

and oil of wormwood, and one-half ounce of verdigris finely pulverized. Mix the verdigris with a little of the oils, then add as above, and work all in cold water until cold enough to roll. This salve has no equal, according to all recipe books, for rheumatic pains or weakness in the sides, back, shoulders, or any place where a plaster may be used. Where the skin is broken, as in ulcers, bruises, etc., the verdigris should be left out of the salve.

There are other recipes, varying a very little in proportions, but practically the same. It is an old, standard formula, and is highly praised. The salve is applied in form of a plaster, spread on cloth and applied, wearing as long as the plaster adheres. Good for corns.

Requested Recipes

Yule-Tide Dollies—Cream together half a cupful of butter and one cupful of sugar; add gradually two well-beaten eggs, one tablespoonful of cream, one teaspoonful of vanilla, a pinch of salt and three cupfuls of flour with which have been sifted two teaspoonfuls of baking powder. Stand for an hour in a very cold place, after having beaten in the ingredients. Have ready a tin cutter in the shape of a doll about five inches long; take a portion of the dough on the board at a time, roll out half an inch thick and cut into dolls. Brush each doll over with milk and dredge lightly with powdered sugar. Use currants for eyes, and when enough dolls are finished, bake on greased pans in a moderate oven. When cold, decorate the skirt of each doll with ruffles of frosting. Return to the oven long enough to

COFFEE HEART

As Dangerous as the Tobacco or Whiskey Heart

"Coffee heart" is common to many coffee users and is liable to send the owner to his or her long home if the drug is persisted in. You can run 30 or 40 yards and find out if your heart is troubled. A lady who was once a victim of the "coffee heart" writes from Oregon:

"I have been a habitual user of coffee all my life and have suffered very much in recent years from ailments which I became satisfied were directly due to the poison in the beverage, such as torpid liver and indigestion, which in turn made my complexion blotchy and muddy.

"Then my heart became affected. It would beat most rapidly just after I drank my coffee, and go below normal as the coffee effect wore off. Sometimes my pulse would go as high as 137 beats to the minute. My family were greatly alarmed at my condition and at last mother persuaded me to begin the use of Postum.

"I gave up coffee entirely and absolutely, and made Postum my sole table beverage. This was 6 months ago, and all my ills, the indigestion, inactive liver and rickety heart action, have passed away, and my complexion has become clear and natural. The improvement set in very soon after I made the change, just as soon as the coffee poison had time to work out of my system.

"My husband has also been greatly benefited by the use of Postum, and we find that a simple breakfast with Postum, is as satisfying and more strengthening than the old heavier meal we used to have with coffee."

Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

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

set the frosting, then let get cold; wrap in sheets of waxed paper, and in packing, place the dolls in a long shallow box, separately, packing firmly with tissue paper, and before closing the box add a tiny Christmas card and a bit of holly, tying the box with scarlet cord, or Christmas ribbon.

Roasted Goose—If there is any doubt about the tenderness of the goose, do not roast it; braise it with long, slow cooking; it will look like it was roasted, and will be eatable. In order to have the best result, one should use a braising pan, and this is a necessity in every kitchen. Singe the goose, and wash it well in hot soap-suds to clean the skin, drying before drawing. After removing the entrails, wipe out with a damp cloth; then stuff with mashed potatoes that have been seasoned with powdered sage, a tablespoonful of onion juice, a teaspoonful of thyme, salt and pepper to taste; stitch up the openings and truss or tie the goose into shape. If not fat, lay thin slices of pork on the breast, and bake in a hot oven for forty-five minutes; if the goose has considerable fat, omit the pork. Take the goose from the oven, pour off all the fat, sprinkle the bird all over with salt and pepper and dredge with flour, and return to the oven. When the flour is delicately browned, pour a teacupful of hot water into the pan and baste the goose often, dredging it each time with a slight sifting of flour to absorb the fat. A small goose should bake at least two hours, if frequently basted, and a large one will require more time in proportion. Remove the goose from the pan when done, drain off most of the fat, add half a pint of water and thicken, if necessary with browned flour. If the gravy is not salt enough, season with pepper and salt to taste.

