wrap up, and the steam will loosen the down so it can be rubbed off. To truss the goose, cut off the head and feet, split the skin at the back of the neck and take out the gulle and windpipe; make a long slit to the breast bone and remove the intestines without breaking. Clean the inside of the carcass, and remove the oil bag from the rump. Fold the wings back and, with a darning or other long needle and twine fasten in the long skin; put the legs close to the sides and fasten with stitch through the body of the goose sew up the vent and fasten down the legs with a stitch through the rump lt is now ready for stuffing and cook ing, or cooking without stuffing.

## More Candy Recipes

One never has too much candy for the holldays, and here a more ways of making it:

Creamed Walnuts-Beat the white of an egg to a stiff froth, adding gradually eight tablespoonfuls of powdered sugar (granulated can be used) and beating well together Have English walnuts shell brea the kernels apart and between them. Press together and set away to harden. This amount should cream fifty nuts.
Walnut Candy-Either English walnuts, black walnuts or hickory nut meats can be used. Use one pound of brown sugar, one-fourth pound of butter, half a pint of wal nut kernels; put the sugar in a sauce pan with half a gill of boiling wate and boil hard for twenty minutes then add the butter and boil five minutes longer, then add the nuts which should have been either rolled or chopped fine, and stir them well in; let boil up once more, then take from the fire, beat for a minute, the

## A DOOTOR'S SLEEP

## Found He Had to Leave off Coffee

Many persons do not realize tha bad stomach will cause insomnia Coffee and tea drinking betns uch an ancient and respectable form of habit few realize that the drugeffeine contained in coffee and ten is one of the principal causes of dyspepsia and nervous troublez.
Withn․! their usual portion of coffee or tea, the caffeine topers are nervous, fritable and fretfis That' the way with a whiskey drinker He
 his nerves" - habit
To leave off coffee or tea is an easy matter if you want to try it, because Postum gives a gentle but natural support to the nerves and does not contain any drug-nothing but food. Physicians know this to be true, as one from Georgia writes.

I have cured myself of a longstanding case of Nervous Dyspepsia by leaving off coffee and using Postum, says the doctor.
"I also enjoy refreshing sleep, to which I've been an utter stranger for 20 years.
"In treating dyspepsia in its various types, I find little trouble whคn I can induce patients to quit coffee and adopt Postum.
The doctor is right ard "there's a reason." Read the little bo
Road to Wellville," in pkgs. concenrated, powder form called Instant Postum. It is prepared by stirring a level teasponful in a cup of hot water adding sugar to taste, and water, adaing sugar cream to bring the color to onough cream
Instant Postum is convenient;
Instant Postum is convenient; here's no waste: and the flavour is always uniform. sol by grocars 50 cts . 50 ep tin 30 ets., 100 cup tin cts.
A 5 -cup trial tin mailed for grocer's name and 2-cent stamp for postage. Postum Cereal Co., Ltd.,
Battle Creek, Mich.
pour into buttered dishes. When cold it will be brittle and can be Fudge to suit.
Fudge-Grate two squares of unweetened chocolate into a sauce pan and add one-half pint of rich milk let boil until the mixture is like syrup, then add two cupfuls of tablespoonful of and one large sugar is thoroughly move from thoughly dissolved, reuntil from the fire and stir rapidly in and as soon as settled cut into squares. Renove from the pan Pentectly cold
Peanut Candy-Get the roasted peanuts, or roast them yourself, shell, remove the brown skin, and kernels. Spread the to split the or dish that has been well buttered Take one pint of goed molases, teaspoonful of butter and boil until it will harden in cer and boil until pour over the nuts in water, then let over ints in the pan and sugar, teaspoonful ofe two cups of a cup of water. molasses and pour over nuts.

