

and paint brush with more or less skill, and if the "man of the family" is inclined to put off doing things (as most of them are, in such matters) the woman should not hesitate to tackle the job herself. Self-confidence and skill comes with experience, and we are all more or less proud of our own work.

For the bed-room which is too small to admit of much furnishing on the floor-lines, few things are more appreciated than the corner shelves, racks and cupboards, while the wall-spaces may be made useful by racks, drop-leaves and hanging shelves, by the use of which habits of neatness may be inculcated and nourished. For the corners above any piece of furniture, a set of three or more shelves can be made by cutting out the required number of three-cornered boards, and fastening them together at convenient distances by either iron or brass rods, covered wires, or cords of silk, linen or cotton. These should pass through holes in the corners of the shelves, with an extension loop at the top by which to hang them on a stout hook or nail, while the two front corners will look very nice with pendant tassels, or without. The edges of the shelves may be sand-papered, and the whole either stained, varnished or painted.

Wall shelves may be made the same way, except that the boards must be square-cornered, and may be of graduated sizes, from bottom to top. The wood should not be very heavy. Wall racks may be made of cord and pasteboard, or thin wooden boards, and wall pockets may be made of any stout cloth, decorated with colored bindings, fancy stitching, hand painting, or plain, with the pockets sewn in pouching form to the stiff backs. They are all easily made, and very convenient.

For the Home Seamstress

In cutting waist linings, be careful not to cut your darts too high

WHAT'S THE USE?

To Pour in Coffee when it Acts as a Vicious Enemy

Fasters have gone without food for many days at a time but no one can go without sleep. "For a long time I have not been sleeping well, often lying awake for two or three hours during the night, but now I sleep sound every night and wake up refreshed and vigorous," says a California woman.

"Do you know why? It's because I used to drink coffee but I finally cut it out and began using Postum. Twice since then I have drunk coffee and both times I passed a sleepless night, and so I am doubly convinced coffee caused the trouble and Postum removed it."

"My brother was in the habit of drinking coffee three times a day. He was troubled with sour stomach and I would often notice him getting soda from the can to relieve the distress in his stomach; lately hardly a day passed without a dose of soda for relief."

"Finally he tried a cup of Postum and liked it so well he gave up coffee and since then has been drinking Postum in its place and says he has not once been troubled with sour stomach."

Even after this lady's experience with coffee her brother did not suspect for a time that coffee was causing his sour stomach, but easily proved it.

Coffee is not suspected in thousands of cases just like this but it's easily proved. A ten day's trial works wonders. "There's a Reason."

Read the famous little book, "The Road to Wellville," in pkgs.

or too wide in the front; especially care must be taken in working with heavy-weight materials. This is a very common error with the inexperienced home seamstress. The main thing is not to make the darts too deep at the top, for when this is done, it always leaves a small, cup-like pucker at the bust line. In trying to remedy this, the inexperienced seamstress will continue to pinch in and take up the dart, only making matters worse by doing so. A well-cut dart should be a very slender V-shaped affair—one with a very long, slender point, the narrow point of course being at the top. The narrower the dart is cut at the top, the better the result.

Do not make the mistake of cutting your arm-holes too large. Better have them too small, and trim them carefully when on the person, for the mistake is impossible to remedy. Cut the arm-hole just as small as possible with actual comfort, and give the necessary breadth across the chest and extra length from the shoulder to the waist line; this will give both comfort and a smooth fit.

If bias folds are used, they should be cut perfectly bias, and this may be done by placing the material smoothly on the cutting table and turning over the corner until the selvedge edge lies quite straight across the grain of the goods, forming an angle of forty-five degrees from the selvedge to the straight edge. Turn the material over frequently to make sure that it is keeping bias, as the least deviation will mean that the fold will twist when sewed to the material of the garment.

To insure a well-fitting sleeve, and avoid twisting, the curve for the elbow should be over the bend of the elbow when the hand is brought to the bust line, and the inside seam should be in line with the thumb when the arm is dropped to the side and the palm of the hand is turned to the body.

Removing Stains

Some knowledge of the nature of the stain, and the proper methods to be used, aid very materially in doing good work of this kind. Most of fresh fruit stains can be removed by pouring through the stain plenty of clear, boiling water, while some require the aids of acids and alkalis. For stains which require rubbing with erasives, or gasoline, naphtha, chloroform, etc., a pad of blotting paper or absorbent cotton should be put under the material before commencing the work, as either will help to absorb the dirt and aid in preventing the appearance of the "edge" or ring so often left when cleaning, especially where gasoline is used.

