

HOME LIFE

HEREDITY

Could we but realize how plastic is the mind of a child, how sensitive is its soul, then would we understand the importance of having it surrounded from its earliest years by only the best influences. Many of its so-called inherent tendencies for evil are contracted or borrowed ones from those around it. The impatience of temper of a nurse or parent quickly is reflected in the child, and this at such an early age that the elders can not realize that their own mental state is being given back to them.

The quality which leads a child to enact over again in its plays the incidents of its daily life proclaims the fact that it is a borrower and these daily scenes are fashioning the man or woman of the future. It is while the child is in this plastic state that all that is good should be brought to bear upon it, and all that is evil excluded. Habits are stubborn things and when once formed are hard to break.

How often we hear it said that family traits are cropping out early in some child. This really means that its environment has already told upon its pure and sensitive soul. It is the constant dropping that wears away the stone, and it is the oft-repeated example of the elders that fashions the tendencies of the child.

Most grown up people realize that they must not before a child tell things that should not be repeated. Such things are kept from the little pitchers for fear the elders may some day be put in an embarrassing position by the childish repetition. But is the welfare of the child as carefully guarded? If it were all expressions of anger and impatience would be suppressed in its presence. Carping criticism and chronic grumbling would never be heard by it. Love, joy, peace should be the three graces that hourly wait upon it during its earliest years. Then there would be less evidence of original sin in the child.

A mother once complained to the family physician that her little daughter must be terribly out of health, for she had become so irritable that it was hard for any one to live in the house with her. The physician, who knew the effects of other things besides medicines, in as gentle a way as he could replied that it was not at all surprising, as the little girl had an irritable mother. The health as well as the disposition of a child is determined by the atmosphere surrounding it. It is formed and molded, made of runmade, by its external circumstances.

FOR PICNIC LUNCH BASKET

Cottage cheese is a delicious filling for sandwiches. Scald clabbered milk, drain through a cloth strainer, season with salt and pepper, and moisten with sweet cream, says Bessie L. Putnam in the Tribune-Farmer. Some prefer to add a little sugar.

Hickory nuts run through a meat chopper, seasoned with salt, and with just enough cream added to hold them together, are a nutritious filling for sandwiches. Jellies, jams, marmalades and canned fruits supply almost infinite variety.

Sweet apples cooked in sugar until clear and flavored with a rose geranium leaf or a bit of lemon will be appreciated. Maple syrup and honey are wholesome articles which should be included in the farm category.

By the way, home-made candies are much preferred to the store products, both from a pecuniary and a hygienic standpoint. Maple syrup, granulated

or brown sugar or molasses are the bases of many toothsome dainties varied by the addition of nuts, whole or chopped, chocolate, vanilla or other flavorings.

Potato salad is easily prepared and substantial. The dressing is quickly made by stirring together one egg, six tablespoonfuls of vinegar, one-half cup of sugar, a bit of mustard, pepper and salt. Cook until it thickens, stirring constantly. Add three tablespoonfuls of butter; stir until it melts, and cool before pouring over the potato. This dressing is equally nice for cabbage, lettuce or any vegetable salad.

Cold baked beans are relished, especially if accompanied by that thirst killer of the picnic dinner, cucumber pickles. Soak the beans in water over night. Put them in cold water and allow it to rise slowly to the boiling point. Pour off the first water and cover with water again, adding a piece of pork six inches square, preferably containing some lean. Cook until the beans burst open and are all soft. Season with pepper, salt and butter.

Score the pork and place in the middle of a spider or baking pan, with the beans surrounding it. A tablespoonful of molasses or brown sugar makes them brown nicely and improves the flavor. Bake slowly for several hours, filling in with water as they become dry. If packed before entirely cold, beans will spoil very soon, while, if allowed to become entirely cold first, they may be kept nicely several days.

RAISING VINES ABOUT PORCHES

One of our readers in Shiawasse county, Mich., sends us a photograph of the manner in which vines are trained about the south porch as a protection from the rays of a hot summer sun. On the left hand side as the picture is printed are shown two vines that are wild cucumbers. These are both annuals and are trained on a trellis.

A Virginia creeper occupies the middle section. From the roof of the porch two heavy wires are connected with the derrick of the windmill that stands about thirty feet distant. When this photograph was taken the vine was just starting out on the wire. Now, after a year's growth the vine is said to be very heavy.

On the right hand side of the illustration is a bitter sweet vine which has clustered about a trellis for several years and not only furnishes shade for the east end of the porch, but also spreads out sufficiently to the window that is located just at the north of it.

There is no way of making the farm more attractive and comfortable than by training vines about certain portions of the house where they can be of service. The cost involves scarcely any cash outlay and requires but an insignificant amount of time to keep in order.

