

says: "A complete change and vacation for one or two weeks every summer is an important and profitable part of the year's schedule. This, however, while more essential than ever before, will not provide enough exercise and recreation for the rest of the year; in fact, many over-exercise on a summer's outing. The vacation is more important for the building up of the nerves than of the muscles. But each day throughout the year, the human being should be cared for and renewed through the same process of intelligent care that one would give to any machine which is doing valuable work. The human machine, brain and muscle, can be kept at the height of efficiency only by regular eating, regular sleeping, regular exercise and recreation. The essential thing is to do something—do it regularly, moderately, joyously; to go to bed each night reasonably muscularly tired; to sleep soundly and sufficiently; to get up in the morning rested and ready to do an honest, successful day's work with comfort and satisfaction."

Care of the Baby

Pure food, pure water, pure air, cool and dry clothing are the baby's rights during hot weather. If the baby can not have its mother's milk, modified cow's milk has been found to be the best substitute in most cases. The modifying should be done by a formula prescribed by a physician, each feeding put into a separate bottle, corked with cotton wool, and subjected to a 155 degrees Fahrenheit heat, cooled by standing in a bucket of water, and kept cold until needed.

THE FIRST TASTE

learned to Drink Coffee Baby

If parents realized the fact that coffee contains a drug—caffeine—which is especially harmful to children, they would doubtless hesitate before giving the babies coffee to drink.

"When I was a child in my mother's arms and first began to nibble things at the table, mother used to give me sips of coffee. As my parents used coffee exclusively at meals I never knew there was anything to drink but coffee and water.

"And so I contracted the coffee habit early. I remember when quite young, the continual use of coffee so affected my parents that they tried roasting wheat and barley, then ground it in the coffee-mill, as a substitute for coffee.

"But it did not taste right and they went back to coffee again. That was long before Postum was ever heard of. I continued to use coffee until I was 27, and when I got into office work, I began to have nervous spells. Especially after breakfast I was so nervous I could scarcely attend to my correspondence.

"At night, after having coffee for supper, I could hardly sleep, and on rising in the morning would feel weak and nervous.

"A friend persuaded me to try Postum. My wife and I did not like it at first, but later when boiled good and strong it was fine. Now we would not give up Postum for the best coffee we ever tasted.

"I can now get good sleep, am free from nervousness and headaches. I recommend Postum to all coffee drinkers.

"There's a Reason." Name given by Postum Co., Battle Creek, Mich. 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.

milk is to be used, heat to blood heat—100 degrees is about right—by standing the bottle in cold water and bringing to the proper temperature. The feeding bottle nipples should be cleaned after every use, and both the bottle and the nipple be kept in a solution of boric acid—teaspoonful of the acid crystals to one quart of boiled water, until to be used again. There should always be more than one bottle and nipple.

Query Box

Ethel.—To destroy the ants that infest the lawn, get a small bottle of bisulphide of carbon, and with a small oil can, inject the liquid in the holes, stopping them up at once with the loose earth, as soon as the liquid is poured in. It is effective.

T.M.—California hams—so called—are not hams at all, but the shoulders of the pig trimmed and cured to look like a ham. The meat is almost as good as the ordinary ham, and is much cheaper.

Winnie M.—Down pillows can be washed; use plenty of borax in the water, rubbing with the hands. When clean, rinse thoroughly in clear water and pin the pillows on the line to drip, shaking and beating with the hands as they dry, to loosen the down.

E. G.—To brighten colors, add strong cider vinegar to the last rinse water—enough to give it a noticeable acid taste; or a tablespoonful of muriatic acid to every gallon of water is good. Try to have rain water, as "broke" water will usually fade colors.

R.—For washing the quilts, wash one at a time, and set the quilt to fade by soaking in salt water. Alkaline soap may be used for delicate fabrics. Several good white mangle or laundry purifiers can be used. The water is polluted by the water is travagan.

Wash the carpet, thoroughly sweep it to remove all litter and as much coarse dirt as possible. Then, take two tablespoonfuls of ox-gall and four pints of lukewarm water; stir together well; dip a cloth in this solution, wring so it will not drip, and go over the carpet scrubbing with this. Rinse the cloth in clear water when it shows soil, then dip again in the solution and go on.

