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THE HOUSEHOLD.

MRS. C. P. MATTHEWS, Editor.

HOUSEHOLD PAGE.

What shall we put on the household page? Oh, wisdom and folly from many an age? A recipe for tomorrow's dessert? A certain cure for Tom's last hurt? Things to remember that I've forgot? Something, everything and what not? How to make home attractive and neat? And to cook good things, wholesome and sweet?
What we shall read from poet and sage. All can go on the household page. Are you thinking to build a house, my friend? Allow me one bit of advice to lend. And if as well your thoughts should tend To matters matrimonial: Don't build your house on some funny plan, Gothic, or Eastlake, or Queen Ann, Neither French, or Baronial. But build it square, straight and strong. You may rest assured you'll not go wrong If you build it Old Colonial.

DOMESTIC LIFE IN GERMANY.

It may be of some interest to American housewives to know how their German sisters manage housekeeping in their dear old Vaterland, and trusting that such is the case I will attempt to describe some of the things we have observed in the most forcible manner during my two years' residence in an upper middle-class family in Berlin. I say upper middle-class, for though not belonging to the aristocracy proper, the Berliners were justly proud of the sturdy old veteran, who so nobly defended and saved a very important stronghold during the great German struggle for independence, thereby winning for himself the gratitude of his sovereign, and so well-known to all students of German history.

It is unquestionably true that the Germans take great delight in satisfying the inner man and it seemed to me the first few days after my arrival that I was constantly being urged to partake of some more or less substantial repast at very odd, though quite frequent intervals. The Germans have an almost morbid dread of becoming hungry, so to prevent such a dire catastrophe, they indulge in no less than five regular meals daily. The day is begun with a delicate breakfast of rolls and coffee. About two hours later a so-called second breakfast is served, consisting of rolls and meat, generally some kind of sausage, with beer, wine or coffee, as one chooses. The most substantial repast is served about one o'clock. The menu is what one would expect to find at a dinner anywhere, bread and butter, however, being conspicuous only by their absence. In the middle of the afternoon, we always had coffee and cake, and finally at eight o'clock we sat down to supper. There was a decided novelty about such a state of affairs, which was rather more pleasing than otherwise, especially during those two or three days when I had nothing of greater importance to attend to. But how I was to do justice to the culinary dainties which were so plentifully served, and which I had been told were so objectionable (?) I was never able to find out. My American mind was unprepared for the various formalities observed at meal time, and I well remember my consternation when after dinner, just as we left the table, the older members of the family all murmured a pleasant "Mahlselt," thereby seeming to imply a hope that the occasion had been an enjoyable one. The younger children all came around to me and formally shook hands, as they uttered the magic word. At first I concluded this to be merely a family custom to teach the children to show deference to their elders and superiors—but my first dinner party, a month after my arrival, speedily dissipated my misguided mind of any such illusion.

A very elegant lieutenant took me out, and we carried on a composite conversation, he in German with some French phrases, at what seemed to me sadly long intervals, which method of procedure was totally reversed on my part. As our hostess rose, I noticed that my escort regarded me with an expectant expression, the while extending his hand in the most matter of fact manner imaginable. I extended mine and we both shook hands and said "Mahlselt," after which, following the lead of the German ladies, I went through the same ceremony with my host and hostess.

Another striking feature—which I found later on belonged to every household I entered—was the peculiar arrangement of the furniture in the parlor and sitting-room. On one side of the room a sofa is enthroned, in front of which, just far enough removed to permit one to pass between the two, is a table flanked by an easy chair, upholstered like the sofa. All the other chairs are rather straight and decidedly uncomfortable and are consequently reserved for the children. It being apparently part of the German code that a child becomes obedient and respectful in proportion to the hardships it has to undergo. The sofa is thus the seat of honor, as such being sacred to the heads of the household and their guests. It amuses me now to think how unconsciously I must have shocked those good-natured Deutschers by my evident willingness to enounce myself thereon, for it was not until after a

solour of five or six months in her house that gentle Frau B.—N.—ventured to expostulate with me because I had not endeavored to do the proper things, to be perfectly on my feet. I should have smiled sweetly, thanked my hostess as graciously as possible, and then sought out the most uncompromisingly uncomfortable chair in the room allotted. The mistress of the meek, gentle Frau, for fear her friends would have a complaint against her, the American member of her family, so wrought upon me that, from that time, I avoided the sofa and the adjacent arm chairs as though they had been in reality snares set for the unwary.