To avoid this ring, care should be taken to rub around and around, following the outline of the stain, and enlarging the circle all the time. Sometimes it is necessary, after the stain is removed to remove the ring, in spite of care, and it is well to begin a little outside of the ring and rub in a circle, following the outline of the ring, going always toward, instead of away from, the center, as in the first case. Should this fail, scrape some French chalk over the spot, leaving it on for several hours, then brush it off carefully. - or the rubbing, if possible use a piece of the same material as the garment in hand, as like in color and texture as may be, except when cleaning silk, when clean, white flannel should be used.

Nothing has been found which will remove stains of perspiration from goods that can not be boiled. Perspiration is the means employed by the system of removing waste matter from the body, and this waste matter contains both acids and alkalis.

What will kill the alkali will set the acid, and what will counteract the acid will set the alkali.

Iron stains may be removed from cotton goods by wetting it with a solution of citric acid, then washing repeatedly; from woolen goods, by wetting with a solution of hydrochloric acid; from linen, by a warm solution of oxalic acid, and washing well; for silk, there seems no remedy. The druggist will give the proper solutions of each.

Luncheon Dishes

Meat Sandwiches—Mince any suitable cold meats by running through a chopping machine; moisten with a little cream, melted butter or salad dressing; add salt, and other seasoning to suit the taste, and spread on thin slices of bread. Over this spread a little catsup, chili sauce, or minced pickle, and cover with another

thin slice of bread, trimming nicely. Nut meats, ground, mashed or chopped fine and seasoned with salad dressing forms a good filling for sandwiches.

Sliced Meat Sandwiches—Buy several pounds of nice flank of beef; season with salt, black pepper, powdered sage, and roll up tightly; tie with a cord, and place in a Kettle of boiling water, with a teaspoonful of salt added; set over a slow fire where it will stew slowly for several hours, gradually allowing the water to stew away. Keep covered closely. When done, take out and place in a suitable vessel or dish. Lay on it a smooth, clean, hardwood board, and weight it down heavily. Leave overnight, and the next day remove the weights, cut and pull off the cord, and as wanted slice thinly with a sharp knife; use as filling for sandwiches, or pile on a nice platter to be eaten as desired.

Paris Fashions for Readers of The Commoner

STYLE D

No. 1778—Ladies' Tucked Shirt Waist. Closed at Left Side of Front. A pretty shirt waist with fronts opening over a cross-tucked plastron vest is here shown made of fine linen. All the new shirtings are available for waists of this style. Seven sizes, 32 to 44 inches, bust measure.

No. 1958—Ladies' Eleven Gored Skirt, with an Inverted Box Plait at Center Back Seam and Fan-plaits at Lower Part of the Other Seams. Dark Blue silk braid is prettily used as a trimming on this eleven-gored separate skirt of navy Panama. This is a good style for making a skirt of black, blue or brown taffetas, and in the washable materials, such as linen or pique. Seven sizes, 22 to 34 inches, waist measure.

No. 1901—Misses' Shirt Waist. For summer, the demand for plain shirt waists which can be simply and readily made and which launder beautifully, is heard, and in order to supply the demand this pretty model of pink madras is offered. Three sizes, 13 to 17 years.

No. 1458—Girls' Tucked Dress, with a Yoke Guimpe. This little dress is a charming style for sheer goods, all sorts of wash goods and also for silks and a variety of woolen dress goods in plain, checked, striped and figured effects. It is here illustrated made of white handkerchief linen, with the guimpe of all-over embroidery in a small design. Four sizes, 6 to 12 years.

No. 1746—Ladies' Low-necked Waist, with Short Puff Sleeve, Body and Sleeve Lining and with or without the Girdle. Very beautiful effects may be produced in this waist which is a graceful girlish model for all sorts of evening fabrics. Six sizes, 32 to 42 inches, bust measure.

No. 1496—Girls' and Misses' Shirt Waist. A smart little shirt waist dress for either the older or the younger girl is here shown. The shirt waist is of the Peter Pan order, with rolling collar and three-quarter length sleeves. The three-piece circular skirt could be of plain, plaid, striped or checked goods and the waist of linen, pique, poplinette or any of the fancy shirtings. Five sizes, 8 to 16 years.

No. 1791—Misses' Tucked Jumper or Guimpe Waist, Slipped on over the head. A very neat waist is here shown made of Irish linen with a pointed yoke front and back and the same pointed effect on the cap sleeves. Three sizes, 13 to 17 years.

No. 1829—Ladies' Nine Gored Plaited Skirt. This model would develop beautifully in any of the pastel colors, or in the pekiné black and white, in London smoke cheviot. Seven sizes, 22 to 34 inches waist measure.

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