

# DOMESTIC SCIENCE.

At Christmas time, and make good cheer. For Christmas comes but once a year.

**THE SEASON** of hospitality again draws near. The young people at school and college are coming the days until, "graduates and 'ologies laid aside, they shall start for home sure of a week's trolly. The old folks in the country are getting everything ready to leave and giving the last instructions to the neighbor care-faker, who is coming in to "do the chores" while they go in to daughter Mary's or son John's for their annual holiday visit.

Even the lonely inmates of institutions "missions for the aged," "asylums," "charity schools," etc.—feel the stir in the air and are hoping that by some fortuitous combination of circumstances some good fairy in the world outside will remember them, and give them one more taste of the genuine home life for which they long.

Mother is the "chick" in the cream here, up to her eyes in work; but she is happy, for she is going to make so many others happy. To do this she must, of course, be in the best of health, and she must economize her own strength, for a dear, tired lady with flaming red cheeks and circles around her eyes, makes the gift which she thinks spoils the otherwise perfect melody.

She will sit down some evening now and draw up a general plan for the next four weeks ahead, she will save both time and headache, which is often more fatiguing than mere bodily exercise. Don't trust to your memory for the details of what is to be done or supplied. Keep a memorandum book or diary with a page for things to be done. As they are accomplished check them off. Make up a schedule of all meals for two weeks ahead, dictating it so that the leading clerk will not be repeated too often, and at the same time each individual's favorite dish is remembered. Make up the schedule of friends to be remembered or entertained, games that may be played by the young people, and things that will be worth seeing or hearing by the friends from out of town. If Tom or Dean or Janet need to have some special shopping done for them before they go back to school, put it down in black and white, then when you start on a shopping expedition there will be no danger of forgetting half the things you meant to get.

And now a word about table decorations. Turn up any household or fashion magazine these latter days, and you will find page after page given over to illustrations of dining tables bedecked and bedecked with lace, embroideries, ribbons, silks, and satins until all one can think of is some gorgeous scheme in a Greek cathedral or a fancy table at a bazaar. How many families in this whole land are there, thank you, who will care to set down to a Christmas dinner table with a green tulle silk cover underneath a lace spread, candle shades of blood-red silk and silver silverware, with fringes of red beads, orange knots of red holly berries, and heavy leaves tied with many long loops and ends of red satin baby ribbon for each festive guest, and Japanese masks of silk stuffed with velvet attached to the chaises? If you haven't candlesticks, exceedingly pretty pressed glass candlesticks can be bought for twenty-five cents

**Menu for Sunday, Dec. 15.**

Breakfast.	Dinner.	Supper.
Granges.	Barley Soup.	Creamed Lobster in Choking Dish.
Communal Wash with Cream.	Pieced Pork, Salted Potatoes.	Olives, Celery.
Country Sausages.	Crown Roast of Lamb, Currant Jelly.	Baked Sweet Apples.
Buckwheat Cakes.	Mashed Potatoes, Peas.	Pound Cake.
Coffee.	Spinach Salad, Butter Things, Kenworthy Pudding.	Tea.
	Sauces.	

each. Ten cents will buy a dainty crumpled pinked and silver-laced candle shade. Four cents more will line it with lining glass, and eight cents will buy a brass supports. If you can't afford a silk under petticoat for this complimentary gift, you are generally advised to use silk, or, near-silk or any cheap material. For the ribbons, no make-shift is as yet suggested, but to correspond with the glass, candle shades and near-silk, linings it is probable that any cotton back or even red worsted braided muslin do. And now, imagine, if you will, now, the head of the house, put down in front of this military display and told to carve the turkey, also tied with red ribbons, garlanded with greens and wattled with papers, cutlets and roses. Imagine a row of little children or householding boys—for children are not as yet outside out of fashion, and they certainly ought to be allowed to come in the Christmas dinner table—and think how woefully out of their element they look. My friends, it looks like a discipline in good taste and common sense here in America when we are advised to "over again to put one whole soul into such decorations and inappropriate furnishings for a dining table. It is as if a people have babies and babies "to burn," silk and lace table-cloths to throw away after each using and yards so effeminate that they have to be tied together with bolts of holly ribbon. It is high time to call a halt, for the finger of God is on us—and we are getting perilously close to Greek and Roman solemnity that preceded the fall of those empires. What has become of the good sense with which our Puritan ancestors endowed us? Are we going to be a nation of eels, a race of degenerate, a people wholly given over to frivolity? God forbid!

This English fashion of putting the cold joint or roast on the end of the table, for each one to cut as desired, has come only in its favor, as none to cut and let to dry as is often the case when we slice meats and serve on a platter. These decorated ribs, which come with a pretty border, are of German invention, but they are reasonable in price and exceedingly convenient.

An entertainment which is being planned for the holidays by a party of young people is a Dickens Bazaar. The details of this function will be carried out from Crutcher's celebrated engravings, while the attendants will be dressed to represent some of his most famous characters. In connection with the bazaar, whose proceeds go to a local charity, there will be a vaudeville programme, consisting of readings and recitations from Dickens' songs, in character, and even the Turkey-drop dinner. In the upper room the "veal and hammer pie," chapt and tomato sauce, and the other dishes made so familiar by Dickens, will be served.

With the shadow of the New Year almost upon the threshold, hundreds of women are again deciding to begin a cash account and "see what the actual cost of living is." Unfortunately this is one of those good resolutions that is annually made and in the great majority of cases annually broken. "If you want women to keep books," said a domestic science teacher, "you must make it easy for them. They do not take to it naturally, and the way must be smoothed before them." While household account books may be procured at most of the large stores, they cannot always be obtained in the smaller towns. One can easily be made at home, however, using any blank book for the purpose. A good size is the ordinary notebook, 6x9, with cardboard covers. With pen and ruler make thirty-one cross lines, one for each day of the month. Cross these again with horizontal lines, leaving spaces at the top and bottom of the page for headings and totals. At the head of the page print "Supplies for Month—1902." Then at the head of each column its appropriate heading, "Meat," "Eggs and Butter," "Milk," "Groceries," "Baker," "Vegetables and Fruit," "Repairs," "Carfare," "Rent and Gas," "Fuel," "Sewerage," "Household Possibilities," "Personal Expenses," "Miscellaneous," etc.

Not more than two kinds of vegetables should be served with a course. Lamb needs its appropriate accompaniment in potatoes, peas, spinach or asparagus. Roast mutton calls for cabbage, spinach, cauliflower or potatoes.

Ginger-helmet makes an excellent punctuation between game and roasts in a common dinner. Heat together for five minutes a quart of water and a pound of sugar. Add the juice of three lemons, strain and set aside to cool. When quite cold add half a cupful of finely-chopped preserved ginger and four table-spoonfuls of syrup. Turn into the freezer and freeze slowly.

The housewife who likes pretty, up-to-date things on her table, but at the same time things that are of some real use, will be delighted with the new kind and white rib intended for the cold cut

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