

the figure be full or slender. After adjusting the waist at the shoulders, have an inch-wide band with the raw edges turned in, find the center back and front of the waist line, and if the waist opens at the back, pin the center of the tape to the center front of the waist; if the opening is at the front, put the centers of the tape and back together, then draw the tape snugly around the waist and pin it, allowing for a little shrinkage. Under the arms, the waist should be kept smooth, with an easy fit and no pulling, so that when the arms are raised there will be no pulling above the belt, or tearing under the arms.

For the Home Seamstress

The neck band of a shirtwaist should be divided into three equal parts—back, and two fronts.

If the space between the shoulder seams at the back is too narrow, it will cause a "riding up," or hump.

Hooks and eyes should be sewed in place with a space of one and one-half inches apart with hooks on the right side, and eyes opposite.

Shoulder seams should always be straight at the neck-band, and any alteration should be made toward the back, or front at the arm hole.

In cutting goods with a nap, some tailors recommend to cut with the nap running up, as this will prevent rubbed spots, and improve appearance.

Black silk should be sponged with a strong black tea containing a few drops of ammonia, and then rolled while damp very smoothly and tightly on a smooth, round stick. It will thus be greatly improved.

To gather fabrics on a machine where the ruffler is not used, loosen the upper tension, stitch the desired length, then draw the upper thread

straight to the space desired. The gathers will be more even, will retain their place better, and distribute better than with hand running.

In making a placket, cut the underlap double, about one and one-half inches wide when finished, and allow the underlap to extend one and one-half inches below the placket opening, joining the underlap for this length with the breadth seam. Do not allow the goods to pucker when sewing. Then turn the free edge of the lap over the raw edges of the seam and hem down neatly on the inside. Face the overlapping side with the same width as that of the underlap.

To insure tucking on both sides of a shirtwaist to be exactly alike, take twice the length of goods required for one side, fold where the shoulder point comes, lay the front of the pattern along the selvedge edge of the goods and mark with a tracing-wheel, or pins, just how far the tucks go; then tuck the goods the required length between the marks or pins, for both sides of the tucked portion. Make the tucks exactly even as to length, width and spacing. The same rule applies when the waist opens at the back.

For hand-hemming of table-cloths, or napery, put on the hemmer-attachment of the width desired, but do not thread the machine. Run the goods through the machine just as though you were sewing, and the hem will be evenly turned and ready for hand hemming. If hemstitched by hand, draw the threads carefully and baste the hem down neatly and evenly, then with the stitch regulated to the desired length and without thread, stitch close to the edge as in ordinary hemming. The line of accurate perforations will be easily followed.

Wool Filling for Comforts

Have the wool well washed and the trash all picked out of it. Pick all the lumps to pieces, and, if you can hand-card the wool, do so. If not, pick it loose and fluffy, a little handful at a time, laying it into a large, flat pan, evenly, and pat it down lightly. Fill the pan, then, turn the "bat" out on a sheet of newspaper, and repeat, until three or four pounds (according to the weight wanted) have been "batted," separating the bats with a sheet of newspaper. Put the lining of the comfort in the frames, stretch smooth, and lay the wool bats on, as you would cotton, until the lining is covered, then put on the top cover, fasten in the frames, and knot with wool yarn three inches apart. These comforts are light and warm, and never mat down like cotton.

A woman who has but a few clothes, and those of good material, and who gives them good care, will always appear well dressed. Brushing, pressing, airing, and putting away, allowing no spots, stains, missing buttons, hanging hooks, frayed edges, gaping stitches and tell-tale rips, add materially to the life of a garment, as well as to the comfort of the wearer.

For the Seamstress

When the basting threads have done their duty, carefully pull them out and wind on a spool; they will do for another service.

Thread of inferior quality and less cost is usually finer and softer than the high-priced kinds, and answers the purpose of basting as well, if not better, as the softer thread leaves less impression on delicate materials when pressed.

Women of plump or short figure should be slow to adopt the draped skirt, as it cuts their apparent height, and gives a larger appearance to the size of the hips. Long, straight lines

give a more graceful figure to stout women.

