

tepid water, with nothing in it. If you examine stains from bodily matter under the microscope, after the garment has been badly washed, the hardened matter can be plainly seen. For removing blood stains, soak in salty water, which loosens the stain; but the water must be cold. Salt sets dyes in colored goods. It is said that indelible ink stains may be removed by soaking in strong salt water, then rinsing in strong ammonia water.

For delicate shades of blue, pink and lavender in cotton goods, drop one teaspoonful of turpentine into one half gallon of cold water, wet the goods in this, wring dry and hang in the shade. When thoroughly dry, it should be sprinkled, rolled and ironed. No odor of the turpentine is left. Grass stains should be soaked in alcohol before washing.

Stain of iron rust is said to be removed by laying in a dish and covering the stain with hot stewed and unsweetened rhubarb.

For emergency starching that does not require to be very stiff, one-fourth teaspoonful of borax dissolved in a half teacupful of water is used to dip the article in; wring out, roll in a dry cloth for a few minutes, and iron. Will be like new goods.

**Using Choke-Cherries**

A reader sends this method of using choke-cherries, which are found abundantly in some parts of the country: Gather the cherries, look them over carefully, and put on to cook as any other cherries, using very little water to start them cooking. When soft, mash through a colander to remove seeds and skins, wash the kettle and return the pulp to the kettle with about half as much sugar—brown or white, as desired—as there is pulp, by measure, and cook until quite thick, stirring to keep from scorching. It makes a very nice every day sauce, or marmalade, with a nice flavor.

**Insecticides**

At this season, insects do much damage to the flower and vegetable garden, and all should be fought vigorously. The plant lice—green, red, black and gray, as well as the woolly aphid and many others, live on the

**HEALTH AND INCOME**

**Both Kept Up on Scientific Food**

Good sturdy health helps one a lot to make money.

With the loss of health one's income is liable to shrink, if not entirely dwindle away.

When a young lady has to make her own living, good health is her best asset.

"I am alone in the world," writes a Chicago girl, "dependent on my own efforts for my living. I am a clerk, and about two years ago through close application to work and a boarding house diet, I became a nervous invalid, and got so bad off it was almost impossible for me to stay in the office a half day at a time.

"A friend suggested to me the idea of trying Grape-Nuts which I did, making this food a large part of at least two meals a day.

"Today I am free from brain-tire, dyspepsia and all the ills of an overworked and improperly nourished brain and body. To Grape-Nuts I owe the recovery of my health, and the ability to retain my position and income." "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.

sap of the plants they infest, and it seems useless to try to kill them with poisons. The effective remedy must come in contact with their bodies, on all parts. The insects which "chew," or eat the plant, are the ones that can be poisoned. Any good whale oil soap in the proportion of one pound of the soap to eight gallons of water, will be found quite effective in destroying plant lice, if sprayed with force against their bodies. Sulpho-tobacco soap suds is good, and tobacco tea, or dust is also recommended. All soapy mixtures should reach the lice quite hot—as hot as a tender hand can bear. Kerosene (coal oil) emulsion, if properly made, is good; but few mix it as completely as they should, and the oil separating from the suds, injures the plant. An insecticide which is meeting favor is the common sheep dip, sold under the name of black leaf; one part of the dip to seventy parts of hot water. Spray the plant on all sides. This is said to be sure destruction to all soft-bodied insects and worms that infest plants. For a small amount of kerosene emulsion, take one-fourth of a pound of common brown laundry soap and dissolve it in two quarts of boiling water; when thoroughly dissolved, churn into it one pint of coal oil. Churn this mixture vigorously, until it looks like thick cream, and the ingredients thoroughly blended. For use, dilute this with five quarts of hot water, and apply to the plants with a garden sprayer or a whisk broom, while hot enough to be borne by the tender hand. See that the insecticide, whatever is used, reaches all parts of the plant, wherever a bug can hide. A strong suds of tar soap, such as is used in the toilet, is effectively used by many. A half hour after using the suds, rinse the plant well with clear water.

