

at the neck and sleeveless or half sleeves, are worn with gümpe or full shirt waist. Every-day dresses are made in this style, and of any material which suits.

Many new skirts have an extension above the waist-line, with shoulder straps or skeleton bodice giving the princess effect.

Blues, browns, tans, greens and grays are all fashionable colors. It is wise, in the matter of dress to study one's own figure and coloring and select such modes and colors as are suitable to the individual. Nearly every one can be suited in prevailing modes.

Plaited skirts are still favorites, but the newest styles are gored, showing close-fitting, sheath effect around the hips, with a graceful flare about the bottom.

Small women who find it difficult to be fitted with ready-made wear should try misses' sizes—about the seventeen year age is generally right.

The name "princess" as applied to gowns means in general every gown that has the waist and skirt fastened together—a few hooks to be fastened no belt to be fussed with, and a delicious sense of absolute security. The best dress-makers are turning out nearly all work with the waist and skirt joined together.

Little Things

"Bargain" household machinery is expensive and profitless. Better get a good article and give a fair price for it.

Try cooking carrots or parsnips all night in a fireless cooker; the next day brown the parsnips and dress the carrots with a white sauce.

OLD SURGEON

Found Coffee Caused Hands to Tremble

The surgeon's duties require clear judgment and a steady hand. A slip or an unnecessary incision may do irreparable damage to the patient.

When he found that coffee drinking caused his hands to tremble, an Illinois surgeon conscientiously gave it up and this is his story:

"For years I was a coffee drinker until my nervous system was nearly broken down, my hands trembled so I could hardly write, and insomnia tortured me at night.

"Besides, how could I safely perform operations with unsteady hands, using knives and instruments of precision? When I saw plainly the bad effects of coffee, I decided to stop it, and three years ago I prepared some Postum, of which I had received a sample.

"The first cupful surprised me. It was mild, soothing, delicious. At this time I gave some Postum to a friend who was in a similar condition to mine, from the use of coffee.

"A few days after, I met him and he was full of praise for Postum, declaring he would never return to coffee but stick to Postum. We then ordered a full supply and within a short time my nervousness and consequent trembling, as well as insomnia disappeared, blood circulation became normal, no dizziness nor heat flashes.

"My friend became a Postum enthusiast, his whole family using it exclusively.

"It would be the fault of the one who brewed the Postum, if it did not taste good when served.

"The best food may be spoiled if not properly made. Postum should be boiled according to directions on the package. Then it is all right, anyone can rely on it. It ought to become the national drink." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Prunes, peaches, apricots and such dried fruits are good for the table without cooking; soak them overnight in clear, cold water, just enough to cover, and by this process they have a clean flavor without being flat and insipid to the taste.

It is claimed that, to prevent griping, castor oil should be boiled before giving it to young children. It can be boiled in a water-bath, putting the oil in a small vessel, or bottle, setting the vessel containing it into water that is brought to boiling heat.

To make boots and shoes waterproof, heat a little beeswax and nut-ton suet together until it is liquid, then rub this over the edges where the stitches are while quite warm. The proportions of the wax and tallow are half and half.

If you wish to cook anything, like canned corn, that has a tendency to scorch while heating, set the vessel containing it into another vessel containing boiling water, and let heat until as hot as you wish. If you wish to keep a dish warm for some time, set it in a vessel of hot water, covering with a lid that just fits the rim of the dish, in order to avoid making the food watery from the steam.

If the hands feel hard, hot and swollen after a day of unaccustomed work, soak them in quite warm water, then plunge into cold, and rub a little almond oil, or glycerine and water into them, before the fire. Use oat-meal instead of so much soap, and use just as little soap as possible.

Put a tablespoonful of ammonia in a half gallon of water, wash your brushes and combs in this, and all grease will disappear. Shake and dry the brushes in the open air, setting them on the bristles to prevent soaking the back.

For the Toilet

Protect the hands from the weather and hard work, if you wish comfort. Mitts or gloves made of any cotton cloth will serve the purpose. Woolen materials do as much harm as good. Canton flannel is an excellent material, and ready-made gloves can be had at most stores for five to ten cents a pair. Try them.

To prevent "hang-nails" dip the finger-tips in warm water or warm olive oil, and soak for a few minutes; then, with a piece of orange stick, or the back of the nail on the other hand, push the cuticle back, and repeat this every time you wash your hands.

