

have to bear the consequences. Much thought is being given to such subjects by the thinking public. One of Chicago's prominent physicians gives it as his opinion that "Many years of experience as a public school teacher and a physician have convinced me, beyond a doubt, of the truth of the old saying, 'As the father, so the child.' Orators, artists, mathematicians, musicians, lovers, fighters, as well as the drowsy, the stupid and the imbecile, were given these particular attributes by their fathers. The father is the real power for good or evil. He is the dominating force of civilization." If this is so, great care should be exercised that the man seeking marriage should be of the kind to transmit the higher qualities to his children. But there are many who will find it hard not to believe the teachings of their own experience—that mothers have something to do, also, in the transmitting business.

Among My Letters

Mrs. F. S. Payne, of Stapleton, Neb., would like answers to the following questions: How to prepare horse-radish roots for market; what receptacles to use, and where to find a market. I hope some one who has had practical experience will be kind enough to give her the desired information.

C. F. L. asks about Japanese persimmons; whether they are hardy or not. The Japanese persimmon is said not to be entirely hardy in the northern states, but in the latitude of middle Illinois, if given protection by wrapping, as we wrap shrubbery, until well established, it might do well. If some one will give reliable information it will be passed on, as this querist gave no address.

A reader asks for recipe for making pumpkin jelly. If some one has

MEMORY IMPROVED
Since Leaving Off Coffee

Many persons suffer from poor memory who never suspect coffee has any thing to do with it.

The drug—caffeine—in coffee, acts injuriously on the nerves and heart, causing imperfect circulation, too much blood in the brain at one time, too little in another part. This often causes a dullness which makes a good memory nearly impossible.

"I am nearly 70 years old and did not know that coffee was the cause of the stomach and heart trouble I suffered from for many years, until about four years ago," writes a Kansas woman.

"A kind neighbor induced me to quit coffee and try Postum. I had been suffering severely and was greatly reduced in flesh. After using Postum a little while I found myself improving. My heart beats became regular and now I seldom ever notice any symptoms of my old stomach trouble at all. My nerves are steady and my memory decidedly better than while I was using coffee.

"I like the taste of Postum fully as well as coffee."

Name given by Postum Co., Battle Creek, Mich. Write for booklet, "The Road to Wellville."

Postum comes in two forms.
Regular (must be boiled).

Instant Postum doesn't require boiling but is prepared instantly by stirring a level teaspoonful in an ordinary cup of hot water, which makes it right for most persons.

A big cup requires more and some people who like strong things put in a heaping spoonful and temper it with a large supply of cream.

Experiment until you know the amount that pleases your palate and have it served that way in the future.

"There's a Reason" for Postum.

a good recipe, it will be passed on to her.

E. J. C. wishes thorough directions as to canning all kinds of fruits and vegetables, as she is a beginner. If she will send her request to the Department of Agriculture, Washington, D. C., asking for literature on the subject, she will get much information. Every cook book, every magazine devoted to home interests, and about all the newspapers, give many recipes in season. Then, if she wants any particular directions, or recipes, we shall be glad to help her out in any way we can; but the whole sixteen pages of The Commoner would not be sufficient space in which to deal thoroughly with the whole subject.

Several parties have written to us, asking for information as to parcel post matters. A copy of the parcel post regulations may be consulted at any post office, and information obtained from the postmaster.

Mrs. C. N. asks how to keep tin fruit cans from rusting after they are emptied. Take clean, sweet lard and rub the inside of the can, and also the lid with a small portion of the lard, using a soft cloth. It will not hurt the taste of anything canned in it, and the can will last several seasons, if properly cared for otherwise.

Query Box

Annie S.—A "saturated solution" is made by putting plenty of powdered borax, or any salt indicated, into a bottle, or tumbler, and pouring pure water on it until the vessel is filled. Add the salts until the water will take up no more, and there is a sediment in the bottom of the vessel.

Mrs. C. S.—Ammonia should be very sparingly used for toilet purposes; borax is much better, and will soften water so as to render it fit for toilet purposes, no matter how hard it may be. A teaspoonful to a basin of water is the right proportion.

Alma D.—Wash the lace and muslin curtains in the usual way until clean, then rinse in a solution of borax—a tablespoonful to a quart of water; have the water boiling, and dip the curtains in this; it will whiten them.

