

Interests of Women and the Home.

ALWAYS PREFACE DINNER WITH SOUP

It is to the Meal What the Overture is to the Opera.

PREPARES THE STOMACH FOR SOLIDS

Here is a Chapter of Directions for the Preparation of a Dozen or More Varieties of Palatable Soups Within the Means of Nearly Every Household.

From the Sun.

The French and Italians excel in the art of making nutritious soups. It was a Frenchman who said that "soup was to a dinner what an overture was to an opera." Soup prepares the stomach for what is to come, and should be carefully made to be palatable and nutritious. Nothing perhaps will refresh a person more quickly than a little good hot soup. Long and slow boiling is necessary to extract the strength from the meat. If boiled rapidly over a hot fire the meat becomes hard and tough and will not give out its juices. Fresh, lean and juicy meats make the best soups. Cracked bones and gristle also should be used, as they possess the gelatine matter necessary to solidify the stock into a jellied mass when cold. Meat alone will produce a broth like beef tea.

One quart of cold water for each pound of meat is the rule for common soups, but less water will make a richer stock. Keep the kettle covered closely and let the meat only simmer over a slow fire for several hours or until the meat is tender. The most delicate flavors come to the surface, and it should be carefully removed with a skimmer. Strain the soup when done into a stock pot, for which a stone jar is best. Put aside uncovered until the liquid is cold and the fat has congealed on the surface, when every particle may then be readily removed. A greasy soup is not agreeable to take or look at and is unwholesome. This stock will keep some time if put in a cold place and kept covered. An endless variety of soups may be made from it by heating a portion of the jelly and adding different flavorings, vegetables, seasonings, and thickening to suit the taste. Thickened soups should be more highly seasoned than thin soups. Delicate flavors should be added to the soups just before they are taken from the fire or the flavor is lost by evaporation. A filled stock pot is a necessity to every housewife, for it makes the foundation for all soups, soups, cream gravies, white stocks, soups made from veal and chicken and is used for cream and white soups. Leftovers, bits of meat, bones, and pieces of poultry and game, may be made into a stock that is excellent for clear soups, but will not answer for clear soups. Pearl tapioca soaked in a little cold water and then put into a clear soup and cooked with it looks nice, besides being a great addition. Here are a few recipes for some special soups:

CHICKEN AND SAGO.

Chicken and sago soup: Cut a good-sized fowl into pieces and put in a kettle with one sliced onion and three quarts of water. Boil the fowl slowly, keeping the kettle covered until the liquid is reduced one-half in quantity; then strain and let the liquid remain uncovered until cold. Wash one-quarter of a pound of pearl sago in several waters, then soak for half an hour in water enough to cover it. Remove the fat from the strained sago, return to the fire, add the soaked sago and cook half an hour, stirring the liquid often to prevent the sago from lumping or settling to the bottom and scorching. Heat one pint of milk and add to the boiling pot. Meanwhile beat the yolks of four eggs very light and stir the boiling milk into them. When they are well mixed turn the custard into the hot soup, stirring all the while. Season with pepper and salt, boil up once and serve immediately. This soup is substituted for the fowl, and makes a very nice soup.

A SIMPLE SOUP IS MADE OF TOMATOES AND MACARONI.

Put one quart of water over the fire to boil, and salt it to taste. When the water boils throw in two handfuls of royal egg macaroni which has been broken into small pieces; cover and let it cook slowly for one hour. Add one cup of stewed and strained tomatoes that are well seasoned; add also one cup of cream or rich milk, cook a moment after adding this liquid, and serve. This soup is easily made upon short notice and is excellent.

A RICH AND DELICIOUS SOUP TO SERVE FOR A COMPANY LUNCHEON OR DINNER IS CALLED BISQUE OF LOBSTER.

To make it put into an earthen bowl a couple of boiled lobsters cut into small pieces, and the same amount of boiled rice; rub them to a paste, stir in white stock enough to make the paste a thick liquid mush, and rub it through a sieve. Put the strained soup in a double boiler, and when it is thoroughly heated stir in Bechamel sauce until the mixture is of the thickness of cream soup. Add a good teaspoonful of butter, putting in a small piece at a time. Stir each piece well into the liquid before adding the second piece. Turn into the tureen, scatter tiny squares of bread that have been fried in butter over the top, and serve.

A BECHAMEL SAUCE IS MADE BY TAKING TWO CUPS OF THICK WHITE SAUCE AND HEATING TO BOILING POINT; THEN ADD ONE CUP OF BOILING MILK AND THE SAME QUANTITY OF CREAM, ALSO HEATED TO THE BOILING POINT; SEASON HIGHLY WITH SALT AND PAPRIKA AND STRAIN.

MOCK TURTLE.

