

of the existence of the moth eggs, lay a wet towel on the place and iron with a very hot iron. All carpets, even lengths, should be well beaten, sunned and cleaned before being put away for the summer, with a liberal allowance of camphor gum folded in with them, and should then be wrapped in a big muslin sheet. This should all be done before the eggs are laid, as it is only by driving the moths away by strong smells that they will be kept from laying eggs in the materials. In trunks or boxes in which woollens are packed, every precaution should be taken to prevent the moth laying its eggs, and among the garments bags of camphor gum and wisps of cedar shavings should be liberally supplied.

**For the Cellar Floor**

A floor that is proof against rats and mice is best for the cellar. Try this: Take two parts of coarse gravel (or finely broken stone) and sand, one part lime and cement in equal proportions; mix well in a shallow box by shoveling over and over; mix the sand, gravel and cement thoroughly together while dry; then slake the lime and mix through with just enough moisture to cement well together. Put six or eight inches of this over the leveled bottom of the cellar; when well set, put on a coat of cement and sand one inch in thickness, using for this last coat two parts of sand to one of cement. Do not use an inferior grade of cement—get the best, as poor cement will "scale" and the floor need constant attention. A good cement will last indefinitely, for years. Before the cement is "set," go over it with a block of wood, rubbing it as smooth

**THEY GROW**

**Good Humor and Cheerfulness From Right Food**

Cheerfulness is like sunlight. It dispels the clouds from the mind as sunlight chases away the shadows of night.

The good humored man can pick up and carry off a load that the man with a grouch wouldn't attempt to lift.

Anything that interferes with good health is apt to keep cheerfulness and good humor in the background. A Washington lady found that letting coffee alone made things bright for her. She writes:

"Four years ago I was practically given up by my doctor and was not expected to live long. My nervous system was in a bad condition.

"But I was young and did not want to die so I began to look about for the cause of my chronic trouble. I used to have nervous spells which would exhaust me and after each spell it would take me days before I could sit up in a chair.

"I became convinced my trouble was caused by coffee. I decided to stop it and bought some Postum.

"The first cup, which I made according to directions, had a soothing effect on my nerves and I liked the taste. For a time I nearly lived on Postum and ate little food besides. I am today a healthy woman.

"My family and relatives wonder if I am the same person I was four years ago, when I could do no work on account of nervousness. Now I am doing my own housework, take care of two babies—one twenty, the other two months old. I am so busy that I hardly get time to write a letter, yet I do it all with the cheerfulness and good humor that comes from enjoying good health.

"I tell my friends it is to Postum I owe my life today."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

as possible, then, using a little water with a brush, go over it thoroughly, troweling it down as you would plastering on the wall. The cement sets quickly, and must be made up only as it is used and applied, in small quantities. For a basement kitchen floor, bits of carpet, or rugs should be laid about over the cement floor to make comfortable walking for the housewife.

**For the Hands**

Even where one is particular to wear gloves, the work of the garden is often shown in lines and checks that are hard to remove by the usual method of washing. Before washing the hands, give them a good coating of lard, rubbing it into the lines well, and let stay a few minutes, then wash in the usual way, with a pure vegetable oil soap and warm water, rinse well in cold water and apply a very little good cold cream—use sparingly, and rub well in. Do not wash the hands oftener than is absolutely necessary with soap; oat meal, almond meal, or corn meal are all cleansing, and after thoroughly washing, just before dry-apply a few drops of equal parts of lemon juice, rosewater and glycerine, rubbing it in thoroughly and let dry on. Cotton flannel mitts or gloves are good for garden work, and do not heat the hands. Have them large.

**Whitewash**

"Government Whitewash" recipe is so often called for, and given on the printed page, that it would seem to be always available; but there is always some one who has neglected to preserve it. Here are some good recipes:

**Government Whitewash.**—Half a bushel of unslacked lime; slack with warm water and keep covered during the process to keep in the steam. Strain the liquid lime through a fine sieve or strainer—a meal sieve will do. Add a peck of coarse salt previously well dissolved in hot water, three pounds of ground rice which has boiled to a thin paste and stirred well while boiling, half a pound of powdered Spanish whiting, and a pound of pulverized glue which has been previously dissolved over a slow fire, and to this mixture add five gallons of boiling water, cover closely to keep out dirt, and let stand for a few days. Then strain this carefully and apply to the building hot, whether with brush or spray pump. If a spray pump is used, care must be taken in straining, so as not to clog the nozzle. Coloring matter may be used to give it a desirable shade; the amount can be determined by a little experimenting.