CARE OF THE TEETH.

We have taken the physique, the complexion, the eyes, hair and lips. For the teeth, cleanliness is the first and best rule. Visit your dentist once in six months. Keep your stomach in order, live regularly and eat only the best things. Reveal in fruit and vegetables. Give up living on fried food and pastry. Broil your meats, don't spoil good things with a frying pan. Your physical culture instructor will recommend your rubbing either a good massage cream or coconut oil at night. A spray of cold water is good after the morning bath and after the evening wash. For the care of the hands, wash them with soap and water, using a soft nail brush and pure soap. Rub them with cornmeal and see how much it does for them, cleansing and healing at one and the same time. Shove back the cuticle at the base of the nails and file them to a moderate oval. Clean and rub the ridges that sometimes occur under the nails with polish. Oil them with the best cuticle salve. For the stains try lemon juice. Visit a professional manicure, if not regularly, occasionally, when they are beyond your own ability to keep.

BEAUTY.

Is it Worth Courting, Then Why? What is beauty? The whole thing may be summed up in the words symmetry, harmony. A beautiful piece of machinery is one that works in perfect harmony and to do this it must be kept clean and oiled. We are nature's most wonderful pieces of machinery, yet not more than machines. Do we not need much care? The laws of Hygiene are the rules for beauty. How can we break all laws of hygiene and expect to be beautiful? Webster tells us "beauty is that which is pleasing to the eye and to the senses." It is my duty to treat of that which appeals to the eye and the senses. Are you straight and general physique, not as a passing "fad" but as good sensible remedy for round shoulders, flat chests and abnormal abdomens. Calisthenics is derived from a Greek word, "kalos," signifying beautiful and "sthenos," strength. Let us adopt this means to acquire the beauty of perfect proportion and to do this, to stand, to sit, to walk and to breathe. Yes, and how to rest for but few people really know that. Having learned the rules practice them in all places. You will not take an extra time and it will soon become a habit. And now for the much worn subject, "cleanness," so frequently slighted by people who would be immensely benefited if they were not perfectly clean. Attention to the skin is a very important item in personal hygiene. It is not only a covering to the body, but has its own special life and should be kept clean and healthy. The scalp is often neglected because "it takes too long to dry the hair." The hair ducts need as much freedom as any part of the body and should be allowed to become clogged. Each hair has its own nerve, and blood vessels; also two small sacs which secrete oil and give gloss to the hair. You must not let dirt accumulate about your plants nor the earth become caked with their roots. Your hair is a plant and grows like a tree. Give it the same amount of care. Wash it, trim it and nourish it sometimes. Some say they are "always scrubbing while they wash their face a dozen times a day," but they never use soap, have been told that it was "bad for the skin." This is a mistaken impression. Pure soap will never hurt, on the other hand it is absolutely necessary to remove the greasy waste matter given out at every pore. The skin of the face does not differ in any essential particular from that of the body and there is no reason why it should be so thoroughly cleansed. It is quite probable that certain rashes which are limited to the face are the result of this very neglect and the consequent accumulation of material which ought to be removed.

FACIAL MASSAGE.

Then for the face use hot water into which you may throw a little borax or a few drops of ammonia. Use plenty of good, pure soap. Dry with a soft linen cloth rubbing from the nose out to the chin up. Moisten the fingers with palm oil and while the pores are yet open, rub in a gentle rotary motion so as to work out the blackheads. Never pinch or squeeze them for it always leaves ugly blotches. Cleanse again with hot water and soap, then dash the face with or plunge it into cold water. Dry it perfectly. A little rose water or any good toilet water may then be applied. Sometimes lemon juice and rosewater. Palm oil is softening to the skin and will answer when good face cream is out of reach by reason of its being too expensive. Avoid face powder, common cornstarch is safer than a face powder of which you know nothing. If anything is to be used, use a "too shining" countenance" do not forget to remove it on retiring. The face should in any case receive this treatment each night. Indeed a warm bath of the entire body gives us a feeling of comfort which must induce sleep. We must have rest and we must have exercise, outdoors in the sunlight or in the rain. Who, when properly equipped, does not enjoy a fine rain. Rainwater is excellent for the face. Look at our English sisters who live in an atmosphere of mist. Where will you find prettier complexions? If we are to ape our English friends in so many other things why not in walking in all winds and weather. The whole world has gone mad seemingly on the subject of wheeling just because it is a fad. We can not all have wheels, but we can become pedestrians with much less danger and more benefit. Then get up and out at all times, only dress suitably. Try the toning effect of the elements. Who has not met people who did not know

