

TABLE AND KITCHEN.

PRACTICAL SUGGESTIONS ABOUT WHAT TO EAT AND HOW TO PREPARE FOOD

CONDUCTED BY LIDA AMES WILLIS, MARQUETTE BUILDING, CHICAGO, TO WHOM ALL INQUIRIES SHOULD BE ADDRESSED.

SUGGESTED MENUS.

WEDNESDAY.
BREAKFAST. Fruit. Cream. Ham Omelet. Creamed Potatoes. Popovers. Coffee.
LUNCH. Escalloped Oysters. Grilled Tomatoes. Butter Cakes. Coconut.
DINNER. Clear Vegetable Soup. Stewed Apples. Roast Duck. Mashed Turnips. Glazed Onions. Celery Salad. Compote of Pears. Whipped Cream. Coffee.

THURSDAY.
BREAKFAST. Sliced Peaches. Cream. Meat Cakes. Baked Potatoes. Griddle Cakes. Maple Syrup.
LUNCH. Ragout of Duck. Celery. Baked Apples. Tea.
DINNER. Boiled Salt Tongue. Tomato Sauce. Stuffed Green Peppers. Creamed Turnips. Fruit Salad. Wafers. Cheese. Coffee.

FRIDAY.
BREAKFAST. Cereal. Cream. Codfish Cakes. Stewed Potatoes. Corn Bread. Coffee.
LUNCH. Escalloped Salmon. Green Peas. Potato Salad. Orange Juice.
DINNER. Cream of Tomato Soup. Flank of Fish. Creamed Potato Balls. Baked Tomatoes. Spinach. Lettuce. Scotch Apple Tart. Coffee.

GOOD THINGS FROM CORN MEAL.
WHILE corn is inferior, from a nutritive standpoint, to hard wheat, it is said to contain about the same amount of nitrogenous matter as the soft varieties of wheat and at least five times as much fat. Its lack of gluten prevents its successful use in the making of yeast-raised breads. But this fact does not, in the least, interfere with its usefulness, and it is much to be regretted that it is not more generally used in every section of the country, as it is not only one of the most valuable of our cereal foods but one of our most abundant products, and therefore one of the cheapest.

and roll up the leaf to look like an ear of corn, tie with a piece of pale green or maize-colored bebe ribbon. Or the menus can be written on maize-colored paper and either an ear of corn outlined on each card, or if you are handy with your pen, a little harvest or farm scene sketched in the corner.

The menu may consist of cream of corn soup made yellow with yolk of egg, corn oysters, corn pop-overs, egg croquettes, with cream sauce, Indian corn pudding, coffee, popcorn cake, maize pudding.
Use unbleached cheesecloth for table cloth. Have it double, fringe the edge, draw out threads and run in, for a border, two or three inch maize-colored and green ribbons. The napkins may be made of maize-colored crepe paper, fringed. Golden-rod, cat-tails, grains of corn strung on thread and southern smilax may be used to festoon chandeliers, etc., and a little corn-shock with small gourds and vines used for the center piece for the table. Sunflowers, stalks of corn, cat-tails, pumpkins and golden-rod may be used in decorating the hall and rooms for this affair. If it is an evening function, use the pumpkins as lanterns, in the daylight for holding flowers and plants.

For the popcorn cake, use a jelly cake mixture, when made is cold cut it in strips about an inch wide and four long, make little layer cakes by filling with orange icing, cover each one with soft, boiled icing and cover thickly with popcorn. If you want a little bright color, cover a few of the popcorn cakes with popcorn rolled in red sugar. Do not forget the real red ear of corn, which should be suspended, like the mistletoe, from the chandelier by a maize-colored or green ribbon. A center piece for the table may be made of popcorn balls leaped in pyramidal form, have some balls white, some red and some yellow, using orange or yellow icing for latter. These, with a border of green leaves, will give the effect of chrysanthemums grafted together.

Southern Corn Breakfast Muffins.
Measure two cups of sifted meal, add a tablespoon of salt, a well beaten egg, one pint of sour milk in which you have dissolved a teaspoonful of soda. Then add a tablespoonful of melted butter, stir thoroughly, pour into hot, well-greased pans and bake in a quick oven until brown. They may be used for corn bread also. The bread should not be more than an inch thick when done, and the crust should be brown and crusty on both sides.

Spider Corn Cake.
Sift one quart of Indian meal into a bowl. Make a hole in the center and pour in a quart of warm water; add a teaspoonful of salt and gradually mix water and meal into a soft dough; then stir briskly for fifteen minutes or more until it is light and spongy. Then spread the dough evenly and smoothly over a square board; and place it before the open fire and bake it well; then cut into squares, send to table very hot, split open and butter. This can be baked in the lower oven of a gas stove very successfully, but must be placed low down from the fire.

