

wise of the material—that is, from top to bottom of collars and cuffs, and from side to middle plait of bosom shirts. An iron rounded on the end for this purpose can be purchased. Iron perfectly dry, place the iron on one corner of the collar, and it will curl in natural shape, the cuffs doing the same.

We repeatedly give directions for washing delicate, or dark colors in starch water, but the question comes up every spring or fall. We give the directions again. For washing delicate colors or fabrics that soap would ruin, make a starch with four quarts of water and one cup of corn starch (used for laundry purposes), and let cook until it thickens and clears. Put three quarts of this starch into two gallons of water and wash the goods in this just as you would in soap suds, using no soap; when the muslin looks clean, wring or squeeze it as dry as possible, then put the remaining pint of starch into another two gallons of water and wash; wring or squeeze dry, then rinse in clear water, with or without bluing as indicated, dry in the shade, damp, and iron on the wrong side. The goods will be clean, unfaded, and stiff as new goods.

**Summer Beverages**

Three lemons are used to make a quart of good lemonade; scrub and clean the rough skins of the lemons, chip off the yellow outer skins and steep for ten minutes in a little boiling water; then cut two thin slices from the center of each lemon and put to one side; press the juice out of each half of lemon with a squeezer, add to the juice sugar enough to make as sweet as desired, then pour on the amount of boiling water, together with the strained water in which the skins were boiled. Let stand until cold, then set in the ice box until wanted. When serving the lemonade, put two slices of the lemon to each glass served, and if you like, add chipped ice to the beverage. A little fruit juice will

**BOTH GAINED**

**Man and Wife Fatten on Grape-Nuts.**

The notion that meat is necessary for real strength and the foundation of solid flesh is now no longer as prevalent as formerly.

Excessive meat eaters are usually sluggish a part of the time because they are not able to fully digest their food, and the undigested portion is changed into what is practically a kind of poison that acts upon the blood and nerves, thus getting all through the system.

"I was a heavy meat eater," writes an Illinois man, "and up to two years ago, was in very poor health. I suffered with indigestion so that I only weighed 95 pounds.

"Then I heard about Grape-Nuts food and decided to try it. My wife laughed at me at first, but when I gained to 125 pounds and felt so fine, she thought she would eat Grape-Nuts too. Now she is fat and well and has gained 40 pounds. We never have indigestion any more and seldom feel the desire for meat.

"A neighbor of ours, 68 years old, was troubled with indigestion for years, and was a heavy meat eater. Now since he has been eating Grape-Nuts regularly, he says he is well and never has indigestion.

"I could name a lot of persons who have rid themselves of indigestion by changing from a heavy meat diet to Grape-Nuts." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read 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.

color it nicely without detracting from the flavor. Slices of fruit of various kinds may be dropped into the glass, if liked.

**Raspberry or Strawberry Shrub**—Six quarts of fruit to three pints of best vinegar (cider); let stand one day, then scald and strain and put one pound of sugar to a pint of the liquid, putting the sugar in while the liquid is warm; let boil up four or five minutes to make a rich syrup, and bottle while hot, corking tightly. Use a wine-glassful of the syrup to a goblet two-thirds full of ice-water.

**Cream Nectar**—To one gallon of boiling water add four pounds of granulated sugar and five ounces of tartaric acid. Beat the whites of three eggs and pour into a bottle with a little of the warm syrup; shake briskly; then pour it into the kettle of syrup; stir it through well. Boil three minutes, removing the scum that rises. Flavor with any preferred extract and bottle for use. When wanted, take two or three tablespoonfuls of the syrup to each tumbler of ice cold water and add one-half teaspoonful of soda, drinking while effervescing.

**Requested Recipes**

A "Brown Betty" is an apple pudding, and if well made, is very appetizing, as well as inexpensive. First, have your bake pan or dish well buttered, then put in a layer of tart apples, peeled, cored and quartered; or the apples may be chopped; sprinkle over them sugar, ground cinnamon, or nutmeg, according to taste, and put bits of butter over the top; sift over this layer a covering of stale bread crumbs, then another layer of apples, then crumbs, the last layer being crumbs. This may be either baked or covered tightly and steamed until done. About half as much crumbs as apples should be used, and any preferred sauce may be taken with it. Another way is to make a light, creamy batter and pour over the apples to form a crust, and bake. It is very much liked.