To make a black bean soup, which often is called mock turtle: Wash one pint of black beans and put in a bowl of cold water enough over them to cover them when they are swollen, and let them soak over night. In the morning turn the beans into a soup kettle, add to them five quarts of cold water, half a pound of salt, and cook for two small pieces, and one-quarter of a pound of lean, fresh beef. Cover the kettle and place over a moderate fire to cook slowly. Grate one small turnip one carrot, and three medium-sized onions; add them to the other ingredients. Half an hour before serving time add salt, pepper, and ground cloves, putting in enough to be tasted distinctly. Strain through a colander and add a gill of sherry or port wine. Meanwhile beat two eggs hard, slice them, and put the slices in the bottom of the tureen. Thoroughly heat the soup, turn over them, and serve. This

ONE WOMAN WHO IS DOING GOOD.



MRS. CAROLINE BARTLETT CRANE, of Kalamazoo, Mich.

She is a pastor of a church without a creed. It has a well-equipped reading-room for every-day use, a gymnasium, and various clubs and reception-rooms for the young people of both sexes. There are baths and amusements for cooking-school demonstration, for sewing-school work, and other manual and industrial interests.

Mrs. Crane says that she believes in God thoroughly and entirely, but that she believes also in man and in man's capability for all that is high and noble. The doctrine of natural depravity she repudiates. She holds that the surest way to make people better is to cultivate their minds and give them uplifting influences. For this she has the literary clubs, her talks on practical themes, her mothers' meet-

ings and children's meetings, her classes in singing, reading, elocution, and physical culture. If a boy or girl evinces interest in any particular line of work she does her best to put that child in the way of learning all that can be learned about it, so that the interest, thus kindled, will be a permanent one.

She was born at Hudson, Wisconsin, and was graduated from college at Carthage, Illinois. Some of her early training was gained in journalism. She was city editor on the Oshkosh Times when the lumber-town was filled with a rough element, but tact and genuine interest in her work carried her through. At one time she was the only woman reporter in Minnesota.—Leslie's Weekly.

FASHION AND HYGIENE AGREE.

In Sanctioning an Upright, Straight-forward Gait. One seldom considers that gait is a matter of fashion, but it is. In the time of large hoops and farthingales a short, waddling step was the mode, and has affectionately known as the "dickian bend" will be remembered by most adults. Fashion and hygiene have never been so little at variance as at present, when an upright, straight-forward gait is in vogue. An erect posture, the body leaning slightly forward, the feet, the heel reaching the ground last. There has been much discussion in regard to which portion of the foot should first be placed upon the ground in walking, but writers now generally agree that the toes should come down first; they are organs of feeling and give a sense of support to the body. The natural way of walking has been studied by observing Indians and Arabs, and it has been found that those who walk best and most gracefully point the toes downward, stepping on them first.

An American Passion.

An American woman is almost as foolish about a title as an American colonel is.—Galveston News.

A NEW WOMAN.

She's up to date, and strictly new; And yet she's not a flame with zeal. She wears no skirt that's sewn in two, She's not skilled to ride a wheel. Her soul's wronged, she does not fear; No public scheme her thoughts pursue; And yet the fact I can't conceal, She's very new.

Her soul's desire are scant and few, Yet not by man is she controlled; And though her eyes are deeply blue, No occult force her glances hold. She cares not for the days of old, Nor does the future charm her view; She does not work for fame nor gold, And yet she's new.

All homage at her shrine is due; Her claim is mortal and is deep; She from the infinite takes her cue; She's fresh as earth's primeval morn. She faces life with powers unwarmed; For, now to prove my statements true, It's scarce one moon since she was born; You see, she's new! —Marion Courtney Smith in the Sun.

NEW YORK FASHIONS.

Foulard Silks: Grenadines: New Revers: Yoke Effect on Skirts: A White Grenadine Costume: Sashes: Black Ties: Crimson and White Parasols.

Special Correspondence to The Tribune.

New York, May 7.—Amid the variety of light-weight summer materials, foulard silks combine so many advantages, that one realizes that an outfit is incomplete without a colored costume which is suitable for any occasion; impervious to damp weather and always light and cool. Blue, green or brown foulards are well covered with "all over" designs in white, and together with black and white, other colors are almost excluded, except in high grade taffetas or moires. Plain or brocaded grenadines show to great advantage over crepe silk linings, and several broad crepe lace bands are inserted in skirts of fancy stuffs (which are accordion-plaited), the effect is very striking. These high class novelties can never become common, as they retail at \$4.50 per yard. Patterns of very fine smooth cloth in plain colors, come with silk embroidered borders (the skirts already shaped), always in two shades of the same color, and are reasonable at \$45.

