

very little and open the shoulder and under-arm seams a very little.

Great care must be taken to get sleeves exactly alike, as nothing is more awkward than sleeves that set differently and are of different lengths. Be careful of the basting, holding the arm-hole with the sleeve toward you as you sew; this makes it easier to adjust the gathers. The top of the sleeve should be gathered between the notches with two rows of fine stitches.

Exterminating Water Bugs

One of the best remedies for water bugs and cockroaches is boiling water and a strong soap powder. First clean out all corners, cracks and crevices; for the large cracks, use brush, for the smaller, an old knife-blade, and for the very small ones, a strong pin. After all dirt is removed, saturate every place with the boiling water and soap powder; washing soda will do instead of the powder, if preferred. In either case, there would be much paint left on the wood. A soap powder that can be used on the hands or delicate goods is not strong enough; use the strongest to be had. The water must be boiling and the powder well dissolved. Use it plentifully. After everything is well cleaned, scalded and thoroughly dry, fill every corner and crack with the strongest insect powder to be had—the Persian is one of the best, but it must be fresh

and strong. If boards or mouldings can be removed, it is best to do so, if the bugs are strongly entrenched behind them, then they should be nailed back in place after the powder is used. The powder will probably not instantly kill the bugs; but they cannot live long where it is plentifully used in full strength. A powder generally loses strength after a while, and must be renewed. Sprinkle the powder around the steam radiator pipes, the tub and sink pipes, or in any crack in the floor. This is especially necessary to do in the kitchen. Then never leave food of any kind uncovered, no matter if you have no bugs, for in spite of care, uncovered foods will attract them from other apartments; a few may be brought in with the groceries or other provisions, and they soon establish themselves and multiply. But the one strongest essential is absolute cleanliness, with no wet or damp corners or old wet rags lying about. Whether water bugs carry disease germs with them or not, they are filthy things that no housewife wants about her.

Cooking Figs

One of our readers asks how figs should be cooked and preserved, meaning the fresh figs, just from the tree. It is claimed by those who live where figs grow that they are delicious eaten raw; but where one has an abundance, they should be preserved in some way. To candy figs, skin figs before they get over-ripe, cut in halves, dip in hot syrup, let dry, and repeat until well cooked. These must be protected from flies while drying.

Figs may be made into jam, or spiced, or preserved. For jam, take figs of varying degrees of ripeness, slip down the skin, inserting a knife at the stem and stripping it down, or if the figs are very ripe, use the skins. Cut the fig into several pieces, use half their weight in sugar, and no water. Set them on the rear of the stove where there is to be a fire a long time, as it takes long, slow cooking to bring out the water; cook them down to the desired consistence. Excess of sugar robs the fruit of its flavor; long cooking is imperative. Where figs can be "cured" on the tree, they are the best, and to protect the fruit from birds, throw a net over the tree.

For spiced figs, take the brown or black figs, when ripe, but not cracked; leave the skin on, cut a trifle off the top, stick several cloves into every one, put in a kettle and shake over them half their weight in sugar, with a small cupful of vinegar to seven pounds of fruit. Cinnamon sticks may be used. Let stand over night to drain water from the fruit, and add no water to the fruit at any time.

The above recipes are furnished by a California reader, Mrs. T. Delaney.

"Gathering Up the Fragments"

When a tablecloth of good material becomes too worn for further use as a table-cloth, hold it up between you and the light, find all the thin, worn places, and mark around them with a blue pencil; then cut the cloth first into as large squares as the good parts will allow, and these larger pieces may be used as napkins or tray-cloths; then cut the next larger pieces, which may serve as squares to put under the children's plates, or to cover occasional soiled spots; the still smaller pieces may be used for doilies. These pieces may be finished as desired—hem-stitched, fringed, over-cast, or buttonhole-stitched. This is much better than to toss the material into the rag-bag, and will help out on many occasions, saving the napkins and finer table dressings.

**EDITOR BROWNE
Of the Rockford Morning Star.**

"About seven years ago I ceased drinking coffee to give your Postum a trial.

