

but I know nothing of its value. For my own part, I rather covet gray hair. Here are the directions: Take five cents worth of sulphur, (sulphur usually retails at five cents a pound) and put into an opaque bottle, which will hold a quart; fill with rain water and cork tightly, place in the hot sun for two weeks, shaking well twice a day. If the "hot sunshine" can not be found, try a neat of about the same degree indoors, though there may be a virtue in the sunshine that other heat does not have. After two weeks, drain off the clear liquid and bottle for use. Rub this liquid well into the scalp night and morning, noting the results. Its use should be continued for several months to get results that are satisfactory. Sulphur is beneficial to the hair.

For rose cold cream, put two and one-half ounces of spermaceti, a quarter of an ounce of white wax and two and one-fourth ounces of sweet almond oil over hot water to melt. Heat one and one-half ounces of rose water, and beat it into the oils very slowly, adding a few drops of perfume, and ten drops of tincture of benzoin. The benzoin will preserve the oils. Beat with an egg beater until quite creamy and smooth, and pack in little china jars.

At night is the best time to scrub the face with warm water and a piece of Turkish toweling, with plenty of mild soap; the dirt that has accumulated during the day should be washed out of the pores, and after scrubbing, the face should be well rinsed, first with cool, then with cold, clear water to get rid of the soap. Dry quickly with a soft, warm towel and rub into the skin a cream that will nourish and build up the tissues, rubbing gently for at least ten minutes, then wipe off the cream that has not been absorbed. Pat and gently pinch your flesh with the finger tips until quite dry, warm and rosy. In the morning use cold water for washing, drying thoroughly. This treatment must be kept up every night, as cleanliness is imperative for a good complexion.

RAILROAD MAN

Didn't Like Being Starved

A man running on a railroad has to be in good condition all the time or he is liable to do harm to himself and others.

A clear head is necessary to run a locomotive or conduct a train. Even a railroad man's appetite and digestion are matters of importance, as the clear brain and steady hand result from the healthy appetite followed by the proper digestion of food.

"For the past five years," writes a railroader, "I have been constantly troubled with indigestion. Every doctor I consulted seemed to want to starve me to death. First I was dieted on warm water and toast until I was almost starved; then, when they would let me eat, the indigestion would be right back again.

"Only temporary relief came from remedies, and I tried about all of them I saw advertised. About three months ago a friend advised me to try Grape-Nuts food. The very first day I noticed that my appetite was satisfied which had not been the case before, that I can remember.

"In a week, I believe, I had more energy than ever before in my life. I have gained seven pounds and have not had a touch of indigestion since I have been eating Grape-Nuts. When my wife saw how much good this food was doing me she thought she would try it awhile. We believe the discoverer of Grape-Nuts found the 'Perfect Food.'

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

For the Home Seamstress

In the use of the paper patterns, when making a plaited skirt, after the markings are made, take a ruler, or what the carpenters call a "straight edge," and draw a straight line from one mark to its corresponding mark, and baste the two together with a fine white thread along the line. Press the basted plaiting before sewing, to avoid a crooked plait.

In sewing a straight edge to a bias one, let the bias one be on the bottom, in machine sewing, and hold the straight edge very taut, in order to keep the widths even. It is well to pin or tack the two seams together at close intervals if you do not baste the full length. In hand sewing, the straight edge should be on the underside, and the tendency of the bias edge to "full" can be regulated by the fingers.

In making button holes, start at the back of the hole by passing the needle up through the cloth, then forward; take a small stitch across the front end of the hole to "stay," or give strength to it, then back to the starting point, setting a stitch or two across this end as well. Do this twice, then, using the regular button-hole stitch, go all around, over the two "staying" threads, and fasten the thread at the beginning point. If properly made, such a button hole will not give or tear, and this strengthening with the straight thread should be used on all material.

In making over a dress skirt, two wide folds around the lower part will give a good finish. If the skirt is too short to hem, put on a facing only as wide as the hem should have been. For lengthening, a neat fitting yoke about the hips can be used, joining the top edge of the skirt to this, or, if preferred, addition to the length may be made by setting the piece on with the joining seam under one of the trimming folds.