Old Plantation Johnny Cake.
Beat two eggs and quarter of a cup of sugar together, add one cup of sweet milk and one cup of sour milk in which you have dissolved one teaspoonful of soda; add one teaspoonful of salt; then stir in one and two-thirds cups of granulated corn meal and third of a cup of flour. Put a skillet (or spider) over the fire and when hot, melt in it two tablespoonfuls of butter. Turn the pan about so the butter can run up on the sides. Pour in the corn-cake mixture, and cook until brown, but do not stir it in. Bake in a good oven for twenty-five to thirty minutes. When done this cake will have a streak of custard through it.

Dakota Corn Bread.
This is a recipe which has proved satisfactory in using eastern corn. Use three cups of sour milk, or not too rich buttermilk (dilute the buttermilk if very rich, with water); take half a cup of molasses, one teaspoonful salt, one heaping teaspoonful of soda and equal quantities of cornmeal and white wheat flour to make a stiff batter. Bake in deep pans in moderately hot oven for one and one-half hours.

Baked Indian Pudding.
Place one quart of milk in a saucepan over the fire. When scalding hot, stir in four tablespoonfuls of fine corn meal which has been moistened with a quarter of a teaspoonful of cream; cook until thick, stirring constantly. When thoroughly mixed, add three tablespoonfuls of molasses and a little salt; boil rapidly for ten minutes. Then pour into a well greased pudding dish and place in a moderately hot oven, and bake it from two to four hours, the longer the better, though it will be baked as good as the average in two hours. Stir frequently to keep the top from burning, and in the last half hour add one tablespoonful of butter. A little grated nutmeg is an improvement and dried fruit may also be added.

Indian Loaf Cake.
Mix a cup of powdered sugar with a quart of rich milk, chop up two ounces of butter and add to the milk with a quarter of a teaspoonful of salt. Put this into a covered saucepan or double boiler and let get scalding hot. Remove from the fire and stir in enough sifted Indian meal to make it consistency of thick boiled mush. Beat hard for a quarter of an hour and then set away to cool.
While cooling, beat three eggs light and stir in gradually when it is lukewarm; add a cup of good strong yeast and heat for fifteen minutes longer. The goodness of the cake depends on its being beaten long and well. Have ready and well buttered a tin mould or earthen pan with a tube in center. Pour in the mixture, cover and set to raise in a warm place. It should be light in four hours. Bake in a moderate oven for two hours. Serve hot, cut in slices and buttered.

INQUIRIES ANSWERED.
To Peel and Blanch Chestnuts.
H. M. C.—Carefully peel off the shells

of the chestnuts, then put them in a saucepan with sufficient cold water to cover them and bring to the scalding point. Drain off the water and carefully remove the inner brown skin. If you wish to keep the chestnuts whole be careful not to cook them too much or break in peeling.

Water for Boiling Beef.
Mrs. J. C.—If you wish to retain all possible nutrient and flavor in the meat the following method is applied: Put the meat in boiling water and allow it to boil for a few minutes; then lower the temperature and cook gently until done. In this way the outer surface of the meat is quickly coagulated and inner juices retained. If you desire some of the "goodness" in the broth or water put the meat in cold water and bring quickly to boiling point, then lower the temperature and cook gently until the meat is tender. In this way the stock or gravy will be rich and well flavored while the food value of the meat is not destroyed.

Brioche Paste.
Mrs. E. B. D.—Sift a pound of flour for the brioche; take one-fourth of it and add rather more than half a cake of compressed yeast, dissolved in half a gill of warm water, make into a sponge with a very little warm water, put it in a warm place, and when it is double its volume take the rest of the flour, make a hole in the center and put in an equal quantity of salt and sugar, about a teaspoonful with two tablespoonfuls of water to dissolve them. Three-quarters of a pound of butter and four eggs, beat well, then add another egg, beat again, add another egg and so on until seven have been used. The paste must be soft, but not spread. If too firm, add another egg. Now mix this paste with the sponge thoroughly, beating until the paste leaves the sides of the bowl; then put it in a crock and cover, let it stand in a warm place four hours, then turn out on a board, spread it out and double it four times, return it to the crock, and let it rise again, two hours; then knead thoroughly, spreading process and then put it in a very cold place for two hours or until you want to use it. Mould in any form you fancy, but the true brioche is in two parts, one twice as large as the other. Form the large one into a ball, make a deep furrow in the center and place the smaller ball in this, pressing it down gently; cut two or three gashes around it with a sharp knife and bake it a beautiful golden brown in a quick oven. This paste may be used instead of puff paste, for many dainty desserts.

