

itself in time. For the kind which is called "local" depending on some condition of the cuticle, being "only skin-deep," external treatment may be used with good effect, in the form of bleaches more or less severe; but for the kind depending on the condition of the liver, or digestive tract, only a removal of the cause will remove the color. Large spaces on the hands, neck and arms, as well as the face, are often covered with these brown or dark yellow spots, and the cause is obscure; but many physicians will tell you they are caused by poor circulation, or some chronic nerve trouble. Disordered nerves disturb the circulation, as will poor digestion or malnutrition, and only an improvement of the health in the direction of these troubles will bleach out the spots. Drug treatment has but little effect on nerve troubles, and our best physicians tell us the cure lies more with the patient than with any one else. Overwork, worry, fretting, pessimism, looking on the dark side, are some of the mental causes of the spots, by their action on the nervous system. You may breathe all the air you can find, take all the out-door exercise you can get, live in the fields and sleep out of doors; but if you allow yourself to worry, fret, fear, continue dietetic errors, and abuse your system, you must suffer.

Query Box

(Answer to several queries will be found under other headings.)

Mrs. J. L.—Sauce tartare for fish and meats is mayonnaise dressing to which has been added a tablespoonful (of each or both) of capers, and

GROWING CHILDREN

The Period When the Nervous Activity is at Its Greatest

"Against the practice of giving tea and coffee to children, we can not speak too strongly. Childhood is the period when the nervous activity is at its greatest. The brain is ever busy receiving new impressions. Reflex action, co-ordination of muscles, and the special senses are all under a special course of training.

"The nervous system is pushed to its utmost capacity, and long is the list of victims that follow its overstimulation. In these little people nothing but harm can come from the use of such cerebral stimulants as tea or coffee. Bad, then, as this practice is, let us as physicians be aggressive in its prohibition.

"Do not be satisfied by answering 'No' when asked as to their use, but let us teach the families with whom we come in contact that such practice is evil. We speak emphatically, because not only among the poor and uneducated, but among the rich, who should know better, this practice is marvelously prevalent."—The Home Doctor.

Children like a warm beverage for breakfast and it is well for them to have it if the drink is a food and not a drug.

Postum is made to supply a rich nourishing liquid food with a crisp coffee taste for those who can not and should not use coffee. Analysis shows it to contain about fourteen per cent of muscle-forming elements and 66.11 per cent of energy and fat-producing elements, which go to nourish and sustain the delicate nerve centres throughout the body and from which the vital energy proceeds.

The success of child or adult depends largely upon proper sustenance for the body. Children who depend upon the intelligence of their elders to furnish them with good food deserve our most careful attention and thought.

Read "The Road to Wellville," found in pkgs. "There's a Reason."

pickled olives, chopped fine, and a tablespoonful of onion juice to each cupful of the dressing.

New Housewife—A "flank steak" is a thin steak peeled out of the flank, and is always gashed on both sides, criss-cross, by the butcher. It may be broiled, using plenty of butter before and after cooking, or it may be served in other ways. In "requested recipes" direction is given.

Josie D.—Sauce piquant is drawn butter sauce enlivened with a teaspoonful each of vinegar, onion juice and chopped chives, a tablespoonful each of chopped pickles and capers, a quarter teaspoonful of grated onion, a dash of paprika to a cupful of the sauce.

L. D. L.—"Marinating a steak"—this is used for a tough steak. Take equal parts of vinegar, lemon juice and olive oil, mix and brush over both sides of the steak and leave over night. The acid softens the fibre and the oil soaks into the meat, giving it a richness. Broil this and dress it generously with butter, and you will find quite an improvement.

"Insomnia"—Coffee is recommended by some medical authorities for certain forms of sleeplessness. A tablespoonful of very strong coffee, taken without milk or sugar, is claimed to speedily relieve sleeplessness arising from agitation of mind and body, or from extreme anxiety or mental labor. The wakefulness of children and old people is especially under its control.

Recipes

Flank Steak—This will be all the better if marinated over night. Make a highly seasoned dressing of bread crumbs, add a little chopped suet or chopped fat pork, and spread this over the flank steak, roll up, and tie; brown in butter, then put in a stew pan with a very little water, a bay leaf, a clove, a morsel of pepper and a seasoning to taste with salt and pepper; let simmer closely covered until tender and juicy, which will take some time.

