

three and one-half ounces sweet almond oil, four fluid drams castor oil, three and one-half fluid drams glycerine, three fluid drams of any preferred extract for perfume, and enough alcohol (grain) to make eight ounces altogether. Mix this thoroughly, and use only a very little at a time, massaging into the scalp with the finger tips at night. The hair must be perfectly clean and dry when this is applied.

For the prickly heat, put a teaspoonful of soda in a cup of water and bathe the parts affected several times daily. Eat plenty of fresh fruits and vegetables, and very little meats or rich gravies or pastries. Bathe in cool water, and use plain powdered starch, first applying a wet cloth with a few drops of alcohol on it to the face and neck to prevent excessive perspiration.

So many things cause the "red nose" which so distresses our women and girls, that it is hard to say what is best for individual cases. A tendency to gout, indigestion, weakened nerves, are all factors. Electricity is the best method, but the treatment should be given under the direction of a physician.

Glycerine should not be used on the face or hands unless combined with equal parts of lemon juice and double the quantity of rose water. Glycerine alone is very drying, and, like undiluted lemon juice, will burn the skin. For whitening the skin, cut a lemon in halves, and rub the face, neck or arms with the cut side of the fruit; let dry on.

Hair can not be kept beautiful if you go about in the hot sun bare-headed. The wind and heat will bleach and dry it, and it will be long getting back to its natural oils and softness. Better wear a covering of some kind.

Requested Recipes

Mrs. J. S. asks for a recipe for making walnut catsup. This is about the time of year for using the walnuts; we give the following, which is recommended:

Walnut Catsup.—Bruise to a mass 120 green walnuts gathered when a pin could pierce them; put to the mass three-quarters of a pound of salt and a quart of good vinegar, and stir every day for two weeks; then strain and squeeze the juices from the mass through a cloth, and set aside. Put to the squeezed mass half a pint of vinegar and let stand over night; then strain and squeeze all the liquor out of them as before. Put the liquor from the last straining to that of the first; add to it one and one-fourth ounces of whole black pepper, forty cloves, one-half ounce of nutmeg, grated, and one-half ounce of ginger, ground. Boil all together, closely covered, for half an hour; then strain it through a sieve, or coarse cloth and let cool; when cold, bottle for use. Secure the bottles with new corks that fit tightly, and dip them in melted resin, or sealing wax.

Fruit Salad.—Peel one-half dozen nice oranges without breaking the meat of the orange; divide by pulling sections apart; peel and slice one dozen nice bananas. Arrange the sections of orange in the bottom of a nice glass dish and cover with granulated sugar; then a layer of bananas, sprinkling sugar over them; continue the alternate layers until the fruit is used, then, when serving, add whipped cream.

Whole Wheat Muffins.—Cream together three tablespoonfuls of sugar and one of butter in a mixing bowl; add one egg and beat briskly; then pour in one-half pint of sweet milk and stir until smoothly mingled; then add enough whole wheat flour, sifted with two teaspoonfuls of baking powder to make a stiff batter. When thoroughly blended, drop from the spoon into buttered muffin rings and

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7819—Ladies' Shirt-Waist—Cut in sizes 36 to 44 inches bust measure. Comfort every minute and daintiness all the time are expressed in this waist with a shoulder yoke to which the fronts are gathered. The open neck is becoming and the front closing is convenient. Long or short sleeves may be used.

7814—Girl's Dress—Cut in sizes 6, 8, 10, 12 and 14 years. A very fetching little frock with front closing and a removable shield. Novelty striped material for the collar, cuffs and belt at a lowered waistline where the waist-body is gathered front and back. The skirt is plaited.

7791—Ladies' Negligee—Cut in sizes 36, 40 and 44 inches bust measure. How tempting this negligee is with the most salient of the season's features—the deep cape collar and in contrasting

note, with lace or edging for a finish. An elastic band at the raised waistline brings the fulness into folds, giving a graceful fall to the full length skirt section.

7759—Boy's Russian Suit—Cut in sizes 2, 4 and 6 years. An excellent design for a tub suit in linen, galatea, madras or beach cloth, using all one material. Or, in the combination effect with bias bands in solid color trimming the neck, closing outline and belt if desired.

7802—Ladies' Shirt-Waist—Cut in sizes 36 to 44 inches bust measure. A very pretty style for plain and figured material. The large cape collar, in contrasting note and finished with edging, extends almost to the waistline in back—in square outline. Long or short sleeves may be used.

7858—Ladies' Apron—Cut in sizes 36,

bake in a quick oven. This bread is very much liked, and is considered much more wholesome than white flour biscuits.

Seasonable

This is the time for gathering up the fragments of the early garden and preparing for the later, summer crops. While it will hardly pay the city dweller to buy and can the fruits and vegetables on the market that have been shipped in and are more or less stale, there are many odds and ends left from the daily provisions that may well be put in storage for the later times. Where one has a garden, either in town or out, there is always a surplus that should be taken care of. The products of reliable manufacturers are now so cleanly and so healthfully preserved that it is not expensive to depend upon them, and they are usually far more economical than the haphazard work of the hurried housewife can possibly be.

Pineapple Preserves.—Peel the pineapple, digging out the eyes, cut into small pieces, or slice, cover well with water and boil until the pieces can be pierced with a straw; drain the water from the fruit and to each three cups of this water add two cups of sugar and boil until it makes a thick syrup; then add the pineapple to the syrup and boil about twenty minutes, according to the amount of fruit. Seal in pint or quart jars.

Gooseberry Preserves.—Gather the berries as soon as they turn white, or just as they are barely red-ripe; to one quart of picked over berries, take one quart of sugar; make a syrup of the sugar and a very little water—as little as can be used; let this dissolve, then add the fruit and boil slowly until the berries begin to turn in color, when the syrup should be very thick. If any foam, or scum appears, while cooking, remove. Skim out the fruit into glass jars, then pour the boiling hot syrup over until every space is filled, then seal.

Many kinds of fruit, such as cherries, currants, gooseberries, may be canned and kept until the price of sugar is lowered, then made into preserves. All fruit juices should be saved and bottled for use later on.

Unconsciously Cynical

"In our account of the Winterman-Hull wedding in last week's issue our reporter intended to state that 'after a brief wedding trip the newly married couple would make their home at the Old Manse'; but through a typographical error, which escaped the proof-reader, and which we regret exceedingly, 'Old Manse' was made to read 'Old Man's'." — Weedsport (N. Y.) Sentinel.

40 and 44 inches bust measure. The worthiness of this apron can better be appreciated when one has made and worn it. All the style that it needs is given with the cape-like treatment of the shoulder part and the braid trimming the neck, sleeve edges, belt and pocket in the three-gored skirt, at either side.

7852—Ladies' Skirt—Cut in sizes 22 to 32 inches waist measure. Showing the effect of braid inserted under a plait at each side of the front, and outlined with buttons from the line of the belt to the hips. Around the lower edge of the skirt the braid trimming is repeated and a very stylish effect is the result. The skirt is cut in three gores.

7803—Ladies' Skirt—Cut in sizes 22 to 30 inches waist measure. For all its simplicity, this smart skirt possesses some style with side panels, a pocket in each front gore and buttons that ornament and close the garment down the front. Linen, serge or pique can be used to make this skirt.

7816—Ladies' House Dress—Cut in sizes 34 to 44 inches bust measure. There's nothing to it—in the making—but study the grace and charm expressed by so simple a style. There is a tuck in each shoulder edge of the waist with its closing a bit to one side, buttons going all the way down the seven-gored skirt which may be made with an under box-plait or with habit back.