

very strong suds of hot borax water, which will kill any bad odors caused by excessive perspiration, and also bleach the material. Rinse in very hot water in which a considerable amount of bluing is used, and dry as quickly as possible. While cleaning, scrub the corset with a stiff, strong brush.

For those who can not sleep with windows open in damp weather, this is recommended: Use a screen made of thin angora flannel, fastening it to a screen frame, and place in the window at night when the sash is raised. The air will filter through, the inside being dry and the outside wet as with dew.

One of the best applications known to reduce swelling caused by severe strain on animals is made of strong vinegar saturated with common salt. One ounce of white vitriol, one ounce of green copperas, two teaspoonfuls of gunpowder, all pulverized together and dissolved in one quart of soft water, used cold and thoroughly rubbed in, is another excellent application for reducing swellings.

A strong cement for china that will resist water and acid is made of one teaspoonful each of finely powdered litharge, fine white porcelain sand, and plaster of Paris, and one-third teaspoonful of powdered rosin; mixed into a paste with boiled linseed oil. It should stand for four hours before using. Smear the edges thickly with this paste, press tightly together and let get perfectly dry by standing in a warm place for a week or more. White lead, if good, is excellent for joining heavy china or crockery, and the article mended should be let stand for several weeks.

Some "Don'ts" for the Seamstress

Do not stitch the plaits on a skirt before trying the garment on. Do

PUZZLE SOLVED

Coffee at Bottom of Trouble

It takes some people a long time to find out that coffee is hurting them.

But when once the fact is clear, most people try to keep away from the thing which is followed by ever increasing detriment to the heart, stomach and nerves.

"Until two years ago I was a heavy coffee drinker," writes an Illinois stockman, "and had been all my life. I am now 56 years old."

"About three years ago I began to have nervous spells and could not sleep nights, was bothered by indigestion, bloating, and gas on stomach affected my heart."

"I spent lots of money doctoring—one doctor told me I had chronic catarrh of the stomach; another that I had heart disease and was liable to die at any time. They all dieted me until I was nearly starved but I seemed to get worse instead of better."

"Having heard of the good Postum had done for nervous people, I discarded coffee altogether and began to use Postum regularly. I soon got better, and now, after nearly two years, I can truthfully say I am sound and well."

"I sleep well at night, do not have the nervous spells and am not bothered with indigestion or palpitation. I weigh 32 pounds more than when I began Postum, and am better every way than I ever was while drinking coffee. I can't say too much in praise of Postum, as I am sure it saved my life." "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.

not expect any skirt, coat or dress to look well unless thoroughly pressed while in course of construction and when completed. Don't attempt to cut into material without first smoothing out the pattern, and pinning it carefully to the material according to indicating marks. Don't dampen silk when pressing; a moderately hot iron, with cloth or paper between the garment and the iron, if the pressing is done on the right side, should be used. Do not double the materials in making folds for trimming skirts; cut them singly, allowing enough extra width for a very narrow hem at top and bottom. Don't stitch skirt seams all in one direction. Hold the bias side uppermost, and this will give half the skirt seams stitched from bottom to top, and half from top to bottom. Don't try to stitch long seams, bias, or bias against a straight edge, without careful basting. A basting stitch saves a great deal of fulling up of material and puckering up of seams, which defects no amount of pressing will do away with. Don't forget that, with a selvedge forming one side of a seam, a snipping here and there of the selvedge will do away with the tendency of the seam to shrink when dampened and pressed. When the selvedge shows a puckered or drawn effect, in the goods, it is better to cut it away before starting the garment.

Cooking a Calf's Head

Buy a calf's head (it will probably cost you 60 cents) and make three meals of it. After cleaning what the butcher overlooked, boil in plenty of unsalted water until the meat will slip from the bones, and let it get cold in the water. Separate the meat from the bones, keeping it as whole as possible. Take out the brains and tongue and set them away in the refrigerator. Return the bones to the liquor and set where it will simmer gently. Arrange the meat as nearly in the shape it grew as possible in a casserole or deep dish. Pour over it a sauce made of a cupful of the liquor, some capers or chopped pickles, a tablespoonful of vinegar (into which you have stirred a teaspoonful of French mustard) adding at the last, after it is "just right" with salt and pepper, a tablespoonful of minced chives. Cover, and bake for half an hour before you wash the head with a tablespoonful of butter, and sift fine bread crumbs over it. Then brown delicately and send to the table in the bake dish. This is the "calf's head à la vinaigrette," a popular dish in French restaurants. Season the soup to taste; stir into it a cupful of strained and well seasoned tomato sauce; pour it upon five or six thin slices of peeled lemon and a sliced hard-boiled egg, which are laid in the bottom of the tureen. This is mock turtle soup. The brains will make a nice breakfast dish, and the tongue may be sliced for luncheon, cold. You should have soup enough for two days, and the head is just as savory warmed over as when fresh cooked.—Marion Harland in St. Louis Star.

