wrap up, and the steam will loosen pour into buttered dishes. When particles of pomace which remain in band bind them in place until dry. the down so it can be rubbed off. To cold it will be brittle and can be cider as it comes from the mill must The only way to remedy loose joinfeet, split the skin at the back of the neck and take out the gullet sweetened chocolate into a sauce pan straining cider slowly through clean them. For filling holes, or rough and windpipe; make a long slit to and add one-half pint of rich milk; sand, or some other substance which places, soften a sufficient quantity testines without breaking. Clean the syrup, then add two cupfuls of foreign substance, leaving the juice until it is a thin liquid; have a quanoil 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 a stitch through the body of the goose. sew up the vent and fasten down the legs with a stitch through the rump. It is now ready for stuffing and cooking, or cooking without stuffing.

More Candy Recipes

the holidays, and here are a few more ways of making it:

of an egg to a stiff froth, adding let get cold. Or, use two cups of by some one or more of these objecgradually eight tablespoonfuls of sugar, teaspoonful of butter and half tionable methods. powdered sugar (granulated can be a cup of water; boil same as used) and beating well together. molasses and pour over nuts. Have English walnuts shelled, break the kernels apart and put the cream 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 walnut kernels; put the sugar in a sauce pan with half a gill of boiling water 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, then

A DOCTOR'S SLEEP Found He Had to Leave off Coffee

Many persons do not realize that a bad stomach will cause insomnia. Coffee and tea drinking being such an ancient and respectable form of habit, few realize that the drugcaffeine-contained in coffee and tea, is one of the principal causes of dyspepsia and nervous troubles.

Without their usual portion of coffee or tea, the caffeine topers are nervous, irritable and fretful. That's the way with a whiskey drinker. He has got to have his dram "to settle 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 when I can induce patients to quit coffee and adopt Postum."

The doctor is right and "there's a reason." Read the little book, "The Road to Wellville," in pkgs.

Postum now comes in concentrated, powder form called Instant Postum. It is prepared by stirring water, adding sugar to taste, and heated in a porcelain vessel to boilenough cream to bring the color to ing point, pour carefully into the golden brown.

always uniform. Sold by grocers should be signs of ferment, heat -50-cup tin 30 cts., 100-cup tin 50 cts.

cer's name and 2-cent stamp for other fruit juice, heated and sealed, postage. Postum Cereal Co., Ltd., Battle Creek, Mich.

squares. when perfectly cold.

For Hog-Killing Time

Making Scrapple-For this dish, 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 were deemed "unclean," and were fed to the dogs, or poultry. Now, everything "goes in" with some people, and our reader who asks for the information must be her own judge as to what of such things she will use. For the modern scrapple, take the tongue, liver, lights, all kinds of trimmings, snout, ears, kidneys, wash all well, and put into a 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 cutter 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 with salt, 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 jowl were used for the scrapple, as well as for the souse, though many used the jowls in the sausage meat, or cured 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 preventing the fermenting of cider, and give the following, as coming from good authority:

"Have bottles, or glass fruit jars, and heat them to a temperature of 180 degrees; then have the cider bottles or jars, and seal at once. Instant Postum is convenient; Lay the bottles or jars neck-down, there's no waste; and the flavour is and if in twenty-four hours there again at once and seal. Quart bottles or jars are the best size."

The cider can be treated as any either in bottles, jars or jugs. Professor Van Deman says:

tin and as soon as settled cut into same as any canned fruit juice. Remove from the pan There are many ways of preserving cider by applying chemicals, mus-Peanut Candy-Get the roasted tard, or other substances, but these peanuts, or roast them yourself, are generally considered objectionshell, remove the brown skin, and able. Some advise a large teaspoonrub with the hands to split the ful of salicylic acid to a forty-two kernels. Spread the nuts in a pan gallon barrel of cider, to prevent it or dish that has been well buttered. becoming objectionably sour, but One never has too much candy for Take one pint of good molasses, one this acid is a poison, and is not teaspoonful of butter and boil until generally recommended. A large it will harden in cold water, then portion of the cheap sweet cider sold Creamed Walnuts-Beat the white pour over the nuts in the pan and by the bulk or barrel is preserved

Wood Fillers

Mrs. L. S. asks how she can fill the cracks and loose joints of her furniture. The best for the loose joints is to have a cabinet-maker, or a good carpenter, tighten the pieces together with tools. But if this is out of the question, perhaps the mechanic of the family may be posglue on the places, and with a strong shortcake."-Lippincott's.

be removed in making cider of good ings is to have them put together Fudge-Grate two squares of un- keeping quality. This is done by again properly with glue to hold let boil until the mixture is like removes nearly every particle of of good glue by soaking, then boil granulated sugar and one large of the apple free from sediments. tity of saw-dust colored like the wood tablespoonful of butter, stir until the After this sediment is removed, the to be mended, then stir sufficient into sugar is thoroughly dissolved, re- cider may be kept sweet by heating the glue to make a paste soft enough move from the fire and stir rapidly it nearly to the boiling point and to work well with a knife blade. Fill until almost cold, then turn into a sealing in bottles or glass jars the the places compactly and smooth over level with the surface of the wood, applying while very hot. When it dries, scrape off all roughness and polish with a fine sandpaper; or, if used on furniture where it will show, use a fine emery paper; then paint or stain, and give a coat of varnish to match the rest of the wood. For the floor-cracks, it is just the same process-fill the cracks with the saw-dust and glue paste, smooth level with the surface of the boards, and then, when dry, smooth well and paint or

OPPOSITES

The dapper little ribbon-clerk gazed languishingly into the dark eyes of the handsome brunette waitress.

"Isn't it wonderful," he gurgled, "how opposites seem to be attracted to each other?"

"It sure is," agreed the beauty. "I noticed only today that the tallest sessed of skill sufficient to put a little man at the lunch-counter ordered

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Sizes for Misses, 14, 15, 16, 17 and 18 years, and requires 4 yards of 36inch material for a 14-year size. Sizes for ladies, 36, 38, 40 and 42 inches, bust measure, and requires 5 1/2 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 38inch size.



9425-LADIES' COAT WAIST

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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