

**HOW TO REMOVE STAINS.**

**Obstinate Cases Can Be Remedied by Following Instructions.**

All stains should be removed before the articles are washed, and the sooner the stain is treated the more readily it will yield to the treatment. Pour boiling water through fruit stains, when obstinate soak with a solution of oxalic acid. Wash petroleum ointment stains in alcohol, paint in turpentine or alcohol, varnish in alcohol, grass and other green stains in alcohol, kerosene or molasses. For blood stains use white of an egg in cold water or spread on raw flour paste and spread in the sun. In the case of milk, cream sugar or syrup stains, soak in cold soft water. For wheel grease or machine oil stains should be rubbed with lard and allowed to stand a few moments, then they should be washed with soap and cold water. Tea, coffee or cocoa stains should be removed with boiling water, and if obstinate use the solution of oxalic acid.

**OEUF A LA NEIGE.**

**Confection That is Popular with Chefs in France.**

Put one pint of milk, the rind of half a lemon and half an inch of cinnamon stick into a saucepan and bring them slowly to boiling point. Remove the rind and cinnamon stick. Put the whites of three eggs on a plate and the yolks into a basin. Add a pinch of salt to the whites, and beat them to a very stiff froth. Drop tablespoonfuls of this beaten white into the hot milk and poach them slowly for a few minutes.

When firm, lift the "snowballs" out on to a dish. Add one heaping tablespoonful of sugar to the yolks in the basin and mix them well together.

Pour the milk that is left in the saucepan slowly on to these, stirring all the time; return to the saucepan and stir carefully over the fire until the custard thickens.

When the custard is cool, pour it round the snow eggs in the dish and decorate with a few pieces of glace cherries. Any extract or flavoring may be added to the milk.

**Cauliflower au Gratin.**

Boil a fine cauliflower tender in milk and water mixed in equal proportions, and salted. Prepare a white sauce, diluted with milk to a creamy consistency. When cooked tender, break the cauliflower into clusters, put a layer into a baking dish, sprinkle with grated parmesan, and moisten with sauce. Repeat to form a second layer. Scatter bread crumbs over all, and dot with bits of butter. Bake golden brown. Meanwhile prepare a garnish of hard-boiled egg in the following manner: Boil four eggs hard separate the yolks and whites. Put the yolks to cream with a bit of butter, and season with salt, paprika and nutmeg. Add some finely minced ham or chicken, and form the mass into little balls. When the gratin is baked, set the dish in a paper gratin holder, and garnish with the tiny egg balls, laid on pieces of chopped hard-boiled whites, and serve very hot.

**Cinnamon Crisps.**

Cream one-half cup butter with one of sugar and one teaspoon of cinnamon, then add one-half cup (or more) of sweet milk and two cups of flour, in which has been sifted one teaspoon of soda, two of cream of tartar. Roll the dough very thin, using more flour if required. Cut in fancy shapes and bake until crisp and brown.

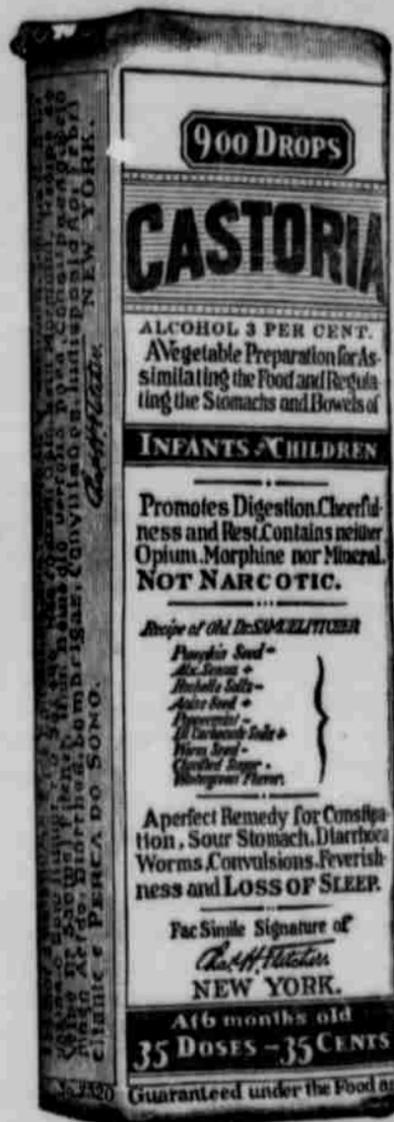
**Red Currant Pie.**

Pick over and wash about one pint of berries. Put on the stove with a little water, not quite enough to cover. Stew until very clear, then add a heaping cup of sugar and cook until it thickens like stewed cranberries. Let cool, add teaspoon of vanilla. Bake with strips of crusts across like checkered board.

**What is Castoria.**

**CASTORIA** is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.



Exact Copy of Wrapper.

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

Dr. F. Gerald Blattner, of Buffalo, N. Y., says: "Your Castoria is good for children and I frequently prescribe it, always obtaining the desired results."

Dr. Gustave A. Elsengraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children."

Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and prescribed your Castoria in my sanitarium and outside practice for a number of years and find it to be an excellent remedy for children."

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Dr. J. E. Simpson, of Chicago, Ill., says: "I have used your Castoria in cases of colic in children and have found it the best medicine of its kind on the market."

Dr. R. E. Eskildson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it."

Dr. L. R. Robinson, of Kansas City, Mo., says: "Your Castoria certainly has merit. Is not its age, its continued use by mothers through all these years, and the many attempts to imitate it, sufficient recommendation? What can a physician add? Leave it to the mothers."

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Dr. N. B. Sizer, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingredients are put in them, but I know the formula of your Castoria and advise its use."

**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, 27 NUNNAT STREET, NEW YORK CITY.

**The Old-Time Boy.**

The boy of to-day who complains of anything should be made to read the rules and regulations laid down for boys in old colonial days. He had to stand up at the table. He must go to bed at candlelight. He must not sit down in the presence of a visitor. He must not shout. He must not run without cause. He must not throw stones at animals or birds. He must not idle on the street, and if he had been found trying to stand on his head he would have gone to jail for a week.

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**Those Tired, Aching Feet of Yours** need Allen's Foot-Powder. Get it at your Druggist's. Write A. S. Glusted, Le Roy, N. Y., for sample.

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**CARTER'S LITTLE LIVER PILLS.** Genuine Must Bear Fac-Simile Signature

*W. D. Wood*  
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**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.

**PARKER'S HAIR BALSAM** Cleanses and beautifies the hair, promotes a luxuriant growth. Never Falls to Rooted Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 25c and \$1.00 at Druggists.

If afflicted with **Thompson's Eye Water** sore eyes, use

**DEFIANCE STARCH** easiest to work with and starches clothes nicest.

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A first-class military boarding school for boys. Splendid building and grounds. Prepares for colleges and business. Special department for young boys under 12 years. For information, address B. D. Hayward, Supt.

W. N. U., DENVER, NO. 34, 1908.