

through knowing the demand for such wares as she can produce. If she can not sell what she likes to make, then she should try to make a very good article of the kind her market calls for. If you do not succeed this season, and there are signs hopeful for the future, do not give up, but try it again. Learn everything you can about your business, and do not be afraid of doing it the best you know how. "Give to the world your best."

Query Box

R. M.—As a restorative, a sun bath, with deep breathing of pure air, beats an electric battery every time.

Mrs. K.—No amount of "blood" medicine will cleanse the system of the poison of improper diet. Learn what, and how much, you can eat with comfort, and do not be afraid of getting a little hungry.

Housewife.—Two one-pound rolls of wool batting 36x81 inches wide, costing one dollar per roll, or one two-pound roll 72x81 inches, is the requirement for a comfort filling for a double bed. Wool-filled comforts are light, warm and lasting.

"House-Mother."—If you have "nerves," be thankful, and treat them right. Be good to yourself, in the matter of sleep, clean air, cheerful thoughts, and a determination to get the best possible out of life. One can get along very comfortably on much less sleep than she thinks, if she does not overwork the brain or body. Learn to rest.

"Vanity."—Wishing to have nice hands is not "vanity," but a justifiable desire. Wear gloves about your work whenever possible, and use as little soap on the hands as possible. Old gloves, or cheap cotton ones are good. Rubber gloves have a habit of wearing out rapidly, and do not always have a good effect on the hands, and good ones are expensive.

"Beginner."—When making layer cake, spread the dough thinly in the center and thickest on the edges, as the dough rises first in the center, and by this means you will have a more even baking.

Fannie S.—To avoid burning the fruit, or other cake which requires long baking, set the pan containing the dough in another pan having a little boiling water in it, replenishing the water with more from the teakettle as it boils away. The result, if carefully done, will be a rich, moist cake, with no burnt crust on the bottom.

Other questions are answered under headings in other columns.

Introductions

Answering several querists: As to the question of whether it is correct to arise when introduced, we quote the following from an authority on such matters: A man should always be presented to the lady, and it is not necessary that she should rise, unless he be a man of unusual age or prominence. The younger should always be presented to the elder, and a pretty opportunity for a graceful act presents itself when the young woman rises to be presented to the elder. The unmarried woman is always presented to the matron, and should rise to accept the introduction. The young man is presented to the elder, and the unmarried man to the married.

Men always shake hands when introduced; women seldom do. In the case of an introduction of parties known to one another through mutual acquaintances, it is more cordial and better form to offer the hand and make some pleasant remark concerning such acquaintances. Indeed, cordiality is never out of place, but it must not descend to freedom of manner. A man or woman who is perfectly aware of the proper thing to do in certain cases,

does not always wait to be introduced before speaking. There may be no one at hand to perform the ceremony of introduction, yet the two may know one another perfectly well without personal acquaintance. In such cases, it is always the best-bred one of the two who makes the overture by introducing himself and mentioning the fact that he knows very well who the other is. This is really a compliment, and argues great tact on the part of the one doing it.

Many very cordial and warm-hearted women offer their hand on being introduced, whether to a man or woman, and there is a whole volume of kindness expressed in the grasp of such womanly hands.

When ready to fry croquettes or doughnuts, test the temperature of the fat in the kettle by dropping a small bit of bread into it. If in a few minutes the bread begins to brown, the fat is ready for use. Fat must be smoking hot, in order to sear the outside and retain inside moisture.

Fruit Eating

A writer in the Family Doctor says, in regard to fruit eating: "We are all quite ready to agree that fruit forms a food of great value, but we display great lack of judgment in the manner in which we take advantage of its valuable qualities. Most people, instead of taking fruit on an empty stomach, or in combination with simple grain preparations, such as bread, eat it with oily foods—generally cream. Then, perhaps, the whole mass is washed down with tea, coffee, or other liquid. To do its best work, fruit should be eaten either on an empty stomach or else with bread merely, never with vegetables. Eaten in the morning, fruit is very refreshing and serves as a natural stimulus to the digestive organs; but even when eaten at the proper time, its good effects are generally counterbalanced by its being saturated with sugar. Very few kinds of fruit, if thoroughly ripened, require any sugar, particularly if eaten raw."

