

frosted feet, and if one pair is not warm enough, two will be quite as warm, and far more comfortable than one pair of woolen ones.

To insure healthy feet, they must be kept clean by frequent bathing, and this is more often neglected than is credited. Few people give the feet the care they deserve.

Scrap Book Paste

Dissolve a teaspoonful of alum in a quart of boiling water; let cool, and stir in flour to give it the consistency of cream, beating it thoroughly to remove all lumps. Stir in as much powdered resin as will lie on a dime, and throw in half a dozen cloves to give a good odor and prevent mustiness. Have on the stove a teacupful of boiling water, and pour this into the flour mixture, stirring briskly all the while; in a few minutes (being left on the stove), it will be of the consistency of molasses, and should then be poured into a wide-mouthed vessel to cool. Stir into it a small teaspoonful each of oil of cloves and sassafras before putting into bottles or jars. Cover with paper and keep in a cool place; must not freeze. When wanted, take out a portion and soften with warm water. Paste, for such uses, must not be cooked too much, or the adhesive principle will be killed.

For Woman's Wear

No matter how robust a woman may be, she should not fail to wear high shoes after the first frosty days. Protecting the feet and ankles is far more important than protecting the neck and arms, and no woman can escape at least slight discomfort who wears low shoes out in the open in cold weather. The exposure of the ankles is one of the surest bids

NEVER TIRES

Of the Food That Restored Her to Health.

"Something was making me ill and I didn't know the cause," writes a Colorado young lady: "For two years I was thin and sickly, suffering from indigestion and inflammatory rheumatism.

"I had tried different kinds of diet, and many of the remedies recommended, but got no better.

"Finally, mother suggested that I try Grape-Nuts, and I began at once, eating it with a little cream or milk. A change for the better began at once.

"Today I am well and am gaining weight and strength all the time. I've gained 10 pounds in the last five weeks and do not suffer any more indigestion, and the rheumatism is all gone.

"I know it is to Grape-Nuts alone that I owe my restored health. I still eat the food twice a day and never tire of it." Name given by Postum Co., Battle Creek, Mich.

The flavour of Grape-Nuts is peculiar to itself. It is neutral, not too sweet and has an agreeable, healthful quality that never grows tiresome.

One of the sources of rheumatism is from overloading the system with acid material, the result of imperfect digestion and assimilation.

As soon as improper food is abandoned and Grape-Nuts is taken regularly, digestion is made strong, the organs do their work of building up good red blood cells and of carrying away the excess of disease-making material from the system.

The result is a certain and steady return to normal health and mental activity. "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.

for disease that is known, and while at the time, the discomfort may be but trivial, it opens the doors of the system to graver ailments, and these in turn weaken the system and render it very sensitive to the approach of real diseases which do not always end happily. Thinly clad feet, open-necked waists, and bare arms may do for indoors, but nothing excuses the exposure of the person in the outer air. One of the most sensible things to do is to wear an insole inside the shoe, as this will protect the sole of the foot, to a degree, against the chill of the earth, or cold sidewalk.

Odd Jobs

To remove a rusty screw, apply a pointed piece of metal, heated red-hot, to the screw-head, and when the screw is well heated, it will move readily with the screw driver.

The best duster is a slightly damp (not wet) cloth, passed lightly over the surface, and changed for a clean one as often as it shows soil. A feather duster only disturbs and aids in distributing the dust, which settles somewhere else.

To stop the unpleasant creaking of doors, either put a few drops of oil on the hinges, or rub the edges with soap. Bureau drawers are rendered easy to draw out if soap is rubbed on the edges that touch. A drop or two of oil on rollers of furniture occasionally will make the pieces move much easier. Oil the wheels where they move—not on the outside.

Any acid spilled upon marble will quickly roughen and spoil it. Neutralize the effect by pouring a solution of any alkali, such as washing soda, borax, ammonia, over the stain. Restore the polish by rubbing with powdered pumice stone moistened with water. Work and time will be required.

