

By building 550,000 tons of shipping the Clyde has broken its previous yearly record, 517,000 tons, in 1902.

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Tomato Souffle.

A delicious tomato souffle is made as follows: Take half a pine of tomato pulp that has been rubbed through a sieve, an ounce of butter, two ounces of grated cheese, an ounce and a half of boiled macaroni, an ounce of stale bread crumbs and a teaspoonful of made mustard; mix all together in a saucepan, and stir over the fire until boiling; take from the fire, let cool; add first the yolks of two eggs, and then the whites of three, with salt and pepper. Turn into a buttered dish, and set into the oven to bake quickly. Dust over with grated Parmesan.

Prune Roll.

Wash and stew slowly one pound of prunes until soft enough to remove the stones. Chop and add a little sugar if they do not seem to be a sweet variety of prune. Make a rich biscuit dough, roll out as thin as a pie crust, spread the prunes on it and roll up as you would a jelly roll. Cut in slices of about three inches thick, lay them in a baking pan and bake in a comfortably quick oven for about twenty minutes. Serve with cream.

Raisin Bread.

Scald a pint of milk and beat into it a teaspoonful of melted butter and one of salt. When the mixture is lukewarm add half a yeast cake, dissolved in a half cup of warm water and beat in enough flour to make a good batter. Set in a warm room to rise for eight hours. Beat hard, add a cup of flour and work in a cup of halved and seeded raisins, plentifully dredged with flour. Set to rise until light, then bake.

Apple Butter.

Cover peeled and sliced apples with elder and cook, stirring often to prevent scorching. When boiled soft, lift out the apples with a perforated ladle. Put more apples into the elder and boil in the same way. Repeat this until the elder is too much reduced in quantity to cover any more apples, then put all over the fire together and boil down to one-half the original quantity. Spice to taste and keep in stone jars.

Soft Gingerbread.

Cream one-half cup of butter with one-half cup of sugar, add one-half cup of molasses, one beaten egg and one and one-half cups of flour sifted with a level teaspoon each of ginger and cinnamon. Mix with a cup of sour milk and a level teaspoon of soda dissolved in a tablespoon of hot water. As sour milk and molasses both differ in consistency at times, a tablespoon more of flour may be needed.

Cocoa Pudding.

Make a custard with three eggs, two cups of milk, three rounding tablespoons of sugar, three level tablespoons of cocoa and one-half teaspoon of vanilla. Butter small molds or cups and fill two-thirds with fine bread crumbs, then pour in enough of the custard to fill the cups. Set in a pan of hot water and bake in a moderate oven until firm.

Filled Eggs.

Boil the eggs until very hard, take off the shell, cut in half, take out the yolks, do not break the whites; rub yolks to a cream with melted butter, season with chopped pickles, pepper and salt, with a little mustard; put the mixture into the whites, cut a slice from the bottom of the egg so that they will stand on a platter; decorate with lettuce leaves or watercress.

Cheese Pudding.

Dry one cupful of bread crumbs in the oven, then soak them in one cupful of milk. Beat lightly three eggs, and add the milk and crumbs; grate in one-half pound of cheese, season well with cayenne and salt, beat in two dessertspoonfuls of soda, a saltspoonful of salt; then whip up well; pour into a buttered pan and bake for thirty minutes in a hot oven. Serve immediately.

Escalloped Onions.

Slice and boil a dozen onions until tender. Place a layer in a baking pan, cover it with bread crumbs and bits of butter; season with salt and pepper. Treat additional layers of onions in the same way until all are placed. Almost cover with milk. Bake for half an hour.

Cracked Wheat.

To six cups of boiling water add one-half teaspoonful of salt and one cup of cracked wheat, stirring it in slowly. Let it boil for five minutes. Turn into a crock, cover and cook in the oven for eight or nine hours.

Cream Waffles.

Two cupfuls of sour cream, one teaspoonful of saleratus, flour enough to make rather a stiff batter. Bake quickly, split, butter and powder with sugar. Serve hot.

THE KING OF BLOOD PURIFIERS

No other remedy has given such perfect satisfaction as a blood purifier and tonic or is so reliable in the cure of blood diseases of every character as S. S. S. It is known as "The King of Blood Purifiers," and the secret of its success and its right to this title is because **"IT CURES DISEASE."**

It is an honest medicine, made entirely of purifying, healing roots, herbs and barks, which are acknowledged to be specifics for diseases arising from an impure or poisoned condition of the blood and possessing tonic properties that act gently and admirably in the up-building of a run-down, weakened or disordered condition of the system.

One of the greatest points in favor of S. S. S. is that it is the only blood remedy on the market which does not contain a mineral ingredient of some kind to derange or damage the system. It is the one medicine that can be taken with absolute safety by the youngest child or the oldest member of the family, and persons who have allowed their systems to get in such condition that most medicines are repulsive to the stomach will find that S. S. S., while thorough, is gentle and pleasant in its action, and has none of the nauseating effects of the different mineral mixtures and concoctions offered as blood purifiers.

As every part of the body is dependent on the blood for nourishment and strength, it is necessary that this vital fluid be kept free from germs and poisons. So long as it remains uncontaminated we are fortified against disease, and health is assured; but any impurity, humor or poison acts injuriously on the system and affects the general health. Pustular eruptions, pimples, rashes and the different skin affections show that the blood is in a feverish and diseased condition as a result of too much acid or the presence of some irritating humor. Sores and Ulcers are the result of morbid, unhealthy matter in the blood, and Rheumatism, Catarrh, Scrofula, Contagious Blood Poison etc., are all deep-seated blood disorders that continue to grow worse as long as the poison remains.