Housewife—To prevent starch from sticking when ironing is done, use a tablespoonful of powdered borax to each pint of boiling starch, stirring well until it is dissolved and thoroughly mixed. Or it may be dissolved in the water in which the starch is made.

R. G.—A chemical analysis made of several "washing powders," showed each to be simply a mixture of powdered soap and fine washing soda; the constant use of the powders tends to rot the clothes.

Anxious Mother—The nursing bottle can be made harmless if kept clean, and there should be at least two, so they may be kept clean. Rinse out the remnant of milk, then fill the bottle with warm water in which a teaspoonful of either borax, or baking soda has been dissolved, and let stand for an hour, or until needed. The nipple, or rubber tube should be left in a cup of borax solution when not in use. Borax is not harmful in such small quantities as will be left in the bottle.

Requested Bread Recipes

Rye Bread—To one quart of warm water stir as much wheat flour as will make a smooth batter; stir into it a half gill of home-made yeast, and set it in a warm place to rise; this is called "sponging." Let it be mixed in some vessel large enough to contain twice the quantity of the ingredients. In the morning, put three and one-half pounds of rye flour into a mixing bowl or tray, make a hollow in the middle, pour in the sponge, add a dessertspoonful of salt, and

half a teaspoonful of soda dissolved in a little water; make the whole into a smooth dough with as much warm water as may be necessary; knead it well; cover it and set it in a warm place for three hours; then knead it again, and make into two or three loaves; bake in a quick oven one hour, if made in two loaves, and less if made into three.

Unfermented Brown Bread—One cupful of rye flour, two cupfuls of corn meal, one cupful of white flour, half a teacupful of molasses, or sugar, and a teaspoonful of salt. Stir all these thoroughly together, and wet up with fresh sour milk; then dissolve a level teaspoonful of soda in a tablespoonful of water and add. Stir the batter stiff as can be worked with a spoon, and bake in a well-greased pan. Sweet milk and baking powder may be used instead of buttermilk and soda.

Where it is convenient to get compressed yeast, it is better and cheaper than making one's own, as it can be delivered daily.

Requested Recipes

Baked Milk—Put new, rich milk into a stone jar with a cover, and bake for several hours in a steady, moderate oven; a greased paper will serve as a cover for the jar, and should be tied down carefully. The milk will taste like rich cream, and should be served cold with fruit.

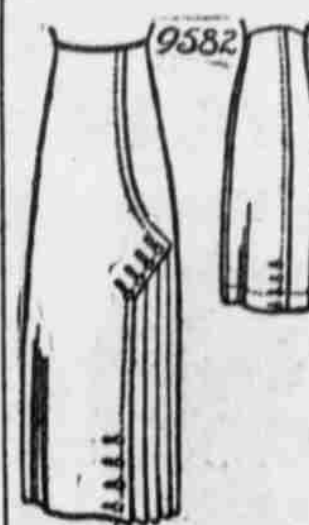
Buttermilk Yeast—One pint of fresh buttermilk, brought to a boil over gentle heat; when it boils, stir in enough corn meal to make a thick

gruel; let it boil up well, then remove from the fire and let cool. When milk-warm, stir into it one cup of good yeast, and set in a warm place to rise. In two hours it should be nice and light. Then stir in more corn meal until it can be made into cakes, and dry as other yeast. No salt, sugar, soda, flour or hops are used in the yeast. Make the bread as with hop yeast. When new yeast is wanted, use a cupful of the crumbled cakes as a starter.

Beets in Cream Sauce—Wash the beets, but do not break the skin, or cut off the roots, as this would let out the color; cook in boiling water until the skin will slip off when pressed; drop into cold water and slip the skin off as rapidly as possible, so as not to have the beets cold when ready to use. Cut into small bits and cover with a white sauce made after the usual rule, set the dish containing them in a pan of boiling water for a few minutes, then serve with a seasoning of pepper and salt.

Do not neglect to air the closets in which clothing is kept. Do not hang clothing in the closet until it has been well aired and all perspiration dried out. Leave the door open as much as possible, to let in the light and air. Do not keep the soiled clothes in the closet, but have some place outside the bedroom for their storage to await the laundry. Nothing is more disagreeable than the "bedroom smell" which is easily prevented with proper precautions.

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