

glycerine and spirits of camphor, and add the strained juice of three lemons; after washing the hands at night, apply a few drops of the mixture.

"Troubled" — Where personal cleanliness is observed, and the perspiration is still of bad odor, the cause must lie in your health, or lack of it, and this must be attended to. For a local application, a few drops of ammonia in the wash, then a little alcohol, and a dusting with powdered boric acid, will help.

**Cooking the Turkey**

When you have the turkey dressed, trussed and ready for the oven, put in a large dripping pan on a rack, rub the surface with salt, and spread over this a paste made of one-third cupful of melted butter creamed with one-fourth cupful of flour and seasoned with a little powdered sage and white pepper. Set in a hot oven until the paste on the surface is a delicate brown, then gradually reduce the heat, and add to the fat in the pan two cupfuls of boiling water and one-half cupful of butter, and with this baste the surface of the turkey every fifteen minutes until it is done, which will require, for a ten-pound turkey, about three hours cooking. Turn the turkey as it browns, until it is evenly colored all over.

For the gravy, pour off six tablespoonfuls of fat from the pan where the turkey was roasted, and with this brown six tablespoonfuls of flour; pour into this three cupfuls of stock in which the neck, pinions and giblets have been cooked; cook five minutes, season with pepper and salt, strain; chop the giblets and neck-meat fine and add to the gravy, or, if preferred, add one cupful of cooked and mashed chestnuts.

**For the Laundry**

To wash ecru linen so that it will retain its color, try this: Fill a ten-

quart kettle full of good, clean, timothy hay, cover with soft water (the hay will settle down as it gets wet) and boil until the water assumes a greenish tinge. Wash the linen in this and rinse in more of the same, using no soap; mix the starch with a little of the hay water also. It is also recommended that a tablespoonful of black pepper be added to the water to set the color. Or it may be soaked for fifteen minutes in a pailful of water to which has been added either a teaspoonful of sugar of lead or beef's gall. Or, make a couple of quarts of thick flour starch, thin by adding enough warm water to enable you to wash the garment, wash without soap, and rinse in clear warm water. The linen or cotton will be clean, and needs no further starching.

In washing fine table linen, each piece should be examined and stains removed before placing them in the wash. They should not be washed with other clothes, as they can not thus be made white as wanted. Soak the linen in tepid water for three-quarters of an hour and always wring by hand, for wringer creases do not always come out, at times; then wash carefully in a good suds and put into a boiler of cold water to which nothing but borax has been added; bring the water to a boil, put through another suds, rinse well, and hang on the line with the edges perfectly even. They must be ironed rather damp.

Flour starch should not be used for fine laundry, as it gives a yellow tinge to some materials. A mixture of lump and gloss starch is best. When dried, instead of damping and rolling, wrap in quite damp towels, and let lie until ready to iron. First iron the sleeves, then the front, lastly the back and collar, and place the waist to dry on a hanger made from a roll of newspapers tied in the middle.

**Seasonable Recipes**

**Pumpkin Pie**—Having removed the rind and seeds, cut the pumpkin in suitable pieces and grate; put into a bag to drain off the water; when drained, put the pumpkin into a good sized bowl, add two well beaten eggs, one cupful of fresh milk, two tablespoonfuls of molasses, one tablespoonful of rolled cracker crumbs, one teaspoonful of ground ginger, a pinch of salt, and sugar to taste. The pumpkin is not cooked before hand. Have a nice crust, line the bake dishes two or three days before filling and baking. This insures a well baked under crust that will not absorb the moisture and be soggy. Just before serving, pile fluffs of whipped cream on each piece.

**Sweet Potato Pudding**—Boil tender and mash two pounds of sweet potatoes; while hot, stir in three-fourths of a pound of butter; add six eggs beaten separately, one pound of fine granulated sugar beaten into the yolks, and the juice and grated rind of two lemons. Beat together well and bake without crust in a buttered dish. Serve either hot or cold. Some acid jelly or jam should be served with it.

