

gar following this will tend to close the pores.

M. M.—A good way to clean the heavy comforts and cotton mattresses used under the sheets is to lay them out on the grass just before a heavy shower, and let them take the pelting rain. Then let dry in the sunshine, beat with switches, and they will be light and fluffy.

George S.—Doctors disagree. Some claim that, instead of trying to correct the acid tendencies of the system by a strictly vegetable diet, relief would be far more quickly obtained by using a generous allowance of beef and mutton, with less vegetables. Many persons can not use vegetables or fruits without discomfort, while a meat diet agrees with them.

Gleanings

Between the wearing of mourning and the wearing of black, there is a decided line. Black is so universally worn by women that it is somewhat confusing to know just where the line is drawn. For instance, uncut velvets are for mourning, while other varieties are not.

The beauty of any gown depends more upon details of construction, becomingness of color, fitness of style than for the expensiveness of the materials.

For the elderly woman, and the woman whose back is not perfectly flat and straight, the shoulder seams should have more of a slope towards the back of the arm-holes. A straight young figure may have the shoulder seams on perfectly straight lines.

All shirt waist seams should be fitted with the arms crossed behind the back of the head, as well as in some of the reaching positions. A sleeve that is too short from the arm-hole to the elbow can never be comfortable, and it is apt to drag; in many cases this makes the back of the blouse draw and wrinkle between the shoulders.

Soft mull ties, with attractive embroidered or lace-finished ends, should have a prominent part in the elderly woman's neck wear. The softening effect of lace neck wear can not be over-estimated, and some things softening should always be worn next to the aging face—always light in color. Stiff, severe collars

DR. TALKS OF FOOD
Pres. of Board of Health

"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several years with malnutrition, palpitation of the heart, and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my youth.

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Read "The Road to Wellville," in pkgs. "There's a Reason."

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

are usually most unbecoming to the fading face. A touch of becoming color may be worn with advantage at the throat.

Fashion dictators tell us that by autumn the short sleeve will have passed away. The new sleeve is full length, close-fitting, and with no perceptible fullness at the armhole; a favorite sleeve has but one seam, and that on the outside of the arm.

The one-piece costume is gaining in favor, and its advantages are so evident that it could not be otherwise. As a rule, the jumper dress is less elaborate, but is still greatly admired. The styles in skirts remain consistent with the sheath-fitting top, though widely varying in other particulars.

For the Home Seamstress

In all shirtwaists, whether opening in front or back, there are the two under-arm seams, the shoulder seams, and the inside seams of the sleeves. If the opening is in the back, the front should be cut from one width of the material, with no allowance for opening plaits or hem, and if laid in clusters of tucks in groups of four, with an inch plain space between the groups, the space from one under-arm seam to the other under-arm seam directly across the bust should be twenty-nine inches for a medium-size (a full 36-inch) bust measure; the space across the back from the same seams should be fifteen and one-half inches. If the fronts are properly adjusted and the under-arm seams are kept in a perfectly straight line from the arm-holes to the waist belt, this will not be too full. A shirt waist, or any unlined waist, should not have its fullness pouched directly in the center front of the waist belt. The fullness should be equally distributed across the entire front, so it may hang in a straight easy seam from the shoulder seam down.

The shirt waist with the plain, straight back is the most becoming to the average person—backs that are not broken with trimming running across, as this tends to shorten the waist-line. The best back for every reason is the back plaited in lengthwise clusters. The fastening in the back should be concealed beneath a fly. Small buttons that are flat should be used, as they are not apt to be torn off in laundering. The finish of the lower edge of the shirtwaist should be neat, so that it may not be bulky, and make an ugly fullness beneath the skirt. A tail of three inches is enough at the back beneath the waist line, finishing with a narrow hem, with a small opening of an inch and a half depth at each under-arm seam, and the shirt waist should be cut off at the waist-line in front, just close enough so it will reach beneath the waist-band of the skirt, then set onto a narrow, circular shaped band, seaming in front to prevent fullness. The gathers in front should have several extra rows of gathers in the middle, the width of the gathers being about five inches, and these should be stayed underneath with a band of muslin hemmed down.

Small Accidents

With the coming of warm weather, outdoor sports are the rule, and breaks, cuts, sprains, bruises, innumerable are always to be expected. Children very often wrench the feet or limbs, causing great pain. Worm-wood boiled in vinegar and applied as hot as can be borne on the sprain or bruise is very efficacious. After the application, the limb should be covered with flannel. A cloth saturated in the hot decoction and wrapped about the limb is excellent.

If through some fall, or other accident, the nose is started to bleeding, put the feet in very hot water, and snuff a little powdered alum up

the nostrils. Applying very cold water to the back of the neck is effective.

Cuts are relieved and in time cured, by pouring turpentine in them, having the turpentine pure. The turpentine will not smart the cut, but will at once ease the pain. Powdered rice, sprinkled on old linen and applied to the wound, will usually stop bleeding.

A bottle of pure sweet oil, one of turpentine, soft old linen, rice flour, vaseline, and camphor are all good "emergency" remedies for summer mishaps.

EVERYTHING HAS ITS CAUSE

"Everything has its cause, if we can but find it," said J. McKee Borden, secretary of the department of charities, at a banquet in New York, says the New York Tribune. "Once

in a miserable slum, I heard two little girl beggars talking. 'Why is it,' said the first, 'that the poor is allus more willin' to help us than the rich?' The second answered promptly and bitterly: 'Them wot don't mind givin' is the ones wot stays poor.'"

NO USE TO FUSS

"Laura," growled the husband, "what have you taken all my clothes out of the closet for?"

"Now, there's no use in your making any fuss about it, George," said his wife, with a note of defiance in her voice, "I just had to have some place where I could hang my new spring hat."—Chicago Tribune.

Samuel D. McEnery has been re-elected United States senator from Louisiana.

Latest Fashions for Readers of The Commoner



2384—Ladies' Dressing Sack, with Three-Quarter Length Sleeves and with or without Collar. A delightfully convenient negligee is this pretty example of pink figured challis ornamented with a self colored belt ribbon tied in front. Seven sizes—32 to 44.

2294—Child's Rompers. Any of the checked or striped ginghams or plain colored chambrays are suitable materials for this model. Five sizes—2 to 10 years.

2153—Misses' Seven-Gored Tucked Skirt. Any of the thin washable materials develop well in this style. Three sizes—13 to 17 years.

2269—Ladies' Work Apron. This useful little apron is developed in dotted percale, although gingham or chambray are very good materials for this style. Four sizes—32, 36, 40 and 44.

2384—Misses' Tucked Shirt Waist, Closed at Back and with Long or Three-Quarter Length Sleeves. Any of the striped handkerchief linens or plain colored chambrays are suitable for this simple shirt waist. Three sizes—13 to 17 years.

2372—Girls' Sailor Suit, Consisting of a Blouse with Yoke and Double Collar, and a Gathered Skirt Joined to an Underwaist Having a Shield Facing. A good model for linen or duck. Four sizes—6 to 12 years.

2391—Misses' Nine-Gored Plaited Skirt. This model is adaptable to thin serge, flannel, Panama cloth, khaki, linen, duck or any of the washable materials. Four sizes—14 to 17 years.

2387—Ladies' House Dress, Consisting of a Waist with High or Dutch Neck and Long or Elbow Sleeves, and an Attached Seven-Gored Skirt. Copenhagen-blue chambray has been used to develop this natty little house dress, which is quite as easy to slip in and out of as a wrapper. Seven sizes—32 to 44.



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.**