

makers for those who once despised them? Sweet clover is claimed to be equal to alfalfa as a forage plant; soap-weed is bought by large firms for use in the manufacture of ointments and lotions, as well as for other uses; many car loads of the soap-weed were sold for several dollars a ton, uncured, recently, and Russian thistle makes a fine feed for stock, and there are many other plants which up to the present time have been looked upon as a curse to growing crops, are now coming into notice as valuable in themselves, and are creating an industry of their own.

Helpful Things

Aluminum cooking vessels are coming more and more into favor, and also more and more within the reach of the slim pocketbook. If given the right care, this is the cheapest ware in the long run, and gives best results in cooking. It is told us that "aluminum is not apt to become black unless it has been heated so hot as to scorch foods"; but experience teaches that heat is not the only thing which blackens it. In some localities the water will blacken it, if left standing in it, or if some kinds of food is cooked in it, owing to some chemical action of the ingredients of the water. If proper care is given it, as with silver, it can be kept very bright with a little polishing powder; some of the scourings to be had on the market for ten cents a cake will do good service and keep the ware very bright.

One of the best remedies for constipation is discriminate eating and plenty of suitable exercise, together with drinking plenty of water at a comfortable temperature. Cold water is not recommended, and many persons cannot drink water of the temperature that comes from the faucet, or spring, or well, but must have it slightly warmed. Water that stands in the room is not always best for drinking, owing to the fact that water quickly absorbs any deleterious odor or taint floating in the air, but it is usually about the right temperature.

For washing linens, if the colors are ordinarily "fast," the use of cold water with white or vegetable oil soap, is said to prevent fading or "running" of colors, even where the color is doubtful. Castile soap when bought by the bar is not expensive, and should be kept for the purpose of washing fine goods of any washable material. The soap should be well washed out with several waters, and if needed, a few drops of bluing should be added to the last water. If stiffness is desired, a little borax in the water will give a crisp effect and in case of colored material, will tend to set the color.

For Shining Mirrors

When mirrors are kept in dark, ill-ventilated rooms, they often become coated with a thin film that is hard to remove; the usual methods for polishing glass have no satisfactory results. Get a clean sponge, a bit of cloth and an old silk handkerchief free from dust, as dust will scratch and mar the polished surface. First, dip the sponge in a little spirits of wine, or equal parts of gin and water, and go over the glass; this will remove the film. Then dust over the glass through a loose-weave piece of muslin some powdered bluing or rouge, and rub lightly and quickly with the soft old cotton cloth, confining your work throughout strictly to the glass, not touching the edges of the frame; then finish by polishing with the silk handkerchief.

Another way to shine mirrors and glass over pictures, or in the sash is to wet up Spanish whiting with ammonia and dab it all over the glass

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6487—Children's Dress.—Cashmere, linen or serge can be used to make this dress with the collar and cuffs of all-over lace. The dress closes at the back and can be made with either the long or short sleeves. The pattern 6487 is cut in sizes 2, 4, 6 and 8 years. Age 8 years requires 2 1/4 yards of 36 inch material, 3/4 yard of 22 inch all-over lace, 3/8 yard of edging and 2 1/4 yards of ribbon for a sash.

6344—Ladies' Dress.—Any woman can make this dress herself in a few hours. The dress closes at the front and is made with a three gored skirt, which can be made with either the high or regulation waistline. The pattern 6344 is cut in sizes 34 to 42 inches bust measure. Medium size requires 4 1/2 yards of 44 inch material, 3 3/4 yards of braid for binding and 1/2 yard of plaiting for the neck.

6447—Ladies' Skirt.—This skirt can be made of plaid or of plain materials. It closes at the front or at the back, as preferred. The lower edges may be plain or scalloped. The high or regulation waistline can be used. The pattern 6447 is cut in sizes 22 to 30 inches waist measure. Medium size requires 3 3/4 yards of 58 inch plain goods.

6567—Ladies' Waist.—A smart tunic blouse, the waist opening in front over a folded vest, with a wide collar at the neck and sleeves full length or shorter. The skirt section is gathered all around and may be shortened or shaped to suit the individual. The pattern 6567 is cut in sizes 34 to 44 inches bust measure. Medium size requires 3 1/2 yards of 36 inch material.

6436—Ladies' Skirt.—This is one of the high waistline skirts, which depend for their effect upon the long folds of the draped material and therefore cannot be made with the normal waist. The skirt is in three pieces and closes at the left side of the front. The pattern 6436 is cut in sizes 22 to 30 inches waist measure. Medium size requires 2 1/2 yards of 36 inch material.

6558—Girls' Dress.—A pretty sacque model, closed at the left side of the front and with either the long or short sleeves. The very long shoulder is used and the material is gathered at the neck in both front and back. The pattern 6558 is cut in sizes 6, 8, 10, 12 and 14 years. Medium size requires 2 1/2 yards of 36 inch material.

6529—Boys' Russian Suit.—This suit carries out the idea of the Russian peasant costume. It has a very long blouse, free at the lower edge or gathered into a flat band. The trousers are made in the regulation manner with front closing. The pattern 6529 is cut in sizes 2, 4 and 6 years. Medium size requires for the blouse 1 1/2 yards of 36 inch material and for the trousers 3/4 yards of 36 inch.

6578—Girls' Dress.—Linen or serge can be used for this dress with the collar, cuffs and belt of a contrasting material. The dress closes at the front and can be made with either the long or short sleeves. The pattern 6578 is cut in sizes 4 to 14 years. Age 8 years requires 2 yards of 44 inch material and 1/2 yard of 27 inch contrasting goods.

6512—Ladies' Shirt Waist.—Linen, madras or China silk can be used to make this shirt-waist. The waist closes at the front and is made with the regulation armhole. Three tucks at each shoulder give the necessary fullness to the front of the waist. The pattern 6512 is cut in sizes 34 to 44 inches bust measure. Medium size requires 2 1/2 yards of 36 inch material.

5523—Ladies' House Dress.—Many women prefer the house dress to a kimono and here is an excellent pattern for making such a garment. This dress closes at the left side of the front. The skirt is cut in seven gores. The pattern 5523 is cut in sizes 32 to 44 inches bust measure. Medium size requires 4 1/2 yards of 44 inch material.

6501—Ladies' Shirt-Waist.—Any of the pretty silk materials can be used to make this shirt-waist. The waist closes at the front and can be made with either high or low neck. The pattern 6501 is cut in sizes 34 to 44 inches bust measure. Medium size requires 2 yards of 36 inch material and 2 1/2 yards of edging.

6453—Ladies' Dress.—Serge, cheviot or broadcloth can be used to make this dress. The dress closes at the front and can be made with either the high or regulation waistline. The skirt is cut in three gores. The pattern 6453 is cut in sizes 34 to 42 inches bust measure. Medium size requires 4 1/2 yards of 36 inch material, 1 1/4 yards of 24 inch plain goods and 1 1/4 yards of fur.

6486—Ladies' Skirt.—This skirt can be used to complete a coat suit or it can be worn with separate shirt-waist. The skirt closes at the front and can

(Continued on next page.)