

being careful to allow no sediments to pass off, strain through a double cheese cloth, bottle and keep corked closely, labeling it poison, and putting out of the way of meddlesome fingers. For a cleansing kitchen lye, pour another quart of water in the sediments, let settle, and use as any lye for cleaning grease and dirt. A small teacupful of the bottled water should be added to the boiler for white clothes, and will cleanse and whiten wonderfully. Colored clothes may be washed later in this water.

Some Tested Remedies

Work some fine table salt and scraped castile soap together with enough turpentine to make a soft salve. This will ease a felon or boil at once if applied. Sprinkle finely powdered salt on a fresh cut, or pour turpentine on it, and bind it up at once for healing. Petroleum jelly is good for chapped hands and lips. The carbolated vaseline if applied inside the nose will heal sores on the side and back. A teaspoonful of fine black pepper in a cup of coffee will cure sick headache. Drink water as hot as can be borne for cramps and pains in the stomach. For sores from poisonous vines, moisten soda with sweet cream and add a little gun powder, and apply. A spoonful of boiled pumpkin bound on the eyes will cure common sores. Equal parts of coal oil, spirits of camphor and turpentine well mixed will sometimes ease rheumatism. Boracic acid and honey will cure sore mouth, and will not hurt if swallowed.—Mrs. E. K.

For the tobacco habit, this is recommended: Buy two ounces of

**COFFEE THRESHED HER
15 Long Years**

"For over fifteen years," writes a patient, hopeful little Illinois woman, "while a coffee drinker, I suffered from Spinal Irritation and Nervous trouble. I was treated by good physicians, but did not get much relief. I never suspected that coffee might be aggravating my condition. (Tea is just as injurious, because it contains caffeine, the same drug found in coffee.) I was downhearted and discouraged, but prayed daily that I might find something to help me.

"Several years ago, while at a friend's house, I drank a cup of Postum and thought I had never tasted anything more delicious.

"From that time on I used Postum instead of coffee and soon began to improve in health, so that now I can walk half a dozen blocks or more with ease, and do many other things that I never thought I would be able to do again in this world.

"My appetite is good, I sleep well and find life is worth living, indeed. A lady of my acquaintance said she did not like Postum, it was so weak and tasteless.

"I explained to her the difference when it is made right—boiled according to directions. She was glad to know this because coffee did not agree with her. Now her folks say they expect to use Postum the rest of their lives." Name given upon request. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown.

Instant Postum is convenient; there's no waste; and the flavour is always uniform. Sold by grocers—45 to 50-cup tin 30 cts., 90 to 100-cup tin 50 cts.

A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Creek, Mich.

coarsely ground gentian root; take as much as would make in size a good sized quid of tobacco after each meal, or oftener, chew slowly and swallow the juice. Continue this for a few weeks, and you will conquer the tobacco appetite and save money. E. L. M.

Contributed Recipes

Jelly Roll—Five eggs well beaten; add one cup of sugar and beat again; then stir in one cup of flour in which one teaspoonful of baking powder has been thoroughly mixed. Then add two tablespoonfuls of water the last thing before putting in the pan. Bake in well-greased, large square pan. The batter should not be more than one-fourth of an inch in thickness, as it must not be more than half an inch thick when baked to roll nicely. Watch while baking that it does not crust over; when it begins to firm, dip a small paint brush in water and brush over the cake, moistening just enough to keep it from crusting. When well firm, remove from the oven and turn out into a towel; with a sharp knife trim off the side edges; spread with filling—jelly, or any other filling liked—and roll up while hot. Roll it up in the towel so it will cool in shape. Quickness in handling when rolling is necessary.—Mrs. F. M. R., Texas.

Mrs. S. recommends that our housewives use cake flour, put up in cartons and sold by nearly all grocers, for making cake, instead of the common, bulk flour used for bread-making. We can not give names of manufacturers.

