

but a family supply is wanted, it is better to buy the plants of the nursery man. When the blooming season arrives, cut the branches of the plant and dry in the shade while just coming into flower. It is used for perfuming linens and clothes.

The Heating Apparatus

As the indications of warm weather grow stronger, we begin to take thought of a disposal of the heaters and furnace. As soon as the furnace is no longer needed, the grates should be cleaned out and pipes painted with asphalt; or use lard oil on the iron work or exposed parts. If you do not know how to care for the furnace during the warm months, get instructions from the manufacturers, who will gladly send them for the asking. Many people do not know how to treat such things, summer or winter. Take down the stoves, clean them thoroughly, replace all defective or burnt-out parts, and store them in a clean, dry place. Clean out the pipes and chimney hole, and close the flue with its lid. Rub the parts that rust with lard oil, and cover with something to keep from the air. Put the pipes away where they will not get mashed, or exposed to the weather. Number them. Keep a fire somewhere in the house as long as warmth will be needed, and have a little fire whenever the mornings or evenings are chilly, or the days damp. It is cheaper than doctor bills and disease.

Some Seasonable Work

Do you want a covering for the kitchen or dining-room floor? Did you ever think of the possibilities of the old faded carpet that has become

**CLEAR HEADED
Head Bookkeeper Must Be Reliable.**

The chief bookkeeper in a large business house in one of our great western cities speaks of the harm coffee did for him. (Tea is just as injurious because it contains caffeine, the same drug found in coffee.)

"My wife and I drank our first cup of Postum a little over two years ago and we have used it ever since, to the entire exclusion of tea and coffee. It happened in this way:

"About three and a half years ago I had an attack of pneumonia, which left a memento in the shape of dyspepsia, or rather, to speak more correctly, neuralgia of the stomach. My 'cup of cheer' had always been coffee or tea, but I became convinced, after a time, that they aggravated my stomach trouble. I happened to mention the matter to my grocer one day and he suggested that I give Postum a trial.

"Next day it came, but the cook made the mistake of not boiling it sufficiently, and we did not like it much. This was, however, soon remedied, and now we like it so much that we will never change back. Postum, being a food beverage instead of a drug, has been the means of banishing my stomach trouble, I verily believe, for I am a well man today and have used no medicine.

"My work as chief bookkeeper in our company's branch house here is of a very confining nature. During my coffee-drinking days I was subject to nervousness and 'the blues.' These have left me since I began using Postum, and I can conscientiously recommend it to those whose work confines them to long hours of severe mental exertion." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in 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.

an eye-sore because of its shabbiness? You can do wonders with it—and a little money; it will call for some labor, too. First, you must shake, whip, beat or brush all dust out of it, clean all the grease spots, darn all the thin places, patch the holes (with a darn, unless too large), and sew up all rips. Then, you must have your floor clean, the cracks all filled and loose joints about the surface patched together. Then tack the carpet down as tightly as possible on the floor. Have ready a thick flour paste, in which one teaspoonful of powdered alum to the gallon of paste has been used, and apply this to the carpet with a brush, or old broom, rubbing it well in—all the carpet will absorb. Let it dry thoroughly before use, allowing one to three days; then give it another coat of the same, let this dry also, and in this way apply at least three coats of paste. When it is perfectly dry, go over the carpet with a coat of paint, which you can buy ready mixed, and for the usual sized room—say twenty yards of carpet—it will require for two coats of paint, about one and one-half gallons, but the amount is according to how much you use, of course. About once a year, or at most every fall and spring, give the carpet another painting, and be sure and allow it to dry perfectly before using.

If you have no old carpet, yet wish for a floor covering, you can use new sacks, such as many farmers bring home stock-feed in, for the foundation. Wash, starch stiffly, and either stack them out smoothly to dry, or let dry and iron; trim evenly and sew together in a flat seam. Stretch as tightly as possible on the floor, tacking securely around the edges. The material should be well filled with the starch. Then, with a line, or "straight-edge," mark it off in squares, diamonds, or as desired, and paint each square with harmonizing colors, taking care to prevent the running together of the edges. Let dry perfectly, and then go over it with some good floor varnish—there are many on the market. When the squares become worn, re-paint them. This will last a year, if care is taken.

