

VARIETY OF RECIPES

ALL WORTH REMEMBERING BY CONSCIENTIOUS COOK.

**Vegetable Soup as it Should Be Made for the Best Results—Potato That Will Be Attractive to the Invalid.**

Vegetable Soup.—Take one large potato or two small ones, one carrot and one turnip of medium size, and one small onion; wash, pare and slice them, and let them boil for one hour in one quart of water, adding parsley or any herb preferred for flavoring, and more water as it boils away, so that there will be a quart when done. Thicken with a spoonful of flour or cornstarch, dissolved in a little cold water; or a spoonful of rice or any coarse cereal may be added when the vegetables are half cooked. Strain off the liquid, season to taste, and add a few spoonfuls of sweet cream. If a dish a little more substantial is desired, the vegetables may be rubbed through the strainer also and mixed with the liquid.

**Bread Panada.**—Toast slowly several slices of stale light bread, until they are a golden brown all through. Pile them in a bowl, sprinkling each one with a little sugar and a pinch of salt; then cover with boiling water, close tightly, set the bowl in a pan of boiling water and let simmer gently until the bread is like jelly. Serve warm, with sugar and cream and a grating of nutmeg.

**Potato for an Invalid.**—Where potato is allowed, select such as will boil up dry and mealy. Peel them and boil until well done, then mash very thoroughly with a wire masher until perfectly free from lumps. Add rather more salt than usual and several spoonfuls of thick, sweet cream; then beat until perfectly smooth and light, and serve at once. Potato served in this way is delicious and much more easily digested by a weak stomach than when eaten with butter.

**Fruit Toast.**—Fruit toasts are delicious and appetizing and may be made either with fresh or canned fruit. Dip the slices of toast in the hot juice, removing them quickly to a hot dish, then thicken the juice slightly with cornstarch, adding the pulp, rubbed through a sieve or finely chopped, and pour all over the toast.

**Fruit Whip.**—A nourishing way of serving fruit, either fresh or canned, is to press it through a sieve or wire strainer and then stir it into whipped cream, regulating the amount of fruit as desired and sweetening to taste.

**Egg Souffle Toast.**—Place a slice of toast on a white enameled plate, spread with fresh butter or very thick sweet cream, heap on top the stiffly whipped white of an egg, hollowing out the top to form a nest. In this place the yolk. Set in the oven to cook the egg lightly.

**Oyster Pate.**—One pint oysters, one tablespoonful each butter and flour, one cupful cream, cayenne, grated nutmeg, yolk of one egg, chopped parsley. Line a shallow baking dish with rich crust. Make sauce of butter, flour, cream, sauce, and when heated through whip in the well-beaten egg yolk. At once pour into the pastry crust (previously baked) and heat in oven about eight minutes. The crust can be molded over inverted muffin cups or made in the regular baking dish lined with paste, and even covered with a second crust is most attractive.

**Economical Cake.**—The most surprising of cakes can be produced without eggs or butter. To a teaspoonful of bicarbonate of soda dissolved in a teaspoonful of warm water add a cupful of sour milk, three-quarters of a cupful of treacle, sugar and a half a cupful of treacle. See that the sugar is well dissolved, and then add two cupfuls of brown flour, a good pinch of ginger and a teaspoonful of cinnamon. Beat to smoothness, and pour in while stirring a quarter of a pound of floured raisins—less can be used. Bake in a slow oven for a good hour. This cake is economical, and will keep a long time, but it is better not to cut it for a day or two.

**Manhattan Pudding.**—Mix together the juice of three oranges, a lemon and a half cupful of sugar; let stand several hours. Whip a cupful of heavy cream, add a half cupful of powdered sugar and a cupful of chopped nuts or candied fruit. Rub a mold sparingly with olive oil, pour in the fruit juices, spread with the whipped cream mixture and cover with paraffin paper, put on the lid and bury in ice and salt for three hours. Serve garnished with sections of orange which have stood over night in a thick strup of sugar and water.

**Scrambled Eggs With Asparagus Tops.**—Melt three ounces of butter in a saucepan, break into it six fresh eggs; season with a pinch of salt, half a pinch of pepper and a third of a pinch of grated nutmeg. Mix thoroughly without stopping for three minutes using a spatula and having the pan on a very hot stove. Add a quarter of a bunch of freshly boiled asparagus tops.

