

**MEANS MONEY SAVING**

**INTELLIGENT USE OF MATERIAL IN THE KITCHEN.**

Especially in the Preparation of Soups Can the Housewife Who Knows, Economize on Her Butcher's Bill.

The housewife by judicious selection of her food materials and intelligent cooking may perform her part in saving.

It is not so much what comes in the kitchen door as what goes out in waste, that determines the size of the bill the housewife must meet.

These recipes are simple and selected with the idea of promoting economy.

**Tomato Soup**—One-half can tomatoes, 1 pint cold water, 1/2 onion, 1/2 tablespoon sugar, 1 tablespoon butter, 2 tablespoons of flour, 1 teaspoon of salt, 1/4 teaspoon pepper.

Strain tomatoes, add water, salt, pepper and sugar, cook 1/2 hour, after which stir in mixed flour and butter, boil 10 minutes and serve hot.

**Cream Carrot Soup**—Wash, scrape and cut into slices enough carrots to fill a fruit bowl. Boil these in a quart of water, slightly salted, till soft enough to rub through a sieve with the potato masher. Mix together in a thick saucepan 2 tablespoons of flour and 1 tablespoon of butter, stirring with a wooden spoon till they begin to bubble. Gradually stir into this a pint of milk and carrot pulp.

Add hot water to make 1 quart of soup. Put the yolk of 1 egg and a tablespoon of chopped parsley together in the tureen, turn in the hot soup, stir gently, and serve at once.

**Rice Soup**—Take 1 quart of water and 4 tablespoons of well-pickled and washed rice, put in a granite kettle, and place in a moderate oven. Add a quart of rice milk and salt to taste, and boil 10 minutes or until rice is done; a slice of onion or a stalk of celery cooked with it and removed before serving will improve the flavor. Add 1/2 cup of sweet cream to the soup and serve.

**Consomme**—Fifteen cents for 3 pounds of veal or beef bone. Crack the bones well and cut the meat from them into small pieces. Into a hot soup kettle put 1 teaspoon of sugar and a few slices of onion. Heat until both have become dark brown. Put in the meat, sear slightly and cover with 2 quarts of cold water. Add the bones, bring quickly to boiling and skim. Let simmer gently for 3 hours, then add 2 or 3 whole cloves and a bay leaf and allow to simmer a half hour longer. Strain through cheesecloth and set aside to cool. When cold remove fat from surface. When heated, with the addition of salt only, this makes a most delightful dark brown clear soup.

**Lima Bean Soup**—Soak one pint of lima beans over night in cold water and in the morning boil in water until soft. Add a little milk or water. Add salt, pepper and cayenne to taste. If you like add a little onion juice. Melt one tablespoon of butter and rub into it until it is perfectly smooth one tablespoon of flour. Pour on this one cup of boiling water and stir hard. Stir the two mixtures together. Slice 2 or 3 very thin and put in the soup. It will be ready to serve as soon as it boils.

**Pickled Beets.**

Pickled beets are made by selecting half-grown beets and boiling in lightly salted water until tender. Remove the skins without putting in water, as is usually done, so that the bright red color can be retained. Have ready enough boiling-hot vinegar to cover the beets allowing one pint of sugar to each quart of vinegar, and a tablespoonful of mixed spices. Fill, sterilized, wide-mouthed jars as full as possible of the beets, pour in the boiling vinegar and seal.

**Mock Olives.**

Mock olives made of green plums are worth making. Get a quarter of a peck of them. Mix an ounce of mustard seed, two quarts of vinegar, two tablespoonfuls of salt and boil it. When it is boiling, pour it over the green plums, which should have been washed, sorted and laid out on a board or table to dry. Let the plums stand in the spiced vinegar until the next morning and then drain it off. Heat it and pour it over the plums again. Let them get cold and bottle and cork them.

**Use an Eraser.**

Always keep an ordinary black board eraser near the kitchen range using it to wipe off the top. This keeps it to the range clean, and you only need to wash and polish it once a week. The eraser can be purchased at a very small cost and saves time and trouble.

**Molasses Pie.**

Line a pie plate with pastry and fill it with your favorite soft ginger bread batter, baking it the same as any pie.

**MY FRIENDS SAID**

**I Could Never Get Well Again. Thanks to Peruna I am Well.**



Miss Clara Loehr, 21 North Gold St., Grand Rapids, Mich.: "Doctors said I had consumption. Weighed only 90 pounds. Commenced taking Peruna. Now weigh 135 pounds. I am so thankful for what Peruna has done for me."

Those who object to liquid medicines can now procure Peruna Tablets.

**COULDN'T FOOL MR. MARTIN**

**Alleged Fact of Natural History Altogether Too Much for Him to Believe.**

The best people in Dark Hollow had just begun to sit up and take notice of the fact that along the Great White Way and in other large centers there was such a thing as the turkey trot. The Martin family, however, living on the far outskirts of the Hollow, had not heard of this peculiar and seductive motion.

