

plaster, dusting from a fine sieve, after mixing thoroughly. If hellebore is used, it may be dusted on the plants after a shower, or while the dew is on the foliage; or it may be used in solution, one ounce of hellebore to two gallons of water.

For plant lice, or bugs that suck the juice of plants, use soap or coal oil emulsion. To make it, dissolve half a pound of laundry soap in one gallon of hot water, then add two gallons of coal oil, and churn or stir rapidly until a white, creamy mass is formed, which will thicken as it cools. Dilute this, when for use, with nine times its bulk in water. This must reach the under side of the leaves, as well as the upper. Less may be made, keeping the proportions.

Sewing in Dress Shields

Do not place them directly under the arm, but slightly forward, and sew them at each end and at both lower edges—one edge to the under-waist seam, and one to the inside seam of the sleeve. Put your hand inside the sleeve and find just where the shield touches the seam, so there will be no pulling and drawing; hold the shield firmly in place and take the hand out, holding the shield and the sleeve seam and sewing them together at this point. All the sewing on the shield should be French tacks, which are made by taking three stitches, allowing them to be loose enough to "give" a quarter of an inch; then work with a button-hole stitch as you would a silk eyelet. The reason that shields do not keep in their proper place is because they are not put in properly at first—Home Journal.

For the Floors

At the stores where paints are sold, raw umber, burnt umber, burnt sienna, or yellow ochre, ground in oil, can be had in small sized tin cans, or the dry powder may be used. Clear turpentine is all that is required to thin the ground colors, or to mix the dry ones, which will appear much darker when mixed with turpentine. A small portion of Japan dryer may be used to give body, if the turpentine is very thin. The tones of color commonly used are reddish, yellow, or brown.

FIT THE GROCER

Wife Made the Suggestion

A grocer has excellent opportunity to know the effects of special foods on his customers. A Cleveland grocer has a long list of customers that have been helped in health by leaving off coffee and using Postum Food Coffee.

He says, regarding his own experience: "Two years ago I had been drinking coffee and must say that I was almost wrecked in my nerves.

"Particularly in the morning I was so irritable and upset that I could hardly wait until the coffee was served, and then I had no appetite for breakfast and did not feel like attending to my store duties.

"One day my wife suggested that inasmuch as I was selling so much Postum there must be some merit in it and suggested that we try it. I took home a package and she prepared it according to directions. The result was a very happy one. My nervousness gradually disappeared and today I am all right. I would advise everyone affected in any way with nervousness or stomach troubles, to leave off coffee and use Postum Food Coffee." "There's a Reason." Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

according to taste, and when mixing the stains they must not be too thick with the coloring matter, nor applied too plentifully with the brush to the floor. Apply the stain in a thin coat, with a flat brush, going over the boards evenly, let dry a day or two, then go over the entire floor with a coat of hard oil finish. A soft wood floor will be greatly preserved by application of beeswax and turpentine rubbed well in, then the polish brought out with a lot of vigorous rubbing and a flannel cloth.

For this, prepare the polish in this manner: Shave two ounces of beeswax into a pint of turpentine, and place near the stove in a warm room, or set the mixture in a vessel of hot water until it dissolves; shake well before applying, and use a thick woolen cloth or stiff brush, applying but a very little at a time, finishing one space before beginning another. This calls for much work. After the mixture seems absorbed, go over the space with a dry woollen cloth, rubbing hard to bring out the polish and remove all traces of the oil. Brushes and buffers for this purpose may be bought at the paint stores, if preferred to the home-made. Do not pour the polish, or any oil, on the floor, but apply a very little at a time, with the after-rubbing; otherwise you will have a dust-catcher, very disagreeable to deal with.

A good floor stain that goes right into the wood and is durable is made of linseed oil colored as desired with ground burnt umber. Have this hot, and apply to the floor, rubbing in thoroughly as you go with a flannel pad; let dry, and the next day polish with the beeswax dissolved in turpentine, if a polish is desired. The polish must be applied warm, as above. Polished floors mean hard work and plenty of it.