**Apple Float.**—When making apple float, try baking the apples, instead of stewing them. The pulp is removed from the skins and mixed with the whites of the egg which makes the float much lighter than the old way.

THE MARKETS

**NEW YORK.**—Wheat—Spot firm; No. 2 red and No. 2 hard, \$1.22 1/4 c i f, New York; No. 1 Northern Duluth, \$1.03 1/4, and No. 1 Northern Manitoba, \$1.07 c i f, Buffalo.

Corn—Spot firm; No. 2 yellow, 76 1/2 c prompt shipment.

Butter—Creamery, extras (92 score), 27 1/2 c; creamery (higher scoring), 28 @ 25 1/2 c; firsts, 25 @ 27 c; seconds, 23 @ 24 1/2 c.

Eggs—Fresh gathered, extras, 32 @ 33 c; extra firsts, 30 @ 31 1/2 c; firsts, 26 1/2 @ 28 1/2 c; seconds, 23 1/2 @ 25 1/2 c. Near by henry whites, fine to fancy, 44 @ 46 c; nearby henry browns, 34 @ 36 c.

Cheese—State, whole milk, fresh flats, specials, 14 1/2 @ 15 c; do, average, fancy, 14 1/2 c. Dressed poultry, Western frozen roasting chickens, 19 @ 21 c; fresh fowls, ice, 14 @ 18 c; turkeys, frozen, 17 @ 21 c.

**PHILADELPHIA.**—Wheat—Car lots, in export elevators, No. 2 red, spot and September, \$1.08 @ 1.10; do do, No. 2 Southern red, \$1.06 @ 1.08; steamer, No. 2 red, \$1.05 @ 1.07; do do, No. 3 red, \$1.05 @ 1.07; rejected A, \$1.02 1/2 @ 1.04 1/2; do do rejected B, \$1.01 @ 1.03.

Corn—Car lots, for local trade, as to location, Western, No. 2 yellow, 78 @ 79 c; do do, Western, steamer, yellow, 77 @ 78 c; do do, Western, No. 3 yellow, 75 @ 76 c; Delaware yellow, 76 @ 78 c.

Oats—Standards, 40 @ 41 c; No. 3 white, 39 @ 40 c; No. 4 white, 36 @ 37 c; sample, 30 @ 35 c.

Butter—Western, fresh solid-packed creamery, fancy, special, 29 1/2 c; extra, 27 1/2 c; extra firsts, 26 1/2 @ 27 c; firsts, 25 @ 25 1/2 c; seconds, 23 @ 24 c; ladle-packed, 21 @ 22 c; nearby prints, fancy, do do, average extra, 29 @ 30 c; do do, firsts, 26 @ 28 c; do do, seconds, 24 @ 25 c; jobbing sales of fancy prints, 25 @ 38 c.

Eggs—Nearby extras, 33 c per dozen; nearby first, \$8.70 @ 9 per standard case; nearby current receipts, \$8.10 @ 8.40 per case; Western extra, firsts, \$8.70 @ 9 per case; do do, firsts, \$8.10 @ 8.40 per case; fancy selected candied eggs, jobbing at 35 @ 37 c per dozen.

Live Poultry—Fowls, 16 @ 17 c; exceptional lots, higher; roosters, 12 @ 13 c; spring chickens, 16 @ 17 c; exceptional lots, higher; ducks, 14 @ 15 c; large sizes preferred; pigeons, old, per pair, 18 @ 20 c; do do, young, per pair, 17 @ 18 c.

Cheese—New York, full cream, fancy, new, 15 1/2 @ 15 1/4 c; specials, higher; New York, full cream, fair to good, new, 14 1/2 @ 15 c; New York, part skims, 6 @ 12 c.

**BALTIMORE.**—Wheat—No. 2 red, spot, 106 1/4 nominal; October, 105 1/4; No. 2 red Western, spot, 114 nominal.

Corn—Prime sail yellow corn for domestic delivery is quotable at 78 c per bu asked for car lots on spot.

Oats—No. 3 white, 38 @ 38 1/2 c; No. 4 white, 34 asked.

Rye—No. 2 rye, Western, \$1.01 @ 1.02; No. 3 do, 97 @ 98 c; No. 4 do, 95 @ 97; bag lots rye, as to quality and condition, 85 @ 98.

