

with your finger rub into it as many crystals of oxalic acid as the dampness will take up; leave on a minute, then wash well in clear warm water to remove the acid, lay in the sunshine and let dry. Repeat, if necessary.

Emma B.—This is recommended: To prevent bluing from "streaking" clothes when rinsed in hard water, put the desired amount of bluing into half a pint of sweet milk, stir well, and stir thoroughly into the rinse water. Use as little bluing as possible.

H. H.—Your suggestions are good. A set of carpenter's tools will interest the idle boy as well as instruct him. Get him good, though not expensive tools, and require him to take care of them. Like house-keeping for girls, the boys should be able to do a plain job of repairing.

S. A.—The stains of perspiration are almost impossible to remove. Soak first in clear, tepid water, rubbing gently from time to time to loosen the stain; then wash as usual. Boiling will usually remove the worst from white goods, but not always, or all of it. Hot soapy water at first will set the stain.

Orange Blossom—Do not use Epsom salts about the face. It is extremely drying, and will cause, instead of remove, wrinkles. Complexion specialists tell us that blackheads are the result of careless washing of the face—in short, just simple dirt, left in the pores of the skin. Get a good work on physical culture through your book dealer.

**For the Home Seamstress**

The best of embroideries will, in time, fray out about the edges, and to strengthen and keep it from raveling, place the embroidery under the foot of the sewing machine and stitch carefully several times around the scallop, and once around the openings that seem inclined to be weak. If the embroidery is torn, or breaking about the openings, place a piece of cloth like the material under the damaged place and baste along the lines of the work, then, on the right side stitch along the edge and openings, and when all are stitched, care-

**WHAT IT IS**

**Composition of the Famous Food**

A wide spread interest has been created among good liver, as to the composition of Grape-Nuts, the food that has become popular and famous the world over.

It has long been known to physicians, chemists and food experts, that the starchy portion of entire wheat and barley flours is transformed into a true and very choice sugar, by the act of intestinal digestion in the human body. This sugar is identical with, and is known as grape-sugar, and it is in condition for immediate transformation into blood and the necessary structure from which the delicate nerve centres are built up.

A food expert followed a line of experiments until he produced the food called Grape-Nuts, of which grape-sugar forms the principal part, and it is produced by following Nature's processes, in a mechanical way. That is, heat, moisture, and time are the methods employed and directed by scientific facts gained in research.

Grape-Nuts food is probably entitled to the claim of being the most perfectly adapted food for human needs in existence. Certain it is that the user's delight in the flavour and the perfect action of intestinal digestion during the use of Grape-Nuts is satisfying, and the added strength of body confirms the fact. "There's a Reason." Read "The Road to Wellville," in pkgs.

fully cut the patch away from the edge and the openings. This will give much longer life to the garment without its being unsightly.

For the bottom edges of undershirts or ruffles, if they begin to give way and threaten raggedness, trim off the worn edge and, if the garment is silk, place the trimmed edge in the middle of the very narrow ribbon and stitch the ribbon at the top edge only, letting it fall over the edge of the ruffle, reaching a little below, so as to protect it from further wear. If cotton, use a suitable edging, or braid or tape.

If you are inclined to be stout, do not wear a shirt waist open at the back, as the row of buttons will accentuate the breadth on both sides of it. Small tucks and the V-shape to the garment from top to bottom will give an appearance of smaller size, while broad tucks and horizontal trimmings emphasize fullness of person.

Cream linen, with a trimming of pale blue is very pretty for the school dress, and it can be laundered many times, always looking well. Plaids, with tints in pastel shades, in small checks, make neat jumper suits. Try to select such materials as shed dust, do not wrinkle, or shrink, and will always come out of the laundry looking bright and fresh.

A stout woman should not wear a striped or checked, or flowered shirt waist, and she will find plain colors, and especially dark colors are kindest to her in apparently reducing her size. White gives an appearance of size, but this may be overcome in a measure by wearing a bit of black, in the shape of a belt, or around the wrist and at the neck.

**Floral Notes**

Don't neglect to plant the lilyum and sink in the border where it will command your attention. Do not let the soil in the pot dry out.

Don't forget that freesias must be potted in August, and the pots sunk in the border, if you want the bloom for Christmas. These bulbs require about six months to perfect their bloom. The growth is slow. Do not let the soil in the pots dry out, but do not drench them. They should be plunged (or sunk) in a shady place in the border until they begin to show growth, then given the sunshine and watered moderately. It is a good plan to shelter them from the sun with a lath shade until the growth is assured; then remove the lath shade.

Pot the Bermuda lily this month, Candidum in the garden this month. It is well worth all the bulb will cost you, which is very little, and as it is perfectly hardy, it will increase in number of bulbs year after year.

