

say not; so far as permanent removal is concerned, nothing has been found satisfactory. The electric needle and the X-ray have been employed, but the suffering is so great, and the expense so exorbitant, while results at best are but problematic, that they are not recommended. Nothing will permanently remove the hair unless the root is destroyed. All depilatories which give temporary results are both painful and expensive. For the few coarse, stiff hairs which grow out in little groups, nothing is better than pulling them out singly with tweezers. This will not cause them to come in thicker, or coarser, but they will come in again, and the pulling must be again resorted to, whenever they appear. The use of the toilet pumice, to be had at any drug-store that deals in toilet articles (or it can be ordered through the druggist), is effective, but it is temporary in results and must be constantly used. It is a little trouble; but so is washing one's face. The pumice can be had for ten cents to one dollar, according as it is mounted, and the ten-cent piece is just as good as the dollar affair. Wet the hairy surface with soapy water, and gently rub with the stone until the hair is worn off; the first time may call for persistence, but each time it is easier. Do not attempt it without the soapy water, or the skin will be fretted. When done, wash off the soap, and put a little cold cream on the face to avoid irritation.

Peroxide of hydrogen may be applied until the skin smarts, then the offending hairs should be touched with ammonia, and this, in time, it is claimed, will bleach and so weaken the constitution of the hair-roots that they will cease to grow. The afflicted one notices the presence of the hairs more than any one else, and with patient care it may at least be rendered less noticeable.

**For the Toilet**

M. W.—There is nothing better than brilliantine to keep the loose ends of hair in place. It is harmless, and can either be put up for you by your druggist, or can generally be bought ready for use, a twenty-five

**INSOMNIA**

**Leads to Madness, if not Remedied in Time**

"Experiments satisfied me, some 5 years ago," writes a Topeka woman, "that coffee was the direct cause of the insomnia from which I suffered terribly, as well as the extreme nervousness and acute dyspepsia which made life a most painful thing for me.

"I had been a coffee drinker since childhood, and did not like to think that the beverage was doing me all this harm. But it was, and the time came when I had to face the fact, and protect myself. I therefore gave up coffee abruptly and absolutely, and adopted Postum for my hot drink at meals.

"I began to note improvement in my condition very soon after I took on Postum. The change proceeded gradually, but surely, and it was a matter of only a few weeks before I found myself entirely relieved—the nervousness passed away, my digestive apparatus was restored to normal efficiency, and I began to sleep restfully and peacefully.

"These happy conditions have continued during all of the 5 years, and I am safe in saying that I owe them entirely to Postum, for when I began to drink it I ceased to use medicines." Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

cent bottle lasting a long time. Here is the formula: Sweet almond oil, eight fluid ounces; grain alcohol, four fluid ounces; glycerine, one fluid ounce; oil of rose geranium, twelve drops. Mix well. A few drops on the palms, then rubbed together and lightly smooth back the hair with the palms. It takes but a touch of the brilliantine to keep the hair in place.

The Henna stain is said to be harmless. It calls for one ounce of henna leaves to be steeped in a pint of boiling water for twenty minutes, then allowed to cool before using. Do not boil the leaves. Less quantity can be used, making a lighter stain. Try it on a single lock of your hair, hanging the dyed lock in the sunlight for a day to see how the dye works. This is the only safe way to do. To use the stain when of the required strength, apply to the hair with a comb or brush, which must be pulled through the entire length of the hair, wetting it all. If the stain gets on the hands or scalp, it can be removed with soap and water. The tea must be almost black to have any effect on the hair. This stain will make the hair red, light, or dark, according to strength used.

To prevent the hands getting chafed, rough or red through the cold weather, do not use soap, unless compelled to. A bran bag, or a scouring of corn meal, will answer. If the hands are kept smooth, they will need less washing. Give the bran bags a trial—they are cheap.

