

Physicians, themselves, are often at fault, not only in the treatment advised, but in their diagnosis of the disease. Self-doctoring is not specially to be recommended, except in cases where the intelligence and experience of the patient is above the common average, and preventive measures are better than attempted curatives. Colds are not always the cause of catarrh, but systemic conditions must be taken into account, and the general health must be looked after. If we could only know how to get well and keep well, "all things else would be given unto us," and life would be indeed worth living. Many home remedies used with intelligence, will often afford relief for the time; but the disease will not stay "remedied" unless care is taken to keep the bodily health up to the standard. With proper diet, and attention in other ways to the general health, the disease will often cure itself.

**Diseased Gums**

We have had several inquiries for a successful home treatment for a disease of the gums called Pyorrhoea. This diseased condition results in the formation of pus in the sockets and the loss of bone about them, and from this the teeth become loose and very sore and finally drop out. The disease is very prevalent, and is very hard to cure. It is often not recognized until the damage is done and the teeth become loosened; in its incipient stage the disease goes on under the gum at the base of the tooth, out of sight, and though it may be realized that there is trouble, it is seldom regarded until beyond care. An exchange says: "Even after the dentist has stopped all signs of pus and there is no trace of the destructive parasites which do the damage, there may be a reinfection at any time unless scrupulous care is taken to keep the mouth in a sanitary condition, and to see that the organs perform their functions normally. A very good dentist prescribes the following for home treatment: Powdered gum mastic, 2 drams; powdered gum arabic, 2 and one-half drams; balsam of Peru, one-half dram; orange flower water, five ounces. Make into an emulsion and then gradually, with constant stirring, add three drams of tincture of myrrh. Cleanse the gums and teeth thoroughly with lime water, then apply the lotion; in mild cases, the use of lime water three times daily after meals, has effected a cure. A new remedy now used in three ways is called emetine. First use, by injecting a solution into the sockets about the roots of the teeth; second, by hypodermic injections into the circulation, in the arm or back; third, by administering internally in tablet form. The ways may be used separately, or the first and third methods may be combined. It is a very hard disease to cure, and will call for careful, constant and long treatment; but if successful, it is worth it, constant care of the teeth, from their first appearance in the child's mouth, should be insisted upon. Teach the children to care for them.

**Query Box**

E. S.—A pinch of common lime boiled with old potatoes will whiten them without injuring their food value or taste.

T. M.—To make bread crust flaky. When you take it from the oven and before it cools, rub the crust with a piece of fat salt pork, or rub with a little melted butter or lard. Either will prevent hardening.

Tessie—To remove old wall paper, go over ceiling and walls with a brush and boiling hot water, wetting the old paper thoroughly until it blisters; let stand a few minutes, then peel or scrape off.

Mrs. H.—It is claimed that when

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7710—Ladies' Waist—Cut in sizes 34 to 42 inches bust measure. An individual style to slip on over the head, having the back gathered to a yoke. The blouse is on full lines, softly gathered at the shoulder fronts. Any of the pretty crepe materials can be used to make this waist.

7714—Girl's Apron Dress—Cut in sizes 4, 6, 8 and 10 years. For the girl's play-time hours this apron dress developed in chambray, gingham or percale, will prove very satisfactory. The pattern provides for separate bloomers. The neck is cut in square outline.

7741—Ladies' Dress—Cut in sizes 36 to 44 inches bust measure. Having

style in abundance with pockets, and plainness but fullness of line. Contrasting goods for collar and sleeve cuffs. The skirt is cut in four gores.

7735—Girl's Middy Dress—Cut in sizes 4, 6, 8 and 10 years. The ever welcome Middy blouse, slipped on over the head, in this design is of one color material; a pocket in the left front and a tie are necessary style features. The skirt is attached to an underwaist and has seven plaits in each half.

7704—Ladies' Brassiere—Cut in sizes 34 to 42 inches bust measure. Especially suited to stout figures, this brassiere will find favor because of the comfortable and well-fitting lines. A shallow

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shopping where you can not get a light lunch, one should nibble a bit of sweet chocolate. The sugar and the chocolate are both energizing, and you will feel refreshed. But it is better to get a light lunch.

Mrs. Hattie M.—Get a quart bottle filled with linseed oil, and add to the oil three tablespoonfuls of cider vinegar; shake well to blend. After washing the linoleum with clear tepid water (no soap), go over it with a piece of old soft cloth saturated with the oil and vinegar (well shaken), rubbing it well in; apply to only a small space at a time, and polishing. It will "look like new." Can be used on furniture as a cleanser and polisher.

E. M. M.—One of the surest ways of spoiling a good complexion is to take insufficient nourishment and abuse the stomach by hasty, careless meals. Poor digestion acts directly on the pores of the skin by clogging them with unwholesome secretions which the system has not the energy to throw out. The mottled, sallow or muddy complexion, with its unsightly eruptions, is a direct effect of poor digestion and malnutrition.

Flower-Lover.—Where gas is used as fuel and lighting, it is almost impossible to have thrifty house plants. It seems impossible, under such conditions, especially during the winter months, to ventilate sufficiently to keep them growing well. In many parts of the thickly settled city, plants refuse to grow even outside.

**What You Want to Know**

Mrs. Allie W. asks how fruit sauces are made. The basis of fruit sauces is just plain, stewed fruit, fresh, or canned, or dried, as one may have it. The fruit should be stewed slowly to prevent burning, allowing the water or juices to simmer down until it is thick and rich. Sugar to taste is always used, and for those having no distinct flavor of their own, either a combination with other fruits, or the addition of spices and extracts will give the desired flavor. Some cooks do not stir, but keep the contents from sticking and burning by shaking the vessel often. Others stir the mass until it is done.

L. L.—Common rhubarb, stewed as for sauce without sugar, will remove iron rust from cloth; when the plant boils, hold the spot in the boiling juice for a minute, or, if the article is small and much mildewed, put it in the vessel with the cooking stalks for a few minutes, then throw it in the wash and launder as usual. The stain will disappear, and the rhubarb will not stain the clothes. If you have no fresh rhubarb, the stalks, canned in cold water will do the work.

Mrs. J.—White furniture and white woodwork should be cleaned with whiting; do not use soap and water. Wring a flannel cloth out of hot water, then dip in powdered whiting and rub the surface well to remove soil or stains; then wash off the whiting with clear warm water and polish dry with a soft cloth. Or, let the whiting dry on the surface and then polish off, making the strokes always with the grain of the wood.

Florence—Foot paint with glue is made as follows: Quarter of a pound of common glue, half pound of white lead, four pounds of yellow ochre. Dissolve the glue in two parts of boiling water, stir in the white lead and add the yellow ochre, stirring to blend, until the mixture is like thin mush. Apply hot with a paint brush, filling all cracks and holes and smoothing down; let dry, then give a coat of linseed oil. This will wear a long time.

**For the Toilet**

Every time you wash your hands, gently push the cuticle back from