

DOMESTIC SCIENCE.

Menu for Sunday, Nov. 2

BREAKFAST. Grapes. Granola and Cream. 'reamed Codiish Baked Potnoss Whole Wheat Gems Coffee.

DINNER. 'ream of Tomato Soup. Salted Permuts. Roast Chicken. Brown Gravy. Rice Croquettes. Sweet Potatoes Sweet Green Pepper and Letitics

Neufchatel Cheese. Wafers. Grape Sherbet.

SUPPER. Frizzled Beef in Chating Dish. Saratoga Chips. Cream Cake. Cannod Peaches.

********** The coal famine is, of necessity, bringing about a marked change in the dietaries of even comparatively well-to-do peo-ple. There is an increasing demand for ready-cooked food, and the baker and delicatessen proprietor report a marked increase in custom. Now is the time that public kitchen, where the confessedly poor or those on the borderland trying to economize on food for the sake of decent living surroundings, could buy wholesome and nutritive cooked food at small cost, ought to succeed. Several attempts have have never paid. Even the New England Kitchen, in Boston, where delicious peasoup, beef stew, pressed beef, cooked ham, bread, relis, gingerbread and the like are sold at just a trifle over the cost rooted objection to judiciously economiz ing on food. He will eat "baker's stuff" and drink unlimited tea, but nourishing soups, stews and chowders have failed to meet with his approval. With coal now When this is well heated through, add at thirty cents a scuttle the time seems one teaspoonful of chamed parsless are rine once more for the establishment of public kitchens,

Meanwhile the demand among house-

keepers of all classes is for something that may be prepared with a minimum expenditure of fuel.

While chops and steaks are too ex-pensive to appear on the daily idil of fare, other nourishing, quickly prepared and economical standard dishes are Ham-burg steak, dried beef frizzled, and codcreamed, scalloped or made into

It has often been stated that if codfish cost a dollar a pound we would begin to recognize its superior gastronomic value. the Maryland market that the ancient statute books contained an act to prevent masters from feeding their slaves more

month, no one appreciated them at their

rue value. Today, terrapin, recognized as the greatest delicacy of the epicure, costs about \$5 apiece, and is scarce at that, while in spite of its label, and the fact of its importation in foreign cans, nearly all the high-priced caviar that we get is made from the roe of sturgeon, taken from our own shores, and lishermen are lamenting the decreasing supply.

So it may be with our own codfish, once held typical of the prosperity of Massa-chusetts, as evidenced by the golden codthat for a century hung on the speaker's desk in the old hall of representatives. In England it is deemed one of the choicest of all the fish, while one of our own bon vivants is quoted as saying: "I tell you the cod is the best fish that swims; and if he were not so common he would be prized as one of the great-est gastronomic luxuries we have. I defy any one to name any other living creature which can be put to so many edible purposes. When you have exhausted the cod in his lish state you can fly to him in his saited condition and begin a new round of delicacies. There is hardly anything you cannot do with him."

Among all the different ways of preparing the dried fish there is none better, casier or more quickly than by creaming. In the dearth of coal or wood, it can be cooked in ten minutes, simply using brown wrapping paper or old news-paper, twisted into sticks, for fuel. If you burn gas it can be prepared in even less time. Formerly it was considered cheaper and better to get the whole fish been made in this country from time to and "pick it apart" as needed. Today time to establish such kitchens, but they the market that it is a great saving of time and labor to get it already prepared. Put your saucepan over the fire, and in ham, bread, relis, gingerbread and the like are sold at just a trifle over the cost of the raw materials, has never paid back the capital invested in it at the start. There are well-patronized public kitchens in Holland, Sweden, Norway, Itussia and various eitles in Italy, but herefore the various cities in Italy, but heretofore the cream sauce is smooth and velvety, then American artisan has shown a deepeen soaked a moment in cold water. If you have picked up the fish your-olf it will need longer scaking in lukewarm water before adding to the same one teaspoonful of chopped parsley, and if desired one or two well-beaten eggs. Cook one moment and serve with baked

potatoes. This preparation may be varied from time to time. You may omit the eggs entirely, or instead of the raw eggs, have two hard boiled eggs, sliced and laid on the platter of fish. Or take the yolks from two hard-boiled eggs and run through the ricer or an ordinary sieve over the rish, then cut the whites in rings and lay about the edge of the platter as a border. Still another vari-ation is a border of tiny slices of cucuraber pickle.
It is not so generally known that cod-

fish makes an excellent scallop, especi-ally in combination with cheese. Prepare the fish as for creaming. Butter a pud-When sturgeon was so cheap and the fish as for creaming. Butter a pudabundant that it was called "Albany beef," and dishermen spent their leisure of the fish, Grate over this a slight coylime destroying them; when terrapin—the genuine Chesapeake—was such a drug in dilled. Scatter a few fine breaderumbs illed. Scatter a few fine breaderumbs over the top of the fish and bake from twenty to thirty minutes in a hot oven.

