#### FAMILY MARKETING

fimily breakfast, dinner and supper. Those who are in apprinted in the matter believe that if they only had the money to go to market they would have no trouble in making a proper solution. One of the trials of hous keeping conmaking a proper selection, but a little practice convinces them to the contrary, for very keepeers of things which they often forget moon beef, muiton, chickens and ham become The eternal drain of responsibility about tastes, which is rather apt to be the rule than thinks until there seems to be a lessening

may be regarded in the light of a temporal riety may be obtained and an occasional ble-sing for several reasons. In the first fifty cents saved by a judicious management place they can be easily and quickly cooked of the family marketing. and a small dish of oysters can be made as palatable as a large one. In the second, there n no waste about oysters, no bones,etc., and even if any are,"left over" they can be pickthis sentiment could but witness the intense led, if uncooked, or made into croquets, if cooked; but, unfortunately, there are mem thought, deep study and thorough investibers of many families who cannot eat oysters gation of women who determin the best which is a condition of demostic affairs and medicines to keep their families well, and would note their sagacity and wisdom in se ladeed for the housekeeper. lecting Hop Bitters as the best and demon-Rust beef is another stand by for the

table, but everybody knows "that he who buys beef buys bones," and in spite of the ual health, at a mere nominal expense, he theories of the economists these bones must be wasted, unless they are made into soup, which takes so many other good things for its development that in the end it is an extra expense. Then, too, a roast of beef should be large to be really desirable, and it is an ironical trick of fate that the majority of saters do not like coid meat. Then they require carsups, pickles and salads for its gornishing and even then applaud themselves for their carrage in eating it. Mutton is harder to dispose of when cold than roast bad. Poutry is popular, but then every bad, likes the white meat, and housekeepers.

Written at various times upon the abuses of confess that the conditions and even then applaud themselves for their carrage in eating it. Mutton is harder to dispose of when cold than roast the teeth had shared in the degeneration of the carrage in eating it. Mutton is harder to dispose of when cold than roast the organism. One of the most conclusive proofs of this is tound in the fact that scientifications even. Bowel compliants, faundice, the organism. One of the most conclusive proofs of this is tound in the fact that scientifications even. Bowel compliants, faundice, the organism of the carrage in each of the most conclusive proofs of this is tound in the fact that scientifications even. Bowel compliants, faundice, the organism of the carrage in each of the most conclusive proofs of this is tound in the fact that scientification of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of many beginning to induce us to confess that the constitution of man the organism. One of the most conclusive back. Poultry is popular, but then everybody likes the white meat, and housekeepers are put to their wits end to dispose of the wings and legs. To be sure there is ham. Figh are also to be considered, but both of these articles of diet only come in as a change and neither will do for steady eating. Of course there are vegetables, fruits and farinaceous articles which give a relish to reacts, but, after all is stid, these are but incidentals, and meat remains a necessity for people who work.

Almost everybody eats meat twice a day, this makes fourteen times a week, and although there are only five different varieties of ment, more say their wives give them no variety. One cannot delude a man into the belief

One cannot delude a man into the belief ly and s'ill retain all of our claims to civilithat sweet bread or liver is a new kind of zation, if we would eat, and compel our meat. He at once insists upon it that bo " children to cat bread made of unbolted flour are veal. Yet out of these a dainty dish may and other things containing a liberal amount be made, which greatly resembles terrapin : of the phosphates, we could make a decided Take a pound of calf's liver and boil in a impression for the better upon the teeth of

