

for forty-eight hours, and if the stain still shows, repeat the boiling and the bleaching, for another forty-eight hours, when the stain should have disappeared.

To clean a soiled corset, purchase two blocks of magnesia; lay the corset open on a table, and gently rub the block of magnesia over the surface, up and down and crosswise until the inner surface is quite covered with the chemical, using up about one block of it. Lay it in the sunshine, on the sill of a south window will do, with the magnesia covering it, for an hour or two; then turn it over and repeat the process on the other side with the other block of magnesia, and repeat the sunning. Then brush all the magnesia off with a stiff whisk broom, or brush, and if not too badly soiled, the corset should be nice and clean. To lengthen the usefulness of the corset, it should be cleaned and sunned often.

Query Box

H. A. wants a recipe for making soap of grease without lye or potash. Can any one help him?

M. M.—Waxed paper can be had of your grocer in rolls of about thirty-six feet long for a small sum. It is not expensive.

J. L.—George Ferris, who built the famous Ferris wheel, died in Pittsburg, Pa., some years ago.

T. M.—To keep the catsup from molding, it is recommended to put a few whole cloves on top before inserting the cork.

Amy G.—A little less than a quart of water to a pound of meat is allowed for ordinary soup, but even less is used for rich soups. Put the meat on in cold water and bring to a boil, then let simmer until done.

Mrs. S. C. asks for a method by which she may hasten the whitening of her hair without injury to the hair. She is "quite old enough to have white hair," she says. Can any one aid her?

Housewife—Earthen jars may be sweetened and cleansed by washing clean, filling with moist earth, and sinking to the rim in the garden soil. The earth bath will sweeten the sourest jar, and it should be left buried for five or six weeks.

L. L.—Any reputable florist can supply you with the plants named. A good floral catalogue will help you

REMAINS THE SAME

Well Brewed Postum Always Palatable

The flavor of Postum, when boiled according to directions, is always the same—mild, distinctive, and palatable. It contains no harmful substance like caffeine, the drug in coffee, and hence may be used with benefit at all times.

"Believing that coffee was the cause of my torpid liver, sick headache and misery in many ways," writes an Indiana lady, "I quit and bought a package of Postum about a year ago.

"My husband and I have been so well pleased that we have continued to drink Postum ever since. We like the taste of Postum better than coffee, as it has always the same pleasant flavor, while coffee changes its taste with about every new combination or blend.

"Since using Postum I have had no more attacks of gall colic, the heaviness has left my chest, and the old, common, every-day headache is a thing unknown. "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.

to decide as to treatment after the plants reach you.

Rosemary—It is claimed that a muslin slip, filled with fresh hops and hop leaves (or, if the fresh can not be had, the dried may do) used as a pillow, and sprayed with alcohol every night before laying the head, on it, will seldom fail to cure insomnia. It will not cost much to try it.

Laundress—Coal oil is effective for removing soot, or grease from garments, but if used constantly on white goods where a little rubbing would do the work, the fabrics will get a dingy, gray look, and boiling with the coal oil will not whiten them.

Inculcating Neatness at School

One of our girls writes me, asking that I advocate the hanging of mirrors in the hat and cloak rooms of the schools. She says if the boys and girls could only see themselves, how they look to others, they would certainly try to be neater—especially about the head and neck. They can see how others look, but having no way of seeing themselves, they go along "some of them perfect frights," and nobody likes to tell them of it, for most would resent criticism. She says: "You know how girls will giggle at anything funny, and some of them do look so comical that we could not speak to them without laughing, and then they will get mad." Many times, "things happen," to clothing, and the wearer knows nothing of it until warned by the giggles or rude ridicule of their companions. After the play hour, especially, girls like to look into the mirrors, and if the boys do not, they should be taught to do so. While on the subject, it would be well to say that each child should carry its own towel and comb to the school room, and many hygienists are now insisting that individual drinking cups should be used in all promiscuous gatherings.

