

cures is a well-fitting shoe—not necessarily a loose, or a tight-fitting; but a well-fitting one, with low heels. It is recommended to bathe the feet often and after drying, rub well with oil or cold cream.

**Long Poems**—Several friends have sent in quite lengthy poems (old favorites) and have asked for others, equally as lengthy. For such poems, it would be better to give the address of those wanting them, and have the poems sent directly to the one requesting them.

**P. M. N.**—Write to your secretary of state for the information wanted.

**For the Seamstress**

In ripping long seams of machine stitching, the work is quickly and easily done if the garment is slipped under the presser-foot of the machine, the needle lowered to hold it firmly, then hold the seam in the left hand, each side being equally stretched, and a sharp knife run along the seam over the threads.

Strong stitches are needed in sewing on buttons, especially boot buttons, and the thread should be securely fastened and cut off for each button, not carried from one to another. Where the thread is carried from one to another, if one button comes off, others will become loosened and quickly follow.

A common practice among seamstresses is to use too coarse thread both on machine and hand sewing, and sometimes it is so coarse that the cloth will tear away. Coarse thread is not always stronger than a thread suitable to the fabric of the goods. For buttonholes and sewing on buttons, a rather coarse thread is needed; for gathering, medium coarse; for stitching on the machine, fine as the ravelings of the fabric, and for hemming, finer still. It will often save much time and worry if the thread basket is supplied with all the commonly-used numbers of cotton thread, a spool or two of linen, a paper of needles, assorted sizes, and a card or two of darning floss.

Odds and ends of bright gingham

**A DIFFERENCE**

**It Paid This Man to Change Food**

"What is called 'good living' eventually brought me to a condition quite the reverse of good health," writes a New York merchant.

"Improper eating told on me till my stomach became so weak that food nauseated me, even the lightest and simplest lunch, and I was much depressed after a night of uneasy slumber, unfitting me for business.

"This condition was discouraging, as I could find no way to improve it. Then I saw the advertisement of Grape-Nuts food, and decided to try it, and became delighted with the result.

"For the past three years I have used Grape-Nuts and nothing else for my breakfast and for lunch before retiring. It speedily set my stomach right and I congratulate myself that I have regained my health. There is no greater comfort for a tired man than a lunch of Grape-Nuts. It insures restful sleep, and an awakening in the morning with a feeling of buoyant courage and hopefulness.

"Grape-Nuts has been a boon to my whole family. It has made of our 2-year-old boy, who used to be unable to digest much of anything, a robust, healthy, little rascal weighing 32 pounds. Mankind certainly owes a debt of gratitude to the expert who invented this perfect food." Name given by Postum Co., Battle Creek, Mich. "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.

left over from the making of the little dresses, make very pretty cushion covers. Any shapes may be used in the piecing, and a pretty pattern for a quilt block will do nicely. Harmonizing colors should be chosen, and if the colors are all dark, or light, they may be "livened" by doing fancy stitches with fadeless crochet cottons, or the cottons used for such work, over the seams. The pieces may be made into small blocks or strips and joined together with beading, either white or colored, or dress braid, and the top and bottom may be "tufted" after a lining of cotton is laid between.

**Requested Recipes**

**Corned Beef**—For 100 pounds of beef fresh killed, take twelve pounds of salt, eight pounds of brown sugar, one ounce of salt petre, and mix thoroughly. Cut the beef in suitable pieces and pack in the barrel, using the mixture as you pack. Weight the meat down, after packing closely and tightly, and leave twenty-four hours; then cover well with cold water, and weight well to keep the meat under the brine, tipping the barrel back and forth frequently to keep the brine well stirred up. This meat will keep all summer, and when wanted for use, will need no freshening, but should be simply washed in cold water and boiled slowly until the bones will slip out. This is an old recipe, vouched for by our eastern friends. The meat must at all times be completely covered with the brine, and well weighted to keep it under.