pint of water, reserve the liquor, but remove the following generation. If that generathe skin of the liver. Boil the sweet breads tion would pursue the same course, and so (3) and remove the fat and veins. Place in on, it would not be many years until the a stewpan con onion with an ounce of but- teeth would be restored to their pristine ter, remove the onlyn after it has fried for soundness and perf ction. But people selfive minutes. Cut the liver in small pieces | dom bestow any thought upon this subject and pour into the butter in the stewpan, te- until they are forced to do so by the condigether with the liquor in which it was bei- tion of their own and their chidren's mouths. ed, add two tablespoonsful of catsup and At that time it is to late to change the contwo of wine, salt and popper to taste, then struction of the teeth by anything that they cut up the sweet breads and mix in with the may do, and too little interest is fell in the liver, stewing the whole five minutes, add | welfare of humanity several generations af | another conce of butter rolled in flour, and terward to induce them to make any radical crumble through the dish the hard boiled change in their manner of living, or to This is an excellent dish for tea, as it is

delicate and appetizing and a decided change from the routine roasts and broils. Speakine of broils reminds me that this is the season for pigeons. Squabs on toast are a delicacy, but much of the bird is best in broiling, since the back and wings are not broiling, since the back and wings and it literary Revolution and easily secured by the knife and fork, and it

A nice way to cook pigeons is to place them in a pan in the oven, with a thrn layer of beef fat tied over the breast. When thoroughly browned place in a small cover ed stewpan, with enough water to cover them; stew with pepper and salt until tender; remove the pigeous and keep them hot; make a brown sauce of the water in which the birds were stewed, and browned flour or bread crambs; serve with currant jelly. The pigeons should be placed on toast, the sauce poured over them and the dish garnishe!

Pigeons make rather an expensive dish, as they sell for forty and fifty cents per pair, but a pair dressed in this way, by proper management, do a family of four for tea. The way to manage is this: Have wheaten gries boiled and placed in caps, when cold it will form nice little moulds. One of these placed before each member of the family will take off the edge of appetite and the prospect of the pigeors keep up their spirits. I don't thing much of wheaten grits, but some perple like it, and one can eat it if one has something better to finish off with.

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The Eventual Molammed, translated by Sale 35 cents. A meal, like a piece of music, to be effective should present contrast, the lights and shades of harmony, as it were. There should be some prominent dish in the foreground, something that has a flavor and a taste. Then the side dishes should be (to speak actistically) stumped in. The ten and bread represent the varnish point. Hence, as in a picture, the question becomes, what shall we have in the foreground, This must depend greatly upon finances

and inclination. Let us suppose that both are limited. In that case broiled herring will do, particularly if they have roes. Let us sty the herring are in the foreground, or the bottom of the table, what shall one have for the middle distance? Dried peaches will do, and do very well, if properly cooked To a half pound of dried peaches take half pound of white sugar; soak the peaches three hours; stew in the water they were soaked, adding the sugar when first placed over the fire , stew until a rich syrup is produced. The dish, which costs about twenty cents, will generally serve for two or three ters. This picture of a tea table may be improved by stumping in the neutral tints in the shape of hot cakes. It is not luxurious, but will serve excellently well in Lent, or at the end of the week when the market money begins to run low.

"Picked" codfish is not a bad dish for these who like it. Wash the codfish and pick it off the backbone; throw in a skillet with cold water and boil a few momentsrepeat three times; mix in lump of butter rolled in flour, and a little milk and pepper; when cooked stir in an egg. If the "picked" codfish is in the foreground, the middle dissance may be supplied with a plentiful supply of mashed potatoes.

For a table picture on a more liberal scale let us consider chicken. In the foreground a chicken stewed with egg sauce. Cut your chicken up and stew in a quart of water; when half-cooked stir in a half tencupful of rice which has been previously soaked. Have the rice thoroughly noft. Make a nest of it,on the dish lay the pieces of chicken in it. Boil two eggs and slice them in drawn butter, which pour over the whole. Garnish with a little parsley. This not only represepts an attractive foreground, but is the dish that has the estimable quality of going far. For the middle distance provide cold

slaw, garnish with small pieces of red beet. A UDITOR'S NOTICE.