IT IS ALMOST APPALLING

to see the hand-work that may be bestowed upon a summer costume, tucks now being used in every imaginable way—on skirts extending down a few inches from the waist, on sleeves, on the neck, on the cuffs, on the collar, on the waist, and on the skirt. A sleeve of thin material is a work of art; so full that two frills stand out at either side, and the rows of tucks are so close that they are almost invisible. A wide ruffle of white silk embroidered chiffon, finished by a white satin ribbon bow and a second bow is on the right shoulder; a third being placed where the frill is attached to the skirt. The frills are gathered on three large cords, which run on the outside of the arm to the shoulder seam. Bias folds are plaited quite full at each side of the sleeve, and a white satin ribbon collar and belt give completion.

A BLUE AND WHITE FOULARD SILK

has a plain skirt, gathered on three large cords, a few inches below the waist, and full front corsage, with a tucked yoke (same at back and front) edged with a frill of the material. From the left shoulder to the waist is a wide ruffle of white silk embroidered chiffon, finished by a white satin ribbon bow and a second bow is on the right shoulder; a third being placed where the frill is attached to the skirt. The frills are gathered on three large cords, which run on the outside of the arm to the shoulder seam. Bias folds are plaited quite full at each side of the sleeve, and a white satin ribbon collar and belt give completion.

REVERS HAVE BEEN

to a considerable extent an optional matter; but the latest fancy is one of good size, coming down to the waist, often edged by lace and with accordion-plaited chiffon front, a brette effect is attained. Many Eton jackets open quite far up the back, over a species of lace or plaided silk bodice and in this way pieces of silk or lace are used to connect the bodice with the skirt. With IVORY SOAP, keep our fresh and bright, thus saving the expense of new material.

BLACK TRIMMINGS

have made their appearance this season earlier than usual; color extremes demand it. A long, narrow, black satin tie is displayed on new shirt waists in the windows in large numbers, and a gray moire canvas costume seen at a leading house was so liberally trimmed with black satin so as to look really sombre. The "red" hats are becoming more numerous, and are all fine, foliage avoided, and black plumes tone down the color, but if a coarse straw is loaded with cheap trimming, the result becomes repulsive. Pink on "red" hats is very undesirable, and many people prefer black and white relieved with series. Purple hats are quite as glaring and not so handsome as the "red"—a color which, if left to the discretion of those lacking in taste, becomes dangerous. Crimson parasols may have a band of white parasol with crimson trim, handle and top, and crimson ribbon concealing the ribs inside, is very attractive. Pannic Field.

SELECTED RECIPES.

From the Philadelphia Record.

Queen's Gingerbread.—Take three pounds of flour, one and three-quarter pounds of moist sugar, half a pound of butter, half a pound of almonds, half a pound of lemon peel, a quarter of an ounce of ground cinnamon, half an ounce of cinnamon, one pound of honey, one pound of syrup and one ounce of ground ginger. Sift the flour into a pan, rub the butter into the flour, cut the peel up in thin slices, blanch the almonds and cut them up into shreds; then put the honey and syrup in a pan over a clear fire, let it get quite hot, when mix the spice well in, then turn it on to the flour and mix into a nice paste. Lay it aside till next day. On the morning work it well up, roll into a deep-edged tin, and bake a golden color in a slow oven. When baked glow over in the recipe above, if you want to cut this cake

You should do so while it is warm. This cake should sell at one shilling per pound in good shops, as it is a very nice article, and rightly named.—Baker's Helper.

Genoa Cake.—Beat one-half pound of butter and one-half pound of white sugar to a cream, add four well-beaten eggs, one by one; ten ounces of currants, one-quarter pound of chopped and seeded raisins, and six ounces of candied fruit, cut very small. Beat it all well, then add nine ounces of flour and beat it again. Pour it into a buttered cake tin, and just before putting it into the oven strew the top thickly with almonds that have been blanched and cut in halves. Bake by a moderate oven for one hour and a half.

Almond Tartlets.—Roll out puff paste to one-fourth of an inch thick, cut it into rounds, put them in pattypans, press them out with the finger and thumb and put a little jam in each. When baked cover with the following mixture: Mix well together the yolks of three eggs, three tablespoonfuls of powdered sugar, and three ounces of blanched and ground almonds. Spread it over each tartlet and put them back in the oven for five minutes.

Flurried Eggs.—Beat whites of eggs to a stiff froth, salting slightly. Spread roughly on platter; make a cavity for each yolk, cover with the following mixture: Mix well together the yolks of three eggs, three tablespoonfuls of powdered sugar, and three ounces of blanched and ground almonds. Spread it over each tartlet and put them back in the oven for five minutes.