Goose should be served with apple sauce.

Paper-Bag Cookery

Have you read about it? Tried it? If not, you should take a livelier interest in the culinary topics of the day. If you don't like to wash pots and pans, here is your relief. A well-known chef, of London, has demonstrated the possibility of cooking almost any kind of food by putting it into a specially prepared envelope made of paper. Not every paper bag can be used; there is a specially prepared bag, the composition of which is scientifically adapted to its use as a cooking envelope, and there are a few things which can not, so far as has now been demonstrated, be cooked in it; but nearly all kinds of food may be. The bags are on sale at large department stores, in the cities, and are made of non-poisonous, chemically pure materials, and food can be sealed in these bags by a septic, sanitary adhesiveness. They are made in several sizes, ranging in price from, for a package of twenty-five, about thirty cents, to packages of 100 at something like \$1.50; prices range about that, but all stores may not charge alike. The foods, properly prepared, are put into the greased bag, the bag closed and placed in the oven on an open rack. The end of the bag is folded two or three times, secured with a paper clip, and laid on a wire shelf, such as comes with the gas oven, as the heat must circulate all around the bag. When the food is done, the bag will be found all right, but may be scorched, and can be carefully lifted or drawn onto the platter and slit open on top and drawn from under the food. A wide range of foods can be cooked in these bags, even stews or puddings, after you get in the way of using them. Practically all the flavor and savor of the food is retained and the food does not shrink in the cooking, is more tender and better flavored than by the usual

method. The oven must be hot, the interior of the bag well greased; it is very necessary to put all seasoning in with the food as it goes in the bag. There is a recipe book goes along, which is a great help, just as the recipe books of the fireless and steam cookers are.

For the Laundry

Shave a pound bar of good soap into one gallon and a half of water as hot as the hand can bear, and stir until the soap is dissolved; add to it one tablespoonful of turpentine and three tablespoonfuls of household ammonia. Stir the compound well, and see that the soap is all dissolved. If necessary, the soap may be set on the back of the stove until dissolved, in which case the turpentine and ammonia are not to be added until it is ready to use. Put the clothes to be washed into a tub, add to the dissolved soap enough water to cover the clothes, having the added water hot as the soap liquid, and pour over the clothes, cover closely and let soak for two or three hours, after which wash in the usual manner. After the suds have been used for one tubful, it can be used again by re-heating, and adding to it a second proportion of the soap, turpentine and ammonia. There will be little rubbing needed, and the clothes will be beautifully white and clean. Neither turpentine nor ammonia will in any way harm the clothes.—Mrs. L. S., Missouri.

Before ironing, see that your flat-irons are perfectly clean, giving them if necessary a thorough washing, and dry well before setting them away.

The sides of the iron as well as the bottom should be perfectly clean. Have a perfectly clean cloth on the ironing board, and this can be done best by washing the top cloth with the other clothes. Have the iron stand clean, and have a waxed paper or cloth to run the iron over, followed by running it over a clean cloth or paper before putting it to the garment. To prevent the sticking of the starch, make it with soapy water, or add a teaspoonful of powdered borax.

"Living, or Existing?"

It has been claimed that a married couple can not live, though they may "exist" on a salary of \$50 a month. It has also been shown that a very comfortable living may be got out of the sum, if regularly received; but in either case, it depends, success or failure, on the couple themselves, rather than on the amount received. If the wife is a good spender, and manager, and the husband will attend to his part of the economy question, one can not only "live," but can have a degree of refinement and a few pleasures in the way of entertainment. But there will be need of the closest calculating, and careful adjustment of expenses to income, and there must be no waste. If there are children, one or more, the question is harder of solution; but it is a necessity in more families than one.

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