

FOUR TASTY SOUPS

PREPARED ACCORDING TO MOST APPROVED MANNER.

Clear Tomato Perhaps the Most Popular of All—Cream of Sweet Potato Soup a Popular Southern Delicacy.

Clear Tomato Soup.—Add a pint of water to a can of tomatoes and place in a saucepan. Cut into dice one carrot, one onion, one turnip and one white potato; put two ounces of butter in the frying pan. Add the prepared vegetables and toss about until slightly browned, then stir them into the hot tomatoes, adding a stalk of celery or a quarter of a teaspoonful of celery seed, and boil 45 minutes. Remove from the fire and strain. Season with a teaspoonful of salt and a saltspoonful of white pepper, and then stir in two tablespoonfuls of butter. Serve in bouillon cups with toasted crackers.

Creole Vegetable Soup.—Wash and cut into thin slices half a dozen good sized okras. Place them in a saucepan with a pint of stewed tomatoes and one thinly sliced onion. Cover the whole with two quarts of cold water and simmer for two hours. Add two teaspoonfuls of salt, a saltspoonful of pepper, and two tablespoonfuls of butter. When the butter is dissolved stir in a tablespoonful of mushroom catsup and one tablespoonful of chopped green sweet pickles. Serve with triangles of toasted bread.

Puree of Lima Beans.—Cook one can of lima beans in a pint of salted water, adding a tablespoon of grated onion, a bay leaf, a blade of mace, and three whole cloves. When reduced to a pulp press through a fine sieve. Return to the fire and stir in two coffee cupsful of milk and season with half a spoonful of salt and dash of cayenne. Thicken with one tablespoon of butter and one of flour rubbed to a paste, letting it just reach the boiling point, to cook the flour. Serve at once with tiny crescents of fried bread.

Cream of Sweet Potato Soup.—This southern delicacy is made by peeling four sweet potatoes, covering with boiling water, and cooking five minutes, after which they should be drained and the water thrown away. Then cover them with one pint of boiling water, adding a slice of onion, a stalk of chopped celery, a bay leaf, and a pinch of thyme. Cover and cook until the potatoes are tender; then press them through a colander. Add one quart of milk and turn into the double boiler; rub together two tablespoonfuls of butter and flour; add to the soup and cook until smooth; season with a teaspoon of salt and a dash of cayenne and strain through a fine sieve. Reheat and stir in two tablespoonfuls of thick cream.

To Clean Lettuce.

When cleaning lettuce one often finds that each leaf is covered with a lot of tiny green bugs which it seems impossible to remove. It is a great time saver to wash the lettuce in cold water first to remove it of dirt, and then take water as hot as you can bear the hands in and place each leaf of lettuce in the water and shake it around in the water several times. You will find that the bugs will loosen their hold on the lettuce and will remain in the water. If the water becomes cool add some more hot water, as the hot water is a great deal more effective than cold. After the bugs are all off the lettuce replace it in cold water for a short time to renew the crispness.

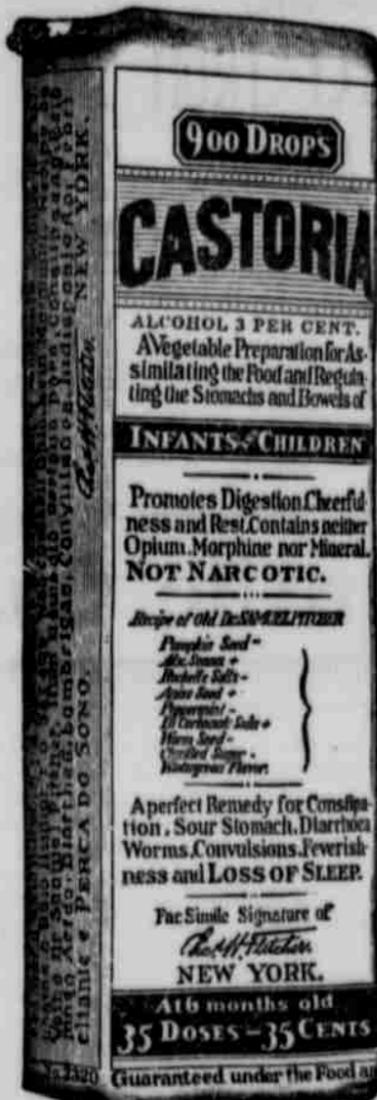
To Serve Tomatoes.

