

become thick, glossy and soft. After the growth and improvement of the hair has become satisfactory, the applications may be at longer intervals. This is a safe, sure and inexpensive hair restorative, and it is sure to give health to the scalp, stopping falling hair, and in many instances the users claim, stopping the gray-ing also.

Lemon Juice

The finest of manicure acids is made by putting a teaspoonful of lemon juice in a cup of warm water and using it for the hands; this removes the most of stains from fingers and nails, loosens the cuticle at the base of the nails more satisfactorily than any instrument. A little diluted juice applied at night to the face and hands with a soft rag is a delightful bleach, as well as harmless; it softens as well as bleaches. A mixture of glycerine, lemon juice and rosewater is fine for rough or chapped skin.

For the Laundry

To remove mildew, wet the cloth in soft water and rub on plenty of soap and salt (home-made soft soap, preferably); hang the garment in the sun and air for a few days, then wash as usual. This is said to be infallible for either coarse or fine cotton or linen.

To launder fringed articles, the fringe must not be starched. With much care, the article itself can be starched, and the fringe left free. When done, shake out the article, straighten the fringe and when partly dry, iron out smoothly and brush out the fringe with a stiff brush or whisk broom, then iron the fringe. If the article is wrung out of hot water and ironed immediately, it is usually stiff enough without any starch.

If washed or scalded with the family clothes, table linen is apt to take

RESULTS OF FOOD

Health and Natural Conditions Come From Right Feeding

Man, physically, should be like a perfectly regulated machine, each part working easily in its appropriate place. A slight derangement causes undue friction and wear, and frequently ruins the entire system.

A well-known educator of Boston found a way to keep the brain and the body in that harmonious co-operation which makes a joy of living.

"Two years ago," she writes, "being in a condition of nervous exhaustion, I resigned my position as teacher, which I had held for over 40 years. Since then the entire rest has, of course, been a benefit, but the use of Grape-Nuts has removed one great cause of illness in the past, namely, constipation and its attendant evils.

"I generally make my entire breakfast on a raw egg beaten into four spoonfuls of Grape-Nuts, with a little hot milk or hot water added. I like it extremely, my food assimilates, and my bowels take care of themselves. I find my brain power and physical endurance much greater and I know that the use of the Grape-Nuts has contributed largely to this result.

"It is with feelings of gratitude that I write this testimonial, and trust it may be the means of aiding others in their search for health." Name given by Postum Co., Battle Creek, Mich.

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.

on a grimy appearance, and because of this, all white table linen should be washed by itself. Two light washings are better than one which requires severe rubbing, and it is really economical to change the linen often. It is claimed that peach stains, which are very hard to remove, will disappear, if the linen is laid away until cold weather and the first time it is washed after frost, the stains will disappear.

Here is a laundry starch that is always ready, and may be used on fine laces and thin fabrics. Take one cupful of cold water to each ounce of gum arabic used; put this in a wide-mouthed bottle and set the bottle in a sauce pan of cold water over a slow fire, having a folded cloth under the bottle, and leave until the gum is dissolved. Strain the liquid through muslin, or a very fine sieve into another bottle while still warm. When cold, add to it as a preservative one gill of alcohol, to prevent souring, and it will be good as long as it lasts. For laces, where only a suggestion of stiffness is wanted, half a teaspoonful of this dilution with a cupful of cold water will be enough; for heavier fabrics, or where more stiffness is wanted, use a teaspoonful, or more of the dilution, according to degree of stiffness wanted.

Roaches and Croton Bugs

For ridding the house of these pests, State Geologist Surface gives the following: First, one can use a proprietary substance sold in various names as roach paste, merely placing this where the bugs can find it. Second, kill the pests by the use of powdered sugar and plaster of Paris; put the dry powdered mixture where they can get it. Third, mix one part of arsenical poison with ten parts of powdered sugar and ten parts of flour; set where they can find it readily. Fourth, blow powdered borax into the places they nest in. Fifth, fumigate the rooms with carbon bisulphide, or hydrocyanic gas, and thus kill all other insect pests in the rooms fumigated. After all these measures have been tried, there are still plenty more to be given. One of the very best is to keep everything dry and clean, with no waste foods lying invitingly about. Simply starve them out with cleanliness.

Query Box

L. E.—The geranium with a white border to the leaf is probably either the "Happy Thought" or the Madam Soloroi. Ask any florist.

A. E. M.—Direct your request, the subject of the bulletin wanted, even if you do not know the number, to the Department of Agriculture, Washington, D. C., requesting that it be sent to you.

M. C. P.—There is very little remedy for swollen gums and loosened teeth after a certain stage, except the dental chair. If taken in time, a solution of equal parts of tincture of myrrh and spirits of camphor, applied to the gums several times daily, will greatly ease them. Just rub the solution on with a soft brush or the finger. Keep the mouth clean and use the teeth as little as possible.

"Worried"—Nothing is known that will permanently remove superfluous hair. A great many things are advertised to do so temporarily. In some cases the electric needle will do it, but not always.

E. S.—All "vacuum cleaners" are not electric. There are hand-power cleaners on the market, costing about \$25. You will find them advertised in the best magazines. Personally, I know nothing of them.

Mazie—To freshen the old velvet, to one pint of hot water add five tablespoonfuls of household ammo-

nia; shake well, and apply to the velvet with a stiff clothes brush, brush, using considerable force in order to remove all dirt and creases; then lay between cloths until the water is somewhat absorbed from the velvet, then hold the damp fabric over a hot flatiron until steam raises the pile.

A.—For making a lace insertion yoke, cut an accurate yoke pattern from smooth, heavy paper; begin at the lower edge of pattern and baste on a row of insertion keeping the lower edge just easy, which will bring the upper edge a little full; draw this fullness in by running in a thread or laying in tiny plaits; baste the upper edge to the paper, and proceed in this way until the yoke is of the required size, then sew the rows together with an over and over stitch that will stay, then remove from paper.

Requested Recipes

Drop Cookies—Brown sugar, N. O. molasses, and warm water, of each, one cupful; butter, three-fourths cupful; one egg; pastry flour, (or scant quantity of bread flour), four cupfuls; soda, one-half teaspoonful; ginger, four teaspoonfuls; cinnamon, two teaspoonfuls; cloves, one-half teaspoonful. Put the butter, water, molasses, and sugar into a saucepan and let come to a boil; cool slightly; add other ingredients and stir to mix thoroughly; the mixture should be thin enough to drop from a spoon, but not thin enough to spread when dropped an inch apart on a greased

tin; it will spread slightly in baking. Drop from a tablespoon, and bake in a hot oven.

Lemon Crackers—Two cups of shortening (either butter or lard, or half of each), five cups of sugar, four eggs, one quart of sweet milk, five cents worth of baker's ammonia, five cents worth of lemon oil; sift the flour in the mixing bowl, and put all the other ingredients in just as you would for making bread; soak the ammonia crystals overnight in half the milk, and add the other half the milk in the morning when you go to mix it, thus putting all the ingredients together and mix about like biscuit dough. Roll thin, cut in shapes and bake. A less quantity may be made by keeping the same proportions.

Lemon Crackers—One cup of lard, two cups of white sugar, one cup of sweet milk; three teaspoonfuls lemon extract, one tablespoonful of baker's ammonia, a pinch of salt, and flour to make a dough stiff enough to knead. Sift the flour into the mixing pan, and add the other ingredients with the prepared ammonia, which should be soaked in the sweet milk overnight; knead until smooth, then cut into shapes and bake.

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