

man whom he advises, and cares a great deal less about it; but he, also increases his substance by giving them prescriptions galore, while the inexperienced, careless, and fearfully ignorant complainant goes on ruining her health by unhygienic habits and unsanitary conditions, just the same, trusting to "her physician's advice" to undo her mis-doings. There is just one perfect, unfailing beautifier, and that is health of body, mind and spirit. Good habits, right thinking and right living, abundance of sleep, a good digestion, correct assimilation, active bodily sewage, and a clear conscience, will do what all the creams, greases, lotions and powders can never do—make you beautiful. Try to get acquainted with your body, and treat it well, inside and out, and you will see "a difference."

Removing Stains

When looking over the summer laundry, one is apt to find many a discoloration that must be removed. For white goods, the most effective of all cleaning fluids, as well as the cheapest, is javelle water. It is made by dissolving one pound of sal soda in a quart of hot water and adding to it the clear liquid left after dissolving half a pound of chloride of lime in two quarts of water. The water should be carefully strained from the sediments of both the lime and soda before bottling. Keep this tightly corked and out of reach of careless hands. Javelle water, chlorinated soda, or chloride in any form, are unsafe in careless hands, for unless the fabric is immediately well washed in two or three clear waters, the result is

A HIT

What She Gained by Trying Again

A failure at first makes us esteem final success.

A family in Minnesota that now enjoys Postum would never have known how good it is if the mother had been discouraged by the failure of her first attempt to prepare it. Her son tells the story:

"We had never used Postum till last spring when father brought home a package one evening just to try it. We had heard from our neighbors, and in fact every one who used it, how well they liked it.

"Well, the next morning Mother brewed it about five minutes, just as she had been in the habit of doing with coffee without paying special attention to the directions printed on the package. It looked weak and didn't have a very promising color, but nevertheless father raised his cup with an air of expectancy. It certainly did give him a great surprise, but I'm afraid it wasn't a very pleasant one, for he put down his cup with a look of disgust.

"Mother wasn't discouraged, though, and next morning gave it another trial, letting it stand on the stove till boiling began and then letting it boil for fifteen or twenty minutes, and this time we were all so pleased with it that we have used it ever since.

"Father was a confirmed dyspeptic and a cup of coffee was to him like poison. So he never drinks it any more, but drinks Postum regularly. He isn't troubled with dyspepsia now and is actually growing fat, and I'm sure Postum is the cause of it. All the children are allowed to drink it and they are perfect pictures of 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.

disastrous to the threads. It must be used only on white goods, and even then highly diluted.

For the Toilet

A "beauty specialist" tells us that one who has been plump in youth and grows thin as she advances in years takes on wrinkles more readily than where the reverse is true. This is due to the wasting of the tissues, leaving the skin flabby and ready to sink into grooves marked out by years of facial contortion. Most of skin-foods are hair-promoters as well, and not one woman in a hundred knows how to massage the face properly; so, it is but a choice between age and coarseness. Massage improperly done tends to increase the flabbiness of the skin by stretching it. A better way is to contract the skin. And this is the recipe given for that purpose, though it may not suit all or many cases. Here is the method given: Equal parts of rose-water and glycerine, with enough lemon juice to taste sour and enough alum to be detected by taste will hasten the contracting of the flabby skin and it is claimed, will stave off the wrinkles for years, if persistently used. The face is to be sponged with it morning and night, across the wrinkles and gently massaged with the fingers; the face must be always wiped upward instead of downward, from the nose to the top of the ears outward. A paste of beaten egg spread over the face for half an hour, then wiped off with soft water is said to make the skin very smooth, and the alum preparation will make it firm.

