

can, or jar, where it will always be ready for use, and the vessel kept closed.

Tin measuring cups, of different sizes may be kept in the flour or meal box, or close to them, and nothing is better for the sugar or cereal jars than one of these cups. Many pint and quart cups have measurements marked on the side, and these are very convenient.

For the Suit-Case

When getting ready for any trip which calls for extra clothes, get some paste-board boxes, or some squares of heavy pasteboard. Cut them so they will just easily fit into the suitcase, and paste or sew tapes along the board, from end to end and from side to side, allowing considerable length of loose tape at each end. Have the tapes securely fastened to the boards. Fold your garments carefully and lay on the board, tie the tapes across from end to end and from side to side, over the garment to hold it in place. Prepare each tray in the same way, setting them one on top of the other, and they may be carried without wrinkling or mussing, and there will be no tumbling or tossing of contents, as the trays are easily lifted out when other things are wanted. No matter how "safe" you think you know your suitcase to be as regards clasps and lock, it is wise to carry a good strap—two of them, with a handle between, with you, for if the case goes in the baggage room, it may be burst open through rough handling, and if you carry it with you, something might "happen" to the fastenings so it would fall open. It is wise to strap the case.

Lime Water

Lime water should be kept in every household, and to make it, place a piece of unslaked lime the size of an egg in an earthen vessel and pour over it one quart of clean, cold water; allow it to stand a few hours, then carefully pour the clear water off the sediment. Put the water into a bottle, cork and keep in a dark, cool place where it can be readily found. Lime acts very energetically on water, and a teaspoonful of lime water, and a teacup of water or milk almost entirely destroys any deleterious substance therein. A teaspoonful in a cup of milk is an excellent remedy for delicate children whose digestion is weak. It is also very beneficial in cases of acidity of the stomach. It gives no unpleasant taste to anything to which it is added.

The Milk Problem

Something more than a century ago, Balzac predicted that the time would come, nay, was near at hand, when a process of cooling milk and keeping it cool, would make it possible to ship it from the dairy districts of France to Paris. Those who gave any heed to his assertion pronounced it a vagary of a novelist, since, though, he was a great philosopher, Balzac put forth his prophesy in fiction form. A recent achievement of science has succeeded in converting milk into a dry, powder-form where a good sized tablespoonful of the powder put into a quart of water will make a quart of sweet milk ready for use. The powder will keep for a great length of time, carry any distance, subject to any temperature, without in any way altering its quality, which is that of "certified milk." By the process, invented by Dr. Martin Ekenberg, all moisture is eliminated from milk, and the demand for this milk-flour is much in excess of what the factories now in operation are able to supply. Nothing is taken from the milk except its water and gas; cheese can also be made from the

powder, the same as from sweet milk. Professor William Booth, of New York, finds from actual tests that this powdered milk is free from any colonies of harmful bacteria, and that it is perfectly clean in a scientific sense. It is claimed that no more than a beginning has been made in this new industry, and it is not yet put up for family use, as the factories consume the entire output.

An item has appeared in the newspapers, telling of a new achievement of science—that of making milk from vegetables by machinery, the milk so made being the same as the cow-made article. As we long ago learned that a cow was by no means necessary to the production of "butter," we shall look for this new product anxiously, as milk is becoming so scarce and high-priced that those needing it can not reach it.

Query Box

Mrs. C.—Three lemons to a pint of water will make a rather strong drink; many people find two lemons to a pint of water strong enough.

L. D.—For stomach cramps, a teaspoonful of tincture of ginger in a half glass of water in which a half teaspoonful of cooking soda has been dissolved, is recommended.

J. J.—It is much better to regulate the digestive organs by the right kind of food than with cathartic medicines, which do only temporary good, and often increase the disorder later on. Find what foods are laxative in your own case, and use judgment.

Laundress—For removing indelible ink stains, this is recommended: For ink which contains nitrate of silver (which most of indelible inks do), first soak the stain in a solution of common salt, then wash in household ammonia.

