

colander, dashing cold water over it to wash off the starchy substance which gathers on it while cooking. After this it may be prepared in various ways with other seasoning.

For the hands, to one pint of bran (the common wheat bran) add a cupful of finely shaved white soap; mix these ingredients together with a tablespoonful of powdered borax, and put into bags of cheese cloth about four inches square; fill the bags and sew up the ends; scrub the hands with one of these bags, and it will cleanse and leave them beautifully smooth and white.

To remove a particle of dust from the eye, use a bit of tissue paper twisted to a point and dampened. The paper is softer even than a fine handkerchief and with it foreign bodies may be removed with very little discomfort.

Canned fish, when opened, should be immediately turned out of the can. It should be used at once, and if any is left from the meal it is well to throw it out, if it can not be used at the next meal, as stale canned fish is liable to ptomaines when long exposed to the air.

Fresh meats should not be salted when put away, nor should vegetables be soaked in salt water when freshened. Salt draws the juices from meats and wilts vegetable materials.

**For the Hair**

"Distracted"—For the parasites, give the head a good, thorough washing, then get a cake of bichloride of mercury soap, cut in halves, and shave one-half into a pint of boiling water and dissolve over a gentle heat; set aside to cool to a jelly-like mixture. Use a little of this as you would soap twice or three times daily. The itching will continue until the parasites are removed. The cure and preventive for

**DIDN'T KNOW**

**Coffee Was the Cause**

Many daily habits, particularly of eating and drinking, are formed by following our elders.

In this way ill health is often fastened upon children. A Georgia lady says:

"I had been allowed to drink coffee ever since I can remember, but even as a child I had a weak stomach which frequently refused to retain food.

"The taste of coffee was in my mouth all the time and was, as I found out later, the cause of the stomach rebelling against food.

"I now see that it was only from following the example of my elders that I formed and continued the miserable habit of drinking coffee. My digestion remained poor, nerves unstrung, frequent headache, and yet I did not suspect the true cause.

"Another trouble was a bad, muddy complexion for which I spent time and money for creams, massaging, etc., without any results.

"After I was married I was asked to try Postum, and would you believe it, I, an old coffee toper, took to Postum from the very first. We made it right—according to directions on the package and it had a most delicate flavor and I at once quit coffee, with the happiest results.

"I now have a perfectly clear, smooth skin, fine digestion and haven't had a headache in over two years."

"There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read, "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.

such things is principally cleanliness and watchfulness.

A. G.—A good tonic for the hair is made of black tea. It is in the nature of a stain, and will darken light hair. Make a strong infusion of an ounce of black tea to ten or twelve ounces of boiling water, let steep at nearly boiling point for twenty minutes; then let get cool, strain, and add the following ingredients: Bay rum, two ounces (four tablespoonfuls), glycerine, two ounces; alcohol, two ounces. Shake well, and apply to the roots of the hair with a small sponge, a medicine dropper, or small oil can, night and morning, every day for some time.

A tonic highly recommended for falling or fading hair is made of forty grains of quinine, two tablespoonfuls of fine table salt, and one quart of best bay rum. If the hair is very dry, add an ounce of castor oil. Shake well before using, and apply to the scalp morning and evening, rubbing it well in with the finger tips. A less quantity, keeping these proportions, might be tried.

Another very excellent tonic for the hair is crude petroleum, which is not "smelly," like coal oil or gasoline. Rub a little of this on the scalp (not the hair) night and morning. It is not expensive, and can be had of the druggist.

**Query Box**

L. D.—Rudyard Kipling was born in Bombay, India, in 1865.

A. M.—Am sorry I can not give you the desired address; can not tell you what, if any, premium there is on the coin mentioned.

F. P.—The sage used in hair tonics is the same as that used in the kitchen for seasonings, the common garden sage; if it can not be had fresh, it can be bought in the dry stage of butcher, grocer or druggist.

M. L.—One refuses wine by merely a gesture of dissent with the hand. It is not necessary to reverse the glass. Salads are eaten with a fork; even lettuce leaves can be folded to convenient size for the fork.

D. M.—Admission to the federal soldiers' homes where women are taken is granted only to the wives or widows of the soldiers who enlisted in the states where the homes are located.

Fannie—To remove the varnish, wet the place with alcohol and rub with a soft, clean cloth; repeat until the stain is removed, then wash with a hot solution of sal soda—a teaspoonful to a half pint of water. If the goods are colored, it may take the color out. Benzine is said to remove varnish.

M. L.—Wishes to know, "what is the sign when you drop a dish of victuals?" The "sign book" says it is an omen of bad luck; but you would know it was bad luck, without the sign book. I should say it was a sign that you were nervous or careless—perhaps both.

Young Mother—Do not give castor oil to the young babe, as, after the first effect, it leaves the bowels in a worse condition than at first. Try giving from ten to twenty drops of olive oil two or three times daily. Try eating laxative foods, yourself.

**Hospitality**

The question of hospitality comes up very largely and most uncomfortably even to a business girl, when she feels that she can not return the many little kindnesses that other people are able to offer her; but one should not be foolish and let false pride eat into her pleasures, because she, herself, gives more pleasure than she knows of. Hospitality is to give what you have—that is, what we are ourselves, and not to

give what some one else has; not to live up to some other person's style of living. If you live in a small house, even of but two rooms, that is no reason why you should not ask some one who lives in a big house with lots of rooms to come and see you. Ten chances to one, she will envy you, and you would probably give such a one a far pleasanter time than she can afford to give you. Just show her your side of life, and how you take it. The people you will have trouble with will be some narrow-minded woman who can not see further than her own nose, and who does not understand the best part of living. Nice women—women "worth while"—will gladly come, for they will get more than they can give. One should not see only the country that lies under the eyes, but should scan the far-away horizon, and see what lies beyond. The very best gift one can give is one's self.—Judith Lloyd, in Ladies' Home Journal.

**Your Heart**

is a wonderful pump that works incessantly, averaging seventy 50-pound strokes a minute, and forcing from 20 to 30 pounds of blood throughout the body each minute.

The power that keeps this wonderful pump in motion is nerve force, the energy furnished by the nerves.

Disease, over-exertion, fright, anxiety, alcohol, tobacco and other stimulants weaken these nerves, but the heart, instead of stopping, makes extraordinary efforts and causes heart strain.

Then comes shortness of breath, heart palpitation, dizziness, etc., because the nerves are too weak to furnish power. Take the only safe remedy.

**Dr. Miles' Heart Cure**

It feeds, strengthens and builds up the nerves and muscles of the heart so they can supply the necessary energy.

"Dr. Miles' Heart Cure is a marvelous remedy. I always use it when cardiac trouble is present. It meets the indications surely and completely."

—C. F. P. BURCHMORE, M. D., 496 Mass. Ave., Boston, Mass.

The first bottle will benefit, if not, the druggist will return your money.

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