

drops of iodine. The mixture will immediately turn a deep violet color, and thus betray the adulterating starch. Where cocoa is sold in bulk by careless dealers, the price may be small for cocoa, but the starch is well paid for.

For the Toilet

One of our readers asks about the use of epsom salts as a cosmetic. A beauty doctor tells us that epsom salts used on the face or hands will make the skin wrinkled and crinkled, and are extremely drying. Also, the recommendation to rub the hands with fine salt after washing in the laundry is prohibited, as it is apt to harm. For killing the alkali, vinegar is best, then rubbing a slight coating of cold cream on the hands to restore the natural oil.

In cold, or windy weather, to prevent the lips chapping, try this: Mutton tallow, warmed and strained through a fine cloth, one-fourth pound; raisins, one-fourth pound; yellow-bees-wax, one tablespoonful shredded. Simmer the ingredients together slowly until the raisins rise to the top, then strain through muslin into small jars and cool. Good for chaps, roughness, chapped hands, cuts or sores. It will not become rancid, and may have a few drops of perfume added, if liked. Less can be made, keeping the same proportions.

During the cold weather, the "beauty bags" for the bath are especially beneficial. Use one and

DREADED TO EAT

A Quaker Couple's Experience.

How many persons dread to eat their meals, although actually hungry nearly all the time!

Nature never intended this should be so, for we are given a thing called appetite that should guide us as to what the system needs at any time and can digest.

But we get in a hurry, swallow our food very much as we shovel coal into the furnace, and our sense of appetite becomes unnatural and perverted. Then we eat the wrong kind of food or eat too much, and there you are—indigestion and its accompanying miseries.

A Philadelphia lady said:

"My husband and I have been sick and nervous for 15 or 20 years from drinking coffee—feverish, indigestion, totally unfit, a good part of the time, for work or pleasure. We actually dreaded to eat our meals. (Tea is just as injurious, because it contains caffeine, the same drug found in coffee.)

"We tried doctors and patent medicines that counted up into hundreds of dollars, with little if any benefit.

"Accidentally, a small package of Postum came into my hands. I made some according to directions, with surprising results. We both liked it and have not used any coffee since.

"The dull feeling after meals has left us and we feel better every way. We are so well satisfied with Postum that we recommend it to our friends who have been made sick and nervous and miserable by coffee." Name given upon request. Read the little book, "The Road to Wellville," in pkgs.

Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown.

Instant Postum is convenient; there's no waste; and the flavour is always uniform. Sold by grocers—50-cup tin 30 cts., 100-cup tin 50 cts.

A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Creek, Mich.

one-half pounds of fresh, sweet wheat bran, three-fourths pound of almond meal, eight ounces of grated castile soap. Make cheese cloth bags five or six inches square, fill into each three tablespoonfuls of the above mixture, sew up. The above quantity will make sixteen bags. Use as soap in the bath water, one at a time when bathing. Better than soap.

An excellent mouth wash that will do much to preserve the teeth is made of one tablespoonful of borax in a pint of boiling water, let cool, and add one ounce of tincture of myrrh and five drops of thymol. Use one teaspoonful to half a glass of water with tooth brush.

For head parasites, put ten cents worth of fish berries in a pint bottle, after mashing the berries; then fill the bottle with whisky; let stand a day or two, then wet the hair and scalp thoroughly with the decoction twice a day, for a couple of days; then wash the head, comb and brush well, let get dry, and wet with apple vinegar. The vinegar will dissolve the nits, and the hair will be clean.

Health Notes

Despite the present "no-petticoat" fashion, it is by no means sensible to allow one's self to go so thinly clad as to chill the body. The feet should be kept warm, warm petticoats should be worn, long sleeves, and clothing made of sensible materials. Low shoes and thin stockings should never be worn during the cold, sharp winds of winter, and those who do "follow the fashions" in the undress styles of today need not expect to escape the penalty for breaking the laws of health in the matter of protecting the body

It is claimed that charcoal will absorb the injurious gases that collect in the stomach and bowels, caused by undigested and rotting foods. It also acts as a mild laxative with some people. A charcoal tablet will often be all that is necessary to sweeten the breath.

An egg shampoo is made by dissolving five ounces of castile soap in a pint of boiling water. Do not keep boiling, but keep just warm enough to dissolve all the soap. Pour this into a wide-mouthed jar or bottle. It will form a jelly when cold. When the shampoo is desired, beat up two raw eggs and two tablespoonfuls of the soap jelly, adding a glass of warm water. The eggs must not be mixed with the jelly until to be used, as they must be fresh. Wet the hair and apply the shampoo, and when the scalp is clean, rinse all the mixture out of the hair with several clean waters.

For cold sores, apply spirits of camphor several times a day.

A writer for a medical magazine insists that it is habit, and not flight of years, that gives us a look of age. There is nothing that gives one the appearance of age so much as a stooping gait in getting about. Too many women who were once pretty allow themselves to sink down into senility by giving up interest in the life about them, letting the mind die of idleness; habits of laziness and self-indulgence take the freshness from the skin and the light, agile grace from the step. It is best to keep the mind busy at work, and the bodily functions well exercised, and by so doing, though the marks of years may be on the body, the mental and spiritual life will always keep a young look shining from the inside.

Caring for the Teeth

It is better to get your tooth powder, or mouth wash recipes from your own dentist, than to buy prepared stuff of which you know nothing. The prepared stuff may be perfectly harmless, and very pleasant to take into the mouth; but it may also

be perfectly useless, and you may be paying several prices for a very inexpensive material. Among the home mouth washes, cheap and effective as well as harmless, common cooking soda, a teaspoonful to a half a glass of water, is very effective, neutralizing the acid ferments of foods and a good germ-killer, but is not considered antiseptic. A saturated solution of boric acid—made by adding the powdered boric acid to water until the water will dissolve no more, but have a white sediment in the bottom of the glass, is antiseptic. A solution of one part peroxide of hydrogen to two parts water is a very excellent mouth wash for occasional use, but is said to be harmful if used continually, unless there is pus in the mouth or about the gums. A solution of salt in proportions of one teaspoonful to a half glass of water is excellent. The washing out of the mouth is a necessity for good health, and some simple wash, such as the salt, or borax solution, should be used after every meal. Every child should be taught to brush the teeth and wash out the mouth. Every adult should know how to clean the teeth and care for them, without being taught to do so late in life.

Useful Information

In sewing buttons on clothes that are to be laundered, have the knot of the thread on the right side between the button and the cloth, and sew over a good sized pin to allow sufficient thread for shrinkage.

Eye-glasses may be made perfectly

clear and bright by polishing with a cloth wet in alcohol. If the glasses are set in gold frames, a fine camel's-hair brush will take the dust from the edges and make them "like new."

To remove the shine from a serge skirt, sponge the shiny places with bluing water, made as for the laundry, but a little stronger of the bluing. Press the spots while damp, laying a cloth between the iron and the goods.

A good thing for the kitchen is a slab of roofing slate as large and as smooth as you can get. It is fine for a dough-board, as it is always cold, will not absorb grease, and is easily washed. For cutting or slicing vegetables it is excellent, but the knife should not be allowed to cut down to the surface.

Home-made Bran Coffee—Put into a dripping pan a layer of clean wheat bran; pour over this two or three cupfuls of molasses and mix well, then brown in the oven, stirring often so it will brown evenly. Put this away in a tight can and when wanted, take one cupful of this browned bran, put into a coffee-pot and add some cold water. Let boil about twenty minutes; then add six cups of boiling water. Put cream over it. There should be bran enough to mix up pretty stiff with the molasses.

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