**Recipe No. 2.**—This is recommended as one that "won't rub off." Slake your lime with boiling whey instead of water; where it can be had, the whey is inexpensive, and the wash is lasting. Common ground paint mixed with skim milk instead of oil makes a very economical and adhesive covering for a building.

**No. 3.**—Slack one-half bushel of lime with boiling water; add eight quarts of coarse salt previously dissolved in hot water, eight ounces of Spanish whiting, two and one-half pounds of rice flour boiled to a thin paste with water, not scorching, and one pound of glue dissolved in boiling water. Put all together, thin down to a proper consistency for the wash, bring to a boiling heat and apply hot.

**No. 4.**—Hydraulic cement, or water lime, mixed with skim milk to the consistency for applying with a brush, and applied as any whitewash, is said to adhere well to wood, whether rough or smooth, and to brick, cement or stone, where oil has not been used, and will prove as durable as oil paint at a very small cost.

**"Good Medicine"**

If you find you can not sleep after a day of work or worry, whether in the office, shop, or house, don't stop to count any number of jumping sheep, but get into a comfortably ventilated room and go through a few physical exercises, putting the neglected muscles of the arms, chest, sides, throat, abdomen, back, neck and thighs to work, and see how quickly you will go to sleep after it. Do not do too much at first, but gradually accustom yourself to these various exercises, studying their effect until you know what you really need. The limbs generally get enough exercise, but the bodily muscles and the various internal organs are neglected.

Don't rush into "taking something" every time you feel a little out of order; fasting is good medicine for most of us, at times, and to drink freely of water of the temper-

ature most comfortable is also good medicine. One of the best remedies for a simple inflamed or irritated stomach is plenty of water and no food. Apply the water inside and out; it is better than a mustard plaster to bring out the soreness.

Washing the impurities out from within through active skin-pores is far more effective than any outward application of bleaches or lotions. Try Nature's plan, and keep all the outlets open for the discharge of the waste matter of the system. Don't leave the dirt behind the door.

Lavender, sweet clover, ambrosia, sweet fennel, southern wood, and many more are the herbs used to scent closets, clothing, and pillows. There is nothing more delightful for such a purpose than home-grown lavender. Many of these, being in the nature of weeds, will grow in any odd corner; but the better the care, the better the harvest.

**Latest Fashions for Readers of The Commoner**



2310—Misses' Shirt-Waist, with Seamless Yoke. Striped madras or Indian-head cotton develops well in this style. Three sizes—13 to 17 years.



1993—Ladies' Seven-Gored Plaited Skirt. A good model for skirts of thin serge or flannel. Six sizes—22 to 32.



2320—Girls' Coat, with Kimono Armholes. Covert cloth, serge, thin flannel or corduroy develop well in this style. Four sizes—6 to 12 years.



2304—Girls' Tucked Princess Dress, with Dutch Neck and Short Sleeves. Pretty in sheer batiste or dotted Swiss. Four sizes—6 to 12 years.



2303—Ladies' Tucked Shirt-Waist, with High or Low Neck and Long or Three-quarter Length Sleeves. Suitable for silk, net, or flowered voile. Six sizes—32 to 42.



2317—Ladies' One-Piece Skirt, in Sweep Length with Tunic, an Inverted Box-Plait at Centre of Front, and Habit Back. Cloth, serge, voile or henrietta make up well in this model. Six sizes—22 to 32.



2296—Boys' Russian Suit, Consisting of a Blouse Closed at Right Side of Front, with Permanent Turn-Down Collar or Neck-band for adjustable Collars; and Knickerbockers Galatea, chambray and duck are the best materials for this model. Four sizes—2 to 5 years.



2291—Ladies' Nine-Gored Kilt-Plaited Skirt, in Pinafore Style and Instep Length. Chambray is an excellent material for the development of this model. Six sizes—22 to 32.

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.