**Colored Cake**—Two cupfuls of sugar, two-thirds cup of butter, whites of four eggs well beaten, one cupful of sweet milk, two teaspoonfuls of baking powder sifted with flour enough to make a medium stiff dough. Put the ingredients together in the usual way. Divide the batter into four parts, the part not to be colored a little larger than the others. To one of the three parts add the beaten yolks of the eggs for the yellow part; to another part add melted chocolate, for the brown part; and to the last of the three parts, add a little red coloring matter to be had of the druggist, or color with fruit juice. Dip by spoonfuls, mixing the colors as the spoonfuls are laid in the pan, and when baked it will be beautifully marbled; or, bake in separate layers, each color by itself, and put together with custard or icing.

**Divinity Fudge**—Cook to a soft-ball stage three and one-half cupfuls of granulated sugar, two-thirds of a cupful of water and one-half cupful of best thick corn syrup. Beat the whites of two eggs to a stiff froth with a pinch of salt, and pour over them, beating constantly, one-half cupful of the boiling syrup, putting the rest of the syrup back over the blaze to cook until it is at the hard-ball stage. Beat the whites constantly, pouring over them the rest of the boiling syrup when it has reached the right degree, and adding one and one-half cupfuls of English walnut meats, or other nut meats, as desired, and one-half teaspoonful of extract of vanilla. Beat until the mass is heavy, then drop in teaspoonfuls on oiled paper.

**For the Toilet**

A good friend from Minnesota sends us the following, which we are very glad to pass on to others:

I am so troubled with chapped hands in cold weather that I can not use soap at all, and have lately made a discovery that "bran water" will clean the hands more thoroughly even than soap. Place a handful of wheat bran in the mash basin and pour over it a quart of boiling water; use this without soap for washing the hands daily, until it becomes

quite sour, rinsing the hands in warm water and drying thoroughly. The longer the mixture stands, and the more sour it gets, the more cleansing it seems to become. This discovery has proved a great boon to me, as cracked hands are more painful than "Job's comforters," and I would like, through the Home department, to pass it along so others similarly afflicted may be benefited. I find the glycerine lotion very beneficial." Many thanks, Brother C.

A beauty specialist tells us that "the woman who comes in from a long ride or a tiresome day's shopping and dashes cold water on her face is courting wrinkles and appearance of age. She should take off her street dress and shoes and put on a loose house dress and slippers, dip the fingers in cold cream and cover the whole face and neck with it. After it has been on about five minutes, wipe off with a soft cloth and give a warm bath with a vegetable oil soap, finishing the treatment with rinsing in cool water, then cold, and then wetting with a good toilet vinegar, after which a little tissue-building cream should be rubbed on to fill the pores. Unless you have tried the cold cream, you have no idea how much dirt will come away after using it.

**Odds and Ends**

When opening your fruit cans, save all the bits of sealing wax, and put them in a clean can with a cover. If you have used paraffin over the jelly, remove the cake of wax, wash it clean, and drop it in another can,

covering it. When you want either the wax or the paraffin during the fruit season, it is easily melted and used again.

When emptying fruit cans or jars of any description, wash them clean at once, before putting them away. Put the lid away with the jar, and if the rubber is good, put that away with the can or jar, though when you fill the jar again, you should use a new rubber. For many things which may be put in the jars, the old rubbers will serve, as they will not need to be air-tight.

Wind all twines that come around parcels on a spool or in a ball, and put away where it can be found when wanted. A great many times, this will save much worry and time spent in hunting a string.

To clean white, or light-colored tips or wings, wash in benzine. This will not take the curl or color out of the feathers. White wings may be rubbed thickly with magnesia, or white face-powder, and when clean, the powder shook out of them. After washing tips, swing them lightly in warm air, occasionally beating them gently against the hand until dry.

**For Coughs and Colds**

Flaxseed lemonade is a very soothing drink for hoarseness and colds. Pour four cups of boiling water over four tablespoonfuls of whole flaxseed; steep (but do not boil) this mixture for three hours, then strain and sweeten to taste; add the juice of two lemons; add more water if the mixture seems too thick.

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