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**Cleveland's Baking Powder**

does more and better work than a heaping teaspoonful of others.

Cleveland Baking Powder Co., New York, Successors to Cleveland Brothers.

**Norman & Moore**  
FIRE INSURANCE,  
120 Wyoming Ave.

**THE SUBURBAN ELECTRIC LIGHT CO.**



Are and Incandescent Lights in nearly all parts of the city.

OFFICE: Commonwealth Building.

Our Incandescent System is absolutely safe.

**ALL THE LATEST**  
Improvements used in doing  
**The Wide Renowned**  
Laundry work of  
**THE LACKAWANNA**  
38 Penn Ave. A. B. WARMAN

**CARPETS**



You Don't Like to Lay Them. Do You?  
**LET US DO IT**  
It will not cost much. It will be done right.

**WILLIAMS & McANULTY**  
127 WYOMING AVENUE.

**\$5 REWARD!**  
So many complaints of irregular delivery have reached us, which we have traced to stolen papers, that we now offer \$5 reward for information that will lead to the conviction of any person caught stealing The Tribune from the doorsteps of regular subscribers.

**CITY NOTES.**

The Lackawanna Presbytery meets in Tunkhannock tomorrow morning.

Skating at the Driving park; a band will be present this evening if the weather permits.

There will be a meeting of the Scranton Oratorio society tonight at 8 o'clock over Powell's music store.

Special revival services this week in the Simpson church. Rev. F. A. King will preach Tuesday evening and Dr. Pearce Thursday.

The funeral services of Miss Mary Doersam will be held at the Penn Avenue Baptist church Wednesday afternoon at 2 o'clock.

Court yesterday confirmed conditionally the report of C. P. O'Malley, auditor in the case of William Frantz against Mrs. Emma Diem.

The Green Ridge Woman's Christian Temperance union will meet Tuesday, Jan. 15, at 2:30 p. m. at their room, 615 Green Ridge street.

William L. Atherton, assessor of Glenburn borough, returned his assessment books for the year 1894 to the county commissioners yesterday.

The Scranton basket ball team of the Young Men's Christian association will leave for Kingston on the 6:00 Delaware and Hudson train tonight.

At a largely attended meeting of the Baptist Pastors' conference yesterday, Rev. D. C. Hughes read a paper on "The Dispensation of the Logos."

Ex-Sheriff John J. Fahey has placed a desk in Prothonotary Fryer's office and is there engaged in closing up the business matters connected with the sheriff's office.

Judge Edwards yesterday set aside the report of viewers in the matter of a road in Jefferson township for the reason that the viewers were not sworn in the manner required by law.

In the assignee of Shoe Dealer Jacob E. Cohen, the bond of E. Moses, as assignee, to the amount of \$1,829.92, with Joseph Levy and Morris Goldsmith as security, was approved by the court yesterday.

The Woman's Christian Temperance union will hold their regular weekly meeting this afternoon at 2 o'clock in their room, 303 Spruce street. All members are urged to be present and bring their friends with them.

The order of Judge Gunter requiring that the gambling furniture captured two weeks ago shall be burned within ten days will be delivered to the chief of police today. The goods will probably be burned tomorrow.

Charles Huester has now become located in the office of recorder of deeds, and

**SEEN IN THE GYMNASIUM**

Physical Culture Nowadays Is a Very Practical Thing.

**THE OLD WAY AND THE NEW**

Instructor and His Machines Can Be Compared with the Physician and a Drug Store—How They Do It in Scranton.

There was a time when amateur athletes aspired to excel in some special feat of strength or agility, and when athletic clubs aimed to train its members in only a few branches of sport such as running, jumping, hitting, and boxing. But in the last few years there has been a great revolution in athletics as in the iron industry, printing, art, and science. The old idea of perfecting a man in some particular line of athletic work has been abandoned. Nowadays the fundamental principle of physical culture is to make a man's body as perfect as possible; this idea has gained such favor among athletic clubs throughout the country that the old principles exist only in name.

Probably no organization in existence today has done more to encourage the new order of gymnastics than the Young Men's Christian association, and in Scranton particularly during the last few years has the association done a world of good toward making men strong and well. There are in the city several hundred professional and business men and clerks who owe their robust frames to the training they received in the Scranton "gym." Many of them still visit the gymnasium and others continue to exercise at home, using the information gleaned in earlier years from the Young Men's Christian association physical director. In view of the extensive work done in this line by the association, some facts regarding the gymnasium and its work may prove interesting.