For deodorizing or disinfecting, a solution of chloride of zinc, used in proportion of one pint of the zinc to four gallons of water is one of the most efficient agents. This will promptly neutralize noxious effluvia and arrest animal decay and vegetable rotting. For sink-spouts, water-closets, drains and out-houses, this is invaluable.

To clean a sponge that has become slimy and disagreeable to the touch, soak it in sweet milk for half a day, wring out and wash thoroughly in warm water to which has been added a teaspoonful of carbolic acid. For general purposes, a sponge is not desirable, and a cloth which can be washed is very much better for toilet usage. Even a wash cloth must be washed, boiled and disinfected occasionally.

Requested Recipes

For cooking a duck, the first thing is to dress it properly. The thick down on the body is hard to remove, but this may be done readily by steaming, or scalding. Put an inch of water in the clothes boiler on the stove (if a flat bottom; but the water must come up over the seam joining the bottom to the sides;) make a little wooden frame to set inside of the boiler on supports that will hold it above the water; if two ducks are to be picked, they may be placed side by side on the rack. There must be one person to each duck, for the work must be done at once. Cover the boiler and let the water boil just two minutes, so as to steam the ducks about that long; then take the bird out of the boiler and pull the feathers immediately. The feathers will not be hurt, and they will come off by handfuls, down and all. Rubbing the body of the picked duck will take off the remaining down. Draw the intestines without breaking, wipe with a wet towel and truss as soon as clean; lay in a bak-

ing pan, wipe a dozen small, sour apples with a wet cloth, being sure to have only sound apples, removing the cores to be sure. Arrange the apples around the duck; put the pan into a hot oven and quickly brown the duck, then moderate the heat of the oven and continue cooking for about half an hour, or until the apples are tender, but not broken; baste both the duck and the apples every five minutes until they are done, then serve on the same dish.

Contributed Recipes

Three pints of boiling water, six pounds of granulated sugar, a piece of alum about as big as a soup bean, pulverized; boil all together twenty minutes. This should make quite a quantity of syrup, and if a teacupful of real, bees' honey can be added, it is finely flavored.

For the Christmas goose, a walnut stuffing may be liked. Mix two cupfuls of warm, mashed potatoes with half a cupful of onion juice, half a cupful of chopped walnut meats, a tablespoonful of cream and a tablespoonful of butter, the yolks of two eggs and seasoning to taste.

Ginger Drop-Cookies—One cupful of light brown sugar, two-thirds of a cupful of butter, one-half cupful of cold water, one egg, two thirds of a cupful of molasses, one large tablespoonful of ginger, one large teaspoonful of soda, and flour to make a thick batter. Drop by spoonfuls

on a well-greased pan. Bake in a moderate oven.—Mrs. J. P., New York.

Whipped Cream—Sometimes, in whipping cream, although it seems perfectly stiff, after the sugar has been added the bottom of the cream gets thin, and the sugar has a tendency to form a thin syrup on the bottom, especially if the cream was not very heavy to begin with. To overcome this, first whip the cream very stiff and stand it where it will keep cold; then dissolve gelatine in barely enough water to cover it, using a scant tablespoonful of granulated gelatine to a pint of the whipped cream. When the gelatine is soft, dissolve it in a small half-cup of boiling water, add three-quarters of a cup of sugar with whatever flavoring is used. Turn this into a cold bowl and beat with an egg beater until it is white and begins to get firm, then beat it by spoonfuls into the cream. This will increase the bulk of the cream and will keep it firm for any length of time.—E. C.

Curled Celery

To curl celery, wash and separate the stalks; with a sharp knife cut each of the long stalks down in strips about four inches from the tops; then stand the stalks, head down, in a vessel of very cold water; the tops will curl like the petals of a flower. Leave some of the tiny top leaves on when serving, and with the curled ends the effect will be very attractive.

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