what they wanted to do? "The day is so hot or so cold" Nothing is just right. Fretting themselves and all they come in contact with. Will they ever be beautiful? Beauty is life and life is activity. You may have a full face and figure, you must exercise both body and mind. You have no time to fidget. All the Turkish baths and massages in the world will not be able to do for you what a few minutes of the face will do for you. For the face in detail, first the forehead. If you feel it smooth, avoid elevating the eyebrows when talking. Stop making faces and so creating unnecessary lines. Keep the eyebrows brushed and do not allow them to increase their growth. For the eyes, do not strain or tire them. Rest the sight often by closing them a few minutes and let the eyelids rest. Only a hairbrush flat on your back with every muscle relaxed and the eyes closed will do much to remove the dark circles from about your eyes. Shake your eyelids frequently. The mouth should not be too large nor too small and the lips neither thick nor yet too thin. In the one case you can draw the lips in, in the other case you can draw them out to reduce them and in the other practice pointing some other gentle exercises to increase them. Facial massage is not only a luxury but in many cases a necessity. It not only exercises the muscles, but soothes the nerves and feeds the skin, but it soothes the nerves and refreshes the patient. Just so massage of the scalp not only makes the hair grow more luxuriously but it rests the subject. Try it. This brings us to the care of the head. In the first place, the hair should be washed once a week, never with dry shampoo, as some term it, but in reality a massage treatment to increase the circulation and stimulate the hair's growth and a good brushing to remove dust. Wash it at least once a week in some cases oftener. Trim and singe the split ends. When the hair is falling consult a specialist. You can rarely do it the proper care, or if you do not use half-dyes for they are injurious to the brain. Ammonia used to keep the hair light will burn both hair and scalp.

Notwithstanding the oft mooted question regarding women's sphere, and whether higher education unfits her for the duties of that sphere, it is in fact the most successful education that has effected the greatest changes. The question of a small inexpensive home must always be an important one, but to make such a home harmonious and artistic is the harder problem given to many women to solve. So the training of the taste, the developing of the faculties, is not merely a matter of ornamental education, but has become an undisputed essential of practical importance in decorating and beautifying the home. Every room must bear the imprint of the mistress's hand; must reveal her personality, and the characteristic originality of her taste. In our grandmother's times the "best room" received all care and attention. The floor was covered with a green and red carpet; a slippery shining horse-hair sofa was placed against the wall, while the center of the room stood the marble-topped table and by the "painter" rocker. The wall decorations probably consisted of a religious engraving of Mercy at the Wicket Gate, a framed motto worked by little fingers. This was the room shown to visitors with pardonable pride. In this aesthetic age, however, there is no room for such things. The room must receive the closest attention, and is furnished and decorated in accordance with its use, in all things displaying the highest degree of refinement. The dining room in our modern homes demands much more thought. It is true infinite care must be used in the selection of furnishings but no room will repay one in so many ways for the time and energy expended on it.

It is around the family board that the little ones receive, in a large measure, their education, so refinement, so culture, all the surroundings should be graceful and mellow, and uniting light, shade and sweetness, result in perfect harmony. Here it is that friends meet to eat and to converse, and breathing the atmosphere of true hospitality, their enjoyment is heightened as they feel the influence of the beautiful surroundings. The quietest, most perfect colorings; they see reflected in each other's eyes the sincere admiration always called forth by truly artistic combinations. The room may be simple or grand, large or small, but it must be pleasant and homelike, artistic in coloring and design, and perfect in all its appointments.

Let us close our eyes for a time, and imagine ourselves back in our childhood, back in grandmother's kitchen, which served for dining room as well. The table is a round one, the deep window opens on a broad porch, at one end of which stands that old-fashioned necessity, the woodshed. The floor is open, and through it the fresh air comes, laden with the perfume of apple blossoms and lilacs, with the echo of birds' singing, and the hum of bees. The room seemed almost full of sweet fragrances and the table seemed ever laden with the best of things to eat—light bread, golden butter, the sweetest honey, and rich cream and milk. When the curtains were drawn at night, and the tallow dips were lighted, how we loved to watch the ever-changing shadows on the wall, and how cozy the room appeared in that soft twilight light. Truly this room makes a striking contrast to the modern dining room, with its highly polished hardwood floors and soft rugs, whose colorings are so bright and gaudy, and whose decorations, with heavy appropriate furniture, whose shining surfaces reflect the other beauties of the room. The sideboard has its burden of cutlery, but the walls are covered with pictures; the walls call attention to the few and suitable pictures; and the room is so soft by the use of flowers. A stained glass window faces the west, and the sun's last rays, passing through the colored glass, glorifies the room. Such a room is indeed a pleasure and a harmony, and, lighted by electricity, it becomes as enjoyable at night as in the daytime.

