

are found on every packet. Not only only is this done with girls' clothing, but may be readily done for the boy.

Window Hangings

The "latest thing" in window decorations is a very sheer material to hang next the glass, just to add color and decoration to the room, and to soften the line of glass and wood. For over-hangings, cotton repp or scrim curtains, either figured or plain, with figured or stenciled borders, made sill length, hung on brass rods, to be pushed clear back to the casing, obscuring the outlook as little as possible. Even the sheer curtains may be draped back, or pushed to the edge of the window casing to softly outline the casing. Cretonne may be used for the living room for overhangings. The stiff lace curtains, with the accompanying heavy hangings are out of date.

For Floor Coverings

Modern machine-made rag rugs are used for living room floors, as are the fibre grass rugs; these come in all colors and are reversible. They are inexpensive and last well. Rag rugs can be washed, either by scrubbing, or in the tub; fibre grass rugs can be cleaned with soap and water the same as a bare floor. Where the floors are unsightly, the cracks can be filled, then varnished, painted or stained. With plenty of small rugs to lay about in the most used places, the room can be made very neat and handsome.

For the Toilet

After the intense heat of the past summer months, it is blessed to feel the crisp, cool airs of the early autumn days. But we must not forget that with the cool airs come also conditions which must be met with certain cares and precautions. There has been found nothing better for keeping the hands smooth and soft than the glycerine, lemon juice and rose water. Get a six ounce bottle of your druggist, and into this put one ounce of glycerine, two ounces of lemon juice and three ounces of rose water. If the bottle has not a "drop" cork, or you can not get one from a perfume vial, you can make a small hole in the center of the cork and insert a bit of quill, and by this means one can use just a few drops of the lotion, which should be well rubbed in. This should always be used immediately after well washing of the hands, and partly drying with a soft towel. Do not use on dry hands. For those who wish to take extra care of the skin, whether of neck, face or hands, almond meal is better than soap, and hot water should be avoided for washing the hands, as this will make the skin crack and become rough and coarse. Almond meal can be had of the druggist, but it can be prepared at home, if care is taken to have the articles of the right proportion. With most women, it is more satisfactory to buy. Bran bags are fine—just common wheat bran, put up in little cheese cloth bags and used as you would soap. It is cleansing and softening to the skin.

Possibly three-fourths of the trouble with the skin is caused by the use of highly-scented and strongly alkaline soaps. The alkali extracts the natural oil from the skin and leaves it rough and dry, while the perfume is in nearly all cases used simply to disguise the poor oils and fats used as ingredients. Then, too, the lather is seldom rinsed from the skin, and there is always sure to be an aftermath of roughness hard to relieve.

Hoarseness and Sore Throat

The season will soon be with us for hoarseness and sore throats, and it is just as well to be prepared. For

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MISSES' AND SMALL WOMEN'S DRESS

This charming frock is designed for the miss and small woman and is one of the best styles of the season. It has the fashionable front closing and is made with revers at bottom. The collar is a pretty feature and it and the revers and turned back cuffs are trimmed with braid. The pattern, 5906, is cut in sizes 14, 16 and 18 years. Medium size requires 6 1/2 yards of 27-inch material with 2 1/2 yards of braid. Price of pattern, 10 cents.

LADIES' DRESS

Simplicity and good style are combined to a remarkable degree in this beautiful frock. It closes at the front and may be finished with high or low neck and long or short sleeves. It can be made with empire or regulation waistline and the skirt is a four-gored model having inverted plait or habit back. The pattern, 5944, is cut in sizes 22 to 40 inches, bust measure. Medium size requires 5 1/2 yards of 36-inch material with 3 yards of insertion. (Continued on next page.)

the ordinary "cold," hoarseness or slightly sore throat, ordinary solution of salt—a teaspoonful to a pint of water, or the same of refined borax, should be used as a gargle night and morning; oftener will not hurt. The child will soon learn how to use the solution, with a little patient teaching. If it is swallowed, it will not hurt.

Another way for relieving the hoarseness which comes of bronchial catarrh, and which the gargle will not reach, is benefited by the smoking of dried mullein leaves. The pipe must be perfectly new—a cheap one will do—and the smoke must be inhaled, just as other smoke or vapor. The dried leaves can be had of the druggist, or the leaves can be gathered—preferably while the plant is in bloom; the stiff mid-rib should be removed from the leaf, and the leaf then dried and pulverized. It may be kept in a sealed glass jar to preserve the strength. This has been tested, and recommended by those suffering from bronchial troubles, and is harmless. When the pipe gets dirty or burnt out, throw it away and get another.

Where there are indications of catarrh (and there usually are), a tepid douche of salt or borax solution should be used to cleanse the nasal passage, if the douche is not at hand, the solution can be snuffed up from the palm of the hand, though the douche is more thorough. Where there are sores in the nasal passage, a little carbolated vaseline (a five-cent bottle will last a long time) should be applied to the sores, either with the finger, or with a small swab. If there are scabs, they will soften and can be blown out with little trouble and no pain, and the sore, raw places will heal. This is best applied at night, though it can be used any time.

The Avocado

This is a new fruit which is becoming popular, though still high priced, and is sometimes called the "alligator pear." It is imported from Mexico and the West Indies. In shape it resembles a pear, but is much larger, weighing from one to two pounds, and has its green skin mottled with brownish purple. In the center of the fruit there is one seed about as large as a walnut, and the flesh must be used while it is firm. It may be sliced thin and used as a salad on lettuce, or the seed may be removed and the pulp served in the skin, like grape fruit, as an appetizer at the beginning of a heavy dinner. The tree on which it grows is an evergreen that attains a height of thirty feet, and the fruit is no novelty in the semi-tropics from which it comes. When the pulp loses its firmness it becomes quite oily, the oil being used for a variety of purposes. It is as fine as the best palm oil, and is used as a substitute for olive oil or butter. It is sometimes called "midshipman's butter."

The grape fruit, which has long been very high-priced has become so cheap as to be no longer a luxury reserved for big hotels and rich people.

Effects of the Drouth

While in many sections, the gardens are completely destroyed, in others there are small crops of vegetables, but housewives complain that there are few tender vegetables, corn, cabbage, string beans, etc., being hard, dry and tough. Very few things that have grown to maturity are normal in size or savor; but we are very thankful even for the poor quality, rather than none.

Some Health Notes

A physician who is regarded as an authority on matters of the circulation of the blood tells us to eat plenty,