

feathers; the water should thoroughly wet all the remaining feathers and down; then roll the carcass closely in an old blanket, or anything that will keep the steam in, and it should be left thus wrapped for at least ten minutes. Then begin with the legs and rub the feathers toward the head, rubbing until all down is removed, and then pick out all pin feathers, if any. The goose is as dirty in its habits as is the hog, and it is so full of fat, which oozes out at every pore, becoming mixed with dust and dirt, that it must be scrubbed with soap and water and a brush, before the bird is drawn. It is well to singe the carcass before washing. When clean, cut off the head and feet, split the skin at the back of the neck and take out the gullet; make a long vent to the breast bone and remove the intestines without breaking; wash the inside, wipe and rub with half an onion and sprinkle inside lightly with salt and pepper. Fold the wings back and fasten in the long skin at the neck with a stitch; put the legs close to the body, fasten with a stitch through the body of the goose, and fasten down the legs by another stitch through the rump. It is now ready to stuff with whatever dressing is liked, and the vents and cavities stitched up, before baking as any other fowl. If the bird is steamed or parboiled (steaming is preferable) until half done before baking, it will be less liable to be underdone. It should be cooked from an hour and a half to three hours, according to age and tenderness. The cooking is very much the same as with other fowls, dredging, basting and browning. A good stuffing is made as follows: Four good sized onions, grated or minced fine; half their quantity of green sage leaves, or one-fourth of dried; a large lump of butter the size of a walnut; the beaten yolks of two eggs and pepper and

THEY GROW

Good Humor and Cheerfulness from Right Food and Drink

Anything that interferes with good health is apt to keep cheerfulness and good humor in the background. A Washington lady found that letting coffee alone made things bright for her. She writes:

"Four years ago I was practically given up by my doctor and was not expected to live long. My nervous system was in a bad condition.

"But I was young and did not want to die so I began to look about for the cause of my chronic trouble. I used to have nervous spells which would exhaust me and after each spell it would take me days before I could sit up in a chair.

"I became convinced my trouble was caused by coffee. I decided to stop it and bought some Postum.

"The first cup, which I made according to directions, had a soothing effect on my nerves and I liked the taste. For a time I nearly lived on Postum and ate little food besides. I am today a healthy woman.

"My family and relatives wonder if I am the same person I was four years ago, when I could do no work on account of nervousness. Now I am doing my own housework, take care of two babies—one twenty, the other two months old. I am so busy that I hardly get time to write a letter, yet I do it all with the cheerfulness and good humor that comes from enjoying good health.

"I tell my friends it is to Postum I owe my life today."

Read "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.

salt to taste. Mix well and fill the cavities.

For the Christmas Meats

Oyster Stuffing for Turkey—Eighteen oysters, half a teaspoonful of mixed herbs, two eggs, a half cupful of grated bread crumbs, two ounces of butter, salt and pepper to taste. Chop the oysters a little, mix all other ingredients, using the eggs to moisten.

Onion Stuffing for Goose—Three large onions, two tablespoonfuls of dried sage pulverized, two ounces of butter, four ounces (half a cupful) of bread crumbs, one egg, salt and pepper to taste. Peel the onions, cook for ten minutes, then drain and chop fine; mix onions and bread crumbs, butter and sage; season with the salt and pepper, and moisten with the well-beaten egg.

Mushroom Stuffing for Pigeons—Twelve button mushrooms finely chopped, two ounces of bread crumbs, one ounce of lean cooked tongue, the liver of the pigeon, one small shallot, teaspoonful of chopped parsley, half a teaspoonful of mixed herbs, one egg. Boil the liver for ten minutes, crumble it and chop the other ingredients, mix and moisten with the egg.

Bread Sauce for Poultry—One-fourth pound of bread crumbs, one pint of milk, one ounce of butter, one teaspoonful of salt, one onion, one blade of mace, two peppercorns, one tablespoonful of cream; simmer the milk, onion, mace and peppercorns for half an hour on the back of the stove—must not boil; then strain over the bread crumbs; add butter, salt, and keep quite hot, mixing the cream just before serving.

Apple Sauce for Ducks and Pork—One pound of apples, two ounces of sugar, one ounce of butter, half a pint of water and rind of half a lemon. Peel and quarter the apples, drop into water as fast as prepared to prevent discoloring; melt the butter in a stew pan and put with it the apples, sugar, lemon rind and water. Close tightly and let simmer for half an hour; rub the mixture through a sieve, or beat well with a fork to make quite smooth. Reheat and serve.