Most desirable of flowers the month of August gives us is the blossom of the perennial phlox. A clump of the white variety is one of the loveliest things to be seen, and the air is full of perfume in its neighborhood. This fall is the time to set the roots.

Forests of weeds will spring up in the garden and along the fence-rows these hot days, and they should be kept either pulled up or cut down, given no quarters. Pile them up in some corner and pour over the heap plenty of the house-slops and let the sunshine convert them into manure for the use of the spring growth. Every weed that can vill bear seeds, and you must fight them next spring and summer, if not now. Let the war be one of extermination.

You can not begin the work for the window garden too soon, now. Decide what you will keep; get pots and other receptacles, soils, fertilizers, sand, leaf mould, and the few things you intend to keep from the garden should have special attention. The catalogues will be out within a few weeks, but much must be done

before you order bulbs from the florist. Look well to your potted plants, and do not let them dry out.

**For the Laundry**

Save all soiled ribbons, and when a number have accumulated, peel and boil potatoes as for the table; strain the water through a coarse muslin cloth, and let cool. When about blood-warm, wash the ribbons carefully in this water until free from all dirt, then rinse through several clear waters and dry by rolling in a cloth. While still slightly damp, iron between two pieces of muslin. If satin-faced ribbon is washed, iron on the satin side without the cloth.

The chilly nights will bring back

the light cotton blankets, and when washed, beat them with a rattan carpet beater to loosen up the fluff. A good sunning is often better than a washing.


For cleaning dress shields, use a strong suds of borax water, rather cool. If colored stains remain, wet well with ammonia water. In the rinsing water put a tablespoonful of toilet water which destroys all soap and perspiration odors. Dry after rinsing well, and iron with a moderately warm iron.

For the fine shirt waists and other white articles that are apt to be soiled by contact with the clothes line, cover the line with strips of old sheets or pillow-slips, over which the thin garments may be hung with safety. Pin collars to the sheets, not on the line.



### Paris Patterns for Readers of The Commoner

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 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dressmaking full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents.





1476



1428



1806



1732

**STYLE C**

No. 1476—Ladies' Shirt Waist, with Long or Elbow Sleeves and with or without Back Yoke-facing. One of the smartest and most becoming of the mannish shirts for golf, tennis and general outing wear is here shown made of Irish linen. Two wide tucks extending from each shoulder nearly to the bust give the modish broad shoulder effect. Six sizes—32 to 42 inches, bust measure.

No. 1428—Girls' Low Necked Dress with Cap Sleeves. These little frocks are made up in the daintiest fabrics, lawn, organdie, dotted, plain and embroidered Swiss, figured and plain dimity, and handkerchief linen and show a very smart effect. Four sizes—6 to 12 years.

No. 1806—Ladies' Jumper or Guimpe Waist, Slipped on over the Head. A charming model is here shown for embroidered or lace founcing the front and back separating in V fashion from the belt and connected with straps of insertion. Seven sizes—32 to 44 inches, bust measure.

No. 1732—Girls' Plaited Blouse Dress, with a Separate Guimpe. The dress with a separate guimpe is a popular and economical fashion for the smaller girls and may be attractively varied by a change of guimpes. The model here portrayed is one of the most recent designs, and is charming in plaid gingham, with the guimpe of white. Four sizes—6 to 12 years.

No. 1788—Ladies' Tucked Shirt Waist with Long or Three-quarter Length Sleeves. Although an exceedingly simple style, this shirt waist can be made a very elaborate affair by hand embroidery or motifs of insertion used in individual ways. Seven sizes—32 to 44 inches, bust measure.

No. 1296—Misses' Waist with High Neck and Long Sleeves or Square Neck at Front and Elbow Sleeves. Soisette, peau de cygne radium silk, Dresden silk, veiling, eolienne, albatross, Milanese, and the diaphanous and laundriable fabrics are adaptable. Three sizes—12 to 16 years.

No. 1399—Child's Low Necked Dress, with Yoke and Pointed Bertha. This is a charming little model for dressy afternoons or party frock. It is here pictured made of sheer China silk. Four sizes—2 to 8 years.

No. 1887—Ladies' Kimono Wrapper and Sack Having Centre Back Seam and with Body and Sleeves in one. This model is here shown made in crepe-cloth, and may be made long or short as preferred. Seven sizes—32 to 44 inches, bust measure.



1788



1231



1369



1887

IN ORDERING PATTERNS, GIVE US YOUR NAME, ADDRESS, PATTERN NUMBER, AND SIZE DESIRED.

**THE COMMONER, Lincoln, Nebraska**