

alum, wrapped in a sheet of heavy white paper and put into a warm oven to get soft; when tender, throw away the paper, squeeze the grape juice into a bowl, wash the hands and face three or four times during the day in this juice, and it is said to bleach beautifully.

**For the Laundry**

July is the month of many holidays; railroad journeys, boat excursions, trips to the country, picnics, lawn parties, all call for clothes and the work of the laundress, at home or abroad, becomes greatly increased. For black goods, lawns, dimities, percales, prints, sateens, and all black and white goods in which the colors will "run," nothing is so good as starch water for cleansing and freshening. Make the starch of flour, like any paste, being careful to have no clots or lumps, and in order to be sure of this, always strain it before using. A half gallon of the thick paste, diluted until like thin starch with enough water to wash the garment in, is about right for a dress, and several dresses may be washed in the same starch, if they are not too much soiled; this is to be used with no soap at all, or other cleanser, for the paste is a fine cleanser, itself. When the garment is clean, rinse well in clear water, and dry. It will not need starching, as it will be stiff enough. Always turn the garment wrong side out when drying, and dry in the shade.

This starch method is just as good for delicate colors, as it will cleanse without fading or affecting the colors.

Another method is to put turpentine, a tablespoonful to a pail of water, in the rinse water after washing in suds, but this is not to be recommended for washing done by hand, as the turpentine has been known to injure the laundress. Delicate colors, pinks, greens, lavenders, reds, and pale yellows should not be rinsed in blue water, as the bluing will ruin the other colors, and can not be washed out. Blues should

**FULLY NOURISHED**

**Grape-Nuts a Perfectly Balanced Food**

No chemist's analysis of Grape-Nuts can begin to show the real value of the food—the practical value as shown by personal experience.

It is a food that is perfectly balanced, supplies the needed elements of brain and nerves in all stages of life from the infant, through the strenuous times of active middle life, and is a comfort and support in old age.

"For two years I have used Grape-Nuts with milk and a little cream, for breakfast. I am comfortably hungry for my dinner at noon.

"I use little meat, plenty of vegetables and fruit, in season, for the noon meal, and if tired at tea time, take Grape-Nuts alone and feel perfectly nourished.

"Nerve and brain power, and memory are much improved since using Grape-Nuts. I am over sixty and weigh 155 pounds. My son and husband seeing how I had improved, are now using Grape-Nuts.

"My son, who is a traveling man, eats nothing for breakfast but Grape-Nuts and a glass of milk. An aunt, over 70, seems fully nourished on Grape-Nuts and cream." "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.

have a little vinegar in the rinse water; reds must have a little borax.

If delicate colors are washed with starch water, they will not need starching to stiffen, but if not, gum arabic water is best for the very sheer materials. Starch made of rice is excellent for sheer goods. For black and white checks, called "shepherd's plaid," when clean, dip in boiling hot suds just before rinsing, and it will be greatly brightened. Do out the washing as quickly as possible, and let nothing lie wet and soaking longer than necessary.

**Hot Weather Comfort**

**Frozen Lemonade**—Allow one lemon for every two people. For six people, remove the yellow rind, being careful not to have any of the white rind with it, and simmer with one quart of water and one-half pound of sugar for five minutes; cool, and strain out the rind; add to this syrup the juice of three lemons; then pour this in a thin stream onto the yolks of two eggs, previously well beaten; put this into a freezer and proceed as for water ices; when partly frozen, add the stiffly beaten whites of two eggs; serve in glasses, garnishing with maraschino cherries.

**Limeade**—Place in each tall glass one teaspoonful of lime juice and two teaspoonfuls of grated sugar, one tablespoonful of shaved ice, and fill up the glass with seltzer water, with two maraschino cherries and one slice of lime to each glass. Serve at once.

**Watermelon Ice**—Open a ripe melon by taking from it a small cube and pour into the hole one cupful of orange and one of lemon juice sweetened; replace the cube and set the melon on ice for two or three days, then cut in two, scoop out the red meat and serve in glasses dusted with fine sugar.

**Pineapple**—Pare one large pineapple, soak the rind and one strip of cucumber in a quart of water for two days, standing on ice; strain the water, add the juice of two large lemons and sweeten. Fill a pitcher with crushed ice, fixing through it bits of thinly sliced lemon and orange peel and halved maraschino cherries. Pour over this the ade and lay over the tops a sprig of mint.