**Query Box**

K. H.—Methods of dry-cleaning for woolen garments were given in these columns recently. If you have failed to see them, and have not kept your papers, write me again, and I will send instructions. Washing in corn meal, hot flour, or bran, rubbing as you would with soap and water will answer. Use neither soap nor water with the meal or flour. Equal parts of turpentine and ammonia will remove paint from garments.

H. W.—The origin of Santa Claus (St. Nicholas) is from the German. St. Nicholas is said to have been the Bishop of Myra, and to have died in the year 326. He was the patron saint of boys, and the young were universally taught to revere him, and popular fiction represents him as the bearer of presents to children on Christmas day. He is the Santa Claus of the Dutch. Many good and wonderful things are said to have been done by him.

L. E. W. would like the poem by Edwin Arnold, beginning: "He who died at Agen sends This, to comfort all his friends."

"A Trained Nurse" gives the following for destruction of parasites in the hair, which she says she has used with the best results. Vaseline is "good" for making the hair grow, but it must be carefully used, or it makes the hair a "sticky" mess. It should be rubbed on the scalp. Rub the scalp and roots of the hair well with vaseline, and repeat once or twice as the hair gets dry. Guard against greasing the pillow-slip or clothing, as the stain of vaseline is indelible. If the vaseline is warmed, it can be dropped on the scalp.

**Pansies**

For large, strong plants at spring planting time, pansy seeds should be planted in February. Use a shallow wooden box and fill with light, fine soil, making surface smooth. Plant the seeds thinly in rows, or scatter them over the surface, and put over them a light covering of soil about an eighth of an inch deep; moisten by spraying water over them gently. Cover with a piece of coarse paper to prevent evaporation, and afterwards, when the soil becomes dry, sprinkle water on the paper and it

will soak through without disturbing the seeds. When the little plants begin to push out of the earth, remove the paper and set the pot where it will have a good light. The temperature of the room must be kept low—about 50 degrees at night, and sixty degrees during the day. Cigar boxes and tin cans such as sardines come in, with holes punched in the bottom, are good. Many things may be started during February. Petunia and verbena seeds may be started in February to make good plants for outdoor setting. During the severe nights, place several thicknesses of newspaper about the window plants, and especially between them and the window. This affords the best protection against cold known.

The callas should be started into growth this month, giving liquid manure as soon as started. The calla must have plenty of moisture, and should be watered with quite warm water.

**Dressing the Cot**

In many homes, it is almost a necessity to use a cot for some one of the family to sleep on, and a cot dressed simply for use, is by no means an artistic piece of house-furnishing. To relieve the plainness of the cot, apply a broad valance of India silk, silkoline, sateen, dotted Swiss, or any other suitable material; turn under at the top and shirr to form a pretty standing frill, which will cover the lower portion of the mattress. When dotted Swiss is used, it should be lined with cambric or paper muslin of any desired shade, and this can be removed when the valance is laundered. This arrangement is inexpensive and very pretty, and the top of the mattress may be covered with a white spread and lace-trimmed pillow case. An iron bedstead can be treated in the same way, relieving the bareness that makes them so ugly.

**Latest Fashions for Readers of The Commoner**



3130—Ladies' Shirt Waist. This excellent model is adaptable to any of the sheer white materials. Five sizes—32 to 40.



3128—Ladies' Skirt, closing at left side, having two-piece upper part, kilted flounce lower part and with or without sweater fold. This model would develop well in mohair, broadcloth or any of the seasons suitings. Five sizes—22 to 30.



3126—Ladies' Full Length Coat. Black velvet was used for this charming model, though it is adaptable to any of the season's coatings. Four sizes—32, 36, 40 and 44.



3124—Ladies' Brassiere or bust-supporting corset cover. Adaptable to Persian lawn, cambric or muslin. Six sizes—36 to 46.



3145—Childs' Coat. Crimson broadcloth was used for this simple though stylish model. Four sizes—3 to 9 years.



3119—Misses' and Girls' Semi-Princess Dress, with body lining, high or low neck and long or short sleeves. A pretty evening dress is here shown in pale blue silk dotted mull. Four sizes—11 to 17 years.

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