**What Physical Culture Does.**  
The physical director, R. L. Weston, is a good illustration of what body building will do for one. He is 32 years of age and for three years has had charge of the Scranton gymnasium. When 29 years of age his chest measured only 33 inches and he was afflicted with lung trouble. Upon the advice of a Boston physician he took courses in Boston and Springfield and eventually became an assistant director in the Young Men's Christian association gymnasium of the same named city. He later became physical director in Columbus, O., and St. Paul, Minn., and came from the latter city to Scranton, where he is well known as one of the most competent physical instructors in this part of the country.

The old idea of a gymnastic instructor made him a man of brawn and muscle and little else. Today he must know much of symmetry and grace and the best methods to bring such conditions about. Physical Director Weston bears the same relation to the gymnasium as a Scranton physician does to a drug store. In the gymnasium are machines and appliances to increase the girth of the chest, lift the drooping shoulders, straighten the back and make vigorous and strong any special part of the body which is out of proportion.

**One Practical Feature.**  
Each applicant for admission is subjected to an examination and measurement, and whatever kind of exercise he needs is prescribed for him. Like the diagnosis, treatment and result of a physician, the instructor receives a tabulated measurement of body, limbs, chest, etc., and is given a prescription which will be a better bodily proportion. The prescription consists of certain exercises with various appliances and machines in the gymnasium. A chart is furnished to show what the result should be, and after the exercise has been applied a certain number of months or weeks another measurement is taken, showing the actual results. It is difficult to conceive what more practical method could be followed.

For the first time in several months no new cases of typhoid fever were reported to the board of health in a given week. City health officials believe the disease will now exist only in the usual few sporadic cases. The mortality shows one death from typhoid, four new cases of scarlet fever and four new cases of diphtheria; thirty deaths resulted from all causes. The report indicates that the general health of the city has improved and that diphtheria is more than normally prevalent.

Judge Edwards yesterday handed down an opinion making the preliminary injunction permanent in the case of Mrs. Abbie J. Sheak against the Curtis Medicine company. Mrs. Sheak's husband, now deceased, sold to the company the right to manufacture certain patent medicines, and under the terms of the contract received in payment royalties on the sale of these medicines. Mrs. Sheak prayed for an injunction on the ground that the company had defaulted in the payment of the royalties.

**DEMING'S MINSTRELS.**

A Great Treat Given at Davis' Theater This Week.

Arthur Deming's minstrels made their appearance to a large audience at Davis' theater yesterday, when they presented an excellent programme of varieties and specialties. The minstrel farce-comedy, "A stranger," opens the entertainment, in which the following specialties are introduced. Nellie O'Neil, a splendid contralto dancer; LeRoy Millard, a musical comedian, who displays considerable skill on twelve different instruments; Miss Moore, who renders several operatic selections; Prince Flabow, the acrobat; Miss Lorena Jansen, who is a very clever soprano; and Arthur Deming, as "the emperor," whose reputation is sufficiently well-known.

**NINTH WARD CAUCUS.**

Captain James Moir Nominated to Succeed Himself.

At a caucus of Ninth ward Republicans held last night in the police court room at the city hall, Captain James Moir was nominated to succeed himself as a member of common council and the following election officers were named for the three districts of the ward: First district—H. Atworth, judge of elections; A. B. Briggs, inspector; Curtis Powell, register.

**KEY WEST CIGARS**

Best Brands, \$3.50 per Box.

"WHITE SEAL"  
Fine Havana Cigar, \$2.25 per Box.

FINE HAVANA CIGARS  
5c., \$4.00 per Hundred.  
No Fancy Prices.

**E. G. Coursen**  
429 LACKAWANNA AVENUE.

**AT THE FOOD EXPOSITION**

Box of Caramels Will Be Given to Each Woman Visitor.

**ORIGINAL CONTEST TONIGHT**

Young Women Will Have a Candy Wrapping Race—Tempting Dishes for the Sick Described at Yesterday's Cooking Lesson.

Interest and attendance at the food exposition has not abated, and the present week promises greater success than even the week preceding. A number of baking and other contests will be announced from day to day.

Last night was "Lodge Night," and the Press club received the greatest number of votes for the handsome silver water service. Over a dozen social and secret organizations were voted for. Miss May Fenner held the lucky number which drew the handsome cut-glass bottle at the Press club booth.

