

spread on with a trowel; it should be half an inch or more thick, and made quite smooth by rubbing with a trowel.

For floors for out-houses, level the earth, take soft coal ashes, cinders and all, and mix to a thickness of common building mortar, and dump over the earth floor, making a thickness of at least four inches; more, if necessary; let this lie, after leveling with the spade or shovel, for twenty-four hours, then go over every foot of it (tamping it down hard with a wooden pestle, or heavy block of wood, every day, until it is settled and solid. It will last about as well as cement, and is serviceable for any out-house. If you have not the cinders, they can probably be bought at any manufacturing plant, or where large quantities of coal are used. Wood ashes are too valuable as a fertilizer to be used for the purpose.

Filling the Mince-Meat Jar

It is full time that you were making your mince meat for the Thanksgiving and Christmas dinners. The meat should be made and packed some weeks before it is needed, in order that it may ripen, and the flavors blend. Here is a good recipe: Chop fine two pounds of cold-boiled lean beef, and mince to a powder one pound of beef kidney suet, sprinkling it with flour if it seems inclined to stick. Seed and cut in half (with the scissors) two pounds of raisins; wash and pick over care-

THE TEA PENALTY

A Strong Man's Experience

Writing from a busy railroad town the wife of an employe of one of the great roads says:

"My husband is a railroad man who has been so much benefited by the use of Postum that he wishes me to express his thanks to you for the good it has done him. His waking hours are taken up with his work, and he has no time to write himself.

"He has been a great tea drinker all his life and has always liked it strong.

"Tea has, of late years, acted on him like morphine does upon most people. At first it soothed him, but only for an hour or so, then it began to affect his nerves to such an extent that he could not sleep at night, and he would go to his work in the morning, wretched and miserable from the loss of rest. This condition grew constantly worse, until his friends persuaded him, some four months ago, to quit tea and use Postum.

"At first he used Postum only for breakfast, but as he liked the taste of it, and it somehow seemed to do him good, he added it to his evening meal. Then, as he grew better, he began to drink it for his noon meal, and now he will drink nothing else at table.

"His condition is so wonderfully improved that he could not be hired to give up Postum and go back to tea. His nerves have become steady and reliable once more, and his sleep is easy, natural and refreshing.

He owes all this to Postum for he has taken no medicine and made no other change in his diet.

His brother who was very nervous from coffee-drinking, was persuaded by us to give up the coffee and use Postum and he also, has recovered his health and strength." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in Pkgs. "There's a reason."

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

fully a pound of sultana raisins and two pounds of cleaned dry currants. Be sure that the currants are free from grit and dirt before you let them out of your hands. Peel and chop five pounds of apples; shred three-quarters of a pound of citron; mix these all together with two tablespoonfuls each of mace and cinnamon, and a tablespoonful each of allspice and cloves, a teaspoonful of grated nutmeg, two and one-half pounds of brown sugar and a tablespoonful of salt. Put with them a quart of cider and pack in a stone jar or crock with a stone lid to it. It should be made up and baked in an open crust with strips of paste laid lattice-pattern over the top, and the edges of each strip zigzagged with a "jigging" iron, well known in old homesteads.

Picking Ducks

One of the drawbacks to cooking ducks is the fact that, unless one knows how, they are a tedious task to clean. Here is a good way: Put an inch of water in the clothes boiler and set it on the stove; make a little frame to set inside the boiler that will hold two ducks above the water; each duck will require an "attendant," as one person can only attend to one duck. Let the water come to a boil; put the ducks on the frame, cover the boiler and let them steam for just two minutes by the clock; each person must take one of the ducks and pick it immediately. The feathers will not be injured and will come off quite readily, down and all. After the feathers and down are all off the bird must be scrubbed clean before drawing it. Ducks make an excellent dish, and are very inexpensive.

Requested Recipes

Canned Pumpkin—Peel, and cut up the pumpkin, cook as dry as possible without burning, then add a cupful of sugar for each cupful of pumpkin, with any desired spices; heat thoroughly and put into cans as solidly as possible, and seal. A pint can is best, as this will make two pies when milk and eggs are added. The sugar and spices will aid in keeping it from spoiling, and will be needed anyway in making the pies.

Quince Honey—Three pints of boiling water, six pounds of granulated sugar, a piece of alum the size of a kidney bean, pulverized. Boil all together twenty minutes, then grate five quinces and two sour apples; put the fruit into the boiling syrup and boil twenty minutes longer; then put into fruit cans and seal. This should make about one gallon of honey, and in a gallon jar it will keep the year through; but it is best to seal in small cans.

Dried Beef—Fill a good-sized kettle one-third to one-half full of salt, according to the amount of beef you wish to dry; set the kettle on the stove and stir the salt until it is quite hot; but not scorched, but it should smoke; have your beef cut in proper sizes for drying, then roll them in the kettle of hot salt, dipping the hot salt over them, one piece at a time; the longer you roll it and dip the salt over it, the better it will be. Take it out and brush the loose salt off, then pack closely in a jar or keg, sprinkling a tablespoonful of sugar between the layers. Leave thus for three days. Do not use more salt than clings to the meat. It requires no brine—only to be packed tightly together. In three or four days it will be ready to hang up.

Another Way—For twenty pounds of beef, cut in convenient shape, and use one pint of salt, one teaspoonful of saltpetre and one-fourth pound of brown sugar. Mix well and divide into three parts and rub the pieces thoroughly with the mixture, using

one part each day for three days successively. Pack and let it lie in the liquor it makes for six days; then hang up to dry. It should not become too dry, or it will be tasteless.

Liver Sausage—Boil the jowls, liver and heart of one hog, run through a sausage grinder, along with three onions, and pepper and salt to taste, mixing as other sausage.

An Old-time Custard Pie—Four eggs well beaten; one half-cup of sugar, pinch of grated nutmeg, a scant pint and a half of rich sweet milk. Blend well and bake in a single crust until firm.

Parsnips may be used in various ways now, but they are better in cold weather, and they are always best in the spring after staying in the frozen ground all winter. Dig only as you want to use them.

Using Grape Pulp, Etc.

After straining off the juice from grapes in making unfermented wine, add a very little water to the pulps, and rub through a sieve; to the pulps thus cleared of seeds and skins, add one pint of sugar to a pint and a half of pulp, stir well, and cook as you would marmalade, or apple butter, until it has a glossy look, and when a spoonful is put out on a plate, no juice should separate around the edges.

Bottled Cider—Take good, sweet cider, right from the press, and put into a preserving kettle over the fire. Have your bottles clean and sterilized; heat the cider to the boiling

point, putting a few raisins in each can or bottle, and pour the boiling cider in jugs, cans, or bottles, sealing at once air-tight. If properly done, the cider will keep sweet all winter.

When Shopping

If you happen to have a few cents left from your heavy purchases, and are in doubt just what to do with them, visit the house-furnishing department of any ten-cent store, and you will find many little devices that will be within your means, and the use of which will help you wonderfully in your housework.

Little Helps

Before putting the dishes in the pan, or pouring water in the cooking vessels, wipe off all grease and smear from the plates with soft old paper and burn the paper; use paper to clean the grease from the skillet and frying kettle.

Tall glasses or flower vases should have a good handful of clean white sand put in the bottom to keep them from falling or being knocked over.

Soak the new brooms in strong hot salt water, or soap suds before using them; this toughens the straws. Brooms cost so much that it is well to take care of them.

For cleaning the windows, mirrors, or glass over pictures, use one of the cleaning preparations which come in cakes, warranted not to scratch. It beats water, soap suds, or other washes.

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