

CORN SOUP

One can of corn will make enough soup for six persons.

Boil the corn in as little water as possible for twenty-five minutes. Then put through the colander, saving the water the corn was boiled in. Press corn thoroughly through colander. Add quart of milk to juice of corn. Season with pepper and salt. Thicken with little flour or corn starch.

A great many of us could be happier than we are if we would cultivate the art of being happy. One thing to do is to refuse to allow to enter into the stream of consciousness, the painful and uneasy feelings that come to us through our senses. This is best done by calling up other and more agreeable feelings. It may be difficult at first to do this; but in the end success will come to those who will it.

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