Eggs—Maryland, Pennsylvania and nearby firsts, 27 c; Western firsts, 27; West Virginia firsts, 26; Southern firsts, 24 @ 25. Recrated and rehandled eggs, 1/2 c higher.

Live Poultry—Chickens, old hens, 4 lbs and over, 18 c; do do, small to medium, 17; do do, old roosters, 11; do do, spring, large, fat, 18 @ 19; do do, small to medium, 18 @ 19; do do, white leghorn, 18; ducks, old, 13 @ 14; do do, young Pekins, 3 lbs and over, 16; do do, puddle, do do, 15; do do, muscovy, do do, 15; do do, smaller, 13 @ 14; geese, nearby, 15 @ 16; pigeons, young, per pair, 15 @ 20; do do, old, per pair, 15 @ 20; guinea fowl, old, each, 25; do do, young, 1 1/2 lbs and over, 30 @ 35; do do, smaller, each, 15 @ 25.

**Live Stock**

**KANSAS CITY, MO.**—Hogs—Bulk, \$7.50 @ 8.15; heavy, \$7.50 @ 8; packers and butchers', \$7.70 @ 8.25 1/2; light, \$7.50 @ 8.25; pigs, \$7 @ 7.75.

Cattle—Prime fed steers, \$9.50 @ 10.10; dressed beef steers, \$7.75 @ 9.40; Southern steers, \$5.60 @ 7.50; cows, \$4 @ 6.75; heifers, \$6.25 @ 9.50; stockers and feeders, \$5.50 @ 8; bulls, \$5 @ 6; calves, \$6 @ 10.

Sheep—Lambs, \$8.25 @ 8.65; yearlings, \$6 @ 6.75; wethers, \$5.50 @ 6.50; ewes, \$5.25 @ 5.90.

**CHICAGO.**—Hogs—Bulk, \$7.15 @ 8.10; light, \$7.40 @ 8.25; mixed, \$6.80 @ 8.30; heavy, \$6.60 @ 8.10; rough, \$6.60 @ 6.85; pigs, \$5.22 @ 7.65.

Cattle—Weak; native beef cattle \$6.10 @ 10.40; cows and heifers, \$3 @ 8.25; calves, \$8 @ 11.50.

Sheep—Wethers, \$5.60 @ 6.40; ewes, \$5.50 @ 5.85; lambs, \$6.75 @ 9.10.

**ST. LOUIS.**—Hogs—Lower. Pigs and lights, \$6.25 @ 8.40; mixed and butchers', \$7.90 @ 8.40; good, heavy \$7.75 @ 8.20.

Cattle—Native beef steers, \$7.50 @ 10.25; yearling steers and heifers, \$8.54 @ 10; cows, \$6 @ 8; stockers and feeders, \$6 @ 8.25; Texas and Indian steers \$5.25 @ 8.85; cows and heifers, \$4 @ 6.50; native calves, \$6 @ 11.

Sheep—Lambs, \$8 @ 9; sheep and ewes, \$5 @ 7.75.

**PITTSBURGH, PA.**—Cattle—Choice \$9 @ 9.25; prime, \$8.75 @ 9.

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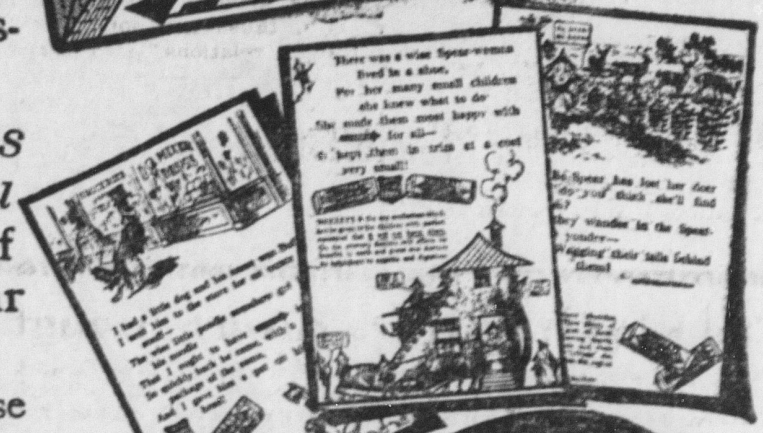
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**Entertaining White.**  
A writer gives a little sketch of black and white in Natal. He tells how he came across a white boy, some fourteen years old, and a group of raw natives playing a game. They were shooting with an old muzzle-loading shotgun at a bottle on the top of a case. When the youngster smashed a bottle he received a "tickey" (a threepenny bit) from the natives. When a native hit it he received threepence from the boy.  
"That seems a funny sort of game," remarked the witness to the boy.  
"Oh, the game's all right, sir," replied the lad. "You see, I load the gun."