Green Coffee Beans Poisonous

Mrs. Elizabeth Beckwith of Iowa sends a warning against the use of green coffee berries in raw egg for icing, as she says the product is poisonous. The recipe was given by a housekeeper who had used it, but the quantity is very small used so. However, it is well to use some harmless vegetable coloring which is known to be harmless. What might be used safely in careful hands might work harm in careless ones. Our thanks are due Mrs. B. for the advice.

Year-End Thoughts

Emerson says: "Finish every day and be done with it. For manners and for wise living it is a vice to remember. You have done what you could; some blunders and absurdities no doubt have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it well and serenely, and with too high a spirit to be cumbered with your old nonsense. This day, for all that is good and fair; it is too dear, with all its hopes and invitations, to waste a moment on the rotten yesterdays." If you have not wilfully and wickedly done wrong, it is better to forget; and if you have, it is better to forgive yourself, and try strenuously to redeem the past by the good you do today. Every day, you are given a new trial; a new chance; and you should strive to make of your coming days a structure so beautiful that, looking upon it, no one will pause to look up the blunders of

yesterday. Live now; and seek to live every day a little farther up the slope. Strive to be tolerant of the blunders and failures of others, remembering your own weaknesses. Be patient with the living, and tender with the sorrowing. Do not be harsh with the wrong-doer, nor point out through malice, the stains upon the garment of another, but guide the stumbling feet to safer ground, and draw the tempted away from the temptation. In this way, the new year about to dawn will bring you riches of spirit, and bless the lives of all who touch your pathway.

For keeping the water in which paint brushes are hung after using from freezing in cold weather, add salt to make a weak brine, or pour over the surface a little glycerine. Neither will hurt the brushes, but if possible, it is best to keep the bucket in a frost-proof cellar.

Faint Spells

Are very often attributed to biliousness, and the stomach is treated to cathartics.

That's wrong. Faint spells are often accompanied by biliousness, but you will also notice shortness of breath, asthmatic breathing, oppressed feeling in chest, weak or hungry spells, which are all early symptoms of heart weakness. Don't make the mistake of treating the stomach when the heart is the source of the trouble.

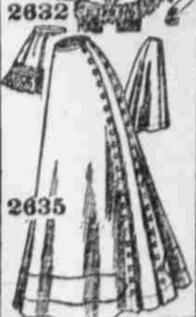
Dr. Miles' New Heart Cure

will strengthen the nerves and muscles of the heart, and the fainting spells, together with all other heart troubles, will disappear.

"Four years ago I was very low with heart trouble, could hardly walk. One day I had a fainting spell, and thought I would die. Soon after I began using Dr. Miles' Heart Cure, and after taking three bottles I feel that I am cured."—Mrs. EFFIE CLOUGH, Ellsworth Falls, Maine.

The first bottle will benefit, if not, the druggist will return your money.

Latest Fashions for Readers of The Commoner

 <p>2651</p>	<p>2651—Ladies' Tucked Shirt-Waist, Closing at Front and Having Peplum. Six sizes—32 to 42.</p>	 <p>2649</p>
 <p>2632</p>	<p>2656—Boys' Overcoat, with Removable Shield. Five sizes—2 to 6 years.</p>	 <p>2655</p>
 <p>2655</p>	<p>2632—Childs' Underwear Set, Consisting of Underwaist, Drawers, and Petticoat. Four sizes—1 to 7 years.</p>	 <p>2657</p>
 <p>2635</p>	<p>2635—Ladies' Five-Piece Skirt, Closing at Left Side and Having Habit Back. Seven sizes—22 to 34.</p>	 <p>2626</p>
	<p>2648—Misses' Shirt-Waist, with High or Low Neck, and with or without Mikado Bands. Four sizes—14 to 17 years.</p>	
	<p>2655—Ladies' Kimono Wrapper and Sack. Four sizes—32, 36, 40 and 44.</p>	
	<p>2626—Childs' Two-Piece Dress, Closing on Shoulders. Four sizes—1 to 7 years.</p>	
	<p>2657—Ladies' Nine-Gored Skirt, in Sweep Length, Having Sheath Panel and with an Inverted Box-Plait at the Back or in Habit Style. Seven sizes—22 to 34.</p>	

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