**Tea Jelly**—Soak two-thirds of a two-ounce package of gelatine in enough cold water to dissolve it; pour one pint of strong, hot tea over the gelatine and add one scant cupful of sugar, with the juice of two lemons; strain through a jelly bag into a mold. When cool, place on ice over night if wanted the next day, but several hours on the ice may be made to do. Serve with whipped cream, garnishing with candied pineapple or cherries.

**Perspiration Stains**

It is very hard to remove, from any garment that can not be washed and boiled, the ugly stain or discoloration left by perspiration. Some persons are afflicted with a naturally strong and disagreeable odor of perspiration, and in some cases this is caused by disease, at times it is worse than at others; in other cases, it seems natural, and can only be overcome by great attention to the details of personal cleanliness. The perspiration of some persons stains much worse than that of others. Attention to foods, to copious water drinking, and to keeping all the outlets of the system open and active is imperative.

**Condensed Milk**

Condensed milk is prepared by simply heating cow's milk to the boiling point in order to destroy all germs, and then evaporating it at a low temperature to a trifle less than one-fourth its volume. It is preserved in the cans usually with the addition of cane sugar in the propor-

tion of about six ounces to a pint. For an infant under one month old, it should be diluted twelve times, and for those older, from six to ten times its bulk. It should never be continued as a permanent food where good, fresh cow's milk can be obtained, nor without the addition of fresh cream when possible, as all condensed milk is lacking in this. In traveling, it is often the safest food; as a temporary food, it is frequently useful during attacks of indigestion, because it has been sterilized. During the first few months of life it is often apparently successful because it furnishes an abundance of sugar, the easiest thing for an infant with a weak stomach to digest. But such a child will in time become fat, pale and anemic. A child should not be fed permanently on condensed milk, but, as a temporary food, or when traveling where milk must be

so often changed, it is invaluable. The milk fails of being a perfect food, however, principally because it is lacking in fat.—Housekeeper.

**Sewing Thin Goods**

When stitching the seams of organdy, or any kind of thin goods that bothers by catching the needle and puckering, cut a strip of paper and baste the strip to the goods when the edges are basted together. After stitching up the seam, the paper can readily be pulled away. The oiled paper that lines cracker boxes is excellent for this. Cut in narrow strips and baste along the seams.

There is a rumor that Secretary Wilson will shortly resign. It is a waste of time to chase it down. All the members of the present cabinet will resign in less than ten months.—Houston Post.

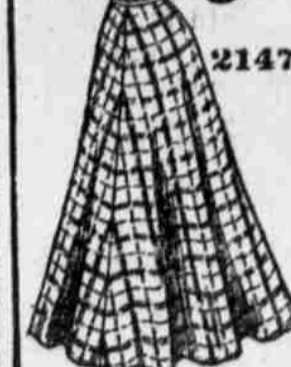
*Latest Fashions for Readers of The Commoner*



2071—Ladies' Tucked Shirt-Waist, with Long or Elbow Sleeves. White dotted Swiss was used for this charming model. Six sizes—32 to 42.



2403—Boys' Suit, Consisting of a Double-Breasted Blouse with a Removable Shield, and Knickerbockers. Natural colored linen was the material used for this little suit. Six sizes—4 to 9 years.



2147—Misses' Circular Skirt, with or without Centre-Front Seam. An excellent model for linen, duck, or in fact any of the washable materials.



1582—Girls' and Childs' Yoke Night-Gown. Nainsook, jaconet, Persian or Victoria lawn are the materials used for this garment. Six sizes—2 to 12 years.



2388—Misses' Sailor Blouse, with Kimono Armholes, Removable Shields and Long or Three-Quarter Length Sleeves. Duck or linen are very good materials for a blouse of this description. Three sizes—13 to 17 years.



2399—Girls' and Childs' Dress, with Round Neck and Short Sleeves. Any of the sheer white goods or flowered lawn will make up prettily in this style. Five sizes—1 to 9 years.



2069—Ladies' Thirteen-Gored Skirt, in Ankle Length, with an Inverted Box-Plait at Centre-Back Seam and Side-Plaits below Hip at the other Seams. An excellent model which will develop well in almost any material. Seven sizes—22 to 34.



2373—Ladies' Nine-Gored Skirt, in Suspender Style. Linen, chambray, lawn, organdie combined with a guimpe of all-over lace makes this a suitable little costume for warm summer days. Six sizes—22 to 32.

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