

extending from neck or shoulder, with sleeves full length and finished by band or wristband. These little garments close at the back under a plait, and are simply finished at the bottom with a hem.

From pieces and remnants of flannel or elder-down, albatross, white serge, broadcloth, and the like, little wraps may be made for the baby, either as capes or sacks, and these may be as plain or as elaborate in trimming as one desires; but the plain one is just as comfortable as any, and baby will not care, so he is comfortable.

To protect the bottom of a skirt with braid, it is best to apply it flat, hemming it at the upper edge to the hem or facing of the skirt and allowing its lower edge to extend less than one-eighth of an inch beyond the skirt edge. Before sewing on, shrink the braid by dipping in warm water and pressing dry with a warm iron. If the braid is wide, make a row of running stitches through the facing, about a quarter of an inch above the lower edge.

Cut folds across the cloth from selvage to selvage. Overhand the raw edges loosely together, then press flat, with the overhand stitches in the center. Be sure to join the strips of cloth with the nap of all running in the same direction.

**For the Hair**

Answering many inquiries: A tonic which is highly recommended for falling or fading hair (not especially for graying) is made of twenty grains of quinine, one tablespoonful of fine table salt and one pint of best bay rum. If the hair is very dry, add an ounce of castor oil. An ounce of tincture of cantharides is sometimes added instead of the castor oil if the hair is oily. Shake this well before using, and apply to the scalp morning and evening, rubbing it well in. A less quantity, keeping these proportions may be used for trial, but it is very highly recommended.

A very excellent tonic for the hair:

**TAKE THEM OUT**

**Or Feed Them Food They Can Study On**

When a student begins to break down from lack of the right kind of food, there are only two things to do; either take him out of school or feed him properly on food that will rebuild the brain and nerve cells. That food is Grape-Nuts.

A boy writes from Jamestown, N. Y., saying: "A short time ago I got into a bad condition from overstudy, but Mother having heard about Grape-Nuts food began to feed me on it. It satisfied my hunger better than any other food, and the results were marvelous. I got fleshy like a good fellow. My usual morning headaches disappeared, and I found I could study for a long period without feeling the effects of it.

"My face was pale and thin, but is now round and has considerable color. After I had been using Grape-Nuts for about two months I felt like a new boy altogether. I have gained greatly in strength as well as flesh, and it is a pleasure to study now that I am not bothered with my head. I passed all of my examinations with a reasonably good percentage, extra good in some of them, and it is Grape-Nuts that has saved me from a year's delay in entering college.

"Father and mother have both been improved by the use of Grape-Nuts. Mother was troubled with sleepless nights, and got very thin, and looked careworn. She has gained her normal strength and looks, and sleeps well nights." "There's a Reason." Read "The Road to Wellville" in pkgs.

is crude petroleum, which is not "smelly," like coal oil or gasoline, and is not expensive. It can be had of the druggist. Rub a little into the scalp night and morning. A little medicine dropper, costing five cents at the druggist's, is fine for applying lotions to the scalp, leaving the hair untouched.

For hair which is prematurely graying, the tonic containing jaborandi is claimed to be excellent. It is not exactly a dye, but will help to restore the color and strengthen the hair. I give two formulas: (1) For the scalp which has plenty of natural oil, try this one: Half a dram of sulphate of iron, half an ounce of fluid extract of jaborandi, one quarter ounce of sulphur, half an ounce of glycerine, a gill of elderflower water, half an ounce of rectified spirits of wine, and two drams of extract of rosemary. Apply at night only, with massage to the scalp. (2) This is for use where there is great dryness of the scalp: Fifteen grammes of tincture of jaborandi, nine grammes of lanoline and sixty grammes of glycerine. Mix with a very little soap jelly and rub well into the scalp.

For shampooing blonde hair, mix an ounce of strained honey, one of rhubarb stalks cut up, and three ounces of white wine together and let stand in a warm place for twenty-four hours. Strain and bottle. Rub into the hair all over, and let it dry in; then wash out with plenty of clear, warm water—no soap.

**Query Box**

(Our friends are at liberty to ask any questions they wish answered in this column. If I do not know the answer there are plenty of people thoroughly informed in various lines, and they are all kind to me. Do not think you are "making trouble for a busy woman"—the answering is part of my business, you must know. We are glad to help your perplexities.)

Several of our Querists are referred to articles "For the Toilet," and "For the Hair," where they will find their questions answered.

