a little water, and flour to make a soft, firm dough that can be handled. Set in warm place to rise. When light, form into biscuit, let rise again, bake in a quick oven, and wash the tops over with a little sugar moistened with hot water.—Mrs. W. R. A., Massachusetts.

TAXATION REFORM IN NEBRASKA

South Bend (Ind.) New Era: Everybody who has taken the time to think on the subject at all knows that our great political problems have arisen from the unequal distribution of wealth. This has been brought about by inequitable systems of taxation, both locally and nationally. The remedy for these social ills ought then to be found in replacing our unjust methods of taxation by just ones. It is seldom, however, that our statesmen grapple with this question. They usually look for a

palliative measure that is not particularly distasteful to the few who live by plundering others. The democrats of Nebraska, in their recent state convention, took a stand on this question that is encouraging to real progressives everywhere. The platform has this to say:

"Nebraska's awkward and inequitable taxation system should be replaced by a twentieth century method. We favor, therefore, taxation reforms by separation of the sources of the state and local revenues, thus giving to counties and towns the privilege of enjoying the taxes from purely local valuations. Land held for speculative purposes and without improvement ought to carry a larger share of taxation than it now does. To this end we promise to submit to the vote of the people a proposed constitutional amendment enlarging the powers of the legislature with respect to the enactment of the taxation system, and then provide for the selection of a commission whose business it will be to investigate and report for the consideration of the legislature its idea of the taxation system suited for Nebraska's peculiar needs.

Cereal crops of the country will reach the unprecedented total production of 133,013,000 tons is the announcement made by Victor H. Olmstead, of the department of agriculture.

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