## For Hog-Killing Time

Making Scrapple-For this dish, $\dot{\text { we, who grew up in the days when }}$ every farmer, and many village people fattened, killed and cured their own year's supply of meat, used only the best of the "scraps." Few people used the lungs-called "lights"- of the hog, or the kidneys, or ears, or snout in the making of head-cheese, or "souse." Such parts fed unclean, and were red to the dogs, or poultry. Now, people and our reader who ask for people, and judge as to what of such things she judge as to what of such things she will use. For the modern scrapple take the tongue, Iver, lights, al kinds of trimmings, snout, ears, kid neys, wash all will, and put into kettle, cover with water and boil until tender, so that all bones can be picked out from the meat. Then run the meat through a sausage cut ter while hot; strain the water it was boiled in to remove all strings, gristles and tough fragments and slivers of bone, set over the fire again and thicken with corn meal salted to suit; stir well, as it scorches easily. The mush must be cooked thoroughly done and quite stiff, with no raw taste of the meal
in the mixture. The meat may be flavored withe. it pepper, sage, or other herbs as preferred, and should be stirred into the mush, thoroughly mixing, and put into square-cornered pans to cool. This should be set in a cold place, and sliced and fried as wanted. In the olden days, the head and fowl were used for the scrapple, as well as for the souse, though many used the jowls in the sausage meat, used them for boiling pieces with vegetables in winter. The top of the head was also used by many in making mince meat and made excellent pies used in this way. The meat from ribs, back-bones, and all trimmings were used for this purpose.

For Keeping Cider Sweet
We have quite a few calls for methods of preventive following, ing of cider, and good authority:
as coming fromes, or glass fruit jars, and heat them to a temperature of 180 dacrees: then have the cider ise degrees, porcelain vessel to boiling point, pour carefully into the bottles or jars, and seal at onown, Lay the bottles or jars neck-down, and if in twenty-four should be signs of lormat, Quart again at once and seal. Qu" bottles or jars are the best size.
The cider can be treated as any other fruit juice, heated and sealed, either in bottles, jars or jugs. Professor Van Deman says:
particles of pomace which remain in band bind them in place until dry. be removed in maks the mill must The only way to remedy loose Joinkeeping quality. Thaking cider of good ings is to have them put together straing quality. This is done by again properly with glue to hold straining cider slowly through clean them. For filling holes, or rough sand, or some other substance which places, soften a sufficient quantity foreign substance, leaving the furticle of of good glue by soaking, then bofl of the apple free from sediments until it is a thin liquid; have a quanAfter this sediment is removed the to of saw-dust colored like the wood After this sediment is removed, the to be mended, then stir sufficient into cider may be kept sweet by heating the glue to make a paste soft enough
it nearly to the bolling point and to work well with a knife blade. Fill sealing in bottles or glass iars the to work well with a knife blade. Fill same as any canred glass jars the the places compactly and smooth same as any canced fruit juice over level with the surface of the There are many ways of preserving wood, applying while very hot. When cider by applying chemicals, mus- it drles, scrape off all roughness and tard, or other substances, but these polish with a flne sandpaper; or, if are generally considert objection- used on furniture where it will show, ful of Some advise a large teaspoon- use a fine emery paper; then paint or gallon barreylic acid to a forty-two stain, and give a coat of varnish to galion barrel of cidcr, to prevent match the rest of the. wood. For the becoming objectionably sour, but floor-cracks, it is just the same prothis acid is a poison, and is not cess-fill the cracks with the saw-dust generally recommended. A large and glue paste, smooth level with the portion of the cheap sweet cider sold surface of the boards, and then, by the bulk or barrel is preserved when dry, smooth well and paint or by some one or more of these objec- varnish.

## Wood Fillers

Mrs. L. S. asks how she can flll the cracks and loose joints of her foints is to have aest for the loose a good carpenter, tighten the pieces together with tools. But if this is out of the question, perhaps the me chanic of the family may be possessed of skill sufficient to put a little
glue on the places, and with a strons

## OPPOSITES

The dapper little ribbon-clerk gazed languishingly Into the dark eyes of the handsome brunette
"Isn't it wonderful," he gurgled, how opposites seem to be attracted each other?
It sure is," ugreed the beauty. I noticed only today that the tallest man at the lunch-counter ordered shortcake."-Lippincott's.

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9410-DRESS FOR MISSES ANI LADIES
Sizes for Misses, 14, 15, 16, 17 and 18 years, and requires 4 yards of 36 inch material for a 14 -year size.
Sizes for ladies, $36,38,40$ and 42 inches, bust measure, and requifes $51 / 2$ yards of 40 -inch material for a 36 -inch size.

9429-LADIES' COAT
Cut in five sizes, $34,36,38,40$ and 42 inches, bust measure. It requires 4 yards of 54 -inch material for a 38 inch size.


0425-LADIES' COAT WAIET
Cut in five sizes, $34,36,38,40$ and 42 inches, bust measure. it requires $2 \%$ yards of 44 -inch material for a 36 -inch size.

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Cut in seven sizes, $6,8,10,12,14$, 16 and 18 years. It requires $41 / 4$ yards of 36 -inch material for a 16 -


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