

CARPING AT B. T. WASHINGTON.

Philadelphia Presbytery Criticizes
His Methods of Dealing With
The Negro.

HE IS NOT SPIRITUAL ENOUGH.

Gives an Exaggerated Importance to
Industrial Education and Talks
Horseshoeing in Pulpit.

New York, Sept. 22.—Booker T. Washington and his method have been criticized by the local presbytery in its weekly meeting, says a dispatch from Philadelphia. The question was brought up through the report of the freedmen's committee, of which the Rev. J. Calvin Meade is chairman.

The report gave credit to Washington's influence for the increase of religion in the board. It deplored "The animal trait in the negro, which is so prominent," and continued: "Yet it is to be questioned whether we should not balance the brutal assault on womanhood with the subtle power of seduction, in which the white man of social standing is an adept."

It urged the churches to "rise above prejudice and devote all energies toward dealing with negro problem," and deplored any mob violence.

Immediately after the reading Dr. James A. Warden, superintendent of Sabbath schools and missionary work, said:

"I seriously question the methods of Booker T. Washington in educating the negro. He is giving exaggerated importance to industrial education and subordinating the education of the spiritual and religious influences. Booker T. Washington was in a pulpit in this city recently and throughout his sermon spoke of horseshoeing and carpentering, not once mentioning Christ. I believe that the presbytery should check their own leaders for the higher education of the negro."

"I question whether the popularity of Booker T. Washington helps the freedmen, but it does help Washington and the Tuskegee institution."

ANNIE SHARPLEY SENTENCED

Her Offense Was Raising Figures
On Postal Money Orders.

Philadelphia, Sept. 22.—Annie R. Sharpley, who caused the postoffice authorities much trouble through her swindling operations in raising the figures on postal money orders in many cities, has been sentenced to the Eastern penitentiary for two years.

She came from England several years ago, and is said to be connected with a good family there.

AMERICAN STOCK COMPANY.

One to be Permanently Established in London.

New York, Sept. 22.—The annual announcement made that plans have been completed in this city by Frank Curzon, the London theatrical manager, for the establishment in London of a permanent American stock company. Light musical pieces will be given. It is likely that the Shaftsbury theater will be chosen as the home of the company. A chorus of American girls and players for small parts will be engaged and principals will be sent over for the changes in the bill, actors being chosen who have made successes in those parts here.

FELL EIGHTY FEET.

Only Injuries Man Got Were Two
Lacerated Fingers.

New York, Sept. 22.—Falling from the eighth floor of a building in course of erection at No. 20 West Eighteenth street, a distance of 200 feet, a man injured three fingers in his descent, Joseph Heiser, an iron-worker, has escaped with a slight laceration of two fingers.

A score of workmen rushed to the cellar, expecting to find his mangled form. Instead they found him calmly examining his cut fingers. To convince them that he had escaped without injury he danced a jig. Then he went back to work at the top of the building.

OVER AN ENBANKMENT.

Automobile Containing Six Persons
Plunges Into River.

San Jose, Cal., Sept. 22.—An automobile containing six persons plunged over an embankment and 15 feet below to the bed of the Guadalupe river late last night, injuring all of the occupants, one of them, Mrs. De Salsett, probably fatally. The party consisted of Mr. and Mrs. Pietro de Salsett, Mr. and Mrs. Peter E. Col, and their son Lewis, and the chauffeur, William Col. Mrs. De Salsett's chief injuries are internal. Mr. Col's left arm was broken in two places, and Mrs. Col suffered the fracture of her collar bone. The hurts of the others are of a less serious nature. De Salsett is a well known capitalist. Col is a prominent wholesale grocer.

Quarrel Winds Up a Business.

New York, Sept. 22.—An unusual quarrel between capital and labor has resulted in the appointment of a receiver to wind up the partnership of Smith & Hessler, bookbinders. The assets are \$25,000 and the liabilities about \$10,000. The trouble was caused by a strike due, the men say, to the fact that they could not get along with one of the firm's members. Finally, they refused to obey his orders and struck.

A People's Palace for Jersey City.

New York, Sept. 22.—Ground has been broken in Jersey City for the new People's palace, planned by Rev. John L. Scudder, pastor of the First Congregational church. The building is to cost \$100,000, and much of the money already has been raised. The scheme of the institution is unique. Besides classes for men, women and children all sorts of recreation will be provided. There will be an armory and rifle range, a large gymnasium, an assembly hall seating 1,200 and a spacious roof garden.

To Admit Filipino Carpenters.

