

the dressmaker has spent much time and thought, wholly spoiled in effect by the addition of a carelessly donned belt or neckwear of unpleasant contrast. There is no end to the choice of neckwear, and the varieties allowed are calculated to suit any kind of frock or gown. A change of style in the accessories of a dress will give the appearance of two separate costumes.

Among the really serviceable materials one finds the cotton crepes. In careful hands, these goods wash well, according to the quality, and are of fast colors. They do not require, or admit of ironing, but may be washed and hung on the line and are ready to be worn when dry, without further attention. Of course, care must be taken in the hanging, that they may keep their shape. A very good quality, fit for the house dresses, kimonas and waists can be had for eighteen to twenty-five cents a yard.

While the ready-made cotton house dresses look very attractive in the stores, one should not invest very largely in the commoner and cheaper articles, as they are not always cut on lines, but the cutting is generally done "according to the cloth," using up remnants and "seconds" in goods, with little regard to how the garment will bear laundering.

**Paste for Scrap-Book**

This paste will keep good at least a year, if kept in a cool place. Dissolve a teaspoonful of alum in a quart of warm water; when cold, stir in as much flour as will give it the consistency of thick cream, carefully beating out all lumps; stir in as much powdered resin as will stand on a dime, and throw in a half-dozen cloves to give it a pleasant odor. Have on the fire a teacupful of boiling water; pour the flour mixture into it, stirring briskly all the time. In a few minutes it will be of the consistency of mush; pour this into a china or glass jar and let cool. Lay

**WANTED TO SLEEP**

**Curious That a Tired Preacher Should Have Such Desire.**

A minister speaks of the curious effect of Grape-Nuts food on him and how it has relieved him.

"You will doubtless understand how the suffering from indigestion with which I used to be troubled made my work an almost unendurable burden; and why it was that after my Sabbath duties had been performed, sleep was a stranger to my pillow till nearly daylight.

"I had to be very careful as to what I ate, and even with all my care I experienced poignant physical distress after meals, and my food never satisfied me.

"Since I began to use Grape-Nuts the benefits I have derived from it are very definite. I no longer suffer from indigestion, and I began to improve from the time Grape-Nuts appeared on our table.

"I find that by eating a dish of this food after my Sabbath work is done, (and I always do so now) my nerves are quieted and rest and refreshing sleep are ensured me.

"I feel that I could not possibly do without Grape-Nuts food, now that I know its value. It is invariably on our table—we feel that we need it to make the meal complete—and our children will eat Grape-Nuts when they cannot be persuaded to touch anything else." Name given by Postum Co., Battle Creek, Mich.

Read the famous booklet, "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.

a cover over it and set in a cool, dry place. When wanted, take out a portion and soften it with warm water to the right consistency to spread. This does not gloss, and can be written over.

**Query Box**

L. L.—Try tomato juice for removing the ink, wine or fruit stain. Saturate the stain with the juice.

Housewife—For the cockroaches, try sprinkling hellebore powder on the floor in their runways at night; keep all foods covered and out of their reach.

E. S. M.—Fancy folding of napkins is not practiced much now. Plain, square folded, showing the monogram in the middle, is considered "good taste."

Mrs. L.—To eradicate dock, plantain, dandelion and other objectionable vegetation from the lawn, cut off the crown just below the surface of the soil when the tops are fully grown and before the seeds are fully formed. The end of June is a good time to destroy such things. Persist in the good work.

C. M. B.—The roots of dandelion should be gathered in August or September for making tonic. The decoction of the roots is claimed to have the happiest effect upon the liver when the disease has assumed a chronic form, but it must be persisted in for a long time.

Floral Lover—To remove mildew from rose bushes and vines, take equal parts by weight of sulphur and unslacked lime. Put the powdered sulphur with the lump lime, and pour water over both, and let the lime slack with the sulphur. After the lime has slacked, place the whole in a kettle with plenty of water and boil until you get a saturated solution of the sulphuret of lime; this will be transparent, and of an amber color, and should be drawn off, bottled and labeled. To each gallon of water used for spraying the plant, add one-fourth pint of the sulphuret of lime, and apply to the plant with a garden syringe. It will kill the mildew without injuring the bush.