**Old Fashioned Pound Cake**—Twelve eggs, one pound of butter, one pound of sugar, and three-fourths pound of flour. Beat the eggs, white and yolk separately, until very light; wash all the salt from the butter, and sift the flour into it a little at a time, creaming quite smooth. Beat the yolks of the eggs with the sugar, add the whites and beat together until very light; add these to the flour, and stir well. Season with one teaspoonful of lemon extract. Butter the pans and bake, giving it time to rise, as you would a loaf of bread.

**Apples and Pork Roast**—Season a quantity of pork cutlets with salt

and pepper; peel and core some tart, juicy apples, and flavor with the grated rind and the juice of two lemons, and strew among them plenty of sugar and a grating of nutmeg. Place a layer of cutlets in the bottom of a baking dish, then a layer of the prepared apples, and continue alternating until the dish is full. Cover with a rich paste, cut in small biscuits laid close together over the top. Bake in a slow oven until the pork and apples are thoroughly done.

**Roast Duck**—To ordinary poultry dressing, add a little onion. Fill the duck, and sew up the openings, and place in a dripping pan with one-half cupful of butter and one cupful of boiling water for basting. Baste frequently until tender. Thicken the gravy in the pan with browned flour, and add the juice of a lemon. In roasting ducks, the fire must be hot enough to prevent drying them, and they should be thoroughly cooked,

but rare in the sense of not being dried done.

**TIMELY WARNING**

A deaf but pious English lady, visiting a small country town in Scotland, went to church armed with an ear trumpet. The elders had never seen one, and viewed it with suspicion and uneasiness. After a short consultation one of them went up to the lady, just before the opening of the services and, wagging his finger at her warningly, whispered, "One foot, and ye're oot." — Christian Register.

**FIRST PRIZE**

Milly—"Kitty got the prize for a dinner at our cooking class."

Tilly—"How proud she must be! What is it?"

Milly—"A most useful book: 'First Aid to the Injured.'" — Catholic News.

*Latest Fashions for Readers of The Commoner*



3025—Ladies' Shirt Waist. A good model for pongee or taffetas. Six sizes—32 to 42.



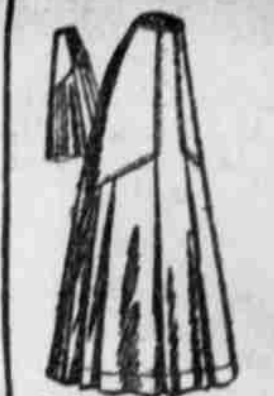
3018—Girls' Semi-Princess Dress with or without sash and sleeve caps. A stylish little frock for serge or mohair. Five sizes, 4 to 12 years.



3037—Ladies' Seven-Gored Skirt, with plaited flounce at sides. A very pretty model for voile or taffetas. Six sizes—22 to 32.



3038—Ladies' Coat, in 54 or 40 inch length. Adaptable to any of the season's coatings. Four sizes—32, 36, 40 and 44.



3039—Ladies' Yoke Shirt Waist. Adaptable to any of the season's shirtings. Six sizes—32 to 42.



3033—Ladies' Princess Dress in coat style, having removable chemisette. Adaptable to pongee, serge or broadcloth. Six sizes—32 to 42.

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**SOME HARD KNOCKS**

**Woman Gets Rid of "Coffee Heart"**

The injurious action of Coffee on the heart of many persons is well known by physicians to be caused by caffeine. This is the drug found by chemists in coffee and tea.

A woman suffered a long time with severe heart trouble and finally her doctor told her she must give up coffee, as that was the principal cause of the trouble. She writes:

"My heart was so weak it could not do its work properly. My husband would sometimes have to carry me from the table, and it would seem that I would never breathe again.

"The doctor told me that coffee was causing the weakness of my heart. He said I must stop it, but it seemed I could not give it up until I was down in bed with nervous prostration.

"For eleven weeks I lay there and suffered. Finally Husband brought home some Postum and I quit coffee and started new and right. Slowly I got well. Now I do not have any headaches, nor those spells with weak heart. We know it is Postum that helped me. The doctor said the other day, 'I never thought you would be what you are.' I used to weigh 92 pounds and now I weigh 158.

"Postum has done much for me and I would not go back to coffee again for any money, for I believe it would kill me if I kept at it. Postum must be well boiled according to directions on pkg., then it has a rich flavor and with cream is fine."

Read "The Road to Wellville," found 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.