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**Household.**  
Soups And Their Making.

A good soup is one of the most nourishing and valuable of dishes. It is also the least expensive, for the housekeeper who is giving thought to her cooking will be able to keep her soup pot supplied with a cover vegetable and meat sufficient for delicious soups. The water in which vegetable have been boiled contains flavoring and some mineral matter. Add these to the soup pot in place of clear water. The water in which rice has been boiled should be added to the soup kettle, or it may be boiled until greatly reduced and used as thickening for cream soups. All scraps of meat and bones, bones from poultry and game birds, gravies, crusts of bread and cold cooked eggs should be put into the soup or stock pot to be simmered (not boiled) down for soups. Much is thrown away that would go far towards the making of delicious soups. How many housekeepers throw away the feet of poultry? Yet they are especially rich in that gelatine necessary for good soup stock. A writer in Pictorial Review says to drop them into scalding water and let them remain for a few moments, when the skin will peel off like a glove, leaving a nutritious addition to the soup kettle. Small quantities of left over vegetables may always be used in soup. Left over baked beans may be made into an especially good soup. The coarse outer leaves of celery and cabbage, usually thrown away by thoughtless housewives make good soup. All soup and stock must be kept in a cold place in an earthenware dish, never in a metal one. The making of stock requires no extraordinary amount of skill. It is not difficult to make, though many housekeepers seem to think so. Stock is generally made from cheap, tough cuts of meats. This should be cut in small pieces and soaked in cold water for thirty minutes to draw out the juices. The bones are cracked and added for the gelatine which they contain. A good proportion is one pound each of bone and meat to each quart of water. Put in tightly covered kettle and simmer slowly all day. This should be set away to cool quickly. All fat must be removed when cold. This is necessary for the preservation of the stock.

Bouillon, that choicest of luncheon soups, should be prepared from fresh materials exactly as if making plain soup stock. Any good cook-book gives directions for this so clearly that the most inexperienced housewife can make it successfully.

For the perfect making of soups, the housewife must learn that art of seasoning. Her pantry should hold a supply of bay leaves, thyme and celery seed. Five cents' worth of each will season soups for a year.

**SPLIT PEA SOUP**  
The food value of dried peas, lentils and beans is so high that the use of these soups should be more universal than it is. To make soups from any of these, soak them overnight in cold water. In the morning, drain, measure and add four times as much cold water as peas. Add one-half of an onion to each quart of water. Simmer until soft and rub through a sieve. Return to the fire and season. To each quart of soup allow one teaspoon each of butter and flour cooked together for thickening. Boil after thickening for a few moments and serve at once. Croutons are delicious served with soups of this kind. Milk may be added if desired.

**BAKED BEAN SOUP.**  
Take equal parts of baked beans and tomatoes, cover the beans with plenty of water and cook until soft. Add the tomatoes and dash of mustard and seasoning. Boil all together until tender enough to rub through a strainer.

**TOMATO SOUP WITHOUT STOCK.**  
For this you need one can of tomatoes two cups of water, one teaspoon of salt, one tablespoon of sugar, one tablespoon of flour, one tablespoon of butter, four cloves, one quarter teaspoon of celery seed, one tablespoon of chopped onion. Boil all the ingredients (except the flour and butter together and rub through a sieve. Return to the fire and thicken with the butter and flour cooked together.

**CREAM OF CELERY SOUP.**  
Boil the celery until tender, and drain it. Chop it and rub through a sieve. To two cups of vegetable pulp, add either a quart of soup stock, half stock and half milk, or all milk as desired. Cook together one tablespoon of flour and one tablespoon of butter. Add this to the soup on the fire and stir until the

**Thin Hair**  
A Liberal Offer

When the hair thins out on the top of the head and the bald spot is getting ready to appear in public, don't get discouraged or irritable. Just go to your Druggist and ask for Parisian Sage Hair Tonic. He will charge you 50c. for a large bottle but if it does not cause hair to grow where the hair is thinning out nothing on this earth will.

