

gay in the early springtime. Every one of them should be in bed now, but if not, get them tucked in as quickly as possible.

Query Box

Mrs. J. M.—When heading is used for joining, there should be only sufficient margin beyond the embroidery to stitch a French seam. Join the heading to one side, having the seam on the right side of the garment, then trim off the edges of the seam, turn on the wrong side and stitch a second seam, which will give a perfect finish on the right side. Do this for the joining on the other side.

Anxious—For the children's hair, get ten cents worth of fish berries and mash them; put into a pint bottle, and fill the bottle with alcohol or whisky and leave for a couple of days. Then wet the hair and scalp good with the liquid and let dry; then wash with a white soap suds, let dry, rinse and let dry again; then wet the head and hair with strong vinegar. The liquor will kill the vermin and the vinegar will dissolve the shell of the nits, and the hair will be clean.

K. M.—A quick, inexpensive way to make black ink is by the use of a ten-cent package dye—slate color—dissolved in boiling water. Tell your druggist what you want it for, and the directions for making the ink will be found on the package of the proper color. There are many other recipes.

Thomas C.—To remove the rust from the nickel-plating on the stove, cover with tallow or sweet oil and let stand a couple of days, then rub off the oil and polish with finely sifted unslacked lime.

P. P. L.—Fuel alcohol is obtained by distillation from various vegetables, wood and fruits, and is called sometimes wood alcohol, but the pure form is known as methyl alcohol. After the alcohol is distilled, it is denatured, or rendered unfit for medicinal or drinking purposes by adding to it a certain amount of wood alcohol or other poisonous substances. The alcohol used medicinally, or for internal use, is from grain, and is called grain alcohol.

Home Remedy for Rheumatism

To one gallon of good apple vinegar add one pound of red pepper and two pounds of salt; with this mix-

HEALTH AND INCOME

Both Kept Up on Scientific Food

Good sturdy health helps one a lot to make money.

With the loss of health one's income is liable to shrink, if not entirely dwindle away.

When a young lady has to make her own living, good health is her best asset.

"I am alone in the world," writes a Chicago girl, "dependent on my own efforts for my living. I am a clerk, and about two years ago through close application to work and a boarding-house diet, I became a nervous invalid, and got so bad off it was almost impossible for me to stay in the office a half day at a time.

"A friend suggested to me the idea of trying Grape-Nuts food which I did, making it a large part of at least two meals a day.

"Today, I am free from brain-tire, dyspepsia, and all the ills of an overworked and improperly nourished brain and body. To Grape-Nuts I owe the recovery of my health, and the ability to retain my position and income."

Read "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.

ture, after standing several days, wet flannel cloths and wrap the affected parts of the body with the cloths as hot as can be borne; if the part can not be wrapped, apply the hot, wet cloths to the parts and cover closely with several thicknesses of flannel, keeping the heat in as long as may be, and rewetting the cloths in the hot vinegar if not soon relieved. Keep the bowels open with mild laxatives (not purgatives or cathartics), and drink abundantly of water, either hot or cool, as best suits the taste.

"I'll Take What Father Takes"

There is a story told of a father who took his little boy one morning into the city where he transacted his business. When noon came he took his boy to a restaurant where he often had lunch. The waiter on receiving the order, knowing that it was the father's custom to have a bottle of wine, asked the boy what he would take to drink. The boy replied, "I'll take what father takes." The father, realizing the seriousness of the situation, quietly beckoned the waiter and countermanded the order.

Cracklin' Bread

In a divorce case at Mexico the plaintiff criticised his wife's cooking and complained that she put "cracklin' bread" before him to eat. His lawyer was laying great stress upon this point, and was particularly severe with the wife for serving this homely yet savory bread, which is peculiarly palatable to native Mis-sourians, when Judge Barnett interrupted him with the question:

"Mr. Attorney, did you ever eat cracklin' bread?"

"No, sir," came the prompt and somewhat emphatic reply.

"I thought not," said the judge, and there was a ripple of laughter all over the court-room, which showed that cracklin' bread was not foreign to the appetites of those present, including the court.

