CREOLE DELICACIES

THESE WHEN SEEKING SOMETHING NEW.

Appetizing Preparations from Canned Fish-Good Way to Prepare Rice -"Griades" a Popular Dish in the South.

"Something new!" "Something new!" is the eternal cry of the housekeeper. Truly, every woman who keeps house must tire of preparing or even ordering the same old things. Some very famous creole recipes that have come direct from old families may answer this cry. Surely the southerners live well, and these recipes are delicious from the old test, "the proof of the pudding is in the eating."

Canned fish of all kinds, if the best brands are purchased, help to change the menu during the cold winter days, and the recipe for shrimp fricassee that follows will make a very appetizing dish when old recipes have grown stale:

Shrimp Fricassee-Put a teaspoonful of lard in a saucepan; when it is hot stir in one spoonful of flour; stir over the fire until the flour is a rich brown; then add one onion chopped fine and when that has fried a little (but before it browns) add two tablespoonfuls of tomatoes. Let it stew a little with the saucepan covered on a slow fire; then when the tomatoes have melted down add two cups of hot water, season to taste with salt, pepper and cayenne. Let it stand a few minutes before dinner, then put in the shrimps, one or two cans, according to the number of guests. The shrimps will break if put in too early.

Rice is such a substantial and healthy vegetable and yet when served just plain boiled the men in the family generally say: "No, thank you." Some time try the following for a change and see what they will sav:

Creole Rice-Wash one-half cup of rice and cook in a double boiler until tender. Lay two good-sized pieces of bacon into a hot frying pan and cook to a crisp, but do not burn. Add to these drippings half an onion sliced fine and brown, then add half a cup of tomatoes and the rice, season with cayenne pepper and salt and stew together until it has all blended.

A very popular dish of beef, known in the south as "Griades," is an appetizing dish that is easily prepared

Griades-Take two pounds of beef (the bottom round if possible), slice thin, trim off all the fat and cut in pieces about the size of the inside of your hand. Put one spoonful of lard in a saucepan. When the lard is hot drop your meat, which must be first properly washed, in the hot lard, add a little salt, black pepper and cayenne; cover the saucepan and let the meat stew, or rather, boil, for the juice of the meat will boil out, stir occasionally and let all the juice of the meat boil out; when it begins to get dry stir it till it browns. When it is of a nice brown color sprinkle in the saucepan about one teaspoonful of flour; when that is brown move it off the hot fire so that it will not burn and add three or four good-sized onions sliced, and three or four large tablespoonfuls of tomatoes. Let it all smother with the cover on the saucepan, stirring once in awhile, till the onions and tomatoes are all melted to a rich gravy, then add two teaspoonfuls of boiling water and season to taste and let it boil about one hour or more. A tiny bit of garlic adds flavor if you like it.

To Clean Front Steps.

To remove green mold and other stains from brown stone steps use 20 cents worth of oxalic acid dissolved in two quarts of boiling water. Scrub hard with a broom, then wash with cold water and wipe with a sponge and the steps will look like new stone.

Excellent Potato Soup.

A well-made potato soup is just the thing for luncheon some day when you are at a loss for something, hot and wholesome. A quart of milk, six large potatoes, one stick of celery, an onion, a tablespoonful of butter. Put milk to boil with onion and celezy: pare the potatoes and boil them until they are thoroughly done; turn off the water and mash fine; add milk and butter, pepper and sait; rub through a strainer and serve immediately. This soup must not be allowed to stand.

Keep Juice in Pies.

To the housewife who has trouble with the juice of her pies running over into the oven, the following suggestion will prove helpful: Always place the sugar on the bottom crust before placing the fruit into the pie and the trouble will be avoided.

Raw Potato Cakes.

Peel enough potatoes for the number of persons you desire; grate on a coarse grater and stir in three to five eggs; then add a little flour. Stir well and fry in hot lard.

TO CURE A COUGH OR COLD.

Dector's Prescription Checks an Acute Cold in a Day and Cures Chronic Coughs.

The following formula is a never failing remedy for coughs or colds:

Two ounces of glycerine, one-balf ounce of Concentrated oil of pine, shake thoroughly each time and use in doses of a teaspoonful to a tablespoonful every four hours.

This, if followed up, will cure any cough that is curable or break up an acute cold in 24 hours. The ingredients all can be gotten at any drug store.

Concentrated oil of pine comes put up for medicinal uses only in half ounce vials sealed in tin screw top cases designed to protect it from heat and light. Other oils of pine are insoluble and are likely to produce nausea and cannot give the desired results.

One Waiter with Sense.

Man in a restaurant, happening in 'ust as a new shift of waiters came on. And having eaten a very modest luncheon this man laid down a modest tip, to be exact, five cents.

And did the waiter shy off or sniff at this nickel? He did neither, but on the contrary he seemed to regard it as an augury of good fortune that his first customer should have given him something, and-

"Thank you," he said, politely, to the customer, and as he turned away he added to himself: "That's a starter."-N. Y. Sun.

SORES AS BIG AS PENNIES.

Whole Head and Neck Covered-Hair All Came Out-Cured in Three Weeks by Cuticura.

"After having the measles my whole head and neck were covered with scaly sores about as large as a penny. They were just as thick as they could be. My hair all came out. I let the trou- work, and supply all the capible run along, taking the doctor's blood remedies and rubbing on salve, but it did not seem to get any better. It stayed that way for about six months; pear again. then I got a set of the Cuticura Remedies, and in about a week I noticed a big difference, and in three weeks it was well entirely and I have not had the trouble any more, and as this was seven years ago, I consider myself cured. Mrs. Henry Porter, Albion, Neb., Aug. 25, 1906.'

Shy Amateurs.

"Splendid spectacles," that is the definition towards which athletics in England are gradually drifting, and chiefly, it is to be feared, upon the current of highly trained professionalism. The ordinary man, conscious of his own mediocre ability, is afraid to venture into the field.-North China

How's This?

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Catarrh Cure.

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Hall's Catarrh Cure is taken internally, acting
directly upon the blood and mucous surfaces of the
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Take Hall's Family Pills for constipation.

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The General Demand

of the Well-Informed of the World has always been for a simple, pleasant and efficient liquid laxative remedy of known value; a laxative which physicians could sanction for family use because its component parts are known to them to be wholesome and truly beneficial in effect, acceptable to the system and gentle, yet prompt, in action.

In supplying that demand with its excellent combination of Syrup of Figs and Elixir of Senna, the California Fig Syrup Co. proceeds along ethical lines and relies on the merits of the laxative for its remarkable success.

That is one of many reasons why Syrup of Figs and Elixir of Senna is given the preference by the Well Informed. To get its beneficial effects always buy the genuine-manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists. Price fifty cents per bottle.

Was Holding His Own.

A wealthy man, revisiting his native village, was telling his old cronies around the store stove how he had achieved his great success. At the close of his recital an old village character that he had known as a boy en-

"How are you, Tom?" said the great man, holding out his hand. "And one half pint of good whisky, mix and how have you been getting along all these years?"

> The old fellow shifted his quid and spat.

"Wa'al," he said, "when I hit this town more'n 40 years ago I didn't have a red cent, an' now-wa'al, I guess I'm holdin' my own all right."

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