

waste. But the question of ice in winter is the problem now confronting the one who must look after the housekeeping bills. The heating or over heating of the modern house seemingly makes the refrigerator of about as much importance in cold weather as in warm, as there seems no place in which anything may be kept at a temperature to make it safe from one day to another. The family of limited means can not properly afford both the furnace and the ice chest at the same time, and when the basement heat can no longer be done without, means should be taken to eliminate the ice expense from the family account book. A little thought and care can manage the question to a great extent. Many women keep their perishable articles in "window refrigerators," that is, a box fitted in the lower window frame, and the sash let down to rest on it. This should be placed where it will occasion the least disagreeable consequences, and it may be screened off from the room by a sash curtain on a rod, while the box of shelves can be made properly safe for anything that will bear a little freezing. In cities where a great deal of "rooming" is done, with light-housekeeping privileges, these crude window boxes are no unusual sight, and milk, butter, meats, and many other foods are kept in them successfully.

Care of the Hair

Winter is always hard on the hair, as the atmosphere of the living room is usually dry and dusty. One of the best cleansing shampoos is the beaten white of one or two eggs. Wet the hair, and then rub the egg white well into the scalp and hair, until clean, then use several rinse waters. Do not use any soap; the egg white will make a foam, and will cleanse perfectly. For dark hair, one may use the whole egg; but it must be rinsed out well.

Where the hair is thin and lifeless, a good tonic should be used, but it should be rubbed into the scalp, rather than on the hair, as it should strengthen the roots of the hair. Poor nutrition will stop the hair from growing, and give it a rough, ragged appearance. The general health has much to do with the life of the hair.

Where the hair can not be washed in winter without contracting a cold, a splendid way to cleanse it is by sifting a large quantity of rice powder and orris root through the hair, rubbing the hair well with the hands, then brushing the powder out. Care must be taken to remove all the powder.

For cleansing a child's hair, once or twice a week go over it carefully with a toothbrush kept for that purpose, dipped in a good shampoo jelly, thinned with water; as fast as one part is cleaned with the brush, it should be rubbed with a soft wet cloth and wiped with another dry one. The hair should be well brushed, but lightly, with a good bristle brush.

The difficulty of using soap for cleansing the hair is that the soap removes the natural oil, and if the hair be naturally dry, the oil must be artificially replaced. Egg shampoo is one of the best.

Hair should not be dried by artificial means; in winter it is better to devote a morning to the work, or else wait until evening, and begin early enough to have the hair about dry by the time for retiring. Braid loosely in plaits, and it will dry during sleep.

Caring for One's Self

A large majority of the readers of our page are housewives who do their own work. Many of them long for money to spend on physical culture, not seeming to realize that the very

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7017—Ladies' Shirt-Waist — Figured crepe de Chine can be used to make this waist with the collar and cuffs of plain material. The waist closes at the front and can be made with either the high or low neck and long or short sleeves. The pattern, 7017, is cut in sizes 34 to 44 inches bust measure.  
 7002—Ladies' Skirt—Serge, cheviot or broadcloth can be used to make this skirt. The skirt can be made with either the high or regulation waist line. It is cut in two gores and the front gore can be plain or plaited. The pattern, 7002, is cut in sizes 22 to 32 inches waist measure.  
 7011—Ladies' Shirt-Waist — Striped and plain material are combined to make this waist. The waist closes at the front and can be made with the neck high or low at the front. The pattern, 7011 is cut in sizes 34 to 44 inches bust measure.  
 6996—Girls' Dress—This dress is very simple to make. It closes at the front and can be made with either the long or short sleeves. Linen, gingham or serge can be used to make the dress, with the trimming of contrasting material. The pattern, 6996, is cut in sizes 4 to 12 years.  
 6998—Girls' Dress—This dress is very simple to make. It closes at the front and can be made with either the long or short sleeves. Linen, gingham or serge can be used to make the dress, with the trimming of contrasting material. The pattern, 6998, is cut in sizes 4 to 12 years.  
 7028—Ladies' Skirt—Serge, cheviot or broadcloth can be used to make this skirt. The skirt can be made with either the high or regulation waist line. It is cut in two gores and the front gore can be plain or plaited. The pattern, 7028, is cut in sizes 22 to 32 inches waist measure.  
 7021—Ladies' Skirt—Serge, cheviot or broadcloth can be used to make this skirt. The skirt can be made with either the high or regulation waist line. It is cut in two gores and the front gore can be plain or plaited. The pattern, 7021, is cut in sizes 22 to 32 inches waist measure.

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best physical culture may be had about the housework. Housework offers exercise for every muscle in the body, and it may be made either a penance or a pleasure, according to the way it is done, and the amount undertaken.

Much of the fatigue of the housewife comes from improper standing, and, in fact, too much standing. The body is poorly supported, and where this is the case, a legion of aches and weaknesses will surely follow. All work which is done standing should be done with the chest well up, abdomen drawn in, the back straight and the weight of the body falling on the balls of the feet, the heels touching lightly. When sitting or standing, the body should bend forward from the hips, not the shoulders. Much of the work should be done sitting, and the proper position should be held. With the constantly changing attitude, walking, sitting, stooping, turning and reaching, exercise is given to all parts of the body. There must be deep breathing, and this can not be done with the shoulders drooped forward, and the chest held in. If the worker will take notice, when on her round of duties, she will see all this for herself. In fact, the home work offers abundant opportunity for good, all-round gymnastic work, and the daughter who pins her faith to physical culture will find plenty of it, and effective, in taking the work of the house off the mother's drooping shoulders, and in the little home "gymnasium" she will find health and beauty, besides relieving her mother from the exercise that has snot her strength throughout long years. It is the deadly monotony and the never-endingness of the work that has made of the mother a sallow, stoop-shouldered, weary-eyed drudge. Mother has had too much of it, and the daughter should now relieve her in part, at least.

Raw Oysters

Among the most refreshing and quickly digested foods may be classed the raw oysters; but in order to be palatable they must be served in such a manner as to tempt one's appetite—especially that of a sick person. A lot of big, limp, slimy bivalves floating helplessly about in a half warm plate, is about the most repulsive thing that can be offered to a dainty taste, or a feeble desire for nourishment.

Have the oysters small, and as fresh as can be procured. Fill the soup plate full of finely chopped ice; lay over this a small fringed doiley; clean the shells of the oysters, open them carefully, taking pains not to lose their juice, set the half shell firmly into the doiley-covered ice, cut a lemon in four, lay one quarter in the middle of the circle of oysters, set the salt cellar on the tray beside the soup plate, with a nice biscuit which has been split and slightly toasted, and see how the weakened appetite will be stimulated.

Broiled Oysters — For this dish, use large, fat oysters. Lay them on a board, dry them, and season with a little cayenne pepper and salt. Have the gridiron very hot. Lay the oysters first in melted butter, then on the gridiron, let brown on one side, and turn; as they are browned on both sides, take up in a heated dish on which melted butter has been smeared, and serve hot.

For a relish for an invalid, chop eight large fresh oysters to a fine mince, and cover in a small saucepan with a cup of cold water. Let come to a boil, then keep them gently simmering for not more than five minutes; strain into a cup and serve very hot with sippets of toast. If liked, after the liquor has been strained off, half a cup of milk can be added to it, and the whole returned to the fire