

fullness.—Housekeeper (Minneapolis, Minn.)

Rattling Windows

On stormy, or windy nights, such as we have frequently on cold wintry nights, the rattling of a loose sash will occasion much loss of sleep, and in order to prevent the noise, it is only necessary to insert a bit of wood at the side of the sash. This wooden "stop" may be made slightly wedge-shaped, and lightly driven in the opening as far as required to keep the sash steady. The head of the wedge may be tied with a bit of twine and fastened to the side of the window, so it will always be in place. All loose boards, and shutters should be tightened up wherever located, as this will prevent one of the most troublesome annoyances of the stormy winter night.

The Window Garden

If the soil in the pots has a dead, putty-like feeling to the fingers, no plant will grow in it.

When flower buds appear, give weak manure water once a week, with sunshine suited to the plants.

Water only thirsty plants; give them all the water they want, then wait until they ask for more. Over-watering brings on water-dyspepsia, and kills with sour soil.

The thin, greenish moss that develops only on water-sick soil is a symptom of a disease that will kill every root that is confined in it. Repot with fresh, healthy soil.

Over-watering can not be too often inveighed against; it is the bane of the window garden, and causes untold trouble. Watch the drainage, that it does not get clogged.

Turn the plants daily to keep them from growing lop-sided, unless outside show is preferred. Set a bowl or bucketful of boiling hot water under the plant table, or among the plants, to send its moisture through the air.

In rich soil, the variegated tradescantias are prone to revert to the plain green type. German ivies require a rich soil, and more heat and water than tradescantias. Either of these makes lovely veranda vines; but the finest vines for the purpose are ivy geraniums.

The abutilon is fine for either the window in winter or the veranda in summer, blooming freely either place. It grows rapidly, is easy to care for; not too much root room, good, por-

WISE CLERK

Quits Sandwiches and Coffee for Lunch

The noon-day lunch for the Department clerks at Washington, is often a most serious question.

"For fifteen years," writes one of these clerks, "I have been working in one of the Gov't. Departments. About two years ago I found myself every afternoon, with a very tired feeling in my head, trying to get the day's work off my desk.

"I had heard of Grape-Nuts as a food for brain and nerve centres, so I began to eat it instead of my usual heavy breakfast, then for my lunch instead of sandwiches and coffee.

"In a very short time the tired feeling in the head left me, and ever since then the afternoon's work has been done with as much ease and pleasure as the morning's work.

"Grape-Nuts for two meals a day has worked, in my case, just as advertised, producing that reserve force and supply of energy that does not permit one to tire easily—so essential to the successful prosecution of one's life work." "There's a reason."

Name given by Postum Co.; Battle Creek, Mich. Read the "Road to Wellville," in pkgs.

ous soil moisture, with good drainage. Shower often, and give a warm, sunny situation.

Give potted plants plenty of fresh air, let them have good light and, on bright, warm days, set them out on the veranda for an hour or two in the warmest part of the day. Season them gradually to bear the outer air, keeping the room cooler by degrees. This will prevent insects.

The Garden

Have you "made garden" yet? The garden should be done on paper, at the fireside, before the seeds are ordered; but if you have neglected this, send for the seedsman's catalogue as soon as possible, and when it comes, hold a family council, study directions for preparing the ground, making the beds and selecting the seeds, giving special heed to instructions for planting and cultivating.

Plan your garden so that most of the work may be done by the horse and plow, or the hand cultivator. Select reliable, tried sorts of vegetables and fruits for the main crop, and plant enough to supply the table, with a goodly surplus for canning, drying and pickling later on. For the winter supply, there may be a later sowing.

Try a few seeds of the novelties; if several neighbors should send for one variety each and exchange seeds, a goodly start might be had for a small amount.

If you have not started a fruit garden, begin now. Look over the advertising pages and see the offers of reliable seedsmen, many of whom offer "collections" of plants, mailing size, which are well worth considering. If given care, nearly all these plants or roots will live, and even if a few do die, you will get your money's worth. A half loaf is better than no bread, you know, and it is just as easy to raise fruit bushes or vines in the fence corners as to raise sumach, wild brambles and poison ivy. Even one at a time is a start. Do not delay, for the seed-time is at your door.