Parisian chef can excel these. This is the way to make them. To one and one-half cupful of raw codfish, allow three cupfuls raw potato, one beaten egg, butter the size of an egg and a saltspoon of white pepper. Pick up the fish. Cut the potatoes in small pieces and boil the two together until the potatoes are soft. Mash, add pepper, butter and unbeaten egg and beat until fine and light. Shape in a tablespoon without much smoothing a tablespoon without much smoothing and fry in smoking hot fat, just a few at a time. Drain dry on soft paper. If the prepared fish is used, the process is much the same, only the fish (unfresh-ened) is added to the potato after it has

Mrs. II. D. E.-A secret worth the knowing is that the fashionable panne or satin antique can be made at home from either new or old velvet, prettier as well as much cheaper than it can be pur-chased in the shop. The only thing stipulated is that the material must be silk-backed velvet to start with, not cotton. As panne is used so much for belts, bodlee trimmings, hats, crushed collars and the like, it is a joy to the economical housewife to realize that in her old piece bag she can undoubtedly find material enough to help out her winter costumes. The directions for transforming pin-pricked, shabby velvet into the more fashionable textile are thus given to the dressmaking class in the Young Women's Christian association, Brooklyn: Use for the purpose a good steel-faced iron, per-fectly clean and smooth on both sides and face. Have the iron only moderate ly hot. Spread the velvet face upward on a clean ironing board and smooth it with the iron, taking great pains to press the right way of the nap, as it must be ironed the way the pile faces best. Keep the iron moving all the time, for if allowed to stand at all it leaves a mark that you cannot get out. After going all over the surface of the dry velvet, ironing always in the same direction, steam the second time. You cannot press too much, provided you always keep the iron moving with a heavy, even stroke. This soon transforms it into the fashionable, shimmering panne.

Harry.-The quick process health-food bread you ask for is made in this way: Save out from your breakfast porridge a little oatmeal, thinning it with water to make one pint Add to this one pint of warm milk, two compressed yeast cakes dissolved in lukewarm water, two roundspoonfuls of shortening, and one rounded teaspoonful of salt. Begin stirring in whole flour, and continue the process until you cannot stir any more with the back of a knife. Set in a warm place out of the way of draughts to rise, covering it with a light bread cloth. When twice bread tins. Let it rise again, then bake in a moderate oven. If this sponge is set at 7 o'clock in the morning, it ought to be baked before noon. If you cannot get compressed yeast cakes so far from the markets, any fresh, reliable yeast will do, EMMA PADDOCK TELFORD.

RELIGIOUS NEWS.

[Concluded from Page 10.]

Our Spanish Dependencies." You will be or Spanish Dependences.
releamed to all the services.
First Welsh Baptist church—Rev. D. D.
The morning service, Hopkins, pastor. The morning service, at 10.30, will be conducted in the Welsh language; Sunday school in the afternoon at 2 & clock, in the church rooms, Fourth ward and Bryn Mawr street; English service in the evening at 6 o'clock. The Loyal Crusaders will attend this service and the pastor will address the mem-

Shiloh Baptist church, corner Mulberry street and Adams avenue-Rev. J. B. Boddie, pastor. Preaching at 11 a. m.: subject, "The Doorway to Heaven." Sunday school, 12.30 p. m., R. S. Timberlake, superintendent; 8 p. m., preaching and communion; subject, "The Assurance of Salvation," This subject will have a bearing on the paper of Rev. Pearcy which was read last Monday morning in the Baptis conference. The choir will render special music. All are invited. Preaching Wednesday evening. General prayer meeting

PRESBYTERIAN.