And we want to say to everybody, man, woman and child, that you can have your money back if Parisian Sage isn't the best hair grower, hair saver, hair beautifier and dandruff cure on the market to-day.

It stops itching scalp and falling hair and makes hair grow thick and abundantly. All druggists everywhere sell Parisian Sage or postpaid from The Giroux Mfg. Co., Fort Erie, Ont. See that the girl with the Auburn hair is every bottle. Sold and guaranteed by E. W. Mair.

hand upon the bed. "Poor fellow—he is about gone!" He looked up, as though expecting some reply, but the little man did not answer, so he quietly tiptoed away.

The little man did not notice that he had gone. He was gazing intently down into the pallid face before him. Was that a film which was spreading over those staring eyes? He leaned over farther, and then sank slowly down upon his knees, never taking his eyes from the clerk's face. The man upon the next cot had raised himself upon his elbow, and was closely watching.

For a long, breathless moment the little man looked into the clerk's eyes, the miracle of death. Then he hesitatingly put out his hand, and closed down the eyelids, but as soon as he raised his fingers, they flew open again. He started back in horror, and the man on the next cot hastily threw off the sheet and sat up on the edge of the bed. He was in his undershirt, and had on his trousers. The little man was so absorbed in the tragedy before him that he did not even notice him.

Again he leaned over the clerk, and now he could see that it was almost done.

The breath seemed to flutter on the dying man's lips, the dreadful luster faded from his eyes: slowly, very slowly, the lids sank of their own weight, and veiled the haunting stare—a moment of quivering silence, and death had passed. The little man dropped forward on the bed and buried his face in his hands "Safe—at last—thank God!"

He felt a hand upon his shoulder and looked up. The man who had been lying on the next cot stood at his side, and was speaking. His words sounded vague, and far away but the little man could make out: "I arrest you for this man's murder!" and then, as the little man continued to look stupidly up at

**Dizziness**

Mrs. J. B. Renaud, of Goldrich St., Sturgeon Falls, Ont., says: "I have suffered for months with a very weak stomach and dizzy spells, and at times could not retain any food at all. I tried any number of remedies and prescriptions but none seemed to relieve me until I tried Mi-o-na Tablets. I used one box only and they have completely cured me of my troubles. I am pleased to recommend Mi-o-na as I know it to be a remedy of merit." Mi-o-na is sold by druggists everywhere at 50 cents a box and is guaranteed to cure dyspepsia, indigestion, sick headache, nausea, heartburn, sour stomach, belching of gas, dizziness, heavy stomach and car sickness, vomiting or pregnancy and the after effects of over-eating or drinking—or money back. Postpaid from The R. T. Booth Co., Ltd., Fort Erie, Ont. Sold and guaranteed by E. W. Mair.

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DINING-ROOM STOVE—Because you heat your room in ten minutes.

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him, he thrust out his hand, "Don't this belong to you? We found it on the pawshop floor beside the body."  
The little man looked down into his open hand. It held the silver watch that would not run.  
soup thickens. Season and add one cupful of milk. Serve at once. If the soup be too thick, add a little more stock or milk.  
Most vegetables lend themselves to the making of cream soups which are among the most delicate. All vegetables should first be boiled until the pulp can be put through a sieve, and all are made in the same way as celery soup.  
Celery added to other vegetables lends a most delicious flavor to these cream soups. Potatoes with celery added make the most appetizing soup.  
**REAM OF POTATO SOUP.**  
Small potatoes, cover them with water and boil five minutes. Drain this water away. Cover with boiling water and add sliced onion, a bay leaf and a few peas. Let until the potatoes are mushy. Boil two cups of milk with one tablespoon of flour and one tablespoon of butter cooked together. Press the potatoes and water through a sieve. Add the mixture to the milk season, reheat and serve  
Too often the chart that bears at home isn't worthy of mention.