If you are a village woman, you can have many things in the way of flowers that your busy country sister must do without; but the country sister may have much if she sets her head to it. Plant perennials, and set out flowering shrubs where you can see the beauty while at your work. Many hardy shrubs can be grown from the seeds, blooming the second year. Fill your life with beauty; plan for the sunshine, and then work for the plans.

Effects of Cigarette Smoking

Dr. Marden, in Success, has this to say to the boy beginning the use of the cigarette: "The whole tendency of the cigarette nicotine poison in the youth is to arrest development. It is fatal to all normal functions. It blights and blasts both health and morals. It not only ruins the faculties, but it unbalances the mind, as well. Many of the most pitiful cases of insanity in our asylums are cigarette fiends. It creates abnormal appetites, strange longings, undefined desires, discontent, uneasiness, nervousness, irritability, and, in many, an almost irresistible inclination to crime. In fact, the moral depravity which follows the cigarette habit is something frightful—lying, cheating, impurity, loss of moral courage and manhood, a complete dropping of life's standards all along the line, are its general results."

Magistrate Crane, of New York City, says: "Ninety-nine out of a hundred boys between the ages of ten and seventeen years who come before me charged with crime have their fingers disfigured by yellow cigarette stains. I do not care to pose as a reformer, but it is my opinion that cigarettes will do more than liquor to ruin boys. When you

have arraigned before you boys who are hopelessly deaf through the excessive use of cigarettes, boys who have stolen their sister's earnings, boys who absolutely refuse to work, who do nothing but gamble and steal, you can not help seeing that there is some direct cause, and a great deal of this boyhood crime is, to my mind, easily traced to the deadly cigarette. There is something in the poison of the cigarette that seems to get into the system of the boy and to destroy all his moral fiber."

Cigarette smoking is no longer simply a moral question. The great business world has taken it up as a deadly enemy to advancement and achievement, and many leading business firms, all over the country, have put the cigarette on the prohibition list. Anything which benumbs the senses, deadens the sensibilities, and dulls the mental faculties is a dead-

ly enemy, and nothing will do this more quickly than the cigarette.—Physical Culture Magazine.

Notes for the Sewing Room

Trim the white serge or mohair suit with fancy-weave white silk braid.

A tiny cushion with a loop of tape sewed to one end, and the loop slipped over the spindle where the spool stands is a convenience for needles and pins.

Run the table linen edge through the hemmer of the unthreaded sewing machine, and hand-hem afterwards. The hem will be turned neatly and evenly.

Cut basting threads at short intervals in order to draw out without pulling the threads of the fabric. Two shirrings are better than one on a gathered edge.

Latest Fashions for Readers of The Commoner



1936—Ladies' Shirt-waist, tucked in box-plait effect. A pretty style for linen or thin flannel. Seven sizes, 32 to 44.

2234—Girls' Dress, with plaited skirt and a separate guimpe. Bright colored serge combined with black velvet is pretty for this model. Four sizes, 6 to 12 years.

2225—Misses' Five-Gored Plaited Skirt. Mohair or serge are suitable materials for this model. Three sizes, 13 to 17 years.

2223—Ladies' Work Aprons, over-sleeve and Cap. Cross-barred gingham or dimity is pretty for this set. Three sizes. Small, medium and large.

2241—Ladies' Tucked Waist with High or Low Neck, three-quarter length sleeves and body lining. Suitable for both afternoon and evening wear. Six sizes, 32 to 42.

2248—Girls' Apron, with Gabrielle Front and with or without the Bretelles. Five sizes, 4 to 12 years.

2240—Infants' Cold Feet Gown. Canton or Viyilla Flannel are the best materials for this gown. One size.

2219—Ladies' Chafing-Dish Apron, to be made of Handkerchiefs or other squares. One size.



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