"I see," said Mrs. Martin, "by the Dark Hollow Weekly Struggle that a lot of chickens in Chicago are turkey trotting."

"Shucks!" said Mr. Martin, with ineffable disdain. "That's just another mistake in one of those bulletins that the dinged, crazy department of agriculture sends out. They're always trying to tell us farmers something that's absolutely contrary to nature."—Popular Magazine.

**RED, ROUGH HANDS MADE SOFT AND WHITE**

For red, rough, chapped and bleeding hands, dry, fissured, itching, burning palms, and painful finger-ends, with shapeless nails, a one-night Cuticura treatment works wonders. Directions: Soak the hands, on retiring, in hot water and Cuticura Soap. Dry, anoint with Cuticura Ointment, and wear soft bandages or old, loose gloves during the night. These pure, sweet and gentle emollients preserve the hands, prevent redness, roughness and chapping, and impart in a single night that velvety softness and whiteness so much desired by women. For those whose occupations tend to injure the hands, Cuticura Soap and Cuticura Ointment are wonderful.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 22-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."—Adv.

**Super-Optimism.** "Optimists are all right, provided they are not unreasoning and excessive," said Norman Hapgood, the fusion leader, at a fusion luncheon in New York.

"The optimism of our opponents," he went on, "reminds me of Smith. A druggist said to Smith one night at the lodge:

"There's a movement on foot to make drugs cheaper."

"Good," said Smith. "Good! That will bring sickness within the reach of all."

**Dumb.** "My dear," said Mr. Closefit's better half, "I think I had better see the doctor about my hearing."

"Nonsense," retorted the tight one, "your hearing is as acute as ever. What put that idea into your head?"

"Well," was the response, "they say that money talks, but I haven't heard it say a thing for months."

**ARRESTED.** Further arrests are being made daily—not of persons, but of pain. Its Hunt's Lightning Oil that so many people are talking about because it arrests and stops pain, and affords almost instant relief in cases of Neuralgia, Rheumatism, Headaches, Burns, etc. Just try it if you want pain to quit quick. Adv.

Operations often necessary—for surgeons in straitened circumstances.—Life.

Red Cross Ball Blue will wash double as many clothes as any other. Don't put your money into any other. Adv.

Much that passes for enthusiasm is nothing but gush.

**TOO FEW SPECIAL SUNDAYS**

**Move to Secure Co-Operation of Churches in Effort at Social Betterment.**

In a report on social Sundays suggested to be observed by all of the churches in the United States, the special committee which investigated the subject says:

"One of the results of this investigation was the revelation that the number of special social Sundays now being observed on a national scale is much smaller than has been generally supposed. Only six special Sundays not specifically designated by the calendar are at present observed on any considerable scale throughout the country. These are Child Labor Sunday, Mothers' day, Peace Sunday, Labor Sunday, Prison Sunday and Tuberculosis day. The other special Sundays in the calendar given above are all fixed by certain national or religious holidays, such as Washington's birthday, Memorial day or Christmas."

The report of the committee will be submitted to the Federal Council of Churches, representing most of the Protestant denominations, to the Roman Catholic church authorities, to the Jewish church authorities and to all other church organizations which can be interested in this movement. The aim of the report is to secure the co-operation of all of the churches of the country in movements for social betterment.

**IF HAIR IS TURNING GRAY, USE SAGE TEA**

**Don't Look Old! Try Grandmother's Recipe to Darken and Beautify Gray, Faded, Lifeless Hair.**

Grandmother kept her hair beautifully darkened, glossy and abundant with a brew of Sage Tea and Sulphur. Whenever her hair fell out or took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of this old-time recipe, ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair and is splendid for dandruff, dry, itchy scalp and falling hair.

A well-known druggist says everybody uses Wyeth's Sage and Sulphur, because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and abundant.—Adv.

**A Difference.** "I know an exceedingly fastidious man who caught his wife smoking and put her out at once."

"The brute!"

"Not at all. She was on fire."

**Easy Matter.** "What do I say at the wedding?"

"Not a word, dad. All you utter is the check."

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. a bottle.

But occasionally it is easier to bear it than it is to grin.

**WHENEVER YOU NEED A GENERAL TONIC - TAKE GROVE'S**

**The Old Standard Grove's Tasteless chill Tonic is Equally Valuable as a General Tonic because it Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds up the Whole System. For Grown People and Children.**

You know what you are taking when you take Grove's Tasteless chill Tonic as the formula is printed on every label showing that it contains the well known tonic properties of QUININE and IRON. It is as strong as the strongest bitter tonic and is in Tasteless Form. It has no equal for Malaria, Chills and Fever. Weakness, general debility and loss of appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. Removes Biliousness without purging. Relieves nervous depression and low spirits. Arouses the liver to action and purifies the blood. A True Tonic and sure appetizer. A Complete Strengthenener. No family should be without it. Guaranteed by your Druggist. We mean it. 50c.