Take small yellow tomatoes, remove skins carefully, put them in the ice chest to get cold without freezing. Make a bed of crisp, white leaves of lettuce and arrange tomatoes in uniform order on this; over all sprinkle a little parsley chopped fine. Serve with French dressing.

Save the Babies.

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twentytwo per cent., or nearly one-quarter, die before they reach one year; thirtyseven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium, or morphine. They are, in considerable quantities, deadly poisons. In any quantity they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever.



Exact Copy of Wrapper.

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

Dr. A. F. Peeler, of St. Louis, Mo., says: "I have prescribed your Castoria in many cases and have always found it an efficient and speedy remedy."
Dr. E. Down, of Philadelphia, Pa., says: "I have prescribed your Castoria in my practice for many years with great satisfaction to myself and benefit to my patients."

Dr. Edward Parrish, of Brooklyn, N. Y., says: "I have used your Castoria in my own household with good results, and have advised several patients to use it for its mild laxative effect and freedom from harm."

Dr. J. B. Elliott, of New York City, says: "Having during the past six years prescribed your Castoria for infantile stomach disorders, I most heartily commend its use. The formula contains nothing deleterious to the most delicate of children."

Dr. C. G. Sprague, of Omaha, Neb., says: "Your Castoria is an ideal medicine for children, and I frequently prescribe it. While I do not advocate the indiscriminate use of proprietary medicines, yet Castoria is an exception for conditions which arise in the care of children."

Dr. J. A. Parker, of Kansas City, Mo., says: "Your Castoria holds the esteem of the medical profession in a manner held by no other proprietary preparation. It is a sure and reliable medicine for infants and children. In fact, it is the universal household remedy for infantile ailments."

Dr. H. F. Merrill, of Augusta, Me., says: "Castoria is one of the very finest and most remarkable remedies for infants and children. In my opinion your Castoria has saved thousands from an early grave. I can furnish hundreds of testimonials from this locality as to its efficiency and merits."

Dr. Norman M. Geer, of Cleveland, Ohio, says: "During the last twelve years I have frequently recommended your Castoria as one of the best preparations of the kind, being safe in the hands of parents and very effective in relieving children's disorders, while the ease with which such a pleasant preparation can be administered is a great advantage."

GENUINE CASTORIA ALWAYS
Bears the Signature of

Chas. H. Fletcher
The Kind You Have Always Bought
In Use For Over 30 Years.

THE CANTON COMPANY, 27 MURRAY STREET, NEW YORK CITY.

Rain from Father's Head.

A bright little boy of two summers was unconcernedly playing near his father, who was laboriously occupied with a difficult task which caused big beads of perspiration to drop from his forehead. Presently the lad ceased his play. Looking at his parent doubtfully a moment, he ran swiftly to his mother and, assuming a pained expression, pointed to his father, saying plaintively: "Oo, mamma, see! Poo papa head yainla."

Certainly.

"Why do you always read the newspaper criticisms of the opera so carefully after you have attended a performance?"

"People will be sure to ask about it, and one must be able to answer as if one understood something about it, you know."

Without labor there is no arriving at rest, nor without fighting can the victory be reached. — Thomas a Kempis.

Why He Wanted to Know.

"Auntie, were you ever married?"
"No, my child. Why do you ask such a question?"

"Ma said one day that somewhere in the world there was some fool of a man that the homeliest woman could get if she wanted him."

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For Red, Weak, Weary, Watery Eyes. Murine Doesn't Smart—Soothes Eye Pain. All Druggists Sell Murine at 50cts. The 48 Page Book in each Pkg. is worth Dollars in every home. Ask your Druggist. Murine Eye Remedy Co., Chicago.

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"I had to sell my auto, but I haven't missed it as yet."

"How's that?"
"You can get most of the sensations by cleaning rugs."

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

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Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Falls to Restore Gray Hair to its Youthful Color. Cures scalp diseases & itching. 25c and 50c at Druggists.

ASTHMA AND HAY FEVER

If you suffer, call or write me at once and learn of something you will be grateful for the rest of your life. Rev. J. R. Rader, 822 Broadway, Denver, Colorado.

PILES

DEFIANCE STARCH—15 ounces to the package—other starches only 12 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY.

WIDOWS' PENSIONS

under NEW LAW obtained by JOHN W. MORRIS, Washington, D. C.

W. N. U., DENVER, NO. 28, 1908.