Blue Monday, or washday, did not prevent the usual large number in attendance upon the cooking lectures. The subject selected by Miss Cross was, "Diet for the Sick," and the several excellent dishes she prepared would almost make one willing to be an invalid. She said that bodily ills are largely due to improper diet and might be prevented if sufficient attention was paid to the study and preparation of food.

The brain worker, she said, is constantly fed upon a diet more appropriate for the laborer and vice versa. It should be borne in mind that professional men and men of sedentary habits require food which nourishes the brain and blood and nervous tissue. A food which the invalid can assimilate and which is nourishing can be prepared in a number of ways. Following are the recipes given yesterday:

**Very Nutritious Food.**

Bartholomew's Food—In a nutritious and nutritious food. Take 1 tablespoonful of Pearl barley, add 1/2 pint of milk and let cook in a double boiler for 25 minutes; strain and add 1/2 pint of beef tea and the remainder of water and give over 2 tablespoonfuls at a time.

Beef Tea—Take 1 pound of lean beef, have it chopped fine and add 1 pint of cold water and a piece of colored muslin tied to favor it and let it stand two or three hours; place on a stove and bring it slowly to the steaming point; strain through two thicknesses of cheese cloth; remove fat by floating pieces of brown paper on the top; add 1 teaspoonful of salt.

**Other Choice Dishes.**

Larded Hot Sweetbread—After it has been parboiled thread the larding needle with pieces of pork, stitch through the fat and lard ends on each side until you have two rows of lardons; place in a pan with about a tablespoonful of butter and bake 25 minutes, basting every 10 minutes.

Konnyuss—Bring 1 quart of milk to blood heat, add 1 tablespoonful of sugar made into a syrup with 1 tablespoonful of yarrow and 1/2 pint of water; place in a cool place for 12 hours when it is ready to use; never serve to an invalid after it is 26 hours old.

Miss Cross will lecture on poultry today; her subject tomorrow will be salads.

Tonight will witness a candy wrapping contest among a number of the girl employees of the Scranton Caramel works. The contest will be given on a raised platform at the rear of the hall and will be decided by a committee to be selected today. The participants will be Misses Ella Harris, Sadie Coll, Blanche Millard, Jennie Smith, Bertha Deltzer, Annie Scholl, Mamie Roche, Lucy McGuire and Mary Rafferty. They will be assisted by Miss Nellie A. Maloney. During the day each woman visitor will be presented with a box of caramels.

**NOTES OF THE EXHIBIT.**

H. Jacoby, the winner of the pumpkin seed contest, received his box of assorted dainties yesterday.

The Press club jelly cake contest will be decided and the prizes awarded at the club's booth tonight.

A novel souvenir will be given away at the Washburn & Crosby booth tonight. A ham sandwich will be given to each applicant with the compliments of the Stowers Packing company, which will furnish the ham, and Megargel & Connell, who supply the bread.

C. T. McCaffrey, of the Atlantic City Salt Water Taffy company, who is an expert stick candy maker and spinner,

**ALDERMAN POST REVERSED.**

He Should Have Accepted Proof of Prior Conviction When the Phelps Case Was Heard.

After hearing arguments for and against the reversal of the judgment of Alderman Post in the case of the commonwealth against Druggist John H. Phelps, Judge Edwards handed down an opinion yesterday morning reversing the ruling of the alderman.

On Sunday, May 29, Druggist Phelps had his place of business open and transacted worldly sales in violation of the laws of Pennsylvania under the act of April 22, 1794. At the instance of Rev. F. A. Dony Mr. Phelps was brought before Alderman Post and fined \$4 and costs. At the hearing an offer was made to prove that Mr. Phelps had already appeared before Alderman Fitzsimmons and lodged information against himself, paying the fine.

Alderman Post refused to accept the transcript from the docket of Alderman Fitzsimmons as a proof of prior conviction. This is one reason why Judge Edwards reversed the judgment. Another reason is that the information and warrant in the proceedings before Alderman Post did not specify that the offense was committed in Lackawanna county. On these two grounds Judge Edwards ordered the proceedings reversed.

**WANTED TO MURDER.**

George Creshel Had Desperate Designs on His Wife.

George Creshel, a Hungarian, caused considerable commotion on Ninth street Sunday evening by threatening to kill his wife, Lieutenant Williams was called and Creshel ran to a house and barricaded it against the officer, who was compelled to break in the door.

When arrested the prisoner was difficult to manage and the officer's baton had to be used in taming him. He was sentenced to thirty days imprisonment yesterday.

