

nothing is better than peroxyde of hydrogen and finely powdered pumice stone, used by dipping a bit of cotton in the mixture and applying it to the teeth with a soft wood stick, gently rubbing the discolored portions, about once in ten days. The druggist will give the proper mixture. The tartaric deposit should be removed by a good dentist.

A lotion valuable for the diseased gums is made by adding six ounces of milk of magnesia to two ounces of lime water and one ounce each of myrrh and balsam of Peru. Dentrifices should be selected with a great deal of caution, if used at all. The mouth should be washed out every time after eating, with tepid water in which a few drops of listerine are poured.

An Excellent Lip Salve

This salve is easily made, inexpensive and effective: Four ounces of almond oil, one ounce of spermaceti, half an ounce of white wax, one dram of lanolin, and one dram of pure syrup made by melting rock candy in a little water. Keep in small porcelain boxes or jars. Apply a little to the lips immediately before and after going out into the cold. One or two grains of carmine may be added, to give a little color to the salve.

Cold Weather Laundering

During cold weather, laundering is very different from the same work in the hot months, as woolens, mixed goods, imitation woolens and fleecy cotton goods require very different conditions from the lighter fabrics of the summer. The hardest goods to clean satisfactorily are the cottons which fade and the woolens which shrink, harden and come out of the wash yellow and "gummy." Flannels or winter cottons should never have soap used on them; they should always be washed in suds made by dissolving in hot water sufficient soaps that are free from too much alkali or rosin; in the case of the free alkali, the goods will soften and become yellow, and with rosin, they will become hard, gummy and wiry. Powdered borax, one or two tablespoonfuls to a half tubful of water, should be used. All the waters used, suds or rinse water, should be of the same temperature, whether hot, warm, or cold water is used. Each of these temperatures have their advocate. The soap—a good, white soap—should be dissolved in hot water before adding to the wash water. Several of the soap powders

TRANSFORMATIONS

Curious Results When Coffee Drinking is Abandoned

It is almost as hard for an old coffee toper to quit the use of coffee as it is for a whiskey or tobacco fiend to break off, except that the coffee user can quit coffee and take up Postum without any feeling of a loss of the morning beverage, for when Postum is well boiled and served with cream, it is really better in point of flavor than most of the coffee served nowadays, and to the taste of the connoisseur it is like the flavor of fine, mild Java.

A great transformation takes place in the body within ten days or two weeks after coffee is left off and Postum used, for the reason that the poison to the nerves—caffeine—has been discontinued and in its place is taken a liquid food that contains the most powerful elements of nourishment.

It is easy to make this test and prove these statements by changing from coffee to Postum. Read "The Road to Wellville," in pkgs. "There's a Reason."

are recommended. Woolens should not be rubbed, except gently with the hands, or put through a good washing machine that "swashes" the clothes around. All badly soiled places should have a thread run around them as a marker before wetting, and given more attention than the rest of the article. Many good laundresses recommend putting the articles in the borax-soap-suds and leaving lie over night, while others advise letting lie but a few minutes, to be followed by immediate washing, rinsing and drying. Flannels should not be allowed to freeze. After rinsing, shake, stretch, snap and pull them into shape to remove all creases made by the wringer. Blankets may be hung up by the edges, without wringing, and allowed to dry by dripping. Woolens should be washed by themselves, and the colored ones should not be washed or rinsed in the same water used for cottons, as they gather all lint left in the water, as well as leave a little of their own. White flannels and blankets should have a little good bluing in the rinse.

Home Helps

To mend a broken grindstone, thoroughly wet the stone and the piece; make a thin paste of pure Portland cement, and apply to the broken surfaces just enough to make them stick together. Place them firmly together and cover with a sack or heavy cloth, keeping it damp for twenty-four hours, when it will be ready for use.

To mend granite ware, fuse together equal parts of sulphur and black lead, and melt a portion of this into the hole with a hot iron, as in soldering.

To clean enameled ware which has been burned, or enameled jugs which have become discolored, fill the vessel with cold water, add a small piece of chloride of lime and set in a cool place on the back of the range where it will not boil, and leave for several hours. As the water gradually heats the discoloration will disappear, and the burnt place will clear, leaving it white and smooth, as before the damage.

To remove the lime deposit which crusts the inside of copper kettles, set the kettle, empty, over a clear fire for a few minutes. The deposit will crack and peel off, and can readily be removed. Do not let the kettle burn, but remove from the fire as soon as the deposit begins to fall away.

Dressing combs should not be washed, as water often causes the teeth to split, and roughens them, if made of horn, or tortoise shell. Brush them well with a small, stiff brush, removing the lint that lodges between the teeth by combing tightly-stretched threads with the comb, as you would hair. By frequent caring for the toilet articles, they are kept clean with a very little trouble.

