

edge of property rights and the laws governing all manner of actions in the life of the individual should be possessed by every one. Any librarian, or lawyer will tell you what books to get. One with the fewest technicalities is the best for the ordinary reader. Women, especially should be interested in these books, as they are more and more becoming property owners, and have more and more dealings which the laws of the state must regulate. Many a woman is fearfully cheated because of her ignorance.

Meats and Fowl

For cooking a tough fowl, truss as usual, then infold it completely in two thicknesses of nice, fine wrapping paper, securely fastening the paper with pieces of string. Put the fowl on the rack over a shallow bake pan and set in the oven; roast for three quarters of an hour. At the end of that time the paper may be removed and the fowl returned to the oven in the pan, and roasted as long as it would have required had it been tender in the beginning; baste often, and turn occasionally. When done it should be tender. This is something on the order of paper-bag cookery.

Roasting a Duck—Dress, clean truss a pair of ducks; place in a dripping pan on a rack; sprinkle with salt and pepper and cover the breasts with thin slices of fat pork; bake twenty to thirty minutes in a very hot oven, basting every five minutes or so with the fat in the pan. Domestic ducks require one hour for roasting. Serve with olive sauce. Melt one and a half tablespoonfuls of butter and stir until well browned; add two tablespoonfuls of flour and blend; pour over it gradually one and one-half cups of brown stock, or hot water.

WORKS WITHOUT FAITH

Faith Came After the Works Had Laid the Foundation.

A Bay State belle talks thus about coffee:

"While a coffee drinker I was a sufferer from indigestion and intensely painful nervous headaches, from childhood.

"Seven years ago my health gave out entirely. I grew so weak that the exertion of walking, if only a few feet, made it necessary for me to lie down. My friends thought I was marked for consumption—weak, thin and pale.

"I realized the danger I was in and tried faithfully to get relief from medicines, till, at last, after having employed all kinds of drugs, the doctor acknowledged that he did not believe it was in his power to cure me.

"While in this condition a friend induced me to quit coffee and try Postum, and I did so without the least hope that it would do me any good. I did not like it at first, but when it was properly made I found it was a most delicious and refreshing beverage. I am especially fond of it served at dinner ice-cold, with cream.

"In a month's time I began to improve, and in a few weeks my indigestion ceased to trouble me, and my headache stopped entirely. I am so perfectly well now that I do not look like the same person, and I have so gained in flesh that I am 15 pounds heavier than ever before.

"This is what Postum has done for me. I still use it and shall always do so." 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.

ten olives, leaving the meats in one piece; cover with boiling water and cook five minutes, drain, and add to the sauce; season with salt and pepper.

Boiling a Ham—A ham should always be soaked overnight before being boiled, thoroughly washing and scrubbing with a brush before putting it in the water. In the morning cover with fresh cold water and bring to a boil gradually, and cook slowly until the small bones pull out readily; then set the vessel aside and let the meat cool in the water in which it was boiled. When nearly cold, draw off the skin without cutting, trim neatly and place in a baking pan in a slow oven, first dusting the top with brown sugar, and let brown a little. Serve with cider sauce, a recipe for which was given a few weeks ago.

Some Good Candies

Pecan Nougat—Stir together one and one-quarter pounds of pulverized sugar, one pound of glucose and one-eighth-pound of gelatine dissolved in a little hot water. Whip or beat the mixture until it becomes light and white, then stir in slowly one pound and one-quarter of sugar which has been cooked until it balls. Now mix in thoroughly one and one-quarter pounds of chopped pecan meats—not very fine; line a box on the bottom and sides, first with ordinary blank writing paper, then with paraffin paper, and pour in the candy, pressing it down to form a smooth, compact mass. Lay paraffin paper on the top and set aside to become cold and dry. The nougat may then be readily slipped from the box and sliced with a sharp knife. The slices should be wrapped in paraffin paper.