**Answer to Inquiries**

Bay rum is a spirit distilled over the leaves of Myrciocris, and perhaps some other species of the genus, which are found growing in the West Indies; the genuine bay rum is imported from there into this country. Elsewhere it is made by taking the tincture of bay leaves, five ounces; oil of bay, one dram; bicarbonate of ammonia, one ounce; borax, one ounce, and rosewater two pints; mix and filter carefully. It is used by chemists for the making of perfumes, and toilet preparations, such as hair tonics, etc. It will not probably cure dandruff, but is cleansing to the scalp. It is not so widely used at present as it has been in the past for toilet preparations.

**Hot Weather Drinks**

For refreshing drinks for the hot days, any of the acid fruits will be found quite as agreeable as lemons. If a syrup is made from the sugar and added to the juice of the fruit, it will give a much smoother taste to the drink than the crude sugar. One should be sparing of the sweets, but generous with the fruit juices. It is easier to add than take from, and half a cupful of sweet should be enough for a quart of liquid. For sherbets or ice water, two-thirds of a cupful of sugar may be used to one pint of fruit juice, and an ice served as a last course should be sweeter than when served with the game course under the name of punch.

**Requested Recipes**

Glue for Labeling on Tin—Boiling water, one quart; pulverized borax, two ounces; put the borax in

the boiling water, then add gum shellac four ounces, and boil until all is dissolved. Apply to the tin surface and lay the label on, pressing down smoothly.

Cement for Iron—Glycerine and litharge, stirred to a paste, make a durable paste for iron upon iron, or for fastening iron in stone. It hardens rapidly, and is insoluble, and is not attacked by strong acids.

Aromatic syrup is made as follows: White sugar, five pounds; water, two pints; bruised ginger root, one ounce; cloves, half an ounce; calamus root, half an ounce; nutmeg, one ounce; put the ginger, cloves, calamus and nutmeg in the water and boil for two hours; strain, and dissolve the sugar in it, and when nearly cold, add oil of bitter almonds, four drops; essence of cinnamon, fifteen drops; essence of nutmeg, one tablespoonful; essence of lemon, twenty drops. Stir the whole well until all the oils are perfectly assimilated. To be used in summer drinks, where flavoring of soft fruit juices are added.

Tomato Juice—Gather the fruit once a week, stem, wash and mash (the fruit must be ripe); put into a coarse linen bag and hang to drain. To every gallon of the juice add a pound of good, moist brown sugar; let stand, stirring every day, for nine days; then pour it off from the pulp which will settle to the bottom; bottle it closely, and the longer you keep it, the better it will be. When you want to use it, take a pitcher that will hold the desired quantity

(about a gallon), fill it nearly full of fresh sweetened water, add to it about a tumblerful, or less, of the juice, and a few drops of lemon juice, and you will find it equal to the best lemonade, costing almost nothing, and not at all intoxicating, but an excellent summer drink.

Carbonated Water—This is an old-time harvest drink. Two quarts of water, fourteen tablespoonfuls of vinegar, two teaspoonfuls of ginger; sweeten to taste, and when ready to drink, add one teaspoonful of soda and one of cream tartar. The water should be quite cold, and the drink prepared as it is wanted.

Any drink which contains alcohol, even cider, root beer, or domestic cordials, are injurious because the little alcohol contained in the drink supplies neither nutriment nor strength.

**For the Skin**

With plenty of green vegetables as food, the fruit, and some vegetable juices, are aids on the outside. The juices of lemon and orange are both whitening; strawberry juice is good, and the sliced cucumber bound on the blemish is second to none. Any of the juices should be rubbed on a freshly cleaned skin, let to dry, then gently washed off. Exercise in the open and plenty of sunshine, with copious water drinking, will wash out stains through the pores of the skin by free perspiration, and this is more valuable than lotions, unguents or emollients. Try it in the garden.

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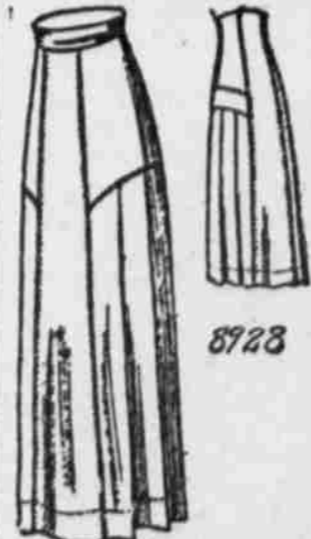
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