First Presbyterian church-Services a 10.30 a. m. and 7.30 p. m. Dr. McLeod will preach, morning and evening. Strangers

welcome Second Presbyterian Church-The Second Presbyterian Morning worship, 10.50 a. m.: school, 12 m.; Young People's Society of Christian Endeavor, 6.30 p. m.: evening worship, 7.30 p. m. The pastor, Rev. Joseph H. Odell will preach, morning and evening. Evening subject, "The Simplic-ity of the Gespel." Reception for men at lose of service. Everyone cordially wel-

Green Ridge Presbyterian church-Rey Gren Ridge Presbyterian church—Rev. I. J. Lansing, pastor; Rev. L. R. Foster, assistant. At 10.39 a.m., service of worship, with sermon by the pastor; 12 m., Bible school; 6.30 p. m., Christian Endeavor; 7.30 p. m., evening worship, with sermon by the pastor. All are cordially invited and welcome.

Providence Presbyterian church-The pastor, Rev. Dr. Guild, will officiate at 10.39 a. m. and 7.30 p. m.: Sunday school There are fishballs of all orders, but no at noon; Endeavor service, 6.35 p. m.,

For

Table

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cakes, waffles

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conthly consecration services. Last Sab oath evening the pastor gave a discourse

on Paul's conversion, and lessons there-from. Tomorrow evening the theme will be "Two Reigning Powers in Paul's Life." The public invited. Washburn Street Presbyterian church -Rev. John P. Moffat, D. D., pastor Services at 10.30 a. m. and 7.30 p. m. Bible school at 12 m.; Christian Endeavor at 3.59 p. m.; Christian Endeavor Juniors at 6.29 p. m. Prayer meeting, Wednesday at 7.39 p. m. The pastor will preach, morning and evening. All wel-

Summer Avenue Presbyterian church corner Sumner avenue and Price street, Services tomorrow as follows: The Sab-bath school in the afternoon at 2 o'clock; evening service at 6 o'clock, Rev. Ed ward Howell will occupy the pulpit. All welcome. Trustees' meeting immediately after evening service.

Adams Avenue chapel, New York street There will be a men's prayer meeting it 9.45 a. m., which will be conducted by M. E. Payne; the Rev. James Hughes will preach at 10,30, subject, "My Right-Your Duties vs. My Duties, Your Rights": Sunday school at 3 o'clock, Mr. Chandler, superintendent; the Christian Endeavor will meet at 6.30 p. m.; Mr. lughes will again preach at 7.30 p. m. subject, "The Dead Are Living." All strangers welcome, "Come with us and we will do you good."

EPISCOPAL.

Saint Luke's Parish-Rev. Rogers Is-ael, D. D., pastor; Rev. Edward John Haughton. senior curate; Rev. Robert junior curate. Twenty-third

Saint Luke's church-7.30 a. m., ommunion; 9.45 a. m., morning prayer; 10.30 a. m., sermon and holy communion 1.30 p. m., evening prayer and sermon 9.15 a. m., Sunday school and

Saint Mark's, Dunmore-7.30 a. m., holy communion; 10.30 a. m., sermon and holy communion; 4 p. m., septial service for men only; 7.30 p. m., evening prayer and sermon; 9.39 a. m., Sunday school and

East End mission, Prescott avenue-3 p. m., Sunday school and Bible classes 7.30 p. m., evening prayer and sermon. South Side mission. Fig street-2.30 m., Sunday school and Bible classes, Saint George's, Olyphant—2.30 p. m. Sunday school and Bible classes; 2.30 p

m., evening prayer and sermon. Saint James, Nicholson—19.30 a. norning prayer and sermon; 9.45 a, Sunday school. Church of the Good Shepherd, corner Monsey avenue and Green Ridge street-Rev. Francis R. Bateman, rector. Twenty-third Sunday after Trinity. Morning prayer and holy communion, 10.30; Sunday school and rector's class, 2.30 p. m .:

ening prayer, 7.30. St. John's mission. Osterhout hall. Providence square-Holy communion, 7.39 a. m.; Sunday school, 2 p. m.; evening

REFORMED EPISCOPAL.

Grace church, Wyoming avenue, below Mulberry street-Prayer and praise ser-Mulberry street—Prayer and praise service at 9.30 a. m.; Divine worship at 10.30 a. m. and 7.30 p. m. W. W. Adair will preach at both services; subject, morning, "The Loss of the First Love and Its Recovery—John xii:32. Sunday school at 12 m.; Young People's Society of Christian Endeavor at 6.30 p. m.; prayer meeting, Wednesday evening at 7.45 o'clock. Seats free, Everybody welcome, Reformed Episcopal Branch church, Hose house, Tripp park—Services at 10.30 a. m. and 7.30 p. m. Henry Cardew will preach at bothe services. Sunday school at 12 m. Prayer meeting, Thursday evening at 7.45, conducted by Mr. Rinker,

EVANGELICAL LUTHERAN.

