ity of linoleum is best for floor cov- ple are strangers to them, the farm growth early, in boxes in the house, water until the surface shows moisering in any part of the house, with ways are not their ways, and the rugs of convenient size to lay over wage, great or small, does not comfloor finish, and plenty of small rugs, panionship with their own class, to home-made or "boughten," or a good be found only in the city's bustling quality of matting of some neat pat- streets. This class would not profit tern. Taking up, beating, cleaning the farm employer, even if it could and re-laying the carpets is the hard- be induced to work in the fieldsest part of house cleaning, because which it can not. They must work it is the heaviest, and dirtiest.

#### "Going Back to the Farm"

"A Reader," referring to the problem of the unemployed, says: "Men and women that have failed really to sustain themselves in the city those that "can not hold a job" will fail, as a rule, to even a greater extent on what is usually meant by a farm, even if they could be induced appear later in the season in the to go to one-which they can not. rough silks and linens. Experience has shown that such famllies can not be thus helped, even waists have taken a new lease of if given a farm and its necessary life this spring; plaits, tucks, fancy tools, without money and without yokes, and frills make the waists price. They do not know what to unusually attractive. Embroidered do with the land, and, having no collars, gay little bows of lace and taste, in most cases, for the life, they batiste, jabots of hand embroidery, have no desire to learn. They get hemstitching, edging and laces are discouraged, and drift back to the seen. city: they would rather fight for a crust, or starve in a crowd than en- style are almost without fullness, but joy plenty in the loneliness and with very wide armholes. The flat steady work of the farm. They have shoulders of one-piece sleeves are exnever learned to think, or to plan for tremely popular with the new styles. themselves, and they can not direct Sleeves of the puff variety are extheir work to any success; they are tensively used, the difference in them His children, in many respects, and consisting of the style of finish at they are even more helpless in the the wrist or the decoration for elbow country than in the city. The idea length. of relieving the city of its congestion by transplanting its surplus peoapplied to those who belong to the soil because they were bred there, and know what to do with the soil, in giving up the life they were fitted to enjoy for the struggle in which they find they should have no part. As to those having no family ties, the life on the farm holds little attraction for them, for the farm peo-

### HAPPY OLD AGE

## Most Likely to Follow Proper Eating | terial.

less food to replace waste, and food ers are joined to a belt at the waistthat will not overtax the digestive line and closed in the back with butorgans, while supplying true nourish- tons and buttonholes. A tape or ment.

Such an ideal food is found in ers about the knee. Grape-Nuts, made of whole wheat and barley by long baking and action used for making them, such as gingof diastase in the barley which ham, linen, cotton, galatea, wash changes the starch into sugar.

The phosphates also, placed up under the bran-coat of the wheat, are included in Grape-Nuts, but left out of white flour. They are necessary to the building of brain and nerve

"I have used Grape-Nuts," writes an Iowan, "for eight years and feel as good and am stronger than I was ten years ago. I am over 74 every day.

"Among my customers I meet a man every day who is 92 years old and attributes his good health to the use of Grape-Nuts and Postum which he has used for the last five years. He mixes Grape-Nuts with Postum and says they go fine together.

"For many years before I began to eat Grape-Nuts, I could not say that I enjoyed life or knew what it was to be able to say 'I am well.' 1 suffered greatly with constipation, now my habits are as regular as ever in my life.

write a great deal easier."

by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

"Another" recommends a good pensate them for the loss of comout their own salvation; they have their own niches to fill; they are, probably, the "straw" without which 'bricks' can not be made. They have their uses, though we may not know what it is."-E. L.

Fashion Notes

The Eton jacket is still a favorite, despite the many prophecies that its long reign is over. They promise to

Gored skirts and tailored shirt

Sleeves are smaller, and in many

The semi-princess style consisting of over-blouse or jumper and skirt ple to the farm will work only when fastened together under the belt, is very popular for young girls and small women especially; for the shirt waist, the conventional long and who are tired of their mistake sleeve with link cuff is better for the plain, tailored waist, for general wear, but for lingerie blouses, the short sleeves give a more dressy effect. The short sleeve is so girlish and becoming that one dislikes to give it up.

> The over-blouse is usually sleeveless. The guimpe is sometimes made of the same color as the dress ma-

Children's rompers are made very loose and comfortable, and are easily As old age advances, we require constructed. Both body and bloomelastic in casing adjusts the bloom-

> Any serviceable fabric may be poplin, flannel, linen crash, mohair, denims or chambrey.

