

expect tan, freckles, ruined hair, and plenty of trouble in removing the damage later on. One must choose between what they call comfort and the effects of the blistering sunshine on the flesh and hair.

For the skin which is dry and lifeless, no amount of cold cream or tissue building mixtures will do any permanent good, if the dryness is caused as it generally is, by ill-health. Both the skin and the hair show marked conditions if one's health is poor.

One of the best hair tonics is plain vaseline, which should be rubbed into the scalp, and not on the hair. A very little now and then will suffice. It should be allowed to melt before use.

Even the best of preparations will have no effect if they are used but a few times, then thrown aside. Changes for the better may not be apparent for months.

The proper way to brush the hair is to take it, strand by strand, and brush the full length without snarling or pulling. The brush must be kept clean by frequent washings, and the clean brush should be passed gently over the hair, taking with it all the dust and dirt that has accumulated during the day.

Requested Information

Goods known to shrink through wetting should be shrunk before making up. Washable woolens, such as serge, should also be put through the shrinking process before cutting out. Get wide, unbleached muslin and wet it thoroughly, wring so it will not drip, but not too dry, and lay on a table or other surface; lay the opened goods on the wet muslin and roll up together. Let

HER "BEST FRIEND"

A Woman Thus Speaks of Postum

We usually consider our best friends those who treat us best.

Some persons think coffee a real friend, but watch it carefully awhile and observe that it is one of the meanest of all enemies for its stabs one while professing friendship.

Coffee contains a poisonous drug—caffeine—which injures the delicate nervous system and frequently sets up disease in one or more organs of the body, if its use is persisted in.

"I had heart palpitation and nervousness for four years and the doctor told me the trouble was caused by coffee. He advised me to leave it off, but I thought I could not," writes a Wisconsin lady.

"On the advice of a friend I tried Postum and it so satisfied me I did not care for coffee after a few days trial of Postum.

"As weeks went by and I continued to use Postum my weight increased from 98 to 118 pounds, and the heart trouble left me. I have used it a year now and am stronger than I ever was. I can hustle up stairs without any heart palpitation, and I am free from nervousness.

"My children are very fond of Postum and it agrees with them. My sister liked it when she drank it at my house; now she has Postum at home and has become very fond of it. You may use my name if you wish as I am not ashamed of praising my best friend—Postum." Name given by Postum Co., Battle Creek, Mich.

Postum now comes in new concentrated form called Instant Postum. It is regular Postum, so processed at the factory that only the soluble portions are retained.

A spoonful of Instant Postum with hot water, and sugar and cream to taste, produce instantly a delicious beverage.

Write for the little book, "The Road to Wellville."

"There's a Reason" for Postum.

them lie for half a day, or until the material absorbs the moisture, then lay it, wrong side up, on a thickly-padded surface, or ironing board, and iron with a hot iron until dry. For gingham, muslins, or other cotton or linen goods, the material may be wet thoroughly in sufficient water, then carefully hung on the line in the shade to partly dry, then smooth out with a hot iron, on the wrong side, keeping the thread of the goods straight.

For laundering woolens, iron while still damp, placing the material wrong-side up, on a well-padded surface, lay a damp cloth over it and iron with a hot flat iron; then remove the cloth and go over it with a cool iron, pressing only the wrong side, until it is dry. White woolens may be beautifully cleaned with hot flour or meal.

The crepe goods and seersuckers are not ironed when laundered, but should be well shook out and hung carefully to avoid wrinkling as much as possible. Seersuckers are excellent for children's clothes, for skirts and for underwear of various kinds.

For children's wear, the double-faced canton flannel is not so very desirable, as it gathers dirt so easily, and is always in the wash. Gingham, or other cottons are much better.

Little girls, as well as small boys, wear the overall suits at their play, and the most inexperienced mother can make them as they are very simply constructed. Denim, of not too close texture, is the best material, but stout gingham and linens are also used. Any durable and washable goods may be used.