**Fashion Notes**

A fashion editor advises girls to have as small a wardrobe as possible; if tub dresses, a dozen a year will do; if stuff dresses, fewer may be got along with. She also advises doing away with all frills, furbelows, sashes and fallals—everything that can be left off the dress, and going back to the sweet simplicity, girlish and unadorned—little straight skirts with fine tucking and the finest and daintiest of laces and embroideries.

Guimpes, or chemisettes of lace, etc., are a feature of nearly all summer dresses; the semi-princess or jumper dresses with the skirt and waist joined, are worn with yokes, and with the sleeves of the same material as the yokes. Many inexpensive materials are used for the one-piece dress, the bordering of the material supplying the trimming for the frock.

Many-gored skirts are popular, some of them having as high as twenty-five gores; but the nine, eleven and thirteen gored styles are most popular, fitted closely at the top, falling in full ripple at the bottom.

Shoulders are kept broad by tucks, folds, etc. New sleeves are set in without any fullness at the top, the shoulder being cut so wide that the seam may fall straight from the curve of the shoulder.

Both gored and plaited skirts are arranged for closing in front, some buttoning the full length, while others button only where necessary. The fashionable models show the skirts sheath-fitted only at the top, with a narrow tendency promising later on.

Grecian drapery, the old-time pannier, overskirt effects and circular flounces set on the lower parts of the skirt in tunic style are all to be seen. For many soft fabrics, skirts have the fullness laid in fine plaits at the top, with tucks or folds trimming the lower edge. Many of the newest gowns have tucks running

around an even distance from the floor regardless of train or sweep.

The American women are slowly adopting the long skirt. A few dressy gowns are shown resting on the ground, but the walking skirt is short enough to show the ankles, escaping the ground by two to four inches, and flaring gracefully at the lower edge.

Many of us get circulars, written in the form of a personal letter, from concerns in distant localities—mostly the large cities, stating that our name has been handed them as that of a person of importance in our home town, whose recommendation of their books or products would be very valuable to them, and for this reason, the firm is anxious to get their product into your hands, and in order to do this, will let you have it at greatly reduced prices; but in order to take advantage of their mag-

nanimous offer, you are urged to send money with order by return mail as they wish to send out the goods as soon as possible, etc. One's vanity may be gratified by this mark of preference on the part of some unknown friend, but if you will consult your neighbor, you will find that he, too, has a recommendation, and that the "special price" offered you is the price any one can get the article for; as a rule, the price quoted to you is all or more than the article is worth. Few business firms are giving away their products.

**HAD AGE**

"Good story," said Nold, "that Wiggs just told

"Of the fellow the hornet stung"— "It scarcely was that," said Diddlebat,

"If it's true that the good die young."

—Philadelphia Press.

**Latest Fashions for Readers of The Commoner**



2051—Ladies' Tucked Shirt-Waist. A splendid model for the simple everyday waist of fancy shirting, linen, or chambray. Eight sizes—32 to 46.



2432 — Ladies' Three-Piece Skirt. Closed at Left Side of Front and with an inverted Box-Plait at Centre Back Seam. An excellent style for the separate skirt of linen or duck. Seven sizes—22 to 34.



2425—Childs' Set of Short Clothes, Consisting of Dress with Long or Short Sleeves, Petticoat Having an Underwaist, Drawers and Cap. The dress and cap are nainsook or batiste, while the petticoat and drawers are of lawn or thin cambric. Four sizes—1/4 to 3 years.



2179—Ladies' Princess Wrapper, in Short Sweep or Round Length, with Bishop or Plain Sleeves and Rolling or Standing Collar. Made up in percale, gingham, lawn or dimity this is a useful and pretty garment to wear during the early morning hours. Eight sizes—32 to 46.



2092 — Misses' Low-Necked Tucked Dress. A pretty style for the little frocks of lawn or muslin. Four sizes—3 to 9 years.



1849—Ladies' Dressing-Sack, with Three-Quarter Length Sleeves. This model is adaptable to mull, lawn, batiste, linen or chambray and thin silk. 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.**