

not be set overnight, but in the morning.) When it is well risen, turn on a board, use barely enough flour to prevent sticking while kneading, and knead ten minutes; mold into loaves and put into pans that have been warmed and well greased with lard, and set to rise again. It should rise to about twice its bulk in an hour or two, according to the temperature of the dough and the size of the loaves. Rub melted butter over the top of each loaf. So much depends on the baking, and it is almost impossible to tell you just how that is to be done; but the oven should not be too hot, and the temperature kept even about three-quarters of an hour for small loaves.

**For the Toilet**

Many persons hurriedly wash the face in a careless manner, probably using soap, and forgetting or neglecting to rinse it off, or to thoroughly dry the skin, and then they rush out into the sharp air of winter. This, of itself, is ruinous to any complexion. If the face must be washed just before going out, soap should not be used. If a little bran, or oatmeal is scalded in the water, this will cleanse all but a very dirty face, and after well drying, a very little cold cream should be applied, then lightly rubbed off with a soft cloth, and a light application of face powder be made. This will protect the face against the wind.

A dry shampoo, to be used where

**AS TO FLAVOUR  
Found Her Favorite Again.**

A bright young lady tells how she came to be acutely sensitive as to the taste of coffee:

"My health had been very poor for several years," she says. "I loved coffee and drank it for breakfast, but only learned by accident, as it were, that it was the cause of the constant, dreadful headaches from which I suffered every day, and of the nervousness that drove sleep from my pillow and so deranged my stomach that everything I ate gave me acute pain. (Tea is just as injurious, because it contains caffeine, the same drug found in coffee.)

"My condition finally got so serious that I was advised by my doctor to go to a hospital. There they gave me what I supposed was coffee, and I thought it was the best I ever drank, but I have since learned it was Postum. I gained rapidly and came home in four weeks.

"Somehow the coffee we used at home didn't taste right when I got back. I tried various kinds, but none tasted as good as that I drank in the hospital, and all brought back the dreadful headaches and the 'sick-all-over' feeling.

"One day I got a package of Postum, and the first taste of it I took, I said 'that's the good coffee we had in the hospital!' I have drunk it ever since, and eat Grape-Nuts for my breakfast. I have no more headaches, and feel better than I have for years." Name given upon request. Read the famous 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.

the wash is not advisable, is made of equal parts of sifted corn starch and powdered orris root. This may be rubbed well into the hair and on the scalp, and can be easily brushed out. One should be sure it is thoroughly brushed out, however.

The cracking and soreness of the skin around the nails may be the result of a gouty tendency in the blood. This will require constitutional medical treatment to eliminate the cause. Or it may be caused by the kind of soap or washing powder used in the housework. For the latter, use a warm vaseline poultice on the finger-ends every night, and using preventive measures while at your work. Do not pick and cut at the ragged selvedge, as this will only make it worse.

One of the best preservatives of the appearance of youth is to keep a strong hold on your interest in the events of the day; do not allow yourself to fall behind the times, and do not be continually telling of the "better times" of the past. Do not try to "keep the heart young," for you can not do it; but try to keep in touch with youth and enthusiasm while retaining your own dignity. There are few things so pathetic as to see an old person aping the silliness of youth.

**Some Winter Morning Dishes**

Nothing is more appetizing than crisp curls of bacon lying over jellied eggs. To cook the bacon, have the skillet very hot, but not scorching; or, the bacon may be cooked in a shallow pan in the oven. Slice the bacon, very cold, as thin as possible and drop them into the already sizzling hot pan, and set where they will cook at once, keeping the grease poured off of the slices, or having the slices lifted so the grease will fall through under them; as soon as done, lift the slices out and stand in a platter where they will dry for a minute, then drop onto the shirred or jellied eggs and serve hot with bits of parsley around the edge. Little pats of sausage may be laid with the eggs instead of the bacon.