Cooking Spinach

Pick over, trim off the decayed leaves and roots, wash thoroughly—in running water if possible, or lift from one pan to another that the sand may be left in the water, changing the water until it is clear. Put the spinach in a large kettle without water, except such as clings to it from the washing. Place on the stove where it will heat slowly, covering closely, and leave until the juice is drawn out, then let it boil until tender, drain off all water and chop fine. For half a peck of spinach (before cooking) add one large tablespoonful of butter, half a teaspoonful of salt, a dash of pepper, and cream enough to moisten it. If you have no cream, make a little thickening the same as for drawn butter. Heat the spinach again, then mold it in small cups and turn onto a platter; grate yolk of a hard-boiled egg over the whole and serve immediately.

Fried Spinach.—Take cold spinach left from dinner and chop with it the yolks of two or three hard-boiled eggs, sprinkle with a little pepper; put into frying pan a large tablespoonful of butter, and when it is sufficiently hot put in the spinach and eggs and fry nicely.

Choosing Pineapples

Pineapples are "to'd" by their color. The imported fruit is picked green and ripens en route. If the "eyes" are smooth, and of a bright amber or tan color, the fruit is ready for use. Pending the season of strawberries, cherries, peaches and melons, it is worth while to experiment with pineapples for dessert. Get a yellow, sound, sweet-smelling fruit, peel it, scoop out the core and fill the hole with sugar; let it stand twenty-four hours in a cool place, slice and serve. Another way is to shred the fruit—"silver-fork it," as it is called, cover with sugar and serve after several hours. The silver-forked canned pineapple in market is preferred

to the fresh ripe fruit by many; it is better the second year than the first. It is nice as a relish with meat bacon or liver; for dessert it may be served with sliced bananas and berries and covered with whipped cream.

If the baby has been allowed a "pacifier," he should give it up; many mouth ailments are caused by this article, and the sooner it is thrown into the fire, the sooner the baby's mouth will get well. These "pacifiers" are a "blind nipple attached to a ring," and can be of no possible benefit to the child.

Tomato Salad

Chop fine six medium-sized nearly ripe tomatoes, and add one-half can of salmon and about a pint of cold boiled potatoes, diced. Make a dressing of one tablespoonful of mustard,

one tablespoonful of suet, one cupful of milk, one cupful of vinegar, and one egg. Mix the sugar, mustard, and suet thoroughly; slowly add the milk, stirring vigorously, then stir in the vinegar, and last, the egg. Boil this until it is like custard, and pour over the salad when cold.

DOUBTS

There was a ducky in southern Tennessee named Eph Friday, who died a short time ago. Eph was neither a member of a church nor of a lodge, and thus had no one to deliver an address or a prayer at his burial. At last an old uncle consented to say a few remarks for the departed soul. As the coffin was being lowered into the grave the old uncle said to the assembled mourners:

"Eph Friday, we trust you hab gone to de place whar we spects you ain't.—Philadelphia Ledger.

Latest Fashions for Readers of The Commoner



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2341—Ladies' Seven-Gored Flare Skirt. Any of the pretty plaid worsteds make up well in this style. Eight sizes—22 to 36.

2332—Girls' Low-Necked Dress, with Yoke, Collar and Short Sleeves. Flowered lawn or organdie are pretty developed in this style. Four sizes—6 to 12 years.

2344—Ladies' Semi-Fitting Jacket. This is an excellent model for the separate coat in serge or covert cloth. Seven sizes—32 to 44.

2331—Ladies' One-Piece Shirt-Waist. A pretty pattern for cross-barred dimity, flowered lawn or thin silk. Five sizes—32 to 40.

2357—Misses' One-Piece Tucked Skirt with Straight Lower Edge. Muslin, organdie, or any of the thin materials make up well in this style. Three sizes—13 to 17 years.

2361—Child's One-Piece Dress, in Bishop Style. Fine nainsook develops well in this style. Five sizes—1 to 9 years.

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