The Summer Laundry

It is well enough to wash clothing—every garment that is worn or used; but there are many things that are just as well not ironed. An excellent material for skirts, work dresses, men's and boy's shirts, night gowns for the children, is crinkled seersucker. It comes in stripes or plain colors, washes well, wears well, and requires no ironing. Many people like cotton crepe, while others do not. Knit underwear is just as well left unironed, smoothing it out and folding when taken off the line. All flat pieces, such as bed muslin, table cloths, towels, etc., can be folded and laid away and serve just as well as when ironed. If folded properly when passed through the wringer, and hung straight on the line, there will be few wrinkles.

"Bargain Days"

At this season of the year, nearly all stores, and especially those of the city, have "bargain days," on which they display the stock they wish to get off their hands, and in many instances, there are really bargains to be had, if one is a judge of values. But no matter how they are lauded, or laughed at, one must have a good little bunch of common sense, an appreciative knowledge of materials, and a judge of values in order to make such sales of value to them. There are seldom bargains to the purchaser at the "fire sales," for things are generally more or less damaged, pawed over and pulled about, soiled, and more often than not hopelessly stained by smoke and water, if the goods really have come from a fire district. Seldom are staple articles, which can be carried over from season to season, thrown on the bargain counter, but often it is very economical to buy white goods at the special sales, where table linens, muslins, towels, laces or other washable materials are offered because of having become unsightly from much handling, as these, often of good quality, can be bought at a reduction price, and when laundered, are "as good as new." But to purchase the general

offerings of "marked-down" goods, such as gloves, hats, dresses, or garments the style of which soon goes out of fashion, is not wise. There are a great many people who are not so particular about having every garment "up-to-date" as to cut and style, and there is not a shadow of a doubt that one can secure the very best materials in clothing that are no longer "quick sales" if they are willing to choose from these, and at greatly reduced prices. As to the "fit" of a garment, nearly all stores of any pretension will alter suits and guarantee a good fit for at most a fair price—dollars less than one can hire them made for. And if the desire to dress well is well backed up by judgment of quality, it is well to visit the special sales, rather than the bargain days. For articles wanted only for a little while, the bargain counter is a good place to visit.

Requested Recipes

Canned Mushrooms—Do not wash the mushrooms, or use any water, and handle them as little as possible. Skin them and cut away the stems, lay them in a large platter and sprinkle very lightly with salt, then add another layer of mushrooms and a sprinkle of salt, and repeat this until you have enough to start filling your jars. Use pint, or half-pint jars, as the mushrooms pack closely, and a small jar holds a good quantity; put them into the jar and press lightly with the finger-

tips, or shake and jar the jar to settle them well. After filling as full as it will hold, leave the jar stand a few minutes, and you can put in more. Pack the jars to the top, and have enough of the juice which the salt draws out to run over the rim; put on new rubber rings and glass tops and clamp half way; set the jars on a wooden rack in the boiler, or other vessel in which you do your cooking, and pour cold water in until the water comes half way up the sides of the jars; then set over the fire and bring slowly to a boil, and boil gently for an hour; lift each jar out separately and clamp airtight while boiling hot. Keep in a cool place.

Cooking peas, Southern Style—Shell the peas, and reject all pods not in good condition. Put the peas in one kettle and cook in the usual way; put the pods in another kettle with a slice or two of fresh meat and cook until done. Drain the peas from their water, put on the platter around the meat which was cooked with the pods; strain the liquor from the shells, and add to the water the peas were cooked in. Season this to taste and thicken with an egg rubbed up in flour, let heat, but do not let boil but a few minutes.

A reader advises dropping the rubber rings in paraffin and lay on waxed paper to harden, then when the can is full, put the rubber on the hot jar, screw down the top, and the rubber will seal all the better for the wax.

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Cut in five sizes, 34, 36, 38, 40 and 42 inches, bust measure. It requires 2 3/4 yards of 36-inch material for a 36-inch size.



9544—GIRLS' DRESS

Cut in four sizes, 6, 8, 10 and 12 years. It requires 3 yards of 27-inch material for a 6-year size.



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Waist, 9530 and Skirt, 9493, are both cut in five sizes, 14, 15, 16, 17 and 18 years. It requires 6 yards of 44-inch material for an 18-year size. This calls for two separate patterns, 10c for each.



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