

could be raised at the back, so the front would be much lower, it could be done better.

To Test the Lungs

Draw in as much breath as you comfortably can, then count as long as possible in a slow and audible voice without drawing in more breath. Note carefully the number of seconds this consumes. A consumptive does not exceed ten, and is frequently less than six; in pleurisy and pneumonia it ranges from nine to four seconds. When the lungs are sound the time will range as high as from twenty to thirty-five seconds. To expand the lungs, go into the open air, stand erect, throw back the shoulders and head and draw in through the nostrils as much air as possible. After having thus filled the lungs, raise your arms still extended, and draw in more air. When you have thus forced the arms backwards with the chest expanded, reverse the process by which you draw in your breath, expiring until the lungs are emptied. Do this several times a day, and it will enlarge the chest, give the lungs better play, and serve to ward off much lung trouble by washing out the organs of respiration with plenty of fresh, clean air.

Appetite or Hunger?

The question of how one may determine when he has eaten enough, is easily settled. Let your sensations decide. In the healthy organism, the entire function of digestion and assimilation is carried on without conscious supervision, entirely unfelt and unknown, except through results. A sense of fullness in the region of the stomach implies that too much food has been taken. As a rule, the meal, eaten slowly, should cease before the appetite is entirely satisfied, because some little time is necessary before the effect of the food taken is felt by the out-lying organs of taste. Instead of eating, as most people do, until they can no longer hold another mouthful, the smallest amount that will keep the

DOCTOR TALKS ON FOOD
President of Board of Health

"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several years with malnutrition, palpitation of the heart, and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my youth.

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

system in good shape should be taken. People eat too much, and this gorging affects both the health and the income. People in normal health should seek to eat according to their craving, sometimes something is wanted, and a sense of hunger is felt until the article of food is found, and the craving appeased, and one can soon learn to distinguish the cry of the system for nourishment, and the cry of the appetite for indulgence.

Something About the Dollar Mark

Did you ever stop to think that, though we say "five dollars," in writing the amount, the dollar mark always comes before the numeral—we write it "dollars five" (five dollars), but we say it the other way. In every country which has a written language and a system of coinage, the abbreviation for the unit of value precedes the figures. Where the abbreviation is not used, the unit is written out in full, but as soon as a clerk, or bookkeeper jots down a memorandum, the abbreviation is prefixed. The English pound sign is the old initial letter by which the Romans expressed "pounds," just as we use the lbs. It has been said that we use our money abbreviation backwards because the Romans in expressing pounds always said "libera decem" instead of decem libra; the first form being "pounds ten," and the latter "ten pounds." From this fact, the whole world has gotten the habit of doing these things backwards. It is said that the American dollar mark is composed of the letters "U S," which stands for United States, and also for Uncle Sam.

Helping the Wage-Worker

The shop girl has drawn more attention to herself, perhaps, than any other small-salaried woman-worker; philanthropically inclined people have labored diligently to benefit her and others like her, who can earn but little more than is ordinarily considered necessary to keep body and soul together, while many fail even to do this, though there are the needs of clothing, and shelter as imperative as food. Yet much of the benefit afforded by such work comes to them in the guise of charity, and charity, above all things, is hated by the high-spirited and independent woman. Thus, the really deserving ones are inclined to keep things to themselves, and hold their privacy as dear as do the daughters of millionaires. It would be interesting, if one could catch glimpses of the "ways and means" in some of the "bachelor-maids" quarters, where dollars are few, but determination to "make good" is abundant.

For the Laundress

Lace curtains which look yellow and dingy can be restored to whiteness by boiling in a strong soap-suds which is half milk and half water. First shake out all dust and dirt, and prepare as usual for the boil. Let boil half an hour, then finish as usual.

Saturating a spot or stain with coal oil, will nearly always remove the trouble. Scrub the spot with a small brush dipped in the coal oil. Pure coal oil is one of the most effective remedies for stains of all kinds.