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There is nothing new in any of the above ideas, but they will serve to remind house-keepeers of things. monotonous. This difficulty is increased if providing marketing is a severe trial to a A UDITOR'S NOTICE. the members of the family are possessed of woman's nervous system. She thinks and In the matter of the assigned estate of Hazletine and Steel for the benefit of creditors.

the exception. For this reason it is much easier to market for a large family than a small one, because in the former case whatever is put upon the table has a chance of being eaten by some b sig.

In a small family a function of oysters if one has a particular family, but still vanish be regarded in the light of a temporal riety may be regarded in the light of a temporal riety may be obtained and an occasional of the brain or a loss of the connecting link between knowledge and the faculty of practical performance. The table runs away with so much money that one would like if possible to reduce the sum. This is difficult if one has a particular family, but still vanished the reduced the reduced to the hards of within all parties having claims upon and form any share of the sail one. may 28, 1880-4W

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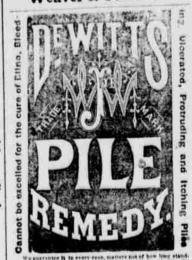
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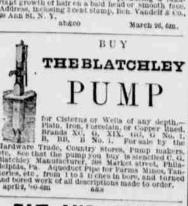
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RAIL ROAD TIME TABLE



WINTER TIME TABLE. WESTWARD.

WEST WATD.

Eric Mail leaves Philadel-pula
Harrisburg
William port
Jersey Shore
Lock Haven
Removo
Arrive at Brie
Ningara Express baves Chinadel-phia
"Hardeburg
arria Williampeet
Lock Haven
Hardeburg
Hardeburg
Arrive Harven
Lock Haven
Hardeburg
Removo
Removo Past Line leaves i diadelphia Harrisburg arrive at Williamspor Lock Haven

EASTWARD. Day Express leaves Verbour Day Express leaves Verbour Lock Haven Verbauer Harrisons Philadelphia Krie Mail leaves Verbauer Harrisons Verbauer Harrisons Allarishurg Philadelphia Fast Line leaves Williamsport arrives at Harrisburg Philadelphia Fast Line leaves Williamsport arrives at Harrisburg Philadelphia Fast Line leaves Williamsport Philadelphia Philad

On and after November 20th, 1873, truins we sunbury as follows: NORTHWARD, Eric Mall 5,20 a. m., arrive Eindra... Canandatgua... a.m.p. m Rochester ..

port 19.55 p. m. Buffalo Express 7.15 a. m. arrive Buffalo 8.5e a u SOUTHWARD, Buffalo Express 2.50 a.m. arrive Harrisburg Elmira Mail 31.15 a. m., arrive Harrisburg :. Washington !

Washington Harrisburg accommodation burg 10,50 p. m. arrive Baltimore Washington 633 Eric Mati 19.55 a. m. arrive Harrisburg 2 of s. m.

Baitimore 8.46 "

Washington 16.35 "

All daily except Sunday.

D. M. BOYD, Jr., General Passenger Auch A. J. CASSATT, General Manual DHILADELPHA AND READING ROAD

ARRANGEMENT OF PASSENCER TRAINS. May 11, 1979. TRAINS LEAVE RUPKET AS FULLOWS SUNDAY EXCEPTED FOR New York, Philadelphia, Heading, Polladille Tamaqua, et., 11,48 a. in For Catawissa, 11,45 a. in. 7,21 and 7,05 p. in.

For Williamsport, 6,28 9,05 a. m. and 4,06 p. m.

TRAINS FOR RUPERT LEAVE AS POLLOWS, (SI NOAT EX-Leave New York, 8,45 a. m. Leave Philadelphia, 9,48 a. m., Leave Reading, 11,55 a. m., Pottaville, 18,30 p. in and Tamaqua, 1,50 p. m. Leave Catawissa, 6,50 s,70 s; m. and 4,00 p. in. Leave Williamsport 3 48 a.m.E.15 p. m. and 4.50 p. to Passedness to and from New York and Philadelthia go throug. without change of cars.

C. G. HANCOCK, General Ticket Agent, Jan. 14, 1076-tf. DELAWARE, LACKAWANNA ANS

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