It is the Queen of Italy's pleasure to have her dining room—the great Sala da Franco—left in total darkness until she steps on the threshold. Then the electric lights are turned on suddenly, revealing the magnificent splendor of the room. The light is of a soft effect, of which the queen never tires. We may have small dining rooms, poorly placed, and seemingly awkward to work, but in the hands of a good housekeeper, and with a little care, an honest desire for harmony in detail and effect, wonderful results may be obtained. A home, simple or grand, is only a home when its surroundings are harmonious and artistic, and these things depend almost solely upon the power and perfection of the housemaker's taste. R. E. D.

HOUSEKEEPING AND KITCHEN WORK.

Surely there is no class of workers who need counsel, encouragement and encouragement together as does the housekeeper, for in the hands of housekeepers lie the happiness of the nation and the welfare of the world. When you consider it in the largest sense. The truth is, there is wrong conception of the work, among both men and women. It is not a menial or a women's work, it is a place in the catalogue of the world's work. It is degraded to a drudgery, when it should take position among the highest and noblest of professions. Housekeeping is a business, and a serious one too, requiring not only capital, but brains, judgment and unweariness to do the successful, and it cannot be a one-day job. Remember it has a far wider scope than the kitchen, pantry and dining room. The kitchen is truly the most important room in the house, for health and comfort of the family is concerned, and cleanliness is indeed very important. Housekeeping as a profession, requiring the attention of a professional, requires, like a mind open to experiment and a desire to succeed. Now some people think there is a natural affinity between women and the kitchen, but this is not the case. The first thing which any woman does when she gets sufficient money to accomplish it, is to get out of the kitchen. One may be a great mistake. Of course, like all else it becomes monotonous, but I firmly believe that the really bright women should every one be put in the kitchen, for they are the only ones who can do the trials and cares rejoice and blossom. Now never make the mistake of driving your husband out of this room. Let him do his own work, but let the stove, read the paper to you and don't mind if he does let the cat and dog in. Do not lay too much stress upon having things speak and speak. Did you ever notice how few things in the kitchen when they are cooked by one who likes the work and is happy in it, for it is not what is cooked, but how, for I aver, that the most deliciously heated and cooked as a poet, statesman or philosopher. It is also a theory of mine that no people are quite so happy as those who have just enough to do, honest work on hand, kitchen or elsewhere, to keep them out of mischief. So after a day of toil, with a few hours rest, we are again prepared to follow the divine work unceasingly and with much pleasure. J. A.

HINTS FOR HOUSEKEEPERS.

Housekeeping is the best and noblest art a girl can learn. Do not rob your kitchen of convenient furniture in order to adorn your parlor. When you have a rule, follow it. Guess work falls nine times in ten. In boiling meats put salt meat into cold water, fresh meat into boiling water. The more gently meat boils the more tender it is. Fish should always be put in cold water to boil. One quart of ice cream will serve twenty-five persons, and more, if fruit is served with it.

NEVER DONE.

"Men work from sun to sun. But woman's work is never done." Quite true, for when one task she's finished, something found awaiting a beginning. All year round. Whether it be to draw the tea. Or make the bed, Or bake the bread, Or ply the broom, Or sweep the room, Or table to set, Or meals to get, Or cloths to mend, Or butter to churn, Or notes to write, Or letters to send. These tasks propel your barks o'er the sea. In sunny heavens where you rest at ease. And, one word more, don't forget it. How can a man say that a woman has nothing to do. In one year she does 365 dinners, washes the dishes 1,095 times, gets the children ready for school 365 times, feeds the baby to sleep 1,460 times, makes about 300 calls, and as she wishes for something she has not got, every minute, she washes the clothes for 24,000 things in a year. Who says that a woman has nothing to do?

THE DINING ROOM.

HOME LIFE.

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NEVER DONE.

NEVER DONE.