

the position of the child when at study, the hours of recreation, the temperature of the room, cleanliness and freedom from smells or foulness of the grounds, purity of the water, and many other matters are subject to the gravest consideration. But the country schools are not so well cared for. Too often members of the school board, though fathers themselves, are indifferent, or thoughtless, and, so there is no flagrant complaint, things are allowed to jog along, unhindered. The mothers seem to have little time to look after such things, and if they did, they do not seem to have the power to right the wrongs.

Do you know the conditions to which you consign the boys and girls? If not, don't you think it your duty to find them out by a personal inspection? Do you know anything about the teacher you hire, except what the certificate showed you? More than book learning should be required of a teacher, but in many cases, not even this is strictly insisted upon. Do look into the matter, dear fathers and mothers. Visit the schools, and realize your responsibility.

**"Motor Education"**

Parents are beginning to look to the schools, both public and private for the training of the muscular powers of the child—especially of the hands, along mechanical lines. This education is beginning at last to be recognized as of more importance than the cramming of the brain with a mass of facts that will have no real place in the after life of the child. Real training of the hand, to enable it to perform its share of the world's work, is coming slowly to the front as an integral part of elementary education, and in the higher schools, classes are being instructed, while trades schools are by no means few, in which the different trades are taught by practical work, as well as competent instruction. It began with manual training schools, a sort of school apprenticeship for boys of

**FEET OUT**

**She Had Curious Habits**

When a person has to keep the feet out from under cover during the coldest nights in winter because of the heat and prickly sensation, it is time that coffee, which causes the trouble, be left off.

There is no end to the nervous conditions that coffee will produce. It shows in one way in one person and in another way in another. In this case the lady lived in South Dakota. She says:

"I have had to lie awake half the night with my feet and limbs out of the bed on the coldest nights, and felt afraid to sleep for fear of catching cold. I had been troubled for years with twitching and jerking of the lower limbs, and for most of the time I have been unable to go to church or to lectures because of that awful feeling that I must keep on the move.

"When it was brought to my attention that coffee caused so many nervous diseases, I concluded to drop coffee and take Postum Food Coffee to see if my trouble was caused by coffee drinking.

"I only drank one cup of coffee for breakfast but that was enough to do the business for me. When I quit it my troubles disappeared in an almost miraculous way. Now I have no more of the jerking and twitching and can sleep with any amount of bedding over me and sleep all night, in sound, peaceful rest.

"Postum Food Coffee is absolutely worth its weight in gold to me." "There's a Reason." Read the little health classic, "The Road to Wellville," in pkgs.

high school age, and this brought with it a glimmering consciousness that the hand and brain should be educated together; that the child-hand should be shaped and trained along with the maturing brain. This was further emphasized through the limiting of the number of apprentices allowed by the trades unions, and the problem of fitting the boy to earn his living forced the question upon the fathers.

While motor training is now acknowledged to be an essential element in the education of the boy, it has not been so fully recognized in the case of the girl, though this, too, is coming to the front. It is well known that the chief obstacle to success of women in nearly all trades, and especially in house work, is the inefficiency of their hands. To be the real mistress of the home, one must know how to perform all the different parts of the work herself, as well as to direct the work for another. This efficiency does not "come by nature," but by training and guiding, and, as the home is now conducted, this training must be given in the various schools especially devoted to this work. There are all kinds of schools, reasonable in price, where the girl can be trained in any chosen line of work in classes, under competent teachers.

**Getting Up in the Morning**

It is all right to allow the child plenty of sleep; but no child should be allowed to lie in bed until breakfast is so nearly ready that there must be a hurried dressing and no exercise in order to take his or her place at the breakfast table with the rest of the family. If the regular breakfast is very early, because of the fact that the adult members of the family must get away to their work or business betimes, the child should be aroused regularly at a fixed hour, with plenty of time to dress without haste and exercise its limbs before going to the table for its own breakfast, and it should not be so pressed for time that it must either gorge itself hurriedly, or go without, in order not to be late to school. Children are better for getting up reasonably early and taking part in the duties of the morning, thus by exercise creating an appetite, without which it will hardly eat a suitable breakfast to enable it to go through the school work of the day. For very young children, the case is different; it is of the child of school age that we speak.

