

tionally "finds work for the idle hands," and minds. During the few hours devoted to school duties, it is supposed they are cultivating their mental faculties; but out of school hours, they have no interests but play—nothing to develop the practical side of their nature, or give them a restraining sense of responsibility. Their only thought is to be "amused," and their muscular training as obtained on the various play grounds, belongs to no system except their own inclinations at the moment. Mental incapacity is often the result of the craze for "amusement" which is so rampant today. They have no definite aim, except to have a good time, and they are never taught by practical experience that each of them is a part of the world's system, and that upon their individual effort hinges much of the world's success. The life of the streets can not build muscle, or broaden the mind, and the companionship with other idle boys can but breed contempt for work and development of the better faculties through its activity.

Notes on House-Cleaning

Before putting the wall paper on the walls, see that all cracks in the plastering are filled, if they are large, and if mere streaks, paste slips from the margins of newspaper over them; the newspaper will stick, but wringing paper sometimes does not. If there are holes in the plastering, if not too very large, and the plaster of paris is not handy, lay several sheets of newspaper in the break, smoothly, to just fit in, then paste old white muslin over it, and the paper will stick. If the plasterer is at hand, it is best to have the holes patched, let dry, and then paper over them. Unless these holes, breaks and cracks are filled, they will result in damage to the paper.

For filling small cracks and nail-holes, use plaster of paris wet up with vinegar, as it will not "set" so

"LIKE MAGIC"

New Food Makes Wonderful Changes

When a man has suffered from dyspepsia so many years that he can't remember when he had a natural appetite, and then hits on a way out of trouble he may be excused for saying "it acts like magic."

When it is a simple, wholesome food instead of any one of a large number of so-called remedies in the form of drugs, he is more than ever likely to feel as though a sort of miracle has been performed.

A Chicago man, in the delight of restored digestion, puts it in this way:

"Like magic, fittingly describes the manner in which Grape-Nuts relieved me of poor digestion, coated tongue and loss of appetite, of many years standing.

"I tried about every medicine that was recommended to me, without relief. Then I tried Grape-Nuts on the suggestion of a friend. By the time I had finished the fourth package, my stomach was all right, and for the past two months, I have been eating with a relish, anything set before me. That is something I had been unable to do previously for years.

"I am stronger than ever and I consider the effects of Grape-Nuts on a weak stomach as something really wonderful. It builds up the entire body as well as the brain and nerves." Name given by the 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.

quickly as where water is used, and can be smoothed over better. If the plastering is loose in spots, and in danger of falling off, it is a good plan to have all the loose parts pulled off, and the place newly plastered.

If the oil-cloth, or "printed linoleum" is hopelessly worn, but without holes, give it a coat of paint, then when it is dried, give it another, then, when the last one is dried, give it a coat of good floor varnish.

When replacing the shades at the windows, do not throw the old ones away, but use them to hang before the shelves in the kitchen, or store-room, or closets, wherever curtains are supposed to belong. You will find they are much more convenient, and take much less time than curtains. Or, if you want a shady place on the back porch for any purpose, these old shades will be just the thing. You can keep them rolled up out of sight, and only draw them down when wanted for use. If the weather is rainy and the dampness reaches the shades, they can be lifted from the brackets and set inside out of the weather. A good roller will usually outlast a good shade, because the shade becomes soiled with use while it is still good.

Contributed Recipes

"Mammy's Broiled Chicken"—Dress the young chicken as usual, and split down the back, flattening the body with a broad knife, hatchet, or cleaver, and season with salt and pepper. Lay thin slices of sweet salt pork in the bottom of a bake pan, and on these lay the flattened carcass of the chicken, inside up, and dredge the chicken with fine bread crumbs, with bits of butter scattered over the crumbs. Roast this in an oven hot enough to cook without scorching, or drying out. About twenty to thirty minutes will be time enough. Take the chicken up on a hot platter, and keep hot until the following dressing is done: Put a tablespoonful of butter in a sauce pan, and blend with it half a tablespoonful of flour, and when smooth, pour into it quickly, stirring, one cupful of rich milk; simmer a moment, then pour round the chicken on the platter.