A Good Dinner Dish—Take a small, inexpensive piece of beef or mutton, cut into small pieces, then take any kind of vegetables at hand (any kind except cabbage or turnips, which are too strong flavored), cut the larger vegetables into pieces and wash all well in cold water; take a bean pot, or other suitable vessel, and in the bottom put a layer of butter, then a layer of meat, then a layer, singly or in mixture, of vegetables, then repeat the layers until all is used. Do not put any water to it, as the water which clings to the vegetables will be sufficient to cook and for gravy. Cover the vessel closely, set in the oven and simmer slowly for a long time, until done.

Rhubarb—Wash and cut the stalks into inch lengths, put into a stew pan, with sufficient sugar, cover closely and set in the oven until done. Use no water. It will be delicious when done.

For Keeping Smoked Meats—Wrap hams and shoulders in paper—newspaper will do; then pack them in a barrel of salt. A salt barrel will do. Use plenty of salt; they will not mold, and no insect will touch them. Will keep indefinitely.—A. J. S., St. Louis.

Requested Recipes

Cauliflower Pickles—Cut or break the heads apart into small pieces, wash well, then scald in slightly salted water, being careful at this point, as too much cooking makes the flowers soft and fall apart, and if not cooked enough, the stems are too tough to eat well. It is better not to cook much at a time, so that proper attention may be given it. When done, drain and place in jars, strewing over it white mustard and

celery seeds. Scald sufficient vinegar to just cover the cauliflower in the bottles, and to each pint add a tablespoonful of ground mustard, mixed smooth with a little cold vinegar and then carefully stirred into the boiling mixture. Let this boil five minutes, then cool and pour over the cauliflower in the bottles. It is better to seal all pickles, as they are then sure to keep.

Pineapple—Peel the pineapple, dig out the eyes, and then with a strong silver fork claw the fruit into small bits, beginning at the stem end, and leaving only the fibrous core, then sprinkle the sugar over it. The pineapple should be ripe and firm.

Canned Strawberries—Put the berries in a colander and pour cold water quickly through them to remove all sand and dirt, then hull and fill the jars with the fruit, jolting and shaking them down as much as possible. Have a boiler with several thicknesses of toweling in the bottom, and set the jars on this, not touching each other, and pour lukewarm water to nearly reach the top

of the cans; adjust the metal tops loosely, and bring the water slowly to a boil. Then, carefully pour the juice from the berries into a preserving kettle, and fill one jar with the fruit in another; it will take two cans of fruit to fill one jar. Place these re-filled cans again in the boiler, and leave in the hot water until you make your syrup. Use the extracted juice and enough granulated sugar to make a syrup the consistency of strained honey, and turn this syrup, boiling hot, over the berries in the can, seeing that all air spaces are filled, then seal immediately. Use no water with the fruit.

Delicate colors, pinks, greens, lavenders, are retained in washing by using turpentine, one tablespoonful to a pail of water, in the rinse water. These colors must not be rinsed in "blued" water, as that will ruin them. "Shepherd's plaid" should be dipped in and out of boiling suds just before washing, to retain its fresh appearance.

Latest Fashions for Readers of The Commoner



3269—Childs' Dress, with low neck and short sleeves. This pretty little garment is attractively developed in any sheer material. Four sizes—2 to 8 years.

3263—Girls' Dress, with guimpe. The pretty model here illustrated was made of pale pink linen being hand embroidered about the neck and sleeves. Four sizes—6 to 12 years.

3253—Misses' Princess Dress, closing at left side of front. The pictured dress is made of navy blue brilliantine, linen, pongee or flannel may also be used with good effect. Three sizes—13 to 17 years.

3274—Ladies' Waist, with full length or three-quarter sleeves. As pictured this waist is made of old-rose net while the bib is of crepe meteor in the same shade. Five sizes—34 to 42.

3264—Ladies' Eleven-Gored Skirt, having a plated side-flounce section. Serge, mohair or cheviot are most suitable for this skirt. Six sizes—22 to 32.

3279—Ladies' Dress, in semi-princess style. Batiste was used for the development of this model. Five sizes—34 to 42.



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 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making, full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents. In ordering patterns give us your name, address, pattern number and size desired. Address THE COMMONER, Pattern Dept., Lincoln, Neb.