

ency to "stand still," when they should be watered sparingly, and as soon as the ground will admit of it, they should be put out into the border where they may be left indefinitely. Very few bulbs will "force" another season, and the only thing to do is to let them grow outside for two or three years when they may bloom again. The bulbs will increase in size and number, and quite a bed of them will some day surprise you by coming into flower. But you must get new bulbs for next winter's indoor blooming.

About Flowers

When spring opens you will find many plants coming up where your annuals were planted last spring; a large variety of these are self-sowing and they will come up year after year without any further seeding on your part. Many perennials will do the same; but the sure way to have perennials is to propagate by cuttings, sprouts or slips, of which, if you have cared for the clump during the cold weather, there will be a plentiful and early showing.

Gastric Headache

A medical writer, in an article published in the Medical Magazine has this to say about the "stomach headache" which troubles many people: Toxic substances in the stomach under certain conditions are capable of producing, through absorption, disturbances of circulation in the central nervous system and its associate parts, which result in very distressing headaches. A complete absence of hydrochloric acid in the stomach contents was found, and when this acid was prescribed, complete recovery followed. The theory advanced for the beneficial action of this drug is that ptomaines or toxins of micro-organisms exert an injurious influence only where there is a deficiency in the quantity of free mineral acids in the stomach. Headaches may also be prevented in such cases by administering the acid directly after the patient has eaten articles which have previously always been followed by headache. The nature of the noxious substance is at times obscure, but in such cases hydrochloric treatment often acts well. One should take hydrochloric acid only on advice of a competent physician.

Foot Comfort

Many people suffer from hot and swollen feet as soon as the weather begins to warm up, and when the feet give out, one might as well give up. Few things are more discouraging. Do not soak the feet in hot water, but have it quite warm; dissolve in the water an ounce of alum, two ounces of rock salt, and two ounces of borax. Soak the feet in this for ten to fifteen minutes, which will greatly relieve the swelling; then dry with a soft warm towel, and massage with olive or almond oil; do this just before going to bed. An alcohol foot bath—a tablespoonful of water added to each pint of alcohol used—should be given the feet once a week, and this and the above treatment will relieve the excessively tender feet. Several times a week is not too often to give the warm water and alcohol (equal parts) bath where one has to be on the feet a great deal. Soap should not be used. Aching and ailing feet make one ill-tempered and irritable, bring wrinkles to the face, and destroy the grace of motion. We are not kind enough to our feet.

For Rugs that "Curl Up"

Where rugs are cleaned by professional cleaners, or not properly beaten by the carpet beater, they will lose their "sizing," and the edges will

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7660—Ladies' Shirt-Waist—Cut in sizes 36 to 42 inches bust measure. This model is gathered at front shoulders and is fashionable to the extreme in its fulness. A dainty collar overlays a neck finished with a fold or band of the material which in rounded outline continues down front where the closing is made.

7659—Girl's Dress—Cut in sizes 6, 8, 10 and 12 years. This dress slips on over the head and may be made with long or short sleeves. In each half of the center back and front a box plait is made; openings underneath the plaits are made for the insertion of the belt.

7681—Misses' Dress—Cut in sizes 14, 16 and 18 years. A truly novel design with original features to commend it—this dress has a one-piece gathered skirt attached to a gimp. The waist suggests jacket style, folds being gracefully caught at either side with button finished tabs at the waistline.

7642—Ladies' Shirt-Waist—Cut in sizes 34 to 42 inches bust measure. Popular because of its practical lines, this waist is made with two plaits at each side of the front; the closing at center is visible and made with buttons; a smart collar and neat cuffs bring out its lines for simplicity of style.

7641—Girl's Dress—Cut in sizes 6, 8, 10 and 12 years. This dress closes at the front—having long or three-quarter length sleeves. A shoulder tuck turned toward armhole, fittingly shapes the

7662—Ladies' Dress—Cut in sizes 36 to 42 inches bust measure. This dress is gathered at front shoulders and is fashionable to the extreme in its fulness. A dainty collar overlays a neck finished with a fold or band of the material which in rounded outline continues down front where the closing is made.

7636—Ladies' Dress—Cut in sizes 36 to 42 inches bust measure. This dress is gathered at front shoulders and is fashionable to the extreme in its fulness. A dainty collar overlays a neck finished with a fold or band of the material which in rounded outline continues down front where the closing is made.

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curl up and wrinkles will appear in the middle. To remedy this, place the rug upside down on a level floor or surface, and with a very thin cooked flour paste, such as is used in laundering, to which has been added five cents worth of powdered gum arabic which has been dissolved in a little water, go over the back of the rug with a paint or other brush, rubbing the paste into the rug thoroughly, but not enough to go through onto the right side. Let it lie until thoroughly dried, and it will be as good as ever. To do this, a warm, sunny day should be chosen, and the rug should be thoroughly cleaned and dusted before applying the sizing.

Using Cheap Pieces of Meat

One of the best ways to use the tougher cuts of meat is to stew them. Stewing is not boiling; it means allowing the meat to barely simmer in a little water for a long time. A simmering heat is just below the boiling point. The vessel containing the meat should be closely covered, and it may be set on top of the stove, or in the oven, or in the fireless cooker. In stewing meat properly all the juices and nutriment is retained, and the meat rendered soft and easy to digest. Many women can boil meat, and many of them do; and the meat comes out of the kettle tough, and in strings, tasteless and unpalatable. They will assure they know just how to stew; but they don't prove their contentions. To properly stew, wipe the piece of meat with a wet cloth, then put into a kettle; pour boiling water, barely enough to keep it from burning—not enough to cover the meat, cover the vessel and set where it will boil rapidly for fifteen to twenty-five minutes, then push the vessel back on the stove where the boiling and bubbling will cease, or where but a few tiny bubbles will show. Keep it closely covered, slowly simmering, until tender; the water should be nearly all evaporated by this time. No meat will cook satisfactorily in less than an hour and a half to two hours, and some very tough meats will take longer. When perfectly tender it should be taken out of the vessel, put into a bake pan, dusted with flour, and put into the oven to "crisp." The oven should be moderately hot, so as to crisp it quickly. If dumplings are liked, make the dough or batter just before wanted, and place them on the meat and vegetables so they will not touch each other or sink into the liquid. Keep the kettle covered until they are done, then serve at once.

The Origin of the Canning Industry

Very few people know when or how the industry of preserving perishable foods by sterilization came about. In a paper recently prepared for the National Geographic Society at Washington, D. C., William Joseph Showalter points out that the imperative need of finding suitable foods for his army made it possible for Napoleon to call into existence this most beneficial of measures, and thus obtain a supply of fresh vegetables, fruits, etc., for his vast army. One hundred years ago, France is said to have been facing the problem of a food famine, and Napoleon offered a prize of 12,000 francs to any one who would devise a practical method of preserving and making portable the tons of perishable foods going to waste on every hand. The method was quickly evolved, and the army was insured against famine.

Napoleon also borrowed from other nations the idea of making sugar from beets, and had beet sugar factories set up around Lille, and thus brought about a means of supplying