Quince Honey—Three quarts of light brown sugar dissolved in two quarts of warm water; boil a few minutes; add twelve quinces grated or cut up and run through a food chopper. Cook one-half hour; if too thick, add hot water until thin enough to pour well. This recipe should be kept until the quince season, for quince honey is fine.

Chess Pie—Three-fourths cupful each of sugar and fresh butter, half cupful of sweet milk, yolks of two eggs, flour to thicken. It is best to melt the butter so as to know how much flour to use. Flavor with one teaspoonful of vanilla.—Mrs. C. C. Sherrod, Kansas.

Filling for Floor Cracks

Here are directions for filling cracks in floor, or open joints in woodwork, which may be used before painting or oiling. Tear several soft newspapers into shreds quite fine, and soak them in water until saturated, then squeeze out. Mix a pint of flour and one quart of water until no lumps, beating quite smooth; then stir in a tablespoonful of powdered alum and beat into the mixture two quarts of boiling water. Set it on the stove where the paste will keep hot, and mix into it the moistened paper until the mixture is quite thick—as thick as soft putty. Then, with a putty knife press the paste into all the cracks, smoothing down as you go along, being careful to get the cracks full and the mixture well pressed in. When this hardens, it can be colored like the wood, and will last indefinitely.

Some Good Recipes

Cooking a Chicken—Dress and cut up a chicken, not too old; in the bottom of a baking pan put a tablespoonful of butter, and if liked, one onion sliced. Brown this on top of the stove, but do not burn. Lay the pieces of fowl in this, and pour over it boiling water to the depth of an inch; have the oven very hot, and let the meat cook until quite tender and brown, basting as you would any baking meats, with either melted butter, or equal parts of butter and water dipped from the bottom of the pan. When done, lift the pieces of chicken and cool. Make a gravy as usual of the liquid left in the pan and pour over the chicken.

For an evening luncheon, where each one carries some part of the food, chicken sandwiches are very nice and acceptable. Kill and dress three one-year-old chickens, and boil until tender in as little water as possible. Take out all the bones, and run the meat through the chopper together with three stalks of celery and one small onion, adding the vegetables a part at a time during the grinding, so as to mix well. Season with salt and pepper, pack in a deep dish and pour over it the gravy left from cooking the chicken. Let this stand, with a plate weighted down over it, for several hours on ice. When perfectly cold and "set," slice thin and lay between buttered slices of bread. Wrap the sandwiches in oiled paper, which can be had by the three dozen sheets for a few cents at any store dealing with such things.

Maple Ginger Bread—Cream one-fourth cup of butter; 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 one-half teaspoonful of salt. Add to the first mixture, beating until smooth, and bake in a moderately hot oven for twenty-five to thirty minutes.

A Sheep-Skin Rug

Curing a Sheep Skin—All fatty and fleshy matter should first be removed from the skin; then the wool should be well washed with a good soap and water, washing the whole

skin; when clean, rinse all soap out of the wool. For each skin, take four ounces each of salt and powdered alum and half an ounce of powdered borax. Dissolve these in a quart of hot water, and when cool enough to bear the hand in, stir in enough rye meal to make a thick paste. Spread this paste thoroughly over every part of the flesh side of the skin, which is then folded together lengthwise, and left in an airy place for two weeks. Then remove the paste, wash and dry the skin; when nearly dry, the skin must be pulled, worked, stretched, and scraped with a blunt knife shaped like a chopping knife, or with a good piece of hardwood worked to an edge. The more the skin is worked and scraped while drying, the more pliable it will become.

Useful Information

A paste of flour and gasoline will clean light-colored kid gloves without injury. Keep the glove on the hand and apply with a soft cloth, rubbing until quite dry with a clean dry cloth—use out of doors.

As these be the days when handkerchiefs are in demand, when ready to wash them, soak overnight in strong, cold salt water, and in the morning lift them into fresh warm water, rinse out the salt, and wash as usual.

Glazed walls can not be papered until washed with a strong solution of washing soda, or hot vinegar; the soda solution is best and least expensive. This will remove paint from plastered walls.

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