

TABLE DELICACIES

NEW AND APPETIZING WAYS OF SERVING EGGS.

Cooked in Spanish Style They Are Delicious—Made Up with Cream or in Cases—Sublimated Souffle Is Good.

Spanish Eggs.—Have ready a half pint of sauce made by frying minced green sweet pepper and a medium-sized onion in a little butter. When turning yellow add half a pint of thick canned tomatoes, reserving the thin liquid for a soup. Stew and season.

Break six eggs into a porcelain lined pan containing a bit of hot butter and set in the oven for three minutes; slip off on a flat dish and pour the sauce over and around.

Egg with Cream.—Set over the fire a brown porcelain lined pan, capable of holding just the requisite number of eggs, so that they will be close together, the whites forming when cooked a layer nearly an inch in thickness.

In this pan pour a gill of thin cream; have ready six eggs, broken one by one in a saucer and slipped into a larger dish, and as soon as the cream reaches the boiling point turn in the eggs. Season with pepper and salt. Simmer two minutes and set in the oven until the yolks show a tendency to thicken, but do not allow them to harden.

Eggs in Cases.—Mince four mushrooms and stew in cream; about a gill of the latter. Add six hard boiled eggs minced small and stir until hot, seasoning with salt and pepper. Serve in little china cases.

Eggs with Celery.—Lay a pint of celery, stewed tender and heated in a white sauce, in the bottom of an earthen baking dish. Break six eggs on top and set in the oven till the eggs are done.

Sublimated Souffle.—This is made by soaking two cupfuls of stale bread crumbs in two cupfuls of hot milk. To this is added salt, pepper, paprika, and three beaten eggs, with three tablespoonfuls of dry, rich cheese, grated. Beat until light. Set two omelet pans over the fire, placing in each butter the size of a walnut; when hot, divide the butter into halves; pour half the mixture into each pan and proceed as in cooking an omelet, except that the fire must be slower and the process a longer one.

It will rise to a thickness of two inches if the pans be not more than eight inches in diameter. Loosen the mixture here and there with a broad-bladed knife, and, after about five minutes, set in a hot oven for ten minutes to brown.

Baked Salt Cod.

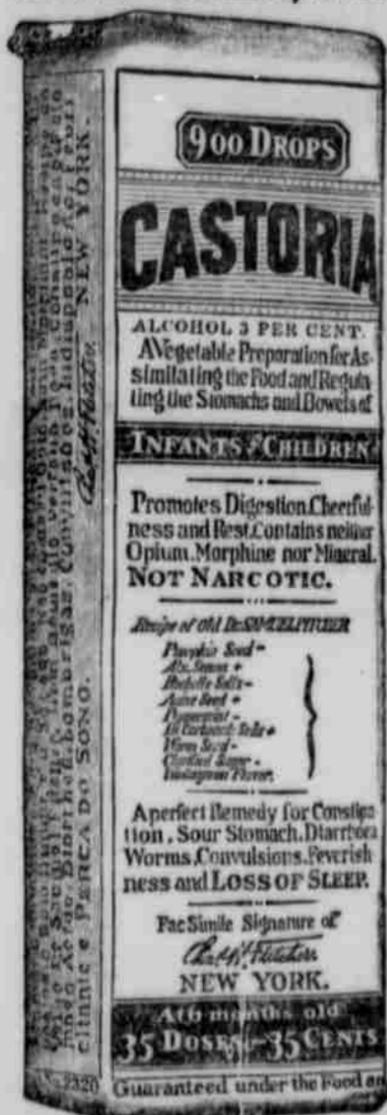
Soak salt codfish several hours in plenty of cold water, put into cold water, and simmer gently about 15 minutes. Pick into fine shreds and add the same amount of mashed potatoes. To one quart of the mixture add two rounding table-spoons of butter, one beaten egg, and hot milk to moisten. Put into a buttered baking dish, brush over with soft butter, dredge lightly with flour, and bake until brown on top. Serve with a sauce made from two level table-spoons of flour, four of butter, one cup of milk, and salt and pepper to season. Add a hard boiled egg chopped coarsely and heat well, then serve.

Date Fluff Duff.

Stone enough dates to make a cupful, stew until tender, then put through a colander. Mix with a cupful of sugar in which a teaspoonful cream of tartar has been sifted. Beat the whites of five eggs with a pinch of salt until perfectly stiff. Add the yolks of two and whip again. Now mix lightly, little by little, with the sweetened dates and turn into a buttered baking dish. Sprinkle over the top a half cupful finely chopped nut meats and bake in a moderate oven 15 minutes. Serve with cream, plain or whipped.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.



Exact Copy of Wrapper.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I find it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Bonrman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

GENUINE CASTORIA ALWAYS
Bears the Signature of

Chas. H. Fletcher
The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Waited for a Man.
First Cyclist—What's in the band box, Bill, and where's the girl?
Second Cyclist—That contains my puncture-mending device. I get them mended quickly and well without lifting a finger.
First Cyclist—Tell us!
Second Cyclist—That box contains a lady's skirt and picture hat; when I puncture I've only to don them and wait!
First Cyclist—By Jove, that's clever!

If You Have Common Sore Eyes, if lines blur or run together, you need **PETIT'S EYE SALVE**, 25c. All druggists or Howard Bros., Buffalo, N. Y.

Repine not; the disappointments of to-day often prove the blessings of to-morrow.—Thomas a Kempis.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. See a bottle.

Wise women get their rights without talking about them.

W. L. DOUGLAS SHOES
\$3.00 \$3.50
SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY, MEN, BOYS, WOMEN, MISSES AND CHILDREN.
W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day.
W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price.
W. L. DOUGLAS, BRACKTON, MASS.

READERS of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.
W. N. U., DENVER, NO. 22, 1908.

PARKER'S HAIR BALSAM
Cleanses and beautifies the hair, promotes a luxuriant growth, never fails to restore gray hair to its youthful color, cures scalp diseases, hair falling out, and itching.
PILES ANAKESIS
Tribune Bldg., New York.