Same—Where soap is not admissible for washing scarlet or lilac prints, make a flour paste as for the laundry, dilute until the starch is quite thin, and wash the goods in this, rinse afterwards in clear water. Or, peel and boil potatoes in water enough to more than cover them, boiling until done; then strain and wash the goods in the potato water. This will not hurt the finest fabric.

"Accident"—For the sprained limb, get garden wormwood, dried or fresh, and boil in vinegar until well colored, and apply as a poultice to the parts, wrapping cloth around to keep in the moisture. Use as hot as can be borne, changing frequently. An excellent liniment is made of the white of one egg, tablespoonful of vinegar, and tablespoonful of turpentine; mix well by shaking thoroughly, and shake thoroughly before using; bathe the sprain with this until relieved. The dried herb can be had of the druggist but the fresh is better.

Contributed Recipes

A bavarian cream can be made of strawberries, raspberries or currants; mash the berries and add for each box of fruit one cup of fine sugar, then rub the mixture through a sieve and add to the pulp a pint of whipped cream and one ounce and a half of gelatine to the box. Pour into a mold, set on ice until firm, then turn out on a dish and serve.—C. C. C.

Strawberry Ice Cream—Mix a cupful of sugar with a quart of ripe strawberries, let stand half a day, then mash and strain them through a coarse towel—the coarser the better; then to the juice allow a cupful of sugar, and when dissolved, beat in a quart of fresh, thick cream. Freeze as any other cream. Raspberries, pineapple, cherries, or any other soft fruit can be made in the same way.

Where large, fresh berries can be had, after freeing them from any

possibility of sand or dirt, leaving the stem on, serve them as they are, with a dish of sugar at hand to dip the berry in as eaten.

For the Toilet

Answering F. E. P., this is said to be one of the very best hair tonics, but I have no personal knowledge of its efficacy. The ingredients are all well known, and can be had at any drug store. It is a very old recipe:

Take a quarter of an ounce of the chippings of alkanet root, tie in a bit of coarse muslin and put it in a bottle containing eight ounces of sweet oil; cover it to keep out the dust, and let stand several days; add to this sixty drops of tincture of cantharides (a teaspoonful) ten drops of oil of rose; neroli and lemon, each, sixty drops; let the mixture stand one week, and you will have one of the best stimulants for the hair known. Apply to the scalp with the fingertips once a day until results appear. Another old recipe is also given:

To one pint of strong sage tea, a pint of bay rum, and a quarter of an ounce of tincture of cantharides, add an ounce of castor oil and a teaspoonful of oil of rose, or other perfume desired. Shake well before applying to the scalp, as the oil does not mix with the other liquids unless well shaken each time.

The simplest form of hair-dye, and one of the safest, is the expressed juice of the bark or shells of green walnuts. A little alcohol and a few drops of oil of cloves, or a few

cloves pounded up, is added to preserve the juice from souring; let stand for two weeks, shaking often, and at the end of the time, decant the pure liquid off and bottle. A very little salt may be added, and the mixture kept in a cool place. Part the hair and apply, a little space at a time, with a sponge, going over the whole head in this way. Dyeing the hair is not advisable, ordinarily; but where a spot, or streak of white appears while the rest of the hair retains all or most of the original color, a dye may be used.

Gold Pens

Metallic iridium is used for the points of gold pens, and is made from the powder obtained in the wet way from platinum ore by heating to a high heat in a sand crucible and then adding stick phosphorus. The iridium can not be melted alone, and is thus fused in the form of an iridium phosphide. To remove the phosphorus, the phosphide is heated with lime and the iridium is left in the form of a hard, white mass which is so hard that it can not be filed or cut, and is broken up into small pieces for soldering to the points of gold pens. These small pieces are ground to the right size on a copper disc wheel with emery or carborundum. It is claimed that an ounce of iridium will make from 5,000 to 10,000 pen points. Iridium, thus prepared, is found to be as hard as the ruby, and no steel tools can make any impression upon it.—Ex.

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