But all blood diseases are not acquired; some persons are born with an hereditary taint in the blood and we see this great affliction manifested in many ways. The skin has a waxy, pallid appearance, the eyes are often weak, glands of the neck enlarged, and as the taint has been in the blood since birth the entire health is usually affected.

In all blood troubles S. S. S. has proved itself a perfect remedy and has well earned the title of **"KING OF BLOOD PURIFIERS."** It goes down into the circulation and removes all poisons, humors, waste or foreign matter, and makes this stream of life pure and health-sustaining.

Nothing reaches inherited blood troubles like S. S. S.; it removes every particle of the taint, purifies and strengthens the weak, deteriorated blood, and supplies it with the healthful properties it needs and establishes the foundation for good health. As a tonic this great medicine has no equal, and it will be found especially bracing to weak, anaemic persons. Rheumatism, Catarrh, Sores and Ulcers, Skin

Diseases, Scrofula, Contagious Blood Poison and all other blood troubles are cured permanently by S. S. S., and so thorough is the cleansing of the blood that no trace of the disease is left to break out in future years or to be transmitted to offspring. If you are in need of a blood purifier get **"THE KING"** of them all, S. S. S.—and good results are assured. Book on the blood and any medical advice desired furnished without charge to all who write.

THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.

Prof. George Howison of the department of philosophy of the University of California has declared his belief in immortality for animals.

Christianity is growing in India faster than the population.

The old box-like compartment cars on French railways are being gradually displaced by vestibuled cars of a more modern type.

Sliding seats were first used in rowing races in 1873.

To Get More Strength from Your Food

LOTS of people are starving with a full stomach.

You know, it's not how much we eat, but how we digest that makes us Strong, or Brainy, or Successful. When the Bowels are filled with undigested food we may be a great deal worse off than if we were half starved for want of Food.

Because, food that stays too long in the Bowels decays there, just as if it stayed too long in the open air.

Well, when food decays in the Bowels, through delayed and overdue action, what happens?

The millions of little Suction Pumps that line the Bowels and Intestines then draw Poison from the decayed Food, instead of the Nourishment they were intended to draw.

This Poison gets into the blood and, in time, spreads all over the body, unless the Cause of Constipation is promptly removed.

That Cause of Constipation is Weak, or Lazy, Bowel Muscles.

When your Bowel-Muscles grow flabby they need Exercise to strengthen them—not "Physic" to pamper them.

There's only one kind of Artificial Exercise for the Bowel-Muscles.

Its name is "CASCARETS," and its price is Ten Cents a box.

Cascarets act like Exercise on the Muscles of the Bowels, and make them stronger every time they force these Muscles to act naturally.

The stronger these Muscles propel the food, the stronger does the friction of the food act on the flow of Digestive Juices.

The more of these Juices that act on food, the more Nourishment does that food turn into, and the richer nourishment do the little Suction Pumps of the Intestines draw out of it.

It needs only one Cascaret at a time to stimulate all the Bowel-Muscles enough, without purging, discomfort or loss of nutrition.

So, if you want the same natural action that a six-mile walk in the country would give you, (without the weariness) take one Cascaret at a time, with intervals between, till you reach the exact condition you desire.

One Cascaret at a time will properly cleanse a foul Breath, or Coated Tongue, thus proving clearly its ready, steady, sure, but mild and effective action.

A coming Headache can be ward off, in short order, by a single Cascaret, and the cause removed.

Heartburn, Gas-belching, Acid-risings in the throat, and Colicky feeling are sure signs of Bowel trouble from food poisons, and should be dealt with promptly.

One Cascaret will stop the coming trouble, move on the Bowel load, and free the Digestive Juices, if that one Cascaret is taken as soon as the first signs are noticed.

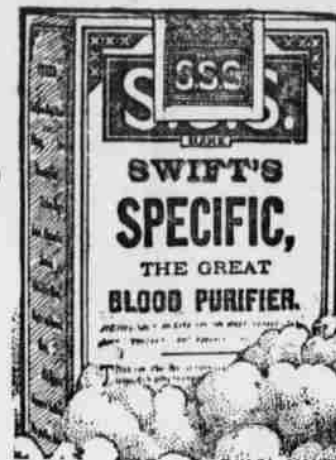
Don't fail to carry the Vest Pocket Cascaret Box with you constantly.

All Druggists sell them—over ten million boxes a year, for six years past.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC."

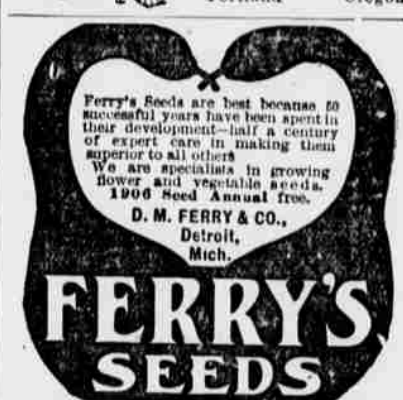
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W. L. Douglas \$4.00 Clit Edge Line cannot be equalled at any price.



W. L. DOUGLAS MAKES & SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD

\$10,000 REWARD to anyone who can disprove this statement.

It could take you into my three large factories at Brockton, Mass., and show you the infinite care with which every pair of shoes is made, you would realize why W. L. Douglas \$3.50 shoe cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other \$3.50 shoe.

W. L. Douglas Strong Made Shoes for Men, \$2.50, \$2.00, Boys' School Dress Shoes, \$2.50, \$2.17, \$1.75, \$1.50 CAUTION—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom. Fast Color Eyelets used; they will not wear brassy. Write for Illustrated Catalog. W. L. DOUGLAS, Brockton, Mass.

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