"Imitation" Crab Salad—Make a paste of the yolk of a hard-boiled egg and a tablespoonful of olive oil; add a teaspoonful of salt, the same of sugar, and the same of mustard; half a saltspoonful of cayenne and a tablespoonful of the best vinegar; mix well, and stir in half a pound of grated cream cheese; serve in small cases and use buttered biscuits with it; if a cup of cold minced chicken is added, the taste will be like crabs, and may be served in crab shells.

For a tart sauce, use a cupful of sugar, a little flour and a tablespoonful of lemon juice, blended with boiling water, then add a tablespoonful of butter and grate nutmeg over the top. To be used with puddings.

Nut cookies are made by adding to the cookie dough the shelled and chopped or rolled nut meats while kneading or stirring. The dough should be handled as little as possible, as it should be made soft as can be rolled out. Raisins, currants, or other fruits may be dotted over the top before baking, and the top moistened with milk, beaten egg, or butter.

While the warm weather weakens the appetite in some degree, it is necessary to have a nourishing breakfast of some sort. Working people, whether indoors or out, need nourishing food as well in hot as in cold weather, but unless they are specially fond of such things (and few people are), the meal should not consist entirely of cereal foods. A few slices of well cooked bacon, or a bit of broiled fish, or egg in some form or other, is far better for the worker. The various package foods are extravagant, and unsatisfying, though they are recommended by most of printed-page cooks. Men and women and children work bet-

ter, and are stronger for a good, nourishing breakfast. The nervous system will break down under poor, or insufficient foods. Under feeding is as great a sin against the bodily health as over-feeding. The very best of foods, however, will be spoiled by poor or neglected cooking.

**Household Pests**

One friend writes that she got rid of ants by mixing rough-on-rats with moist raisins, and placed them in the run of the ants. The little pests soon covered the raisins, and their career was ended. If this destructive is tried, be sure to put it where no little fingers can gather up and eat them, else, the babies might be destroyed with the ants.

"Bird" asks for a true remedy for buffalo moths. In getting rid of any pest, as much depends on the individual as on the remedy. One which is recommended is to wash the floor with strong hot brine before laying the carpet, and every week to sprinkle the carpet with coarse, barrel salt and sweep thoroughly. Another way is to spread over the carpet where the moths are suspected to be, a wet cloth, and iron it with a hot iron, sending the steam through the carpet. Go over all the carpet in this way, and it is very reasonable to suppose the moths will be killed.

For buffalo moth, and worms which destroy carpets, mix turpentine with clear water in proportions of three tablespoonfuls of turpen-

tine with three quarts of water, and sponge the carpet, both sides with this mixture, after sweeping it well. This is a good way to disinfect and clean a carpet, and the smell of the turpentine will keep away moths.

The buffalo bug will eat woollens, silks, carpets and books. The larva are found usually on the underside of carpets, eating in the darkness, and destroying the carpet unsuspected. It confines its depredations to the summer months. Buffalo bugs are very fond of tulips and are often brought in from outside on flowers.

Where buffalo, or any other moths are suspected of being, the carpet should be taken up, thoroughly beaten and sunned, and the floor washed with very hot water containing one tablespoonful of carbolic acid to each gallon of water. Apply the water very hot, and especially to any cracks. When the floor is dry, sprinkle powdered borax over the floor, especially along the baseboard, and under the edges of the carpet when relaid.

**The Chopping Machine**

One of the most necessary articles for the kitchen is the chopper. It is useful to grind not only meats, but nuts, vegetables, cocoanut, crackers, dry bread, vegetables for relishes, or for soups, and especially for salads. It saves a great deal of labor in the kitchen, and a chopping machine should be among the "have-to-haves."

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