

kettle full of water and drop into it one drachm of sal ammoniac; let boil for one hour, keeping the lid on closely. The crust should then be crumbly and easily removed. I have never found the "oyster shell" treatment of any effect.

Mrs. M.—Brilliantine is used to keep the hair in place after dressing it. It can be had at the drug store, but is inexpensively made at home by cutting olive oil with alcohol and adding any preferred perfume. Should be well shaken before applying lightly to the hair.

M.—Instead of braces to remedy the stooping habit, try exercises for strengthening the muscles of the back and shoulders. Sleeping on high pillows is bad. Try the old fashion of walking about with a book on your head. Do not allow yourself to stoop.

S. M.—For the bad taste in the mouth on waking in the morning, try squeezing a lemon into a glass of water and drinking the water before eating. Persons who are in a run-down condition usually have a bad taste in the morning, and the "disagreeable, feverish breath," no matter how careful they are as to diet. A little fasting may be a good thing—going to bed without eating any supper. The best remedy is to improve the general health by exercise, deep breathing of pure air, and not over eating, no matter how suitable the diet. Exercise, fresh air and pure water is excellent treatment.

Odds and Ends

Do not neglect the war on the flies. They are not only a disagreeable nuisance, but a dangerous one, and it is best to fasten them out by wire-screening every opening into the house. Teach the children to open and close the screen doors properly, and not to lean or push against the wire, either in doors or windows.

Patch old screens, if new wire can not be obtained at once; fit a scrap of old wire on the damaged place, and sew it on either with stout black thread, or by weaving a strand

WONDERED WHY Found the Answer Was "Coffee"

Many pale, sickly persons wonder for years why they have to suffer so, and eventually discover that the drug—caffeine—in coffee is the main cause of the trouble.

"I was always very fond of coffee and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak.

"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life.

"During this time I was drinking coffee, didn't think I could do without it.

"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum. I didn't like the taste of it at first, but when it was made right—boiled until dark and rich—I soon became very fond of it.

"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone.

"My health continued to improve and today I am well and strong, weigh 148 pounds. I attribute my present health to the life-giving qualities of Postum."

"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.

of the wire in and out of the meshes.

Look after the chimney flues, this month; see that they are in good fix for the winter fires. Have the furnace attended to, and get ready for the first cold days. Much loss may be saved by attention to such things now.

Look over the roof; the hot sun and drying winds are warping the shingles out of place, and there is less danger of rains this month than there will be next. Give the shingles a coating of paint.

Look after the window stops and door fastenings, and do the "stitch in time" now, while you have leisure. Learn to look after the little things and acquire skill in such small jobs; it will save more than a few dollars. Don't leave the odds and ends until everybody gets busy. "Do it now."

Wall Decoration

There was a time, not so very long ago, when wall paper, once having been hung on the walls and ceiling, was there to stay, and when fresh hangings were desired, the removal of the old was a problem hard to solve. The paper was pasted on the plastering with home-made paste, without sizing, or glue of any kind, and it stayed for years. But now, even with the home-made article, reinforced with sizing on the walls, the paper is scarcely dried upon the walls before it begins to split and peel, in the most discouraging fashion. Where is the blame? Even with the home-made paste, it will not stick long to the smoothest walls. Why? The fault must be in the manner in which flour is now made.

So, if we like neatness, we must abandon the old wall paper, and try something else. The hot water calomines are almost as bad as lime whitewash, as it crackles, rubs off and fades; and, because of the glue in it, it flakes off at the least touch. Unless the wall is quite smooth, paint does not do well, and it is a wretched fact that, in this day of quick finishes in the way of plaster board, paper padding, canvas, etc., the walls are not smooth. The new wall decorating is being done with a natural cement, mixed with cold water, colored as desired, and applied about like the calomines, finishing as one goes. These colorings are not expensive, costing for the material about two cents a square yard; they do not fade, rub off, or crack, and are reasonably durable. The application to the wall is said to be simple enough for "home talent" to compass, and the walls should be well brushed; if papered, the paper should be removed; if calomined, the calomine must be washed off with warm water, then the tinting applied. When done, any spots on the wood work are easily removed at once with a cloth wet in cold water. As so many complaints are heard on all sides about the unreliability of the paper hanging, may I ask our friends who have used the new wall finishes to tell us of results?

"Gathering Up the Fragments"

However nice the appearance, no factory-canned fruits and vegetables ever has the real flavor that is found in the home-canned and preserved products of the garden and orchard. Many housewives excel the most careful factories in the excellence, both as to appearances and flavor, of the preserves, jams, jellies, relishes, pickles and preserves which are brought out for table use when the out-door season is ended. Many things can only be enjoyed for the moment, but the majority may be stored for future uses. The factories usually use some more or less harmful chemical to aid in keeping their goods from spoiling, but most housewives depend upon careful procedure and painstaking to protect their

stores. The process of canning, preserving, pickling, etc., is now so well understood, and so many excellent and reliable methods are published, that it is hardly necessary for one to fail. But there are other ways of keeping the stores for winter, which may be practiced by the housewife who finds herself short of self-sealers, or preservatives. Among these, is the old-time plan of drying fruits and vegetables, aided by new inventions and improved devices, which give to the dried fruits and vegetables a distinct flavor and merit of their own. For home-drying, the little dryer that is set on the cooking stove, easily filled and handled, if used for small lots at odd times, is very serviceable, and the work hardly noticed, while for larger lots, there are dryers with heating apparatus of their own. These dryers will last a long time, if given good care, and will well pay for

themselves in the saving of stores which would otherwise be thrown away. Well-dried fruits and vegetables usually find a ready sale at satisfactory prices, even on the home market, in the winter season.

Library Paste

Four tablespoonfuls of flour, one teaspoonful of powdered alum, six teaspoonfuls of glycerine, one teaspoonful of oil of wintergreen, and one and one-half pints of water. Mix water, flour and alum to a smooth paste and boil until it thickens, but not allowed to scorch; take from the fire and add oil and glycerine and mix thoroughly by heating. When first made, it is too thick to be used; take out a little and thin with water. After it has stood a while, a clear water will rise on top, and this should not be thrown away, as it preserves the paste.

Latest Fashions for Readers of The Commoner



2471—Ladies' Corset-Cover, with Front Yoke and with or without Shield-Sleeves. Nainsook, lawn, batiste or jaconet will all develop to good advantage in this style. Eight sizes—32 to 46.



2125—Ladies' Seven-Gored Bell Skirt, in Round or Ankle Length. An excellent model for almost any material. Eight sizes—22 to 36.



2312—Girls' Dress, with Three-Quarter Length Sleeves, and a Removable Chemisette. A pretty model for heavy linen or thin serge. Four sizes—6 to 12 years.



2462—Girls' and Childs' Night Gown, with High or Dutch Neck and Long or Short Sleeves. Any of the sheer white goods are the best materials for this style. Eight sizes—2 to 16 years.



2172—Ladies' Tucked Shirt-Waist, adapted to Bordered Goods or a Combination of two Materials. Seven sizes—32 to 44.

2268—Misses' Four-Gored Circular Skirt, with Plaits at Front and Back. An excellent model for linen, duck or any of the light weight woolen materials. Three sizes—13 to 17 years.

2172—Girls' Tucked Dress, with Gump. The model here illustrated was developed in shepherd's plaid. Four sizes—6 to 12 years.

2473—Ladies' Three-Quarter Length Coat, with long or Three-Quarter Sleeves. Develops well in any material. Four sizes—32, 36, 40 and 44.



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