San Francisco, Sept. 22.—Upon representations made by the war department the immigration bureau has wired its agents in this city, Tacoma, and Seattle to exercise every facility for admitting the Filipino carpenters brought over on the transport Sherman to prepare the Filipino exhibit at the St. Louis exposition. These people were detained on the ground that they were required to pay a head tax and also were likely to become public charges.

Round-up of Suspicious Persons.

New York, Sept. 22.—A round-up of suspicious characters has toward the determination of the police department to end the feudal shooting affairs on

If you like your gray hair, keep it. If not, get rid of it. You can do as you please, for Hall's Vegetable Hair Renewer always restores color, always.

Sold for 60 years. If your druggist cannot supply you, send \$1.00 to R. F. HALL & CO., NASHUA, N. H.

the lower East side in this city which have resulted recently in half a dozen men being killed. Twenty-four prisoners were taken in the first raid.

One threw a vial of chloral into an ash barrel a moment before he was arrested and there was none who did not have either an ugly knife or revolver concealed about his person.

Millet's "Maternity" Goes to Ohio.

New York, Sept. 22.—One of the most important and interesting examples of the great French painter, Jean Francois Millet, that have come to this country in many years is now in this city and will be shipped to Cincinnati in a few days. The canvas which is entitled "Maternity" was bought for C. P. Taft of that city by a New York firm. A color picture also was purchased for Mr. Taft and will accompany the Millet to Cincinnati.

Brother Karl, Benedictine, Dead.

New York, Sept. 22.—A private dispatch from Prague announces the death of Brother Karl, probably the most famous member of the Benedictine order of monks.

Before entering the cloister, he was Prince Edwin Schoenberg, an officer of the Austrian emperor's guard. At 35 his tastes suddenly changed. One day he rode to the Benedictine abbey from the parade and asked to be admitted to the priory. He gave a large fortune to the order and spent his days working among the poor.

SHERIFFS IN TROUBLE.

Are Implicated in Substituting Old Chinamen for Young Ones.

San Francisco, Sept. 21.—The call will soon be made for the sheriff's office at the county jail as jailers and one and perhaps two deputy United States marshals will, in all probability, be connected criminally with the unlawful substitution of Chinese before the investigation now in progress is ended. The evidence obtained against them is said not to be conclusive, but is sufficiently strong to warrant something more than a suspicion that they have been actively implicated in the illegal traffic for which three white men and three Chinese are under arrest, and on account of whom William P. Gamble put an end to his life.

The investigation may even go further. There are strong suspicions that federal officials higher up than the men directly charged with the offense of Chinese substitution exercised a tacit acquiescence in the traffic. Their actions in this matter are being scrutinized with the utmost care by the secret service agents engaged in the investigation, and it need cause no surprise if an upheaval in at least two of the implicated officials in this city should follow.

Cole Younger in Trouble.

Nevada, Mo., Sept. 21.—A charge of embezzlement of \$6,000 has been made against Cole Younger, the bandit, by the United States marshal at St. Joseph, Mo., with which Frank James and Younger have been associated since shortly after Younger's pardon from the penitentiary there he was serving a life sentence. James and Younger had previously brought action for damages against the management, because, as they alleged, the show proprietors failed to equip the cage according to contract and refused to drive away the gambling element that followed the show. James and Younger assert there is nothing in the embezzlement charge which they say is retaliatory.

UTAH STATE DAY.

Gen. Cannon Wants Oct. 20 Designated by St. Louis Fair Com.

St. Louis, Sept. 21.—John Q. Cannon, secretary of Utah's commission to the world's fair, requests that Oct. 20, 1904, be designated as Utah state day for which occasion special efforts will be made looking to a typical fruit exhibit, possibly military participation and other features of interest. Oct. 20, 1904, will probably be assigned to Utah as requested.

A Chicago University Land Deal.

Chicago, Sept. 21.—One of the most extensive real estate deals in the history of the city has practically been completed for the University of Chicago. The transactions involve the purchase of the entire south frontage of the Midway Plaisance between Cottage Grove and Madison avenues at a total consideration estimated at \$1,000,000 for the land and \$450,000 for the buildings.

The news of the extensive purchase confirms the reports which have circulated in university circles for some time that the largest medical school in the world is to be established on the Midway. Rush medical college will

Asthma and Hay Fever Cured.

The truly marvelous cures of Asthma, which are being effected by Dr. Schiffmann's Asthma Cure certainly call for notice.