Another Way—Dress, split open and flatten the carcass of one or more chickens, and season with salt and pepper; put into a baking pan, dredge flour over the chicken, and pour into the pan around the chicken enough rich, fresh milk to nearly cover it; turn another pan over it and cook until done, in a hot oven. The milk will thicken with the cooking and the flour, and make the necessary gravy. If preferred, the chicken may be jointed before putting into the pan.

Cooking String Beans—String and break into pieces a sufficient quantity of green or "snap" beans, and put into cold water to soak half an hour; drain, and put into a sauce pan with boiling salted water with two tablespoonfuls of olive oil, or other sweet vegetable oil, for each quart of string beans, and simmer gently until tender; then, when ready for dishing, add a generous piece of butter and any other seasoning wanted. A half cupful of tomatoes may be added to the beans while cooking if liked.

Summer Drinks

Gingerade—Break one-fourth of an ounce of ginger root in small pieces and boil for twenty minutes in one quart of water, keeping the original quantity of water by adding to it as it evaporates; add one scant cupful of sugar, and then take from the fire. Mix with the strained tea the juice of two or three oranges and one lemon, and serve very cold.

Raspberry Glace—Mash one quart of red raspberries, add a cupful of

pineapple juice or grated fruit, one cupful of sugar and one cupful of water; cook for ten minutes, remove from the fire, add the juice of one orange and one lemon, two cupfuls of water and more sugar, if not sweet enough, and also enough fruit coloring to make it pink. Strain through a cheesecloth, and when cold, freeze as ice-cream; draw the mixture against the sides of the freezer, leaving a well in the center; fill the center with plain vanilla ice cream, or with the following mixture: Cook one-half a cupful of sugar and one-half cupful of water until it spins a thread, add gradually to the stiffly-beaten white of an egg, beating until smooth; cool, flavor with vanilla and fold in a cupful of cream beaten stiff and dry. If preferred, the frozen raspberry mixture may be served alone as a sherbet.

Odds and Ends

Wheat flour mixed to a good paste with linseed oil is claimed to be an excellent filler for cracks in floors and for loose joints to be painted over. Fill the cracks with the paste, working it in solid with a thin-bladed knife, smooth even with the surface, and let get thoroughly dried before painting over. It is claimed it will not work out.

It is claimed that a healthy person may consume a goodly quantity of water with the meals, having it of a temperature to suit the stomach, with advantage to digestion. Ice cold water should not be taken, and there are conditions, of course, when it is imperative to limit the supply of

liquids; but for a person in good health, liquids with meals are not harmful, according to latest investigators.

If smoked ham is hard and salty, slice it and soak in water well sweetened with molasses; let soak for an hour or two before cooking, using enough water to cover the slices, then rinse, dry and cook.

When gathering up the wash clothes, do not neglect to put every decently clean white rag in the tub; burn all others. Wash the rags well, rinse well, and dry in the sunshine; fold the pieces nicely, or iron them, as you please. For large, or long pieces, it may be best to roll them. Slip the bundle or roll into a sterilized glass fruit jar, and screw down the top. Put where the jar can be found by "he who runs, tho' a fool," when there are cuts, scratches, breaks, bruises, burns, or other injuries that require wrap-pings.

Improving Fish

Fish which is to be used as a salad is improved by sanding in equal parts of olive oil and vinegar, with a little salt and paprika and a few drops of onion juice. If the fish is to be marinated before cooking, brush the flesh over with olive oil and sprinkle it with lemon juice; lay on top slices of onion and strips of red and green pepper; drain the fish and cook as desired. After cooking, mix with salad dressing and serve on lettuce leaves. As the juices of fish are alkaline, the natural craving is for an acid in the dressing.

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