The True Shamrock

As St. Patrick's Day is near, the question is asked, What is the real shamrock? No one knows surely what plant is meant when the shamrock is mentioned. In one part of Ireland, one plant is known by the name, and in other parts, other plants are called shamrock.

The plant most generally credited is the Trifolium minus, as this is the one most largely exported from Ireland for St. Patrick's Day. The common white clover (Trifolium repens) is widely known by the name and is plucked and worn as shamrock in Ireland and elsewhere. The wood sorrel, beautifully trifoliate has much in its favor. The oxalis is locally so-called in England. There are many other plants given the name, and the botanist has trouble in identifying the real, sure-enough plant dear to every Irish heart.

Good Recipes

Mashed Potatoes—Did you ever notice how hard it is to find a really good article of mashed potatoes—lumpy, dry, tasteless stuff, generally. Peel the potatoes very thinly, and boil in salted water until done, and as soon as they are done, but not overdone, drain off the water, set on the back of the stove and allow all the steam to evaporate, then, while still piping hot, wash thoroughly, being sure all the lumps are out; then add butter, a little rich milk, and with a wire spoon or other whip, beat the mass just as you would a cake, beating hard and fast. The

result will be a creamy mass of pleasing color, and delightful taste.

Potato Salad—Into a quart of mashed potatoes beat as much good salad dressing as the potatoes will take up without being too sloppy; have them just stiff enough so they can be molded up on a platter. Have the yolks from two hard-boiled eggs, cut the whites in very thin rings, and press them into the surface of the potato mound; grate the yolks over the mound, and see how nice it looks and tastes. If onions are liked, one or more medium sized ones may be grated or shaved very thin and mixed in the mass before mounding up, and the salad may be served on lettuce leaves if liked.

Another Potato Salad—One quart of cold cooked potatoes chopped fine with one small onion. For a dressing, two large eggs well beaten, six tablespoonfuls of cream, one teaspoonful of salt, six teaspoonfuls of vinegar, and a piece of butter size of a hickorynut. Put this over the fire, altogether, and cook, stirring constantly until quite thick; let cool a little and add two tablespoonfuls of cream, half teaspoonful of prepared mustard and a teaspoonful of ground celery seed. If the salad seems dry, use more vinegar.

Requested Recipes

Banana Layer Cake—One scant cup of butter and two cups of sugar creamed together until light; then add one cup of milk and four well-beaten eggs, three cups of flour with two teaspoonfuls of flour sifted with it. Stir well until thoroughly blended. Bake in layer tins, and

when cool, slice bananas one-fourth inch thick, and lay between the layers of cake, with one-half pint of whipped cream and one heaping teaspoonful of powdered sugar spread over the bananas. Try it.

Cream Puffs—Take one cup of hot water and half a cup of butter, and bring to a boil; while boiling stir in one cup of dry flour just as you make mush, beat until it is smooth, and let cool; then add three eggs, unbeaten, one at a time, and mix smoothly; drop by spoonfuls on buttered tins or gem irons and bake twenty-five minutes in a quick oven. For filling,

Put one cup of milk in a saucepan; wet three tablespoonfuls of flour and add to the milk when it is boiling; beat one egg and one-half cup of sugar together and add to the thickened milk. Flavor when cool, and when the puffs are cold, cut a hole in the top of each and fill with the filling; replace the piece cut out, and see how you like it. The puff dough may be sweetened a very little if liked.

Sauerkraut and Spare-ribs—Cover the kraut with cold water, adding a little salt if necessary; put over the fire and bring to a boil and let boil for three hours. About one hour before it is done, put in the spare-ribs and let them boil until they part freely from the bones, when the bones and meat must be removed from the kraut, and a grated raw potato, drained of its juice, should be stirred into the kraut; let boil a minute or so, taking care that it does not burn, then serve. Serve the meat with the kraut.

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