For washing greasy overalls, first soak them all night in a strong warm suds; in the morning wring them out of this and put into a boiler half full of water to which has been added two tablespoonfuls of coal oil with enough soap to make a strong suds. Let them boil for a quarter of an hour, then take off the stove, remove from the boiler, clean the boiler out and put in clear water, with soap and coal oil as before, and boil again. Then, take out, and if

you have a washing machine, rub them through this water in the machine, wring out and if clean, rinse through several clear waters. This will usually clean them, but if two boilings do not, try giving them a third boiling in clean suds.

Another good way to clean overalls is to have good, strong suds with a half-teacupful of coal oil to the gallon of hot suds, and keeping the overalls on the washboard, scrub them with a stiff scrubbing brush, using the suds freely. Rinse well when clean.

Bits of Information

If the tubs and pails spring a leak when you are busy, try to have a bit of soft putty, or even chewing gum at hand, and close with that. For a temporary remedy it is good.

Try to keep a pair of scissors in the kitchen, and cut salad vegetables with these. A pair of scissors does good work among the lettuce leaves.

For the ironing board, do not depend on old sheets and other worn-out cloths, but get unbleached muslin and when you are washing, slip the board cover in for a good cleaning.

To keep a kettle from boiling over, grease a ring around the top with a bit of butter or lard.

To save the strings that accumulate from the kitchen supplies, wind the pieces on a spool, or piece of

pasteboard narrowed in the middle. No need to knot the ends—just wind them.

Keep the paraffin that is lifted from the jelly glasses, and it will be "good as new" when the preserving season comes.

As everything points to a big supply of fruits, try to get ready for the work so there will be no unnecessary delay. Among other things, send to Department of Agriculture, Washington, D. C., for Farmers' Bulletin No. 359.

Fluid Measure

Sixty minims equal one fluid dram; 8 drams, one fluid ounce; 16 ounces, one pint; 8 pints, one gallon.

One minim of thin liquid is about equal to one drop; one dram (sixty drops) equals one teaspoonful; two drams equals an ordinary dessert-spoonful; four drams equal one ordinary tablespoonful; one ounce equals two ordinary tablespoonfuls; two ounces equal an ordinary wine-glassful; four ounces equal an ordinary teacupful; two teacupfuls, one pint.

Thick liquids can not be measured by drops or spoonfuls. When possible, liquids should be measured in a small glass graduate, which can be had at any drug-store, and the cost is small. It is the only way of being certain of amount given, as spoons vary in size.

LATEST FASHIONS FOR COMMONER READERS

9534—GIRLS' DRESS

Cut in four sizes, 8, 10, 12 and 14 years. It requires 3 3/4 yards of 40-inch material for a 10-year size.



9519—LADIES' CORSET COVER AND DRAWERS

Cut in six sizes, 34, 36, 38, 40, 42 and 44 inches, bust measure. It requires 4 1/4 yards of 36-inch material for the 36-inch size.

9532—LADIES' DRESSING SACK

Cut in six sizes, 32, 34, 36, 38, 40 and 42 inches, bust measure. It requires 3 1/2 yards of 36-inch material for a 38-inch size.



9537-9538—LADIES' COSTUME

Waist, 9537, cut in five sizes, 34, 36, 38, 40 and 42 inches, bust measure. Skirt, 9538, cut in five sizes, 22, 24, 26, 28 and 30 inches, waist measure. It requires 6 1/4 yards of 44-inch material for a 36-inch size. This calls for two separate patterns, 10c for each.

THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns is 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of over 400 seasonable styles for ladies, misses and children, mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired.

CATALOGUE NOTICE—Send 10 cents in silver or stamps for our up-to-date 1913 Spring and Summer Catalogue, containing over 400 designs of Ladies' Misses' and Children's Patterns, also concise and comprehensive article on dressmaking, giving valuable hints to the home dressmaker.

Address, THE COMMONER, Pattern Department, Lincoln, Nebraska