**Why They Didn't Go.**  
"How did it happen you didn't go away during the summer? I thought you were having an extensive outfit prepared for you?"  
"That was the trouble. By the time I got the outfit paid for I didn't have any money left."

**The Menu.**  
"My friend is a woodman."  
"Then why not order chops?"—Baltimore American.

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NOT AS HE EXPRESSED THEM

**Teamster's Words Would Have Required Adjustment Before Their Use in the Pulpit.**

A man was brought before a police court charged with abusing his team and using loud and profane language on the street. One of the witnesses was a pious old dandy, who was submitted to a short cross-examination.  
"Did the defendant use improper language while he was beating his horses?" asked the lawyer.  
"Well, he talk mighty loud, suh."  
"Did he indulge in profanity?"  
The witness seemed puzzled. The lawyer put the question in another form:  
"What I mean, Uncle Aus, is—did he use words that would be proper for your minister to use in a sermon?"  
"Oh, yes suh," the old man replied with a grin that revealed the full width of his immense mouth; "but dey'd have to be 'ranged diff'unt."—Everybody's Magazine.

**Warrior of Today.**  
George Wharton Pepper said at a luncheon at the Plattsburg training camp for officers:  
"The methods of warfare have changed enormously in the past year. The sword, for example, is no longer carried. The sword has quite disappeared from war."  
"A story comes from the Argonne about a French chasseur who took a German officer prisoner. The chasseur, a boy, a tyro, said to the officer.  
"Give up your sword."  
"But the officer shook his head and answered:  
"I have no sword to give up. But won't my vitriol spray, my oil projector or my gas cylinder do as well?"

**What He Used Them For.**  
Customer—I want another fire extinguisher. Used the last one all up last night.  
Clerk—Glad to sell them to you, sir, but aren't you rather careless at your place. That is the third one I've sold you in a week.  
Customer—Oh, I don't use them for fire. They are the greatest thing on earth for chasing out your daughter's late callers.—Judge.

**Not Here.**  
She was looking for an apartment. "It must be in a first class neighborhood," she said, "and it must have ten large rooms, three baths and all modern improvements, and I won't pay a cent over \$40 a month."  
"I know the very place you're looking for," replied the agent, "but if you want to find out how to get there you'll have to consult a clergyman."  
**Getting Even.**  
"The cook asked for a week off to get married, so I gave it to her."  
"I don't think I would have done that. You can't spare her very well now."  
"I know I can't, but it was the only way I saw to ever get even with her."  
**Explanation.**  
"What's an automobile lunch?"  
"Why, the kind you see put up all ready for a motor trip."  
There are 28,000 printing establishments in Italy.  
Other people may have good taste, but, of course, yours is a little better.

**Careful Diagnosis.**  
"Well, you did you succeed with your first diagnosis? Did you profit by my advice?"  
The Young Doctor—I think I did, sir. I told the patient that he was suffering from a combination of liver, stomach, heart, lung and brain trouble.  
Old Practitioner—Good! No chance of a mistake there.—Stray Stories.  
**Sure Thing.**  
"Carrie is a long-headed girl."  
"How so?"  
"Instead of trusting to luck at the seaside she got engaged before coming down, and makes her fiancé come down to see her once a week."

The acid test for a woman is the way she looks when she is forty.

**That's Different.**  
"When we want to say something that we don't dare say in English, we use French."  
"And when the French want to say something they don't dare say in French?"  
"Ah, you could make your fortune in Paris if you could only discover that something."  
**Speaking From Experience.**  
"Pa, what is the first line of defense?"  
"That depends on the circumstances, son. If this country were at war, the first line of defense would be the navy. When a man's married, it's usually the telephone line, by which he tries to square himself before he comes home."  
**Graduating by Post.**  
"Dad, what's a postgraduate?"  
"A fellow who emerges from a correspondence school, I imagine."  
**His Error.**  
"He's a self-made man."  
"I know. He surely made a mistake in not consulting an expert."

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