

perfectly dry. A few drops of glycerine added to the glue will prevent it from cracking and scaling.

**Query Box**

Mrs. L. L.—The question of wearing mourning will always be a matter of individual feeling; many people object to the custom.

Tille D.—The Paisley shawl may be used as a couch cover. Shawls may, or may not, be worn again; no one can tell.

L. E., Penn.—The orris root of commerce is the root of the Florentine Iris, and is grown in Italy. I have never heard of Iris roots grown in this country being used.

"Perplexed"—To fade blue linen, making it white, try boiling it in a solution of two tablespoonfuls of cream tartar and one pint of water, keeping these proportions, no matter how much water is required. While the material is still wet, hang in the sunshine, spreading as much as possible.

Flower-Lover—A good soil for begonias has no manure in it. Use only mellow garden soil that is rich without any recent addition of manure, adding one-fourth its bulk in coarse sand and one-fourth leaf mold. The leaf mold is the product of decayed leaves, and is found under dead leaves in the woods.

"Student"—I think the Congressional Library at Washington, D. C., has a reading room for the blind, which contains some thousand of volumes printed in raised letters, and there are catalogues provided for the use of the sightless.

"Money-Grubber"—Perhaps there is money to be made in raising canaries, but it depends on the one who undertakes it. It is said that every year Germany sends to this country 130,000 canaries from the nurseries in the Hartz Mountain. The Hartz Mountain canaries are said to be the most valuable singers. The

**HONEST CONFESSION  
A Doctor's Talk on Food.**

There are no fairer set of men on earth than the doctors, and when they find they have been in error they are usually apt to make honest and manly admission of the fact.

A case in point is that of a practitioner, one of the good old school, who lives in Texas. His plain, unvarnished tale needs no dressing up: "I had always had an intense prejudice, which I can now see was unwarrantable and unreasonable, against all much advertised foods. Hence, I never read a line of the many 'ads' of Grape-Nuts, nor tested the food till last winter.

"While in Corpus Christi for my health, and visiting my youngest son, who has four of the ruddiest, healthiest little boys I ever saw, I ate my first dish of Grape-Nuts food for supper with my little grandsons.

"I became exceedingly fond of it and have eaten a package of it every week since, and find it a delicious, refreshing and strengthening food, leaving no ill effects whatever, causing no eructations (with which I was formerly much troubled), no sense of fullness, nausea, nor distress of stomach in any way.

"There is no other food that agrees with me so well, or sits as lightly or pleasantly upon my stomach as this does.

"I am stronger and more active since I began the use of Grape-Nuts than I have been for 10 years, and am no longer troubled with nausea and indigestion." Name given by Postum Co., Battle Creek, Mich.

Look in pkgs, for the famous little book, "The Road to Wellville."

"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.

birds are not hard to raise, if one goes at it right; but to make money at it, one must treat it like any other business proposition.

**For the Home Seamstress**

In cutting cloth, velvet and velveteen, cut all the pieces running the same way of the nap, or they will shade differently.

Skirt seams should be opened and pressed; in an unlined woolen skirt the seams should be pressed open and the edges overcast.

Lining of a poor quality is an extravagance, as it will pull askew and cannot be made to fit well. Better pay a little more for good.

If a belt is worn inside the waist, it should be feather-stitched to the back and side seams straight across, about a third of an inch above the bottom edge of the waist-line; fasten in the front with hooks and eyes.

Two large hooks and eyes on the waist and skirt belt keep the skirt and waist together at the back. Sew two short loops on the inside of the belt, one on each side in front of the side seams for hangers.

When the placket of the dress is finished, sew a hook and eye right at the bottom, fasten, and crush the hook so it will not come out. This will prevent tearing down into the skirt.

The side and shoulder seams should be turned toward the front, and the darts to the back; the back seams should be opened and pressed. The principal alterations should be made at the side and shoulder seams; if the waist is pulled up too much on the shoulder, it will make the garment short-waisted and "out of curve." The arm-size at the back should be straight from the edge of the shoulder seam to the side seam in front and under the arm. The arm-size should not be allowed to bind.

**Home Remedies**

The following remedies are all vouched for by those who have used them:

For asthma, take one ounce of iodide of potassium and dissolve it in one pint each of Holland gin and clear water. Dose is one teaspoonful after each meal.

For an eating ulcer, use air-slacked lime, pulverized and sifted through muslin to remove all grits; this will not pain, and is claimed to be one of the best remedies known for old, eating sores.

For a cold on the chest (grip), wring a flannel cloth out of hot water, fold and sprinkle a few drops of turpentine on it, and apply to the chest and throat as hot as can be borne. It is sure to relieve.

For bronchial troubles and sore throat, take equal parts of olive oil, turpentine, spirits of camphor and coal oil; put into a bottle and shake well each time before using. Rub on the chest and throat as any liniment, then wring a flannel cloth out of hot water, double, and apply as hot as can be borne to the chest and throat; repeat as often as the flannel cools until relieved.

For ulcers and old sores, take one pint of water, boiling; put into it two tablespoonfuls of refined borax; shake well. Use absorbent cotton, three thicknesses. Dip into the borax water and apply as hot as can be borne, every half hour while awake, for one week; then, four times a day after the first week. The water must be as hot as can be borne, and fresh cotton used each time, burning the old cotton. The borax is cleansing and healing, and the hot water is both.

Vinegar boiled in the tea kettle will remove the lime crust. The acid will neutralize the alkali, and by this means, the kettle may be kept clean.

**Talks With Commoner Readers--No. 2**

Have you ever experienced the feeling, after buying an article or making an investment, that you might have done better if you only knew at the time certain things you found out afterwards? Of course you have. Everybody has.

And haven't you found out by experience that, as a matter of pure business and personal satisfaction, it always pays to do your investigating BEFORE and not AFTER? We all have.

And haven't you also found that by looking around a little you were sure to discover that the article of some particular maker was better adapted to your needs than when you bought the first thing you came to? We all have.

And haven't you bought things you actually did not want and need simply because you listened to the persuasive talk of some good salesman instead of satisfying your own mind as to the actual merits of the article purchased? We all have.

But we can't go on doing so everlastingly and expect to get ahead. The better plan when buying anything is to look over the propositions of every manufacturer or dealer in the particular article you wish to buy before making a decision.

For instance, if you will look over The Commoner this week you will find the announcements of reliable advertisers who are submitting their propositions for your consideration. Why not get their whole story by writing for their catalogues or circulars. Perhaps they have just the things you are looking for. But it is not fair to judge them or their goods by their small advertisements. Write today and get full particulars. A postcard will do.

Some of the articles advertised in The Commoner you can get of your dealer, and others your dealer does not carry, but you will make no mistake by giving The Commoner advertisers a chance to demonstrate their goods. Your own interests should prompt you to do so.

**Latest Fashions for Readers of  
The Commoner**



**8720—LADIES' APRON**  
Sizes: Small, medium, large. Requires 3 3/4 yards of 36-inch material for the medium size.



**8818—LADIES' SHIRT WAIST**  
Sizes: 32, 34, 36, 38, 40 and 42 inches, bust measure. Requires 2 1/2 yards of 36-inch material for the 36-inch size.



**8892—MISSES' DRESS**  
Sizes: 14, 15, 16 and 18 years. Requires 4 1/2 yards of 44-inch material for the 16-year size, and 1 1/2 yards of 27-inch material for the tucker.



**8832—GIRLS' DRESS**  
Sizes: 6, 8, 10, 12 and 14 years. Requires 2 yards of 27-inch material for the guimpe, and 2 3/4 yards for the dress for the 8-year 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, mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired.  
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