**PUTNAM FADELESS DYES**

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. WRITE FOR FREE booklet, calendar, blotters, etc. MONROE DRUG COMPANY, QUINCY, ILL.

**Bluffe.** "I called a doctor last night."

"Was anybody sick?"

"Yes; he was when he saw the hand I held."

Even a woman seldom has cause to repent because she said too little.

**What So Precious As a Healthy Baby?**

**Every Youngster Can Have Fine Digestion if Given a Good Baby Laxative.**

In spite of the greatest personal care and the most intelligent attention to diet, babies and children will become constipated, and it is a fact that constipation and indigestion have wrecked many a young life. To start with a good digestive apparatus is to start life without handicap.

But, as we cannot all have perfect working bowels, we must do the next best thing and acquire them, or train them to become healthy. This can be done by the use of a laxative-remedy very highly recommended by a great many mothers. The remedy is called Dr. Caldwell's Syrup Pepsin and has been on the market for two generations. It can be bought conveniently at any drug store for fifty cents or one dollar a bottle, and those who are already convinced of its merits buy the dollar size.

Its mildness makes it the ideal medicine for children, and it is also very pleasant to the taste. It is sure in its effect, and genuinely harmless. Very little of it is required and its frequent use does not cause it to lose its effect, as is the case with so many other remedies.

Thousands can testify to its merits in constipation, indigestion, biliousness, sick headaches, etc., among their reliable people like Mrs. James R. Rouse, of Marinette, Wis. Her little son Howard was fifteen months old



HOWARD ROUSE

last April, but he was sick with bowel trouble from birth and suffered intensely. Since Mrs. Rouse has been giving him Dr. Caldwell's Syrup Pepsin all trouble has disappeared and the boy is becoming robust.

Thousands keep Dr. Caldwell's Syrup Pepsin constantly in the house, for every member of the family can use it from infancy to old age. The users of Syrup Pepsin have learned to avoid cathartics, salts, mineral waters, pills and other harsh remedies for they do but temporary good and are a shock to any delicate system.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. H. Caldwell, 203 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

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**Rheumatism, Sprains Backache, Neuralgia**

"Yes, daughter, that's good stuff. The pain in my back is all gone—I never saw anything work as quickly as Sloan's Liniment." Thousands of grateful people voice the same opinion. Here's the proof.

**Relieved Pain in Back.** "I was troubled with a very bad pain in my back for some time. I went to a doctor but he did not do me any good, so I purchased a bottle of Sloan's Liniment, and now I am a well woman. I always keep a bottle of Sloan's Liniment in the house."—Miss Marilda Cotton, 304 Myrtle Ave., Brooklyn, N. Y.

**Sciatic Rheumatism.** "We have used Sloan's Liniment for over six years and found it the best we ever used. When my wife had sciatic rheumatism the only thing that did her any good was Sloan's Liniment. We cannot praise it highly enough."—Mr. Ferris, Des Moines, Iowa.

**Sprained Ankle Relieved.** "I was ill for a long time with a severely sprained ankle. I got a bottle of Sloan's Liniment and now I am able to be about and can walk a great deal. I write this because I think you deserve a lot of credit for putting such a fine Liniment on the market and I shall always take time to recommend Dr. Sloan's Liniment."—Mrs. Chas. Ross, Baltimore, Md.

**SLOAN'S LINIMENT**

At all Dealers—25c., 50c. and \$1.00. Sloan's instructive book on horses, cattle, dogs and poultry sent free.

Address Dr. Earl S. Sloan, Inc., Boston, Mass.

**FREE TO ALL SUFFERERS.**

If you are afflicted with any of the following diseases, write for my FREE book, THE MOST INSTRUCTIVE MEDICAL BOOK EVER WRITTEN. IT TELLS ALL ABOUT THESE DISEASES AND THE REMEDY. COPIES ARE BEING SENT TO THE NEW FRENCH REMEDY, No. 2, N.E. THERAPION FOR YOUNG PEOPLE.

It's the remedy for YOUR OWN ailment. Don't send a cent. It's sent FREE. No subscription necessary. DR. E. C. LEE, 1001 N. W. 10th St., HAVERTOCK, ILL. (NEAR ST. LOUIS, MO.)

**THE BEST STOCK SADDLES** on earth at reasonable prices, write for free illustrated catalogue.

A. H. HESS & SON  
305 Travis St. Houston, Tex.

**PARKER'S HAIR BALM**

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

W. N. U., Oklahoma City, No. 45-1913.

**SPHON'S DISTEMPER CURE** For **PINK EYE** DISTEMPER CURE

Cures the sick and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy; 50c and \$1 a bottle; \$5 and \$10 a dozen. Sold by all druggists and horse goods houses, or sent, express paid, by the manufacturers.

SPHON MEDICAL CO., Chemist's, GOSHEN, INDIANA

**Death Lurks In A Weak Heart**

If Yours is fluttering or weak, use **RENOVINE.** Made by Van Vleet-Mansfield Drug Co., Memphis, Tenn. Price \$1.00