Evangelical Lutheran church-Twenty third Sunday after Trinity. Gosnel, Mat hew, xxii, 15-22; epistle, Phillippians, iii, St. Mark's, Washburn street—Rev. A. I

Ramer, Ph. D., pastor, Services at 10.30 a. m. Sunday school, 12 m. There will be no evening service. The congregation will unite with Holy Trinity at evening ser-

Christ church, Cedar avenue and Birch street-Rev. James Witke, pastor. vice, 10.30 a. m. Sunday school, 2 p. m. St. Peter's, Prescott avenue—Rev. John Raudolph, pastor. Service, 10,30 a. m Sunday school, 2 p. m. Wednesday even-ing service, 7.45. Catechetical instruction, Wednesday and Saturday, 7 p. m. Emanuel German-Polish Lutheran Church, Reese street—Rev. Ferdinand Satelmeier, pastor. Services in the German language, 1839 a.m.; Sunday school, 2

Grace Evangelical Lutheran Church (General Synod), corner of Mulberry street and Prescott avenue-Rev. Lather Hess Waring, pastor. 9.30 a. m., Sun-day school; 10.30 a. m., divine worship; 7 p. m., Young People's Society of Christian Endeavor; 7:30 p. m., divine worship. The pulpit will be filled morning an evoling by Rey, John Wagner, D. D., of Hazton. Everybody welcome

zion's Evangelical Lutheran church—A.

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O. Gallenkamp, pastor. Reformation
feast. Morning services: Confession and
absolution at 9.39; main service at 10;
subject of sermon. "St. Paul and Dr.
Martin Luther; Lord's supper, 11. Sunday school, 2 p. m. German Saturday
school from 3 a. m. to 12 m. Evening
services at 7.30 p. m. subject. "History services at 7.30 p. m., subject, "History and Blessing of Martin Luther's Hymn, 'Erhalt uns Herr bei deinem Wort.'"

MISCELLANEOUS. Calvary Reformed church, Monroe ave-tue and Gibson street-Rev. Marion L. Firor, pastor. Services at 1939 a. m. and

whole body. It is most appetizing as toast. It can be combined with all kinds of vegetables, meats or delicacies and makes health-

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Christian Endeavor, 7 p. m. Prayer meeting, Friday at 8 p. m. Collection, Saturday at 3 p. m. Seats free, All are

All Souls' Universalist church. Pine street, between Adams and Jefferson avenues-Rev. Thomas B. Payne, pastor. Divine service, with sermon, at 19.39 a. m., subject, "Works More Than Faith Must Save Men": Sunday school at 12 m. Strangers cordially welcomed. Evening

strangers cordially welcomed. Evening service at 7.30, at Guernsey hall.

Plymouth Congregational church—Services at 19.39 a. m. and 7 p. m. The subject of the morning sermon, "The Inner Light"; of the evening sermon, "The light Calling." There will also be a short sermon to the children in the morning. Gospel hall, 594 Lackawanna avenue—Sunday school, 12.15 p. m. Mr. Aleich Sunday school, 12.15 p. m. Mr. Alrich will preach Sunday evening at 7.30. Lesson and study in Romans by Mr. Alrich on Monday evening at 7.15 o'clock.
Gospel Tabernacle church, Jefferson ayenue, Dunmore—James Leishman, pastor, Sunday; preaching by the pastor at 10.20 a, m. and 7.39 p. m.; Bible school at 12 m.; Young People's meeting, 6.39 p. m. Saturday evening at 8 o'clock, Sunday school lesson study at 215 Madison avenue. Tuesday: Monthly all-day meeting of the Christian and Missionary Alliance; sessions at 10.30 a, m. and 2 and 7.30 p. m. Rev. Howard C. Smith, of Africa; Miss Mary Hasty, of Avoca; C. H. Chrisman, and others, will speak. All invited. son and study in Romans by Mr. Alrich

Christian church, North Main avenue Preaching by the pastor, Rev. R. W. Clymer, at II a. m. and 7.30 p. m. Subjects, "Use of Power" and "Autumnal Thoughts." Sunday school, ie a. m., II. Balcock, superintendent; Christian ader, All are leader. All are welcome

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