Discouraged.—There are two things that may cause the wrinkles on the waist between the shoulders just under the collar: One cause may be that you have probably cut the waist too narrow between the shoulder seams, the neck too high, or the shoulder seams too slanting. Look it over and remedy these defects.

Mayonnaise Sauce

Answering several querists, we give the following: Mayonnaise sauce, to be used with meats, fish, etc., is made of different proportions by different cooks. Here is a good rule to follow: Three raw eggs, in a cold bowl, with one level teaspoonful of dry mustard, one teaspoonful of salt, half a salt spoonful of cayenne, and saltspoonful of sugar. Beat with a whisk or egg-beater until smooth and creamy, then add, drop by drop, one pint of salad oil, beating constantly. The harder it is beaten, the quicker the result is obtained. If it thickens too much to stir well, put in lemon juice alternately with the oil until two tablespoonfuls of the juice is used, then add vinegar until it is as sour as wanted, but avoid thinning too much. The sauce should have a jelly-like consistency—not pasty, and should keep its shape when drawn to a point. If a thick, smooth sauce is required for masking, a part of the sauce can be taken out before all the lemon juice or vinegar is added, and the

remainder finished to suit the taste or dish being made. If the sauce is to be served separately, and a spongy texture is desired, all the acid dilution may be put in when half the oil has been used; beat furiously until foamy, and finish with the rest of the oil. The size of the eggs and sharpness of the vinegar are so variable that the sauce made with a pint of oil may vary at different times. If the vinegar is too strong, substitute one tablespoonful of water. The sugar in this recipe is a concession to the present popular taste; a true mayonnaise has none; palatable sauces may be made at one's pleasure with cream, bacon fat—even flour or corn starch may be used; but they should not be called mayonnaise.

Oil for salads should be kept in a

dark place, at a temperature of 65 to 75 degrees, in order to obtain the best results. If the oil is added too fast, the sauce is apt to curdle or break; in this case, take a fresh, cold egg-yolk in another bowl, beat until thick, add the curdled sauce by the half teaspoonful, at first, beating rapidly, then more freely until all is taken; then go on as usual. When making half the above quantity, use a small bowl at first, and one large, or two small egg yolks; when it begins to spatter (as it should before it is half done) turn into a larger bowl and beat until done. If a green mayonnaise is desired, add three tablespoonfuls ravigote herbs to this recipe. If red, add one tablespoonful lobster coral dried and pounded to a powder.—"New Cook Book."

Latest Fashions for Readers of The Commoner



2371—Ladies' Jumper, with Guimpe, Having Three-Quarter Length Sleeves. This pretty model is suitable for marquisette, cotton voile, chambray, linen, shantung, tussor or China silk. Six sizes—32 to 42.

2395—Girls' and Childs' One-Piece Dress. Irish linen has been used for the development of this charming little frock. Six sizes—1 to 11 years.

2396—Ladies' Five-Gored Skirt. This simple little model is adaptable to thin serge, flannel, whip cord, Panama cloth, linen, khaki or duck. Eight sizes—22 to 36.

1624—Ladies' Sack Apron, with High Neck and Turn-Down Collar or Dutch Round or Square Neck. Any of the striped or checked ginghams or plain colored chambrays are excellent materials for this pattern. Four sizes—32, 36, 40 and 44.

2378—Ladies' Tucked Shirt-Waist, with Three-Quarter Length Sleeves and a Removable Chemisette. Lawn, chambray, Indian-head cotton, China silk or madras all develop well in this style. Seven sizes—32 to 44.

2376—Girls' Dress, with a Separate Guimpe Having High or Low Neck and Long or Three-Quarter Length Sleeves. Green and white plaid cotton voile has been used for this simple though dainty little frock. The guimpe being made of white batiste. Four sizes—6 to 12 years.

2405—Misses' Five-Gored Skirt. An excellent model for almost any material. Three sizes—13 to 17 years.

2381—Girls' and Childs' Box-Plaited Coat, in Seven-Eighths Length. A very neat model for flannel, linen, duck or pique; to wear during the cool days of summer. Five sizes—2 to 10 years.



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