"By Little's"

One does not need to earn a large salary, or handle a large amount of money in order to learn to save. It is the "littles" that count on whichever side of the sheet it is entered. A penny by itself is a small matter, but if one owes a dollar, and has but 99 cents, the debt can not be wholly discharged. If you owe one dollar, and have in your purse \$1.01, you are not wholly penniless after settling with your creditor. One of the best ways to get the habit of saving is to keep a strict account with yourself, both as to income and

expense, reading the items over carefully and often, studying and comparing. One of the easiest things in the world to do is to spend money, but it is not always the wisest; yet it is often wiser to spend the money than to withhold it, if the spending will bring its value without defrauding others. If you have money in your pocket, it goes, and unless you keep strict account, you find yourself unable to account for its disappearance. If you put your savings in some reliable deposit, it is not nearly so easy to spend it foolishly, for one generally thinks twice before signing a check that withdraws the little he has. In carrying money about on your person, it is liable to be lost; if left at home, there is danger of thieves breaking in, or fire breaking out, or of its being unknowingly disposed of by some member of the household who is ignorant of its hiding place. It is the part of wisdom, when a sufficient amount

has been saved, to put the savings to earn something by a careful investment.

Do not fail to darn, or mend thin places in woollens before putting them in the wash, as washing is almost sure to enlarge holes already started, or break thin places into holes, in careless hands. Be sure to have all soap thoroughly rinsed out of woollens, if you would have them soft and fleecy.

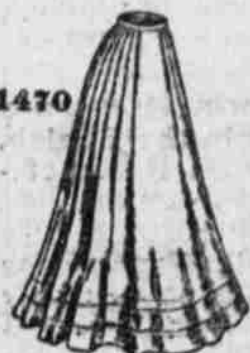
Do not go to the ten-cent counter to buy glasses for your eyes. Do not regard the bargain counter in such matters. The best is none too good, and one should go to the best oculist to be reached for a prescription for glasses, then go to a responsible optician to have them fitted. It costs a little more, to be sure; but your eyes are worth more to you than money ever can be. Treat them the best you know how.

Latest Fashions for Readers of The Commoner



2570

2570—Boys' Blouse or Shirt-Blouse with Back Yoke and with or without Permanent Turn-Down Collar. An excellent model for any of the season's shirtings. Five sizes—5 to 13 years.



1470

1470—Misses' Three-Piece Skirt. To be tucked or shirred at top. A good model for flannel or serge. Three sizes—13 to 17 years.



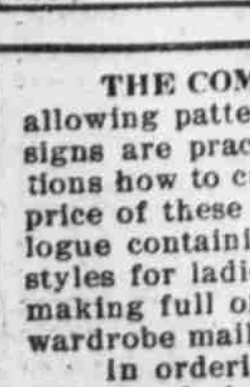
2542

2542—Childs' One-Piece Box-Plaited Dress. Challis, cashmere, linen or flannelette. Five sizes—1 to 9 years.



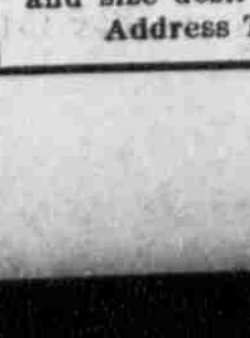
2556

2556—Infants' Set, Consisting of Night-Gown, Barrow-Coat and Petticoat. Flannel, flannelette or any of the sheer white materials should be used in the development of this charming little set. One size.



2556

2285—Ladies' Tucked Shirt-Waist, with Seven-Eighths Length Sleeves. Any of the sheer white materials combined with insertion of lace or embroidery make this a very neat little waist. Six sizes—32 to 42.



2563

2563—Ladies' Two-Piece Skirt with Inset Sheath Panel. Broadcloth in any pretty shade is pretty developed in this style. Seven sizes—22 to 34.

2550

2550—Child's Apron. Persian or Victorian lawn are much used for aprons of this style. Five sizes—1 to 9 years.

1624

1624—Ladies' Sack Apron, with High Neck and Turn-Down Collar or Dutch Round or Square Neck. Any of the checked ginghams, linens, figured percale or chambray are all adaptable to this style. Four sizes—32, 36, 40 and 44.

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