

pipes and cleaning the palls with the hot mixture. The solution is poisonous.

When washing embroidered pieces that have colors in them, wash rapidly, rinse well and lay wrong side up on a clean cloth covered with several thicknesses of muslin and pressed with a hot iron until dry. All old pieces of muslin or flannel should be put away for the house-cleaning time.

Housekeeping is like any other business concern; it must be run well in every department, with as much system as possible, but with much margin in some things. It requires patience, economy, neatness, frugality, infinite tact, and a rigorous gathering up of the fragments that nothing be lost.

If the linoleum is dirty, add a tablespoonful of coal oil to each gallon of water, wash with a woolen cloth to get the dirt and dust off, and then rub dry with another woolen cloth. If you varnish the linoleum, it will soon wear and scratch until it looks shabby, but if washed with the coal oil and water, or if gone over with a cloth very lightly moistened with linseed oil, rubbing until the oil is well in, it is better.

The Lenten Season

Lenten time is spring time, so far as the calendar can make it so, and at this time there is an unwritten law that there shall be a change from the heavy, rich foods of the winter to a lighter diet for the bodily house-cleaning. Where rich, heavy foods have seemed necessary for the bodily fuel, the demand is now for a slowing down of the fires and cleaning out of the grates. Fish as food, in any of the various forms, fresh or salt, is recommended. Green salads and fresh vegetables, which furnish alkaline salts for blood purifier, include also the canned vegetables where the fresh can not be had.

STRENGTH

Without Overloading the Stomach

The business man, especially, needs food in the morning that will not overload the stomach, but give mental vigor for the day.

Much depends on the start a man gets each day, as to how he may expect to accomplish the work on hand.

He can't be alert, with a heavy, fried-meat-and-potatoes breakfast requiring a lot of vital energy in digesting it.

A California business man tried to find some food combination that would not overload the stomach in the morning, but would produce energy.

He writes: "For years I was unable to find a breakfast food that had nutrition enough to sustain a business man without overloading his stomach, causing indigestion and kindred ailments.

"Being a very busy and also a very nervous man, I decided to give up breakfast altogether. But luckily I was induced to try Grape-Nuts.

"Since that morning I have been a new man; can work without tiring, my head is clear and my nerves strong and quiet.

"I find four teaspoonfuls of Grape-Nuts with one of sugar and a small quantity of cold milk, is delicious as the cereal part of the morning meal, and invigorates me for the day's business." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs.

"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.

Eggs as a spring food, are excellent, and the ways of cooking them are unlimited. Rice is a cooling food, and should be largely eaten. It is claimed that oatmeal is too heavy for the average stomach during the spring season, but if liked, there are many other cereals that are excellent. Dried fruits of excellent quality can now be had.

Query Box

Mrs. C. R.—The cleaning of a silk mull dress should not be attempted by one who has had no experience in such work. It is safest to take it to a professional.

J. L.—To remove vaseline stains, saturate the spot with ether and turn a bowl or cup over it to prevent evaporation until the vaseline is dissolved. Use ether with care.

Housewife—For the scratches on the furniture, take just the tiniest bit of shellac on a small, pointed brush and lightly apply to the scratch, keeping the place covered from the dust until dry.

E. S. M.—The bottles of grape juice should have been laid on their sides so the cork would have been kept moist; they should not have fermented if put up air-tight while boiling hot.

Laundress—To prevent the spotting of the clothes by bluing, tie the bluing up in a bit of cloth and squeeze in the water until it is blue enough. A good liquid blue is better.

Mrs. L.—Aluminum will discolor through use, if not attended to; it will get as black as other ware if not cleaned with a vegetable acid. Soap suds should not be used on it. Scouring powder will clean it.

T. L.—To remove rust from steel and nickel-plate, cover the metal with sweet oil, smearing it or lard on freely, and leave for two or three days; clean the grease off and polish with unslacked lime reduced to a powder and sifted through cheese cloth before using.

N. M.—To remove lime deposits from the bottle or glass pitcher, fill with good cider vinegar, or sour buttermilk, and let stand until the deposit is loosened; any very sour acid will dissolve the lime, which is an alkali.

Some "Common" Recipes

Baking Powder Biscuit—Sift two cupfuls of flour with three level teaspoonfuls of baking powder; add one-half teaspoonful of salt, a level teaspoonful of sugar (if liked), and rub into the flour a tablespoonful of lard or butter. Mix all the ingredients, rubbing the lard into the flour, then use enough sweet milk, or milk and water to make a soft dough that can be handled. Roll out the dough an inch thick, cut in small rounds and brush the tops with an egg beaten with two tablespoonfuls of milk; bake in a quick oven. If liked better, rub melted lard over the top of the dough, then fold one-half the biscuit over the other half, and bake.

Suet Pudding—One cup of suet, chopped fine, one cup of molasses, one cup of sweet milk, three and one-half cups of flour, one and one-fourth cups of raisins, one cup of currants and one teaspoonful of soda. Mix well, put into a pudding bag and steam two hours.

Rice Griddle Cakes—One cup of flour, two cups of cold boiled rice, one tablespoonful of butter, one tablespoonful of sugar, four cups of milk, one-half teaspoonful of salt, one teaspoonful of baking powder, three eggs, whites and yolks beaten separately. Rub the butter and sugar to a cream and beat in the whipped yolks into this; stir the rice to a smooth paste, add the milk gradually, and lastly beat in the flour with

which the salt and baking powder have been twice sifted.

Creamed Parsnips—Scrape and cut into quarters half a dozen parsnips; cook two peeled and sliced sweet potatoes with these, until all is tender; add boiling water enough to make a cupful; thicken with a large tablespoonful of butter and one of flour rubbed together; and the yolk of one egg. Season with salt and pepper to taste. Let boil up and serve hot.

Cleaning Papered Walls

If the paper is good, not torn, and not too badly faded, mix four pounds of common wheat flour to a dough with a quart of cold water; divide this dough into three or four parts, use one of them, one at a time, as you would a cloth, to wipe down the paper, beginning at the top and working down. When the outside of the dough is dirty, trim it off thinly, leaving a clean surface, and continue thus until the paper is clean. Before using the dough, the walls and ceiling should be wiped off with a mop made of strips of old cheesecloth, or old stocking tops, the strips an inch or two wide and eight inches long, fastened to a light broom handle. Corn starch, whiting and powdered fuller's earth in equal parts, should be prepared to dip the mop in, and the walls rubbed with this. After the surface has all been gone over, shake all the powder from the mop, cover it with flannel, or cotton flannel, and go all over the surface again,

wiping in long, straight strokes. The flannel might be very slightly dampened, but must not be wet, or even moist. As soon as the cloth shows dirt, take a clean one.

Home-Made Conveniences

If one can not have running water in the house, it is a good thing to have arrangements for letting the used water run out of the house, which can be done by the house-man, if he is at all handy with tools. For toilet purposes, the wash bowl should be let down into the top of the wash stand, and a hole drilled into the bottom of it, and under and connecting with this opening as snugly as possible is a pipe large enough to carry the water out of the bowl; this should connect with another pipe that leads the water out of the house into a drain outside, and this drain should be closed for some distance from the house. This will do away with the unhandy slop jar, and also with many steps required to empty the wash water. The drain may be left open and regularly disinfected, if desired, and some such a device will do well in the kitchen. Constant stepping is an extravagance.

Foliage Plants

Among these there is nothing more satisfactory than a well grown, healthy palm, and these plants are among the easiest grown and most beautiful houseplants that can be had. They are much more satisfactory than the ferns.

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