"I had suffered acutely from various forms of indigestion and my stomach had become so disordered as to repel almost every sort of substantial food. My general health was bad. At close intervals I would suffer severe attacks which confined me in bed for a week or more. Soon after changing from coffee to Postum the indigestion abated, and in a short time ceased entirely. I have continued the daily use of your excellent Food Drink and assure you most cordially that I am indebted to you for the relief it has brought me.

"Wishing you a continued success, I am
Yours very truly,

J. Stanley Browne,
Managing Editor."

Of course, when a man's health shows he can stand coffee without trouble, let him drink it, but most highly organized brain-workers simply cannot.

The drugs natural to the coffee berry affect the stomach and other organs and thence to the complex nervous system, throwing it out of balance and producing disorders in various parts of the body. Keep up this daily poisoning and serious disease generally supervenes. So when man or woman finds that coffee is a smooth but deadly enemy and health is of any value at all, there is but one road—quit.

It is easy to find out if coffee be the cause of the troubles, for if left off 10 days and Postum be used in its place and the sick and diseased conditions begin to disappear, the proof is unanswerable.

Postum is not good if made by short boiling. It must be boiled full 15 minutes after boiling begins, when the crisp flavor and the food elements are brought out of the grains and the beverage is ready to fulfill its mission of palatable comfort and renewing the cells and nerve centres broken down by coffee.

"There's a Reason."

Get 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.

Talks With Commoner Readers---No. 3

Haven't you felt, many times during your life, that when your own interests prompt you to do a certain thing, and you act on the suggestion, that it was the wise and profitable thing for you to do?

And haven't you found many times that it is always easier to do the things you WANT TO do than the things you OUGHT TO do? But haven't you also discovered that the things you OUGHT TO DO are just as important, if not more so, than the things you WANT TO DO?

Haven't you also felt many times, in looking over the advertisements in The Commoner, that there is often something advertised that you not only WANT, but something you OUGHT to have? "Now that is just what I have always wanted—just what I have been looking for." Perhaps you were really in earnest about your own best interests and wrote to the advertiser that very day to find out what he had to offer. Or, perhaps, you were a little careless about the matter, put it off until tomorrow, or your paper was lost or destroyed, and you did not get to write at all. But you still had a longing deep down in your heart that you OUGHT to have written. You still feel that you have missed something by your own delay.

When you see something you want, something you intend to buy even at a future date, the only wise, sensible money-saving plan is to put your desires into immediate action. It is just as easy to attend to it today, and less harder on you than to carry it on your mind for an indefinite time.

In looking over The Commoner advertisements this week, if you find something you want or have been looking for, why not write at once to the advertisers? You may find that what they have to offer is just what you need. Incidentally you may get some one idea or suggestion that will be worth dollars to you. Remember, also, that you are dealing with reliable business men, who are able to render valuable service to you. Your own interests should prompt you to write today.

**Latest Fashions for Readers of
The Commoner**

8802-8801—LADIES' COSTUME

Waist 8802, cut in sizes 32, 34, 36, 38, 40 and 42 inches, bust measure. Skirt 8801, cut in sizes 22, 24, 26, 28 and 30 inches, waist measure. The entire costume requires 6 1/2 yards of 36-inch material for the medium size.

This calls for two separate patterns, which will be mailed on receipt of 10c for each pattern.

8822—LADIES' NIGHT DRESS

Sizes: Small, medium and large. Requires 5 yards of 36-inch material for the medium size.

**8586-8622—LADIES' SHIRT-
WAIST PATTERN**

Waist, 8586, cut in sizes 32, 34, 36, 38, 40 and 42 inches, bust measure. Requires 3 yards of 36-inch material for the 36-inch size.

8622—APRON CUT IN ONE SIZE

Requires 2 yards of 36-inch material for the making.

This calls for two separate patterns which will be mailed on receipt of 10c for each pattern.

8807—GIRLS' DRESS

Sizes, 6, 8, 10, 12 and 14 years. Requires 4 1/2 yards of 36-inch material for the 10-year size.



THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of over 400 seasonable styles for ladies, misses and children, mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired.

Address THE COMMONER, Pattern Dept., Lincoln, Nebraska.