"A teacher" writes that there should be provisions made for cleaning the feet, freeing the shoes from the mud of the play ground, before entering the building. There should be "scrapers" at the door, and these can be readily made by the home mechanic from scraps of old iron, while the children could furnish the "shuck" door mats, either braided and sewn, or made by boring holes in a piece of board and drawing the corn husks through them. By attention to this, much of the dirt and dust will be kept out of the room, to the evident comfort of the child. Parents should co-operate with the teacher in teaching the children habits of neatness. The boy who is untidy at home, resenting admonition from mother and sisters, will give more heed to the comments of his school mates. Many children do not know how to be neat, but would gladly "look nice," if they knew how to accomplish it. The teacher alone can do little, but re-inforced by the motherly co-operation, much can be accomplished.

Optimism

One of the best medicines for the physical as well as for the mental and spiritual is, to always expect the best to happen; if we do not get what we think is the best, we should seek to make the best of what we do get, for there is always a best, and the best is "none too good." If happiness comes to us, well and good; but happiness is not the real issue of life. We should live every hour of our life as though it belonged to us, and we should rejoice in our own. If the shadow falls upon our pathway, it is well to remember that the sun is just behind the cloud, and that the cloud is one of the agents for our full development. If the rain does not fall, the plant perishes, and too much sunshine is

as bad as too little. The shadows are full of beautiful, softened lights, if we would only see them. If we must dream, let us dream beautiful things. Think beautiful, hopeful things; live beautiful, wholesome lives; live—do not be satisfied with a mere existence.

HAS GAINED STRENGTH

The character and ability of Mr. Bryan are too well known to call for comment. A man of highest personal integrity, of unquestioned conscientiousness, a typical American; his bitterest opponent must grant that he would be a dignified and creditable president. Slurs such as dubbing him the perennial or professional candidate are in no way injurious to him. The American public admires persistency, and loves a man who refuses to admit defeat. Mr. Bryan has gained strength from his own beatings.—Cleveland Plain Dealer.

Epilepsy

can be cured. To those afflicted this conveys a wonderful message. Though quite common, it is only a short time since it was considered incurable. The discovery that it was purely a nervous disorder has led to the application of the great nerve restorer,

Dr. Miles' Restorative Nervine

with the happy result that thousands have been completely cured, and others are being cured every day.

"In the year '92 I was stricken with epilepsy. Doctors treated me for several years, but I grew worse. I would have such awful fits, I cannot tell my awful sufferings. A druggist recommended Dr. Miles' Nervine, and I bought a bottle, and found it helped me, and I took three more and am cured. I had only one light spell after I commenced taking it. I do hope the time will come when everybody will know that your medicine cures these awful fits." —JOHN LEWIS, Clarion, Pa.

Dr. Miles' Nervine is sold under a guarantee that your druggist will refund your money if first bottle does not benefit.

Latest Fashions for Readers of The Commoner

2479—Ladies' Dressing Sack. Developed in flowered lawn or cretonne this is a very dainty negligee. Four sizes—32, 36, 40 and 44.

2491—Ladies' Five Gored Maternity Skirt, with Extra Length at Top for Readjusting, Darts and Plaits at Front to be Let Out for Extra Width, and an Inverted Box-Plait at the Back. Any material that suits the wearer's fancy may be developed in this style. Seven sizes—22 to 34, normal waist measure.

2492—Childs' Coat and One-Piece Cap. A charming model for pongee, lansdowne or cashmere. Four sizes—1 to 7 years.

2467—Maids or Nurses Aprons. Persian lawn, linen or duck are good materials for this style. Four sizes—32, 36, 40 and 44.

2483—Ladies' Sailor Shirt-Waist, with Three-Quarter Sleeves and a removable Chemisette. A pretty style for heavy linen or duck. Five sizes—32 to 40.

2309—Ladies' Nine-Gored Skirt with an Inverted Box Plait at Centre Back Seam and below Hip at the Other Seams. The model here illustrated was developed in voile trimmed with taffetas bands. Seven sizes—22 to 34.

2090—Girls' Jumper Dress, with Plaited Skirt and a Separate Guimpe. A very pretty model for chambray, thin serge or any of the light weight woolen materials. Four sizes—6 to 12 years.

2493—Ladies' Princess Combination Corset Cover and Short Petticoat, with Square or Round Neck. Persian lawn, nainsook, batiste or jaconet trimmed with lace, insertion and ribbon run through beading at the square or round neck makes a very dainty under garment. Eight sizes—32 to 46.

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.

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