Remember that more than half of the good appearance of the finished garment depends upon the careful pressing of seams and folds while the garment is being made. Keep the flat iron and the pressing board at hand.

For the New Gloves

Slip the hand in the glove and start all the fingers at the same time, leaving the thumb outside. If the left glove is put on first, use the right hand, fit each finger separately, using the same gentle, but firm pressure. Always rub the inside and outside of the fingers, never the sides. After this has been done, loosen the glove a little and let the thumb in place, smoothing the thumb on as you did the fingers. One of the worst things in putting on new gloves is to try to force the glove on by running the hand down sharply between the fingers. This not only splits the kid, but breaks the stitches. In removing, the glove should be peeled off, turning it inside out from top to bottom, then, when removed, turn it right side out, smooth and shape the fingers and lay the gloves away in tissue paper.

Cleaning the Kettles

Vessels that have been used for cooking starchy substances, mushes, cereals and the like, should never be set away to soak after being emptied, as they will wash much easier if attended to at once. If one is so unfortunate as to have anything burn in the vessels, setting aside with cold or lukewarm water is the only way to loosen the burn. Setting the vessel on the back of the stove with a strong solution of washing soda, and leaving for two or three hours will allow the burnt material to be readily removed. Do not set a soiled dish to soak with hot

water in it, if uncovered, as this will simply cause the stuff to dry on. If the vessel is filled with hot water and covered closely, the stuff will be steamed loose. But the best, easiest and quickest way is to wash it out at once.

Dry-Cleaning for Woolens

Pure wheat flour or corn meal are both possessed of excellent cleansing properties—in many cases better than soap. Delicate white woolen things can be easily cleaned by putting a few handfuls of either flour or corn meal into a deep pan, and rubbing, patting and kneading the article just as you would if using soap suds, taking care not to damage by roughness. When the flour shows dirty, take fresh flour, and when clean, "rinse" in clean, fresh flour,

shake out, and you will be pleased with the result.

For fancy denims and cretonnes, make a thick paste of starch and water and cover the soiled or stained places, let remain until quite dry, then brush off. If necessary, repeat.

An exchange says: "Beware of buying hamburger steak from the counter of a large market. Hamburg steak, like sausage, is the destiny of a great many scraps, and partially tainted meat. Meat spoiled in shipping is usually worked up into this form. The market men are not all careful to have their choppers clean. It is best to buy the meat, take it home and wipe well, remove gristles and bone and use your own chopper.

Latest Fashions for Readers of The Commoner

2173—Ladies' Corset-Cover, with or without Shield-Sleeves. Cambric, lawn, rainsook or jaconet are all adaptable to this model. Seven sizes, 32 to 44.

2196—Child's Suspender Dress, with Guimpe. This is an excellent model for shepherd's plaid or any of the striped or plain mohairs or serges. Four sizes, 3 to 9 years.

2170—Child's Box-Coat, in Full or Seven-Eighths Length and with or without the Capes. Striped or plain chevots or serges, corduroy or lady's cloth develop well in this model. Four sizes, 1 to 7 years.

2176—Girls' Dress, with Three-Quarter Length Sleeves. Gray and green plaid chevot has been used for the development of this pretty little frock. Four sizes, 6 to 12 years.

2188—Misses' Tucked Shirt-Waist, with Long or Three-Quarter Length Sleeves. This model is adaptable to almost any material. Three sizes, 13 to 17 years.

2190—Misses' Tucked Circular Skirt, in Three Sections. Navy-blue serge was used for the development of this charming skirt. Four sizes, 14 to 17 years.

2172—Girls' Tucked Dress, with Guimpe. A very neat model for everyday or best wear. Four sizes, 6 to 12 years.

2178—Girls' Coat, Closed at Left Side. Broadcloth, chevot or storm serge are adaptable to this model. Four sizes, 6 to 12 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.**