Singeing the hair is better than cutting it, as the ends are not as likely to split. Twist the hair in a tight little strand, rub in the direction of the scalp to lift the ends from the roll; then have a second person apply a lighted taper to all the little ends that stick out; this must be done carefully, and one cannot singe her own hair. A good shampoo is made by dissolving five ounces of pure castile soap in a pint of boiling water; do not let boil, but keep at or near boiling point until all soap is dissolved. Pour this into a large-mouthed jar; when cold it will be a jelly. To use, take two tablespoonfuls of the mixture and beat into it two raw, fresh eggs; if too thick, add a little water. Then wet the head well, and rub the mixture well into the scalp. Never put the egg in until ready to use. This is enough for one shampoo. Rinse well with clear water.

Little Things

Be sure there is a pocket somewhere in every dress the little girl has to wear. There is always a place for one, if we set about finding it, and the patch pocket can be made rather ornamental if neatly put on. There is nothing the school child needs more than one or more pockets.

Overalls for the smallest girls and creeping babies, as well as for the little man, will save much work and money uselessly spent on clothes that are always in the wash, and never comfortable to play in. Little gingham "pokes" that will stand hard usage and always come out of the wash fresh and becoming, can take the place of the white head wear with a good deal of saving to the house-mother.

Gingham aprons can take the place of the dress-up frocks for the next-size little lady during the autumn days, and will bear many a stain without harm, besides allowing for the romps and frolics the girlie just must have, in order to grow. Lightweight wash goods make up nicely for these aprons, either in the one piece styles, or with sleeves and shoulder seams. They are pretty trimmed with bands, bias, or

straight, or with torchon lace that is warranted to stand tubbing without a tear.

For the boy's wear, it is a good thing to choose textures that do not require starching. Seersuckers come in several colors and stripings, wear well, wash easily, and require only a pulling into shape when put on the line, and a good shaking out when dry.

An exchange editor tells us of "the fresh afternoon get-up which involves a flood of tears with the putting on, and spankings with the taking-off." We, who are mothers, will recognize the "situation," without any picture portrayal, and while teaching our children to take a pride in their personal appearance, it is just as well to so dress the babies that both we and they will be comfortable in the use of them.

When a clear cement is wanted, try melted alum. For mending pieces of valuable china, or fastening the pearl handles on knives, or mending pearl toilet articles, it is splendid. Melt the alum over intense heat, but do not scorch, and apply very hot.

For cleaning the kitchen paint, boil a pound of wheat bran in a gallon of water for one hour; then strain and use the liquid for going over the kitchen paint after it has been washed thoroughly to remove all smoke, and the bran water will give it a clean, glossy appearance.

For preventing the rusting of wire screens, it is advisable to use a mixture of two parts of boiled linseed-oil and one part powdered rosin, heated and stirred well until the resin is dissolved, then apply very hot with a brush. It is claimed that

this protects against all kinds of weather much longer than the paint that is specially sold for that purpose. The mixture must be kept hot all the time it is being applied so that the rosin will harden afterwards into a smooth coat that will not wear off. Put it on sparingly, so as not to clog the space between the wires.

Some Tried Recipes

Grape Catsup—Boil a pint of vinegar and two pounds of sugar for a quarter of an hour; in the mean time, seed ten pounds of grapes and heat the pulp and skins slowly until they nearly reach the boiling point; but do not let them boil. When done, cool, rub through a sieve and mix with the sugar and vinegar, adding an ounce each of ground cinnamon, cloves and mace. Cook for about twenty-five minutes, and if the mixture seems too thick, reduce it to the proper consistency by adding a little hot vinegar and sugar in proportions as above. When sufficiently cool, cork tightly in bottles.

Steamed String Beans—Cut or break tender beans into quarter-inch lengths, wash, and lift them out of the water into a sauce pan with a level teaspoonful of salt and a scant half-teaspoonful of soda. Cover the pan and set on the fire; stir occasionally, using but a moderate fire. They are to be steamed, not boiled, and the slow fire will cook them until tender with no more water, in about half an hour. Then add one large tablespoonful of butter and half a cup of cream; let come to a boil again and dish at once, serving while hot. Try them until you make a success of steaming.

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