Fried Fish—Clean thoroughly, cut off the head, take out the backbone, and slice the body crosswise into several pieces, according to size of fish; roll each piece in Indian meal or wheat flour, or dip in beaten egg, then in bread crumbs, and have a thick bottomed skillet with smoking-hot, but not burning lard, fry slowly after putting in until a light brown, that the pieces may be well done through. Then lift out and serve as soon as possible. Trout and perch should not be dipped in meal, and fish should not be fried in butter, as it takes out the sweetness and gives a bad color. The pieces of fish should be laid in the hot fat with the skin side uppermost, to sear the flesh side and retain the juices. The fish may be salted before cooking, or after, as one likes. Brown both sides of the pieces.

To Fry Ham—Place the slices of salt ham in boiling water and simmer slow until tender; then dry and put into a frying pan with a little fat and fry quickly brown on each side, then dish on a platter. Break fresh eggs in a shallow pan and set on the back of the range and fry by dipping the boiling gravy over them until done, and do not turn. Take up carefully and lay one on each slice of ham.

**Requested Information**

For making bologna sausage, take ten pounds of lean beef and one pound of fat pork; run them through a meat chopper, chopping fine, and season with an ounce of salt to four pounds of meat; add also an ounce of the best black pepper, ground, and if liked, a little coriander seed, to six pounds of the meat. After mixing these well together, stuff in

cases, either of muslin, or the thin, small entrails well washed and cleaned, and tie the ends together. Smoke the cases for about half a day, then cook in boiling water until they rise to the surface and float. When done, dry them on clean straw in the sunshine and hang away in a cool dark place until wanted.

Forcemeat Balls—Take half a pound of veal and half a pound of suet chopped very fine, and beat in a marble mortar or wooden bowl into a paste; add a few sweet herbs shredded finely, a little ground mace, a small nutmeg, grated, a slip of lemon peel, a pinch of pepper and salt, and the beaten yolks of two eggs; mix them all well together, and make them into balls and long pieces, then roll in flour and fry brown. If to be used with white sauce, do not fry them, but put in a saucepan of hot water and let boil a few minutes.

Polenta—Put a large tablespoonful of butter in a quart of water and set to boil; wet sufficient corn meal with cold water in a bowl, with a little salt, and mix until smooth and evenly moist, then drop by large spoonfuls in the boiling buttered water, stirring continually until all is used; let boil, stirring constantly until done; as soon as it is done, set to cool, and when cold enough to handle, either with the hands or a large spoon make into a large ball, or roll, and let stand until quite cold. Cut in thin slices, lay in a dish in layers, and cover each layer with cheese gratings and bits of butter, then another layer, then cheese and butter until the dish is full. Put on

the top thin slices of cheese and butter, put the dish in a quick oven, and bake for twenty or thirty minutes. Serve while hot.

**A Muscle Builder**

It is said that bran is a much higher muscle builder and fat maker than the fine flours, but many people can not eat the bran breads so highly lauded by others. The coarse fiber in the bran irritates the intestines, having a too lax effect, and does not agree with all digestive organs. The entire wheat flour is claimed to be the most suitable for human food, and while many have to cultivate a taste for the bread, they grow to like it, if well made, and find it very nutritious and a great help in overcoming constipation. Many people are advised against eating bread of any kind, or cereals, as all starch foods disagree with them. The only way to determine what one may eat is to carefully note the effects of certain foods.

**Serving an Invalid**

When one is sick, the appetite is usually fickle and whimsical, and a slovenly serving of the meal will sometimes so turn the stomach that it is impossible to get the sick one to eat. For the appetite which needs coaxing, always use the prettiest, cleanest napery and dishes you have. Serve the food in small quantities, daintily, even if another helping is called for. It is the dainty touches that attract the attention and awaken the appetite of the finicky invalid, rather than the quantity and richness of the food.

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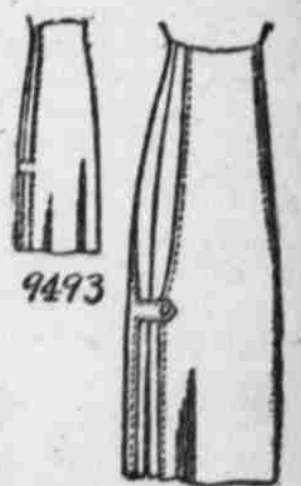
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