Vaseline rubbed around the edges of the cuticle and nails is a good thing. Do not clean under the nails with a sharp instrument. If a nail brush and plenty of warm water is used, the dirt can all be taken out.

It is claimed that the use of lemon juice to remove stains from the hands and nails makes the skin yellow and the nails brittle; the use of peroxyde of hydrogen is urged, using a little stick and a bit of cotton, for the application.

Manicurists tell us that dishwashing does not hurt the hands. We all know that; but the very hot water in which they are kept so long, together with the abundance of soap, or other alkalies used, is to blame.

The best thing for the hands is the old-fashioned mutton tallow. Get the best suet, a pound of it, from your butcher, and melt it yourself, pouring it into molds. Use a very little of it as you would any cold cream.

For the hands in cold weather, avoid wetting them as much as possible, but dry thoroughly when they are washed, then, at bedtime, rub them over well with lanoline—just what will soak into the skin by good rubbing. This will soften them and prevent the skin from cracking and roughing. But one of the best pre-

ventives is wearing old, soft gloves, loose and comfortable, while doing any work that will admit of it.

The poet tells us that, "Into each life some rain must fall," and it is the rainy day that finds us without rubbers and umbrellas.

Scatter all the wood ashes over the garden or fields, instead of throwing on an unsightly heap in the door yard. Soft coal ashes should be used to make walks leading from the house to the out-houses, as there is no special value in them for fertilizing purposes. Try to make every thing serve a good purpose.

Vanilla Fudge

Here is something that the boys and girls will like: Melt a level teaspoonful of butter in a porcelain lined saucepan; add a coffee-cupful of

granulated sugar, a third of a cupful of milk and a pinch of salt. Heat to the boiling point, stirring constantly; cook about eight minutes from the time it begins to boil. Test in the usual manner until a teaspoonful dropped in ice water will form a soft ball. Add the flavoring when the mixture is taken from the stove, and heat at least ten minutes after it is done, by which time it will have formed a creamy mass and should be poured into a large square pan, well greased. When cool, cut in squares, and, if desired, dip the squares in melted chocolate. Ground nut kernels, chopped dates or figs, or other candied fruits may be added to the mixture before it cools, and flavoring, such as peppermint, vanilla, lemon, according to taste, may be used. In dipping the squares in chocolate use a darning needle for lifting the squares in and out of the coating.

Latest Fashions for Readers of The Commoner



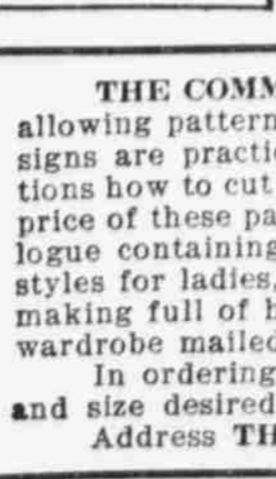
2274—Boys' Blouse. This garment may be made of gingham, chambray, galatea or khaki. Five sizes, 5 to 13 years.



2142 — Ladies' Shirt-Waist, with Three-Quarter Length Sleeves, and a Removable Chemisette. Japanese, China, surah or taffetas silk, as well as voile, cashmere or challis all develop well in this style. Six sizes, 32 to 42.



2277—Ladies' Eleven-Gored Ripple Skirt. Any material will develop well, and be appropriate in this style. Seven sizes, 22 to 34.



2285—Ladies' Tucked Shirt-Waist, with Seven-Eighths Length Sleeves. Thin silk or lawn makes a pretty waist in this style. Six sizes, 32 to 42.



1915—Childs' Set of Short Clothes, Consisting of Bishop Dress having Sleeves Extending to Neck, Petticoat, Underwaist and Drawers. This set may be developed in fine Persian Lawn, nainsook, or batiste and trimmed with Valenciennes lace. Four sizes, one-half to 3 years.



1923—Girls' Jumper Dress, with a Separate Guimpe. A pretty pattern for any of the Spring novelty goods. Four sizes, 6 to 12 years.



2280—Ladies' Fifteen-Gored Skirt, with an Inverted Box-Plait at Centre-back Seam, and Side Plaits below Hip at the other Seams. Plaid or plain goods is stylish if made on this model. Seven sizes, 22 to 34.

2267—Ladies' Semi-Fitting Coat in Three-Quarter Length. Tweed, cheviot, serge or mohair all make up well in this style. Six sizes, 32 to 42.

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.**