If possible, the child should take a nap in the after part of the day, and with the children too young for school, this should be insisted upon; but the school child should be sent early to bed, and habituated to go to sleep early, and then it will be ready for the duties of the day at an early hour. The child should be taught, when quite young, to wash and dry its own hands and comb its hair. This is very easily done, if begun in time, as children are largely creatures of habit. If there are more than one child in the family, the one should be taught to wait upon the other, without distinction as to age, as even a very young child can button another's apron, and the like, and thus save the mother much annoyance when hurriedly getting up the meals. But by all means, teach them to wait upon themselves whenever possible. It is too often the mother's fault if they do not. Encourage them to be self-reliant, and to use their own reasoning powers and solve their own difficulties so far as possible, and this is more often possible than it is given credit for.

**Washing Corsets**

Washing corsets in the ordinary way is sure to pull them out of shape. Here is a way that is recommended: Slip the stays out of their

places and remove the laces. Spread one-half at a time on the washboard or other clean surface, and with a small, stiff brush and hot suds scrub until clean, being careful not to pull it out of shape. Several changes of water will be required, and it should be rinsed through several clean, clear waters, using the brush and having the water hot. Do not wring the corset, but take up as much water as possible by patting with soft, clean towels; straighten the material, and spread out in the sun on a clean cloth, turning frequently until dry. Replace the stays and use new laces and if the work has been carefully done, the corset will be as good as ever.

**Pickles**

Many of our housewives must fill the fruit jars with vegetables, or let them go empty, this season. Small melons, melon rinds, cucumbers and

like things make excellent sweet pickles, as well as preserves, and for sweet pickles, are prepared the same as fruits. The fruits ought to be ripe, but solid, and the melons not too green. Use seven pounds of fruit to one pint of vinegar and four pounds of sugar; use about an ounce of cloves to seven pounds of fruit, sticking the cloves about in the pieces, but a whole clove is not needed in every piece—broken parts will do. Make a syrup of the vinegar and sugar, and boil the fruit in it until tender; but it should not break to pieces. Just before taking it up, add two ounces of cinnamon to every seven pounds of fruit; this is usually all that is used for peaches or plums; but for pears and apples and some kinds of melons, one large sliced lemon and two ounces of ginger to every seven pounds of fruit add to the flavor. An ounce of mace is liked by some.

**Paris Fashions for Readers of The Commoner**

No. 1975—Ladies' Tucked Shirt Waist. This shirt waist with plisse frillings on the front box-plait and on the cuffs is a very popular style. This example made in the natural color of Shantung gives an exact portrayal of the regulation style. Seven sizes—32 to 44 inches, bust measure.

No. 2029—Girls' Jumper Dress, with Plaited Skirt and a Separate Guimpe. This dress with the pretty bertha arrangement is made of blue challis polka-dotted with green, and trimmed with a serpentine braid that combines these two colors. Four sizes—6 to 12 years.

No. 2033—Infants' Circular Cloak, with or without Cape. A baby's cloak is so easy and simple a garment to make, that it invites the efforts of the mother at home. The cape may be omitted, but it is such a pretty feature that its use is advised. The pattern is in one size.

No. 2027—Misses' Seven Gored Ripple Skirt. This model has an exquisite "set" flaring stylishly towards the bottom. The trimming of bands is applied with wide intervals. These bands are stitched in a tailor style and the whole is pressed very flatly. Three sizes—13 to 17 years.

No. 2012—Ladies' Jumper Waist, with a Separate Guimpe having Three-quarter Length Sleeves. Nothing prettier has been invented this season than this beautiful square-necked overwaist which fastens at the back, and gives an opportunity for the display of a pretty guimpe. Six sizes—32 to 42 inches, bust measure.

No. 2044—Ladies' Five-piece Circular Skirt. This stylish skirt is made with a slight train. In broadcloth, voile, Venetian cloth, or serge, it would be a practical model for wearing with a shirt waist, or for wearing in the afternoons at home. Seven sizes—22 to 34 inches, bust measure.

No. 2020—Ladies' Double Breasted Yoke Shirt Waist. Strictly practical, but very becoming is this pretty waist developed in Scotch or French flannel, but silk might also be used if preferred with braid or galon trimming the yoke. Six sizes—32 to 42 inches, bust measure.

No. 2042—Ladies' Mother Hubbard Apron, with High Neck or Low Neck, and Long Sleeves or Oversleeves. For household work or for the artist this all-cover apron is the greatest boon. The materials used are plaid or plain gingham, striped seersucker, linen, percale, denim, chambray and satine. Four sizes—32, 36, 40 and 44 inches, bust measure.

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