**Republican Caucus.**

A caucus of the Republican voters of the Thirteenth ward will be held Saturday, Jan. 19, between the hours of 4 and 7 p. m., at the several polling places to nominate the following candidates: One alderman, one common councilman and a judge of election, inspector of election and registrar of voters in each district. By order of the vigilance committee.

A joint caucus of the Republican voters of the Seventeenth ward will be held in Alderman Post's office, 59 Lackawanna avenue, Saturday, Jan. 19, between the hours of 4 and 7 p. m., for the purpose of placing in nomination candidates for select and common council, and other ward officers. By order vigilance committee.

THE WAY to reach catarrh is through the blood. Hood's Sarsaparilla, by purifying the blood, removes the cause of the disease and permanently cures catarrh. Take only Hood's.

HOOD'S PILLS act easily, yet promptly and effectively, on the liver and bowels.

ANKLE supporters for skating at C. M. Flores's, Y. M. C. A. building.

PHILSBURY'S Flour Mills have a capacity of 17,500 barrels a day.

**KEY WEST CIGARS**  
Best Brands, \$3.50 per Box.

"WHITE SEAL"  
Fine Havana Cigar, \$2.25 per Box.

FINE HAVANA CIGARS  
5c., \$4.00 per Hundred.  
No Fancy Prices.

**E. G. Coursen**  
429 LACKAWANNA AVENUE.

**W. W. BERRY, JEWELER**  
417 Lackawanna Ave., SCRANTON CITY.

**BEST SETS OF TEETH, \$8.00**  
Including the painless extracting of teeth by an entirely new process.

**S. C. SNYDER, D. D. S.,**  
185 WYOMING AVE.

**JANUARY**

**FUR SALE**

100 American Lynx Capes, 30-inch long, for \$6.98 formerly sold for \$13.  
1 lot of Wool Seal Capes, \$18.00, worth \$35.  
Electric Seal Sacques for \$69.00, worth \$110.  
Closing out our entire stock of Cloth Coats,  
Your Choice at \$5 Each.

**J. BOLZ**

138 Wyoming Ave.  
Have your Furs repaired by the only Practical Furrier in the city.

**NOW**

Let's talk about useful household articles such as

- Paper Pails and Wash Bowls,
- Coffee Mills,
- Can Openers, Oil Cans,
- Market Baskets,
- Whisk Brooms, Hampers,
- Meat Roasters
- Dover Egg Beaters,
- Coal Hods, Etc.

We are headquarters on all these goods.

**C. S. WOOLWORTH**

319 LACKAWANNA AVENUE.  
Green and Gold Store Front.

**THE CELEBRATED SOHMER PIANOS**

(as at Present the Most Popular and Preferred by Leading Artists)  
Warerooms: Opposite Columbus Monument, 205 Washington Av. Scranton, Pa.

**BI HATS AT DUNN'S**

TONIGHT will witness a candy wrapping contest among a number of the girl employees of the Scranton Caramel works. The contest will be given on a raised platform at the rear of the hall and will be decided by a committee to be selected today. The participants will be Misses Ella Harris, Sadie Coll, Blanche Millard, Jennie Smith, Bertha Deltzer, Annie Scholl, Mamie Roche, Lucy McGuire and Mary Rafferty. They will be assisted by Miss Nellie A. Maloney. During the day each woman visitor will be presented with a box of caramels.

**YOU NEED**

**RUBBERS**

BUY THE BEST AT  
**BANISTER'S**  
All Kinds of Rubbers.

**OUR GREAT CLOAK AND FUR SALE**

Has proven such a success that we have decided to continue it one week longer.

- \$8.00 Garments reduced to \$5.50.
- \$10.00 Garments reduced to \$7.50.
- \$12.00 Garments reduced to \$8.00.
- \$17.00 Garments reduced to \$10.00.
- \$18.00 Garments reduced to \$12.00.
- \$20.00 Garments reduced to \$13.00.
- \$25.00 Garments reduced to \$17.00.
- \$30.00 Garments reduced to \$20.00.
- Men's 50c. Lined Gloves reduced to 35c.
- Men's 50c. Natural Wool Underwear reduced to 39c.
- Boys' 50c. Silk Plush Cap reduced to 39c.
- Boys' 25c. Winter Cap, Scotch Knit, reduced to 19c.
- Dr. Jaeger's Woolen Goods at greatly reduced prices.

**M. BROWN'S BEE HIVE,**  
224 LACKAWANNA AVE.