Rev. G. L. Taylor, of Washburn, Ill., says: "Some 7 years ago my wife used several packages of your Asthma Cure which resulted in a permanent cure."

A Hay Fever sufferer writes: "I have been a sufferer from Hay Fever for over 20 years, and it seemed harder every year. The first night I used your Asthma Cure I was greatly relieved. It cured my cough after using a few times. I shall recommend it to all sufferers of Hay Fever." Mrs. Martha Simerson, Laingsburg, Mich. Sold by all druggists at 25c and \$1.00. Send 2c stamp to Dr. R. Schiffmann, Box 805, St. Paul, Minn., for a free trial package.

form the nucleus of the institution and it will be supplemented by the Merrimack medical institute for infectious diseases, extensive hospitals for which assembly will be constructed on the "cottage" plan and possibly the Chicago polytechnic hospital.

JUMPED THROUGH WINDOW.

Body Rolled on to Track and Was Crushed.

Portland, Ore., Sept. 21.—In a desperate effort to escape from the officer who was bringing him back from North Yakima, Wash., W. E. Hambrook jumped through the window of a Northern Pacific train this evening as it was pulling into the Portland depot and was killed. He struck the ground in such a manner that his body rolled back under the rear trucks and was crushed almost beyond recognition. Hambrook was wanted in Portland on a charge of larceny preferred by a drug firm for which until recently he had worked. He was arrested Saturday at North Yakima, and while in charge of the officer at that place made an effort to escape by jumping from a second story window and though he was for a time at large he was recaptured the same evening.

Trial of Tillman Begins.

Columbus, S. C., Sept. 21.—At today's opening session of the Lexington county court, Judge Frank B. Gray ordered that the trial of James H. Tillman, charged with the murder of N. G. Gonzales be heard next Monday, Sept. 28.

Solicitor Thimmon of the prosecution contended that the case he called this week, but in the report to the court this morning he recommended that the case be held over until next week on account of the local criminal cases on the docket. The prisoner was in court today as were his uncle, Senator B. R. Tillman, and other relatives. There are 10 lawyers entered for the defense and besides the solicitor for their prosecution.

A Geographical Curiosity.

Berlin, Sept. 21.—At today's meeting of the international statistical conference, M. Levasseur, one of the French delegates, called attention to a geographical curiosity in the case of the extent of the principality of Monaco, which he said was given as 20 times greater than it really is. Here, says M. Levasseur, speaking on immigration statistics, said the present system of international statistics was inadequate. He urged that a card be issued for each immigrant giving full particulars, especially whether the immigrant settled in the country permanently or whether he only remained for a season.

Among the delegates of note are Herr Sternberg, Austria; M. Bertillon, and M. Levasseur, France; Mr. Wilcox, United States, and Messrs. Craigie and Atkinson, Great Britain.

Anti-Duelling League.

Berlin, Sept. 21.—A meeting of the Anti-Duelling league, attended by 40 delegates, was held at Frankfurt today, under the presidency of Prince Loevenstein. Dr. Kolb, of Darmstadt, reported that the largest number of duels took place in Austria and Germany took second place. Mayor Antoni of Fuda proposed that an international anti-duelling agreement should be brought about.

Injured by Runaway Horse.

Gallatin, Tenn., Sept. 22.—A runaway horse attached to a delivery wagon smashed three vehicles here this afternoon, seriously injuring five persons, three fatally.

The injured: Mrs. Smith, right arm broken; hurt internally; will die. Miss Hattie Smith, left thigh dislocated.

Mamie Smith, aged six years; skull fractured; both hips dislocated; will die. Miss Sadlock, internal injuries; will die.

W. Watson, wounds on head. Miss Sadlock was in a surrey with four other young ladies, all of whom were more or less hurt. The horse, while hitched, became frightened at a toy balloon.

Want Miller Dismissed.

Washington, Sept. 22.—The Central Labor union of this city tonight took supplemental action in the case of W. A. Miller, and adopted strong resolutions which were sent to President Roosevelt urging Miller's dismissal. The union earnestly requests the president to modify his orders of last July to Secy. Cortelyou in which the president says there shall be no discrimination between union and non-union labor, and they further petition that "W. A. Miller, assistant foreman in the bindery of the government printing office, be dismissed to protect the efficiency of the service on charges made by the bookbinders union, which prove his unfitness for a public servant."

OSTEOPATHY (No knife, no drugs, Treats successfully all chronic diseases. Call on or write Reaven and Murry, 303 Archbald Bldg. Mrs. A. B. Murry Ladies' department. Correspondence solicited. Consultation Free. Tel. 1254 z.