Home Made Candies

For the candy season now beginning, it is much better that the sweets be made at home. A recent decision is that the child who buys chocolate on the streets buys germs, and moreover, he does not get chocolate, but only burnt amber flavored with chocolate. This may not be strictly true, but it furnishes food for discussion, and it is true that very much of the cheap candies on sale at this season are adulterations not fit for the child to put into its stomach. We give some tried recipes:

Sea-Foam Candy—Put one cupful of boiling water and three of coffee C sugar into a porcelain-lined or aluminum sauce-pan, and stir over the fire until the sugar is dissolved; then stop stirring and let cook until it threads or spins when a little is lifted. Lift the pan from the fire and let it stop bubbling, then add gradually the stiffly-beaten whites of two eggs; use a wire whip and continue to stir until the mass will not spread, but is creamy and will stand alone. A cupful of pecan nuts chopped fine may be beaten into the "foam," and when the mixture will hold its shape, drop in small, rough balls on buttered paper and let harden.

Uncooked Fondant—Mix the whites of two eggs and their bulk of water in a large bowl, beating vigorously; then add a dessert spoonful of vanilla and about two pounds of "XXX" confectioner's sugar (finest grade of powdered sugar), well-sifted; beat well, and the paste is ready. Nuts of any kind may be made up by using the nut-kernels for the foundation and make into little balls with the paste, leaving on buttered paper to harden. All kinds of fruit creams may be made, fig candy, chocolate

creams, etc. There is no cooking to be done, and the work is easy and clean; a dollar's worth of all the ingredients together will make many pounds of the finest kinds of candy.

The cooked fondant is also very fine, but requires more work.

For the Seamstress

In sewing lace edging on hems or ruffles, first crease the hem, which may be done by running the goods through the hemmer without stitching, or in any preferred way; then smooth out the goods and stitch the lace flat along the crease for the bottom of the hem. Then refold the hem and stitch it down. The hemmer may be used for the creasing by removing the machine needle, or leaving it unthreaded.

For cleaning old lace, if stained or greasy, put into sweet oil and let it stand for several hours; fill a big bottle with water; sew the lace to some muslin, being sure to tack every little point in place and wrap the muslin around the bottle carefully so as not to crease. If the lace is very fine, cover it with thin muslin or net on the outside. Hang the bottle in a perfectly clean porcelain-lined kettle, pour over it cold castile soap suds, bring to a boil and boil until the lace is clean. Then take out and rinse without removing it from the muslin and dry in the sun. Press over a cloth dipped in sweetened wa-

ter to stiffen the lace. If a creamy tint is wanted, dip in water in which onion skins have been boiled, or in cold coffee, or stir a little yellow ochre in the water to the desired tint.

Cleaning Crocheted Articles

For the washable ones, make a suds of warm (not hot) water and a good white soap; put the article to be washed in the suds and squeeze (don't rub), until it looks clean, patting it with the hand, and sousing it about in the water; then rinse thoroughly in the water, which should be warm, until there is no soap left in the article, using several waters if necessary; squeeze the water out; but do not wring or twist; shake gently, put into a cheese cloth bag and hang to dry in a draft; shake and beat while drying. Crocheted or knit articles may be perfectly cleaned by rubbing through quite hot flour or corn meal, taking raw flour or meal as it gets soiled. Or put the article in a bag with the meal or flour, and rub and toss about.

KINDNESS TO ANIMALS

"Remove the sting of a wasp or bee with a watch key, pressing the place with it; then rub the sting with a slice of raw onion, moist tobacco, or a damp blue bag."—Daily Mirror. Press gently dry, dust with boracic powder, and return it to the bee (or wasp).—Punch.

Latest Fashions for Readers of The Commoner

8635—BOY'S SUIT

Sizes: 2, 4 and 6 years. Requires three and one-half yards of 27-inch material for the 4-year size.



8621—GIRL'S DRESS

Sizes: 6, 8, 10, 12 and 14 years. Requires three and one-half yards of 36-inch material for the 8-year size.



8619—LADIES' APRON

Sizes: Small, medium and large. Requires three and three-eighths yards of 36-inch material for the medium size.



8605—LADIES' HOUSE DRESS

Sizes: 32, 34, 36, 38, 40, 42 and 44 inches, bust measure. Requires six yards of 36-inch material for the 36-inch size.



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 over 400 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. In ordering patterns give us your name, address, pattern number and size desired. Address THE COMMONER, Pattern Dept., Lincoln, Neb.