If the door hinges creak, oil the hinges with a feather dipped in oil and applied to the joining of the hinges. Black lead is also good. If the door "hangs," it is a matter of economy to have a carpenter "ease" it at once.

An Injurious Habit

The habit of sitting with one leg swung over the knee of the other is very often the cause of headaches, cold feet, varicose veins, ulcers, and other disorders resulting from arrested circulation of the blood. Under the knee, where the pressure of such a position is the greatest, there are many large veins, arteries and nerves and the pressure crowds all these together, flattening and closing them, and thus interferes seriously with the work they are intended to do. This habit is common to both men and women, and, once formed, is

very hard to break, but the evil effects of its indulgence are so many and so serious that we should not surrender to the temporary comfort of the position. The use of a foot-stool would help to overcome the inclination.

For Polishing Silver

Cyanide of potassium, in proportion of one ounce to a quart of soft water, is said to be a perfect cleanser for badly oxidized silver. Prepare a sufficient quantity of the solution to cover the article; examine every few minutes, but return to the bath until clean, when it must be immediately rubbed dry with a soft woolen cloth to prevent streaking, and polished vigorously with a clean chamolis skin. The preparation will not hurt the hands, but is poison, which should not be carelessly kept.

A satisfactory polish for silver is one quart of rain-water, two ounces

of ammonia, and three ounces prepared chalk. Put into a bottle and keep well corked, shaking before using.

Silver-plated ware should not be cleaned with soap, as this gives it a leaden color. For tarnished silver, wet a little Spanish whiting with ammonia and rub carefully; afterwards polish with fine whiting.

If the plate be much tarnished, mix as much karkishorn powder as will be required into a thick paste lightly over the plate with a piece of soft cloth, and leave it to dry on. When perfectly dry, brush it off carefully with a clean, soft plate-brush, and polish with a dry chamolis skin.

Silversmiths polish with special apparatuses, and thus give a polish which can not be imitated by the home processes. If silver ware has once become very tarnished, it would be best to put it into the hands of professionals for cleaning.

Paris Fashions for Readers of The Commoner



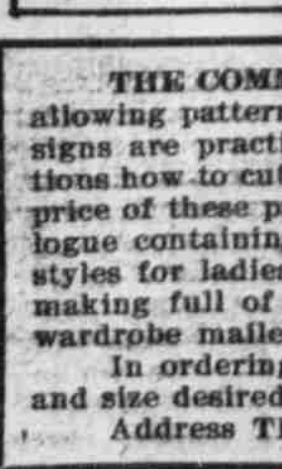
No. 2067—Ladies' Tucked Eton Jacket, with Long or Three-quarter Length Sleeves. This model is suitable for lady's cloth, or tailor-suiting, and is one of the smartest and most becoming designs shown this season. Six sizes—32 to 42 inches, bust measure.



No. 2056—Child's One-Piece Dress, with Round Yoke. This little garment is so simple and easy to make that it invites attempt. The skirt and sleeves are made in one. It may be developed in challis, albatross or cashmere, and trimmed with lace. Four sizes—1 to 7 years.



No. 2065—Ladies' Kimono Dressing Sack. Made up in flowered challis, lined with rose colored silk, this little jacket is easily slipped on, and is dainty enough to wear down to breakfast. It would develop well in plain colored flannel with a flowered border. Seven sizes—32 to 44 inches, bust measure.



No. 2087—Ladies' Jumper Dress, with Princess Front Panel. This modish frock of silver-gray tussor has all the latest requirements that dame fashion demands. The princess panel, and wide mandarin sleeves make it very becoming to all figures. Six sizes—32 to 42 inches, bust measure.



No. 2068—Misses' Nine Gored Skirt, with an Inverted Box-Plait at Centre-Back Seam and Side-Plaits below Hip at the other Seams. This model hangs in graceful folds around the feet, and has the advantage of looking well made in any material. Three sizes—13 to 17 years.



No. 2079—Ladies' Yoke Shirt Waist, with Long or Three-quarter Length Sleeves. This pretty model is capable of many variations, and in two toned jasper taffetas combined with insertions of Cluny lace it would be exquisite. Six sizes—32 to 42 inches bust measure.



No. 2089—Ladies' Nineteen Gored Ripple Skirt, with an Inverted Box-Plait at Centre-Front and Back. This model is especially desirable for the woman who desires a slender appearance around the hips. It is appropriate made up in tailor suiting or tweed. Eight sizes—22 to 36 inches, waist measure.



No. 2062—Child's Dress, with Guimpe. Made up in light blue French flannel, and the scalloped edges of the round neck and wide arm holes are embroidered by hand in white wash silk. The guimpe is of fine white embroidered batiste. Four sizes—3 to 9 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.