Hattie S.—You must learn two things: After the steak has been seared on both sides over a very hot, clear fire, the skillet must be drawn further away from the heat, and the meat allowed to cook more slowly for ten or twelve minutes longer, turning, and basting the sides with hot fat or a little butter. Steak cooked in less time, if it is thick, will be raw in the middle; if kept over the fire at the first heat it will either burn, or cook up hard and dry.

"Commoner Boys"—When you have popped sufficient corn, put it into a deep pan; warm a level tablespoonful of butter to each gallon of corn, and pour the butter over the corn, stirring; add a little salt, and stir again all together. Meat fryings are liked by many instead of butter and can be used in the same way. For making the balls, boil the syrup until it will harden in water, and pour over the corn; butter your hands and work the mass into balls. You will succeed with practice.

D. J. S.—For preparing the oil barrels for holding meats, knock out the head and drop a piece of paper, burping, into the barrel, rolling the barrel around so it will burn out even. It will burn with a loud noise. When it is burned an eighth of an inch deep in the wood, end the barrel up on the open end and the fire will go out at once. If not charred one-eighth of an inch deep, turn in about a pint of coal oil, roll the barrel about until the oil spreads on all sides, then set fire again, roll as before, and when the oil is burped out, quench as before and wash the barrel well. Old, musty or tainted barrels may be cleaned and sweetened

in the same way. Several users recommend this method.

A great many housewives leave dishes or glasses of jelly in their cupboards uncovered, and this is a menace to the health of the family. It is in a gelatine jelly that bacteriologists imprison disease germs to watch them propagate, as they seem to thrive better on that kind of food than any other. Physicians tell us that the animalculae that fill the air are specially attracted to milk and butter.

**Mud Stains on White Silk**

Gloves, ribbons, and silk articles may be cleaned by using a pure white soap and let the garment lie in gasoline for some hours, rub lightly in the gasoline, then rinse in clean gasoline to make sure it does not "streak." The gasoline can be allowed to settle, poured off the sedi-

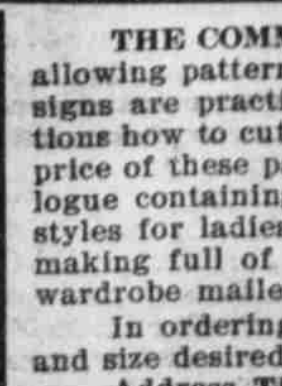
ments and bottled for use with colored goods. Do not use gasoline a second time on white goods.

**Caring for One's Clothes**

One who looks carefully after her clothing, mending, darning and repairing as soon as the need appears, folding or hanging away as soon as well shaken and brushed upon taking off after wearing, will always be ready to meet emergency calls, and will always look "well dressed," under any and all circumstances.

For mending a silk stocking, select an embroidery silk thread which is not too fine, and darn the holes with it. Where the stitches have unraveled, making a long strip of "lattice" work, it is best to knit the dropped stitches back to the broken thread as soon as noticed, then darn the hole. With care, the hole can be darned very neatly and the patch be almost unnoticeable.

*Paris Fashions for Readers of The Commoner*



2101—Ladies' Cutaway Jacket, with Long or Three-quarter Length Sleeves, and with or without Shawl collar. A smart style of jacket that may be developed in Oxford suiting or broadcloth. Seven sizes—32 to 44.

2125—Child's Box-Plaited Dress, closed at Left Side of Front. Brilliant colored scotch plaid combined with plain cloth is stylish for this jaunty model. Four sizes—2 to 5 years.

2124—Misses' Tucked Waist, with Sectional Yoke and Three-Quarter Length Sleeves. A pretty style for a separate waist that may be developed in surah or taffeta silk, as well as the thin wool materials. Three sizes—13 to 17 years.

2113—Ladies' Six Gored Flare Skirt, with Plaited Sections at Center of Front and Back. A popular model for the skirt of the walking suit. Six sizes—22 to 32.

2090—Girls' Jumper Dress, with Plaited Skirt and a Separate Gump. Scotch plaid of checked mohair suiting are both suitable materials for this pretty model. Four sizes— to 12 years.

2099—Ladies' Tucked Shirt-Waist. Appropriately developed in any of the fancy shirtings or thin flannels. Six sizes—32 to 42.

2108—Child's coat, with Body and Sleeves in One. From serge to velvet this model will make up satisfactorily. Four sizes—½ to 5 years.

2102—Misses' One-Piece Kilt-Plaited Skirt, with Bretelle Bertha. This will be a favorite model for both school and best frocks. Three sizes—13 to 17 years.

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 dress-making full of helpful and practical suggestions in the making of your wardrobe 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, Neb.