SOMETHING GIRLS SHOULD KNOW

You are pretty sure to please people if you set before them the things they like to eat served in a manner that tempts appetite. No young girl can be considered well educated who does not know how to cook.

I have been told that cooks are born and not made, but I do not believe a bit of it. Any girl with a clever brain and two hands may learn how to make everything that is needed in an ordinary meal, and every girl who attends a cooking class will tell you that the art of cooking includes no end of fun. To cook admirably and to waste no good material is a

real feminine accomplishment.

"That young girl writes a good composition," I once heard a man say, "but does she know how to broil a beefsteak?" I could have told him that the girl who could write and speak correctly and who stood highest in her classes was far more likely to be an adept in broiling and baking and preparing a salad or a pudding than her stupid neighbor who never set her mind on gaining intellectual culture. Whoever cultivates her brain most carefully will likewise excel when she tries manual training and will show the best results as an all-around girl.

The Home Medicine Cupboard

The medicine chest in the home—and it belongs to every home—holds only a few simple remedies for the slighter ailments, for in important matters the physician must be on hand early and indiscriminate home drugging can breed more disease than it cures.

Of aperient medicines, castor oil is the best where it is suspected that some article of food has disagreed; a teaspoonful to a tablespoonful is generally required, and its taste is more or less disguised in hot milk or coffee, but better perhaps by moistening the inside and rim of the glass with brandy before putting in the oil and then floating a little more brandy on its surface.

A small bottle of sal volatile will be useful in cases of faintness. Adults may take a teaspoonful in a wine glass of water. Bicarbonate of soda,

as much as can be heaped upon a silver quarter and dissolved in water, is a valuable remedy for heartburn, acidity and the slighter degrees of indigestion.

As a cough mixture, the following may be kept ready made up: Carbonate of ammonia, half a dram; ipecacuanha wine, one dram; sirup of squills, half an ounce; infusion senega, two ounces, and peppermint water to fill an eight ounce bottle. The dose is one to two tablespoonfuls three to four times a day. This cough mixture is not suitable for infants, and, indeed, it is scarcely wise to prescribe at home for any chest affection in a young child.

The medicine chest may usually include a gargle, and one to be recommended contains eighty grains of chlorate of potash and half a dram of dilute hydrochloric acid in eight ounces of water.

HOUSEHOLD HINTS

Zinc is best cleaned with hot, soapy water, then polish with kerosene and coal ash.

When polishing stoves a fine gloss is obtained by adding a teaspoonful of alum to the ordinary black lead.

When making a steamed or boiled pudding put a plait in the cloth at the top to allow for the pudding to swell.

To clean a fishy frying pan fill with cold water and place on the fire to

THE INDEPENDENT PATTERN



5363 Blouse or Shirt Waist, 32 to 42 bust

Blouse or shirt waist 5363, to be made with long or elbow sleeves.

Variations of the shirt waist seem very nearly without number. Here is one of the very latest that gives a vest effect and that allows a choice of elbow or long sleeves. It is eminently simple and smart yet at the same time a bit more dressy than the

severe tailored sort and is adapted to a wide range of materials. As illustrated handkerchief linen is combined with embroidery and trimmed with little pearl buttons, but Madras, lawn and, indeed, all waistings are appropriate, with the strip at the center front of any contrasting material that may be liked. All-over embroidery is perhaps the simplest but there are laces that can be utilized with propriety, while the material embroidered by hand is always the daintiest and smartest of all things.

The waist is made with fronts, back and center front. The back is tucked to give tapering lines to the figure while the fronts are treated after a quite novel manner. There are tucks at the shoulders that extend to yoke depth and at the edge of each is the regulation shirt waist plait. Beneath these plaits the center front, or vest, is arranged attached to position at the right side and buttoned into place at the left. The trimming straps are arranged on indicated lines and buttoned over onto the left side. The long sleeves are in shirt waist style, finished with regulation cuffs while the elbow sleeves are slightly fuller and finished with straight bands.

The quantity of material required for the medium size is 4 yards 21, 3 3/4 yards 27 or 2 1/2 yards 44 inches wide with three-fourths yard 18 inches wide for the center front and collar.

The pattern is cut in sizes for a 32, 34, 36, 38, 40 and 42 inch bust measure.

NEBRASKA INDEPENDENT:

PATTERN 5363

Enclosed find 10 cents for which please send the above mentioned pattern, as per directions given below, to

Name.....
 Town..... State.....
 Measurements—Waist..... Bust.....
 Age—(If Child's or Misses' Pattern).....

Caution—Be careful to give correct number and size of patterns wanted. When the pattern is bust measure you need only mark 32, 34 or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. When Misses' or Child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "years."