Almond Pie.—Mix together eight ounces of white sugar, eight ounces of sifted flour, and eight well-beaten eggs. Whisk smooth add two glasses of sweet milk, and stir it all over the fire until it comes to a boil, then add one-quarter pound of sweet almonds, blanched and chopped very finely. Next pour the mixture into pie dishes that have been lined with rich puff paste. This also makes a delicious filling for almond cheese cakes.

Eggs en Coquille.—Cut thick slices of bread in large rounds; then with a smaller cutter cut half through, and scoop out the centre, leaving them about the size of a saucer. Fry as preferred. Arrange on platter dropping in each shell a raw egg. Pour around these a chicken gravy or white sauce. Bake ten minutes.

Egg Salad.—Hard boil eggs twenty minutes. Remove the white carefully, leaving the yolk perfect. Chop white, moderately fine, arrange lettuce on plate, placing on it one or more yolks and a tablespoonful of chopped whites. Pour over a tablespoonful of any good salad dressing, or use the following: Salad Dressing.—Beat yolks of two eggs with one-half teaspoonful of each of salt and dry mustard. Rub smooth, then very gradually add four tablespoonfuls of melted butter; when thick, add still very gradually, six tablespoonfuls of vinegar. Put in double boiler and cook until creamy; then whisk whites of eggs and pour hot mixture on them, stirring constantly; a cup of whipped cream added just before serving is an addition.

Egg Gems.—Molten bread crumbs with hot milk. Season well, adding one egg for every pint of crumbs. Heat gem irons hot; butter well; drop in spoonful of mixture and break a raw egg on each. Bake about ten minutes, put a bit of butter and a dash of seasoning on each at serving time.

Stewed Lamb with Potatoes.—Trim the fat and bones from a shoulder or breast of lamb, weighing three pounds, and cut up in cubes. Heat about ten minutes, add six small onions for ten minutes, or until of a golden color; add three tablespoonfuls of flour, and dilute with three pints of water of weak broth. If the meat is cut up a couple of hours before it is time to put it over the fire a broth can be made from the

bones. Season with salt, pepper and nutmeg, and simmer slowly, until half done; add a quart of diced potatoes and cook until tender. Five minutes before taking from the fire throw in a tablespoonful each of minced parsley and celery top.

Veal Croquette.—Cold veal at once suggests the most delightful number of made-over dishes. Veal croquettes are always excellent if properly prepared. A simple recipe of veal, warmed up in brown gravy, seasoned highly with salt and pepper, and served on toast, is always acceptable at breakfast. It is appropriately varied by tanning six mushrooms to a pint of minced veal, and adding them to the brown gravy before adding the veal. The moment the minced veal is heated through it is ready to serve.

Fairy Ginger Bread.—This recipe is one of Miss Parlow's and has been used over and over in my house and school with great success: One cup of butter, one cup of milk, three-quarters of a teaspoonful of soda, two cups of granulated sugar, four cups of flour, one teaspoonful of ginger. Beat the butter to a cream, add the sugar gradually, and when very light, the ginger, the milk in which the soda has been dissolved, and finally the flour. Turn baking pans upside down and wipe the bottoms very clean; butter them and spread the cake mix very thin on them; bake in a moderate oven until brown. While hot cut into squares with a case knife and slip from the pan. Keep in a tin box.

FACTS ABOUT EGGS.

By Sarah E. Wilcox.

Eggs boiled twenty minutes are more easily digested than if boiled ten. They are dry and mealy, and are readily acted upon by the gastric juice.

This is an invalid's diet. The yolk of a hard-boiled egg when the white can not be eaten with safety.

To prevent bed sores, apply with a feather the white of an egg beaten with two teaspoonfuls of spirits of wine. Keep well soaked all night in a mixture of the white of an egg beaten in a bowl with a tumbler of warm sweetened water.

Beat an egg fifteen minutes with a pint of milk and a pint of water, sweeten with granulated sugar, bring to boiling point, and when cold use as a drink. It is excellent for a cold.

Put coffee into the pot, add the white of an egg and stir well before pouring on any water. Leave the yolk in the shell to be used in a similar manner another time. This makes a strengthening morning drink.

An old-time but very effective remedy for an obstinate cough is to place three or four whole eggs in very strong older vinegar (increase the strength by boiling if necessary). In three or four days the acid will eat the shells, then beat the mixture well, and thicken with honey. Take two tablespoonfuls before each meal.

An army nurse gave me this remedy for chronic diarrhea, which she said was used successfully by the soldiers: Drop eggs in water, crush a very small piece in the shell to prevent bursting, then wrap in wet paper and roast in the ashes to a fine powder. It will take several hours. Stir, and take a teaspoonful of powder three times a day.

Discretionary Gloom.

"How would you define a pessimist?" "He is a man who is afraid to look happy for fear some other fellow will try to borrow money of him."—Chicago Record.

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