Hulbert Bros.

TRUNKS

New Line of Writ Bags just received. 233 Main, adjoining Kenyon Hotel

WHAT TO EAT.

This matter will be found to be entirely different from and superior to the usual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical. Conducted by Katherine Kurtz, Marquette Building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago.

Menus for Next Four Days.

WEDNESDAY.
BREAKFAST.
Orange Marmalade
Cream
Shirred Eggs
Hashed Brown Potatoes
Rolls
Coffee

LUNCHEON.
Chicken Salad
Butter Milk Biscuit
Cocoa
Fruit

DINNER.
Tomato Okra Soup
Boiled Tongue, Raisin Sauce
Cucumber Jelly, Sauté Mayonnaise
Mashed Turnips
Baked Potatoes
Peach Marmalade
Whipped Cream
Pineapple Cheese
Cafe Noir

THURSDAY.
BREAKFAST.
Fruit
Cereal
Broiled Chops
Coffee Cake

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Consomme with Rice
Braised Beef, Horseradish Sauce
Potato Rice
Sweet Potatoes Baked
Cabbage Salad
Frozen Peaches
Cheese
Coffee

FRIDAY.
BREAKFAST.
Fruit
Cereal
Creamed Codfish
Baked Potatoes
New England Biscuit
Coffee

LUNCHEON.
Broiled Mushrooms
Entire Wheat Bread and Butter
Peach Cream Cake
Cocoa

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

SATURDAY.
BREAKFAST.
Breakfast Cereal
Braised Ham with Poached Eggs
Lyonnaise Potatoes
Rolls
Coffee

LUNCHEON.
Sliced Cold Tongue
Sliced Tomatoes with Green Peppers
Layer Cake
Tea

DINNER.
Clam Broth
Broiled White Fish Garnished
Mashed Potatoes
Stewed Tomatoes
Tomato and Celery Salad
Apple Meringue Pie
Coffee

Valuable Suggestions for
the Kitchen and Dining Room.

LUNCHEON.
Ham Chowder
Fruit Salad
Tea

DINNER.
Vegetable Soup
Boiled Rice
Boiled Fowl, Egg Sauce
Baked Cabbage
Celery and Nut Salad
Wafers
Apple Pudding
Cheese
Cafe Noir

WAYS WITH OKRA.

Very few northern people like the taste of cooked okra at first, especially when prepared in starchy, greasy fashion and to the crude taste—stewed in a very little water to a sort of mucilage.

However, when the vegetable is cooked in plenty of salted water until the pods are tender then drained, seasoned with salt, pepper and butter, and served as a relish, it makes a dish quite as dainty as asparagus and peas, and is a welcome addition to the green garden vegetables found disappearing from northern markets at this season.

There are two kinds—the long, pale green, slender and wiry pods and the short, thick green pods, which remain tender longer than the former kind. Green okra may be canned or sliced and evaporated like apples.

Okra should not be cooked in an iron kettle as the metal will discolor it and give it an unpleasant flavor.

Okra is used largely in combination with rice, tomatoes, corn, fish and chicken and these form the famous southern gumbos which are wholesome and most appealing dishes.

Stewed Okra and Tomatoes.

Cut small pieces from the ends of carefully washed okras. Place in a saucepan with a dash of pepper and salt, add a cup of rich chicken or veal broth or if preferred tomato sauce. Cover and stew slowly for half an hour. Dish carefully not to break the okras, sprinkle with chopped parsley and serve very hot.

Southern Oyster Gumbo.

Clean and cut in pieces for fricasse, an old fowl. Have a tablespoonful of butter in the soup kettle; when hot add the chicken and fry a good brown, throw over it a tablespoonful of flour and allow it to brown; then add hot water to a little more than cover; to this add two sliced onions, one pepper and without the seeds, white pepper and salt to taste; when the chicken is thoroughly done and about 15 minutes before serving time pour in 50 oysters and their strained liquor; when the oysters curl at the edge remove from the fire and place on the back of the range. Sprinkle in a tablespoonful of gumbo lard, stir and serve. The fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup and serve with bread sticks.

Okra Soup.

Wash and cut in rings one quart of okras; place over the fire in one quart of boiling water; add to this one quart of the fresh, fry the okras in a little oil, and add a dash of salt and pepper to taste and like a dash of cayenne pepper. Allow all to simmer for two hours. When ready to serve place a tablespoonful of hot rice in each bowl and sprinkle with a little finely chopped sweet green pepper, pour over the hot soup