Little diamond-shaped corset shields, lined with washable rubber and covered with suitable wash fabrics, are attached to the corset under the arms, for the protection of the corset from perspiration stains, and to prevent friction of the garments. They cost according to material and elaboration of covering.

"Boston Baked Beans"

Pick over one quart of navy beans and allow to soak over night in cold water enough to well cover them. In the morning, drain off this water, cover with fresh water and put over the fire, bringing slowly to a boil. Cook until the skins will crack open when a few are exposed to cold air,

then drain off the water and throw it away. This will improve the flavor of the beans, as the first boil water has a strong flavor. Wash very clean the rind on half a pound of clear fat salt pork, cut the rind in gashes with a sharp knife, and bury the pork in the beans. Mix one tablespoonful of salt, one teaspoonful of mustard, two tablespoonfuls of molasses in a cupful of boiling water and pour over the beans, adding enough boiling water to cover. Cover the vessel and set in the oven and bake for six to eight hours, adding water when needed. The last half hour the beans should be uncovered and allowed to brown. This is an excellent dish to cook when the kitchen range is kept going all day with moderate heat.

Latest Fashions for Readers of The Commoner



2208—Boys' Blouse or Shirt-Blouse with or without Back Yoke-Facing and Permanent Turn-Down Collar. This model is adaptable to all shirtings. Five sizes, 5 to 13 years.

2194—Misses' Evening Coat, in Seven-Eighths Length, Without Sleeves and with Cape and Hood. Any of the season's light cloths are used for these coats. Four sizes, 14 to 17 years.

2177—Ladies' Shirt-Waist. This model is very appropriate for any of the thin-fannels, or fancy cotton shirtings. Seven sizes, 32 to 44.

2183—Ladies' Sewing Apron and Bag Combined. Made of sheer Persian lawn, batiste or nainsook this is a charming little outfit. One size.

2185—Ladies' Tucked Shirt-Waist. Closed at Left-Side of Front. Shadow-plaid silk, shading from tan to brown, has been used for the development of this charming shirt-waist. Eight sizes, 32 to 46.

2205—Ladies' Fifteen-Gored Box-Plaited Skirt. Such a model is appropriate for light-weight wool goods as well as any of the thick Winter materials. Six sizes, 22 to 32.

2193—Ladies' Shirred Shirt-Waist, with Yoke and Three-Quarter Length Sleeves. In challis, cashmere or albatross this would be a stylish model. Six sizes, 32 to 42.

2200—Boys' Overcoat. Broadcloth, mixed tweed, tailor suiting, striped or plain chevrot, and freize cloth are all suitable materials for the development of this little overcoat. Five sizes, 3 to 11 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.

FOUND A WAY To Be Clear of the Coffee Troubles

"Husband and myself both had the coffee habit and finally his stomach and kidneys got in such a bad condition that he was compelled to give up a good position that he had held for years. He was too sick to work. His skin was yellow, and I hardly think there was an organ in his body that was not affected.

"I told him I felt sure his sickness was due to coffee and after some discussion he decided to give it up.

"It was a struggle, because of the powerful habit. One day we heard about Postum and concluded to try it and then it was easy to leave off coffee.

"His fearful headaches grew less frequent, his complexion began to clear, kidneys grew better until at last he was a new man altogether, as a result of leaving off coffee and taking up Postum. Then I began to drink it too.

"Although I was never as bad off as my husband, I was always very nervous and never at any time very strong, only weighing 95 pounds before I began to use Postum. Now I weigh 115 pounds and can do as much work as anyone my size, I think.

"Many do not use Postum because they have not taken the trouble to make it right. I have successfully fooled a great many persons who have drunk it at my table. They would remark, 'You must buy a high grade of coffee.' One young man who clerked in a grocery store was very enthusiastic about my 'coffee.' When I told him what it was, he said, 'why I've sold Postum for four years but I had no idea it was like this. Think I'll drink Postum hereafter.'"

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