Nut balls—Melt an ounce of granulated sugar until it turns a pale brown; add an ounce and a half of finely-chopped pecan nuts, and stir over the fire a few minutes. Spread on a buttered dish to harden. When quite cold the candy is chopped and mixed with an equal quantity of French cream. Flavor with vanilla, rose or orange and roll into marbles to be laid aside until somewhat hardened. Melt chocolate and dip the marbles as for chocolate creams. A piece of butter size of a walnut gives the chocolate a peculiarly soft, rich taste.

Taffy—Boil two pounds of granulated sugar with two-thirds of a cup of water; add a third of a cupful of vinegar, two tablespoonfuls of butter and one of glycerine; cook half an hour in a bright saucepan, and just before pouring it out on the buttered plate, add a saltspoonful of soda. Flavor with wintergreen, or any preferred essence. Pull until nice and smooth, and cut into pieces with the shears. Let lie until a week old before using.

Odds and Ends

Many cooks prefer the old chopping knife and bowl to the newer meat grinder, as the grinder often grinds too fine. Before using the chopping knife, grease both sides of it with butter, especially when chopping fruits.

As the cold weather calls for heavier foods, remember to keep a receptacle into which every scrap of waste grease must go, such as scorched drippings, waste table fats, rancid butter, and trimmings. Later on, this will make excellent soap, by using a can of potash, or soda.

For the little folks, few things will be a more lasting pleasure than a blackboard and a box of colored chalks. Both are cheap, and even the older children will enjoy them.

Do not mix fats. The choice lard is the leaf fat rendered by itself; the fat from the intestines should be kept separate and used first, as it makes a strong-smelling and in-

ferior lard. Strips of fat not wanted for sausage make good lard, next to the leaf lard. Trimmings from the shoulders and hams, and other pieces not wanted for salting, should go into the sausage.

An exchange tells us that, in order to keep the water barrel from bursting when freezing weather catches it full of water, we should stand a stick of soft pine in the barrel with one end out of the water at the top. The stick should reach the bottom, but should be above the water at the surface.

White silk and cotton goods can be dyed almost any color, but it is almost impossible to satisfactorily dye any fabric of mixed stuffs unless a very dark dye is used. Before dyeing any colored goods, take out as much of the color as possible by boiling in water in which a small quantity of spirits of salt has been dropped. When dyeing gloves, sew up the tops to prevent the dye-stuff getting inside.

If you are troubled with mice, try to find where they come in, and before filling, or closing the hole, smear it well with concentrated lye. A stiff mixture of flour and lye is a good "stopper." It is claimed that if concentrated lye, or potash is sprinkled at the mouth of a mouse or rat hole, or in the paths where they make their runs, they will leave. The lye gets onto their feet, burns them, and if licked off, gets into the stomach. It is worth trying.

Gas on the stomach, causing bloating and a feeling of "stuffiness" after

eating, is not always caused by the thing eaten, but often by the condition of the stomach nerves. The stomach is weak, and holds the food too long, when it ferments and sends off gas. Select such food as will readily digest, and at the same time try to strengthen the stomach nerves by building up the general health. One should not try to starve the stomach into health, for only good blood can cure it, and good blood comes from good food, plenty of fresh air and good digestion. The stomach poisons itself through weakness and inaction.

To judge of the age of a rabbit, small claws and small teeth are evidence of youth, while long, thick, curved claws show that the animal is an old one. In young rabbits, the cleft in the upper lip is narrow, and the claws sharp and smooth; the ears are easily torn and the joints crack easily. When young, rabbits are very toothsome, cooked almost any way that chicken is served, but an old rabbit is tough, and hard to make savory unless specially treated. For frying, rabbits should be quite young and fat.

One of the best ways to utilize the porch in winter is to enclose it with window glass, or sash, making a sun room of it. This would make it one of the most inviting places about the house in sunny weather, and a delightful loitering place at any time when not too cool. The sash could be removed and stored when spring came, to be used again another winter. Every home should have a sun room.

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