Vegetables, Contributed

Glaze Sweet Potatoes—Scrub clean half a dozen or more slender sweet potatoes of equal size and parboil until the skins will easily rub off; cool slightly and cut them in halves lengthwise. Lay in a well buttered baking pan, spread thickly with butter and sprinkle with light brown sugar, a very little making the potatoes sweet enough; add one-fourth cupful of boiling water and bake until tender, basting with the syrup in the pan. This is good with roast pork, goose, turkey or chicken.—Southern Housewife, Tenn.

Parsnip Stew—Get a beef bone—the shin bone is best, and simmer a long time, until the meat and marrow slip away from the bone; have enough water or stock to boil the vegetables, and put into the pot an equal quantity of prepared parsnips and potatoes; season, and cook done; thicken the gravy with a very little flour, and let stew gently for a few minutes, then serve. Parsnips are good cooked with fresh pork in the same way, or stewed until done, and seasoned with butter, pepper and salt and a little cream gravy.—Jennie L., Iowa.

Mashed Potatoes—Have the potatoes boiled quite dry, as much of the "goodness" goes into the water and is thrown away, otherwise. Mash these until smooth from lumps, then beat until light; add two ounces of butter, the yolk of two eggs, and a tablespoonful of cream. Spread evenly a couple of inches deep in a dish, grate over the top a little good

cheese, and brown in a hot oven for ten minutes.—Eva S., Colorado.

Turnips—These may be boiled with, or without meats. They may be peeled and sliced and when cooked done and dry, mashed and seasoned like potatoes; or they may be made into salads with proper dressings. If small ones about of one size be chosen, they are nice peeled and cooked whole with beef, or pork. Or they may be boiled plain, with Irish potatoes, mashed and seasoned and served as potatoes are.—Missouri Sister.

For the Toilet

For ridding the face of superfluous hair, nothing is known to be sure, though the columns of the magazines are flooded with "sure cures" and removals. The electric needle is costly and painful and not always successful. Nearly all depilatories advertised are—strong chemicals which will practically burn the hairy growth down to the surface, leaving the root of the hair uninjured, and the chances are that the hair will grow in again (or out), coarser and heavier than before. A method that may be employed at home is to worry the life out of the hair. Make a solution of a teaspoonful of bicarbonate of soda in a half pint of water; dab this solution on the hair every other day; on the alternate days, dab on peroxide of hydrogen; the hair will become brittle and can be easily removed; keep this up for a long time. The roots will gradually perish, if you are persistent, but it will probably take several months' perseverance and patience.

An excellent bath for one who is nervous, worn, and sleepless is as

follows: Sea salt, four ounces; spirits of ammonia, two ounces; spirits of camphor, two ounces; pure alcohol, eight ounces; hot water, one quart. Dissolve the sea salt in the hot water and let cool; add the spirits of ammonia and camphor to the alcohol; add the sea salt to the spirits and shake well and bottle. Wet a soft sponge in the mixture and go over the surface of the body, rubbing vigorously until the skin glows. The rest and refreshing that comes of this will repay the effort necessary to apply it.

A cold bath is one of the finest nerve stimulants; but one must be robust to take it. If you feel chilly and cold after taking it, your vitality is not up to the mark. The first dash of cold water makes one catch the breath, but when the reaction takes place, the surface will be suffused with a warm, exhilarating glow. The body should have a vigorous rubbing, either with the palm of the hand, with alcohol, aromatic vinegar, or a dry rub with a salted towel.

To prevent the edges of rugs and pieces of carpets used as such, from raveling, turn the rug wrong-side up and rub a good boiled flour starch well into the edges leave the rug perfectly flat until it dries. When this is not practicable, turn the rug on the right side and let it lie so until the edges become flat.

To remove blood stains, this is recommended: Put two tablespoonfuls of glycerine in a quart of cold water and wash the stains in this, soaking for some minutes before rubbing.

Latest Fashions for Readers of The Commoner

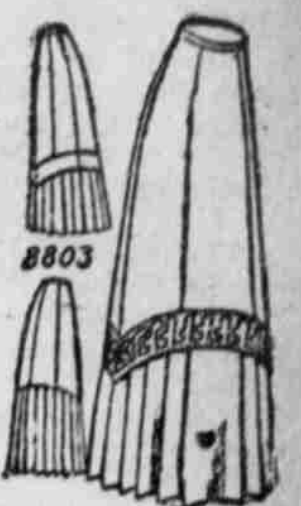
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Sizes: 22, 24, 26, 28, 30 inches waist measure. Requires four and five eighths yards of 44-inch material for the 24-inch size.



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Sizes: Small, Medium, Large. Requires three and five-eighths yards of 36-inch material for the medium size.



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