### Floral Notes

Clay soil is cool and heavy, and retains moisture well.

Annual poppy seeds should be sown where they are to grow, as they do not bear transplanting very well.

Cow manure is much cooler than years old and attend to my business stable manure, and is richer; it is especially adapted to rose-growing.

Ferns must not be kept in the bright sunshine, nor in the dark. Water once a month with lime water to keep worms out of the soil. Shower once a week.

Tuberous rooted begonias show their best when planted in the border. They require a light, rich, deep soil, p'enty of room and sunshine with portial shade. Water in the evening. Flowering season is from June to October.

Keep the window garden plants growing, and be careful for the "Whenever I make extra effort I freezing nights. Give them all the depend on Grape-Nuts food and it sunshine they can get, and on quite just fills the bill. I can think and warm days, which we now and then have, let them have the fresh air. "There's a Reason." Name given Many things will be starting into life during this month.

Plant the canna roots, dahlias, and other tubers that need to begin

Start some gladiola bulbs, and plant ture. Put a bit of glass over them, canna seeds for new plants.

Plant only the roses grown on their own roots. There are so many hardy everbloomers now to be had that one need never be without this beautiful flower in the border. There are many tea roses which are nearly hardy.

Don't forget to order a "grand- Company, Philadelphia, Pa. mother's garden" collection of flower seeds. You will find many of the Rates. ing. Get plenty of fragrant foliage New York. \$1.00 net. plants to mix in with the flowers.

clean, fine, dry sand with them; mix napolis, Md. Price at cents, well, and put into a pepper shaker. The Colonel, a story in verse. By and with this sprinkle them over the Charles E. Cole. Hobson Printing prepared soil. Very fine seed must Co., Wichita, Kan. not be covered at all, while those a The Uprising of the Many. By them. Moisten by setting the pot in & Co., New York, Net. \$1.50.

#### BOOKS RECEIVED

The True Nature of Value. By Rufus Farrington Sprague. The University of Chicago Press, Chicago, \$1.00 net, \$1.10 postpaid.

The Ifs of History. By Joseph Edgar Chamber, in. Henry Altemus

Federal Regulation of Railway By Albert M. old favorites are well worth grow- Houghton, Mifflin & Co., Boston and

Maud Muller's Ministry, or the In sowing fine seeds, the rule is claims of Christian socialism. By to mix with ten times their bulk of Rev. James Lawrenson Smiley, An-

little coarser should only have the Charles Edward Russell. Illustratvery least bit of sand sprinkled over ed by photographs. Doubleday, Page

# Latest Fashions for Readers of The Commoner



2273-Ladies' Yoke Shirt-Waist, with body and sleeves in one. All-over embroidered batiste, flowered or plain net, and organdie, with a yoke of lace, makes this a most dressy little garment. Six sizes, 32 to 42.

2270-Childs' Tucked French Dress, with Yoke. Sheer batiste, Persian lawn, or naingook are all used for this pattern. Four sizes, 2 to 5 years.

1969-Ladies' Four-Gored Petticoat-Skirt lengthened by a Dust ruffle and with or without the tucked flounce, This is an excellent model for a drop skirt of silk, or it may be made of the usual white goods. Eight sizes, 22 to

1957-Childs' Plaited Apron, with Front Yoke. Any of the cross-barred dimitles, checked or dotted gingbams, or striped or plain lawns are used to aprons this season. Four sizes, 2 to 8 years.

2250-Misses' Tucked Shirt-Waist. Linen, duck, chambray or Indian-head cotton are all suitable for this style. Three sizes, 13 to 17 years.

2256-Girls' Tucked Dress, with Elbow Sleeves and Double Skirt. Soft. china crepe, volle, challis or cashmere are good materials for this style. Four sizes, 6 to 12 years.

2254-Misses' Nine-Gored Ripple Skirt. This is an excellent model for both the skirt of the coat suit, or as a separate one to wear with shirtwaists or jumpers. Four sizes, 14 to 17 years.

1733-Girls' Plaited Blouse Dress, with a separate guimpe. Shepherd's Plaid, plain serge, or any of the pretty spring novelty goods make up well in this style. 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, postpage 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 dressmaking full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents.

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