Chocolate Cream Cake.
We do not know just what you have in mind, as you say, "like the real creams one buys." Do you mean eclairs filled with whipped cream, or the regular cream puff filling? If you will kindly be more explicit we will be pleased to send you the recipe for what you want.

Real Spanish Buns.
Cut three-quarters of a pound of butter into dice; warm three-quarters of a cup of cream and gently melt the butter in this, but do not let it get oily; then let it cool. Sift into two bowls one-half pound and one-quarter of a pound of flour. Beat four eggs very light and mix with the cream and pour into the half pound of flour. Stir in two grated nutmegs, two teaspoonfuls cinnamon and one teaspoonful mace and a tablespoonful rose water; then a gill of fresh Brevé's yeast, first skimming the light liquid from the latter. Sift in a cup of sugar, stirring all the time. Finally sprinkle in the quarter of a pound of flour, half a pound of washed currants and beat well. Pour into square buttered baking tins, half an inch thick, cover, set in a warm place and let rise for five hours. When double its bulk and full of bubbles, set in a moderate oven and bake about an hour. Let cool in the pan, then ice or dust with powdered sugar and cut in squares. This should be eaten on the day it is baked.

THE NIGHT HAWK.
The Insectivorous Bird of Twilight
Who Is One of the Farmers' Best Friends—He Destroys the Greedy Ruiners of the Crops.
From the Indianapolis News
The night hawk is a bird often seen, and yet a bird of which little is commonly known. Its name would lead one to think that it is a night bird, but this is wrong, as it does not roost about during the night at all. Like the familiar song birds of the woods, it rests at night. It receives its name on account of its habit of appearing only during the late afternoon or on cloudy days. A proper name for this bird would be "a twilight bird," as it can not be said to belong to either night or day.
If you have ever lived on a farm you will recall hearing on some still, hot evening, a whirring, long-drawn note,

high above your head, and on looking up you will remember how surprised you were to behold a small bird with big wings falling straight toward the earth and then how much more surprised you were when the bird suddenly turned in a graceful upward curve and went straight back again into the darkness above. That was the night hawk on a hunt for its supper. After that first meeting you will remember how familiar it grew to you and yet how you never learned of its habits of living.
These birds winter just south of the United States. They arrive in Indiana with the heading of the oat and wheat fields, and stay until September. Sometimes they summer as far north as the Hudson bay and winter as far south as Brazil. They travel from one place to another as a rule in scattered flocks. To see these birds traveling is a sight not soon forgotten. They will follow a river or stream for miles and seem to use these natural highways as

their guide from one home to another. A hunt for the nest of this bird is a hopeless task in some localities of our state, as they do not always breed. They live in the field, and it is there you may expect to find the nest if one is to be found. It will be built on the ground, and there will not be a straw or stick or cord in the home. It will be just a hole in the ground, for this bird is, above all things, lazy, and if there is any material other than the bare earth near the home it will be because the wind blew it there or because it grew there. You will find two eggs of a dirty color in the nest, provided some snake or gopher has not made away with them. Exposed as the eggs are, it is a wonder the bird does not disappear from the face of the earth. Nearly every animal that lives eats eggs.
The night hawk lives almost entirely on bugs, beetles and insects. They are so swift in their action that they have some difficulty in securing a square meal every hour they hunt. They are so marked that they can easily secure their prey. They are dark—just a twilight color—underneath, and the real distance they are from you is a matter of doubt. They have a wishbone-shaped white mark on the throat by which they can always be known.
The noise made by this bird when descending is caused by its wings in contact with the air. Its throat cry is a squeak and unpleasant to the ear. The bird is very attractive when it flies about in the air, as its curvings are so smooth and graceful as if they had been planned and rehearsed for weeks. Such perfect control does it have over its power of flight that it can drop toward the ground with lightning rapidity, and when scarcely two feet above the surface reverse its action and sail again in graceful circles toward the sky.

SCHOOL FOR PRINCESSES.
At Bangkok, Siam, and Is the Only One of Its Kind.
From the New York Sun.
Princesses are numerous enough in Europe to suggest that a school for them might be a profitable undertaking, but it is a fact that the only institution of this kind is not in Europe, but in Asia. It is in Bangkok and is kept by an English woman who looks after the intellectual and physical needs of her boarders, who are fifteen princesses belonging to the royal family of Siam. Like other less aristocratic young lady boarders, they are allowed to return to their homes on Friday and remain until the time for their classes to begin on Monday. They are returned to the care of their English teacher by the servants of the family.
They learn only elementary reading and writing at school, and, indeed, rarely progress beyond these elements

of education at any time in their lives. But they learn fully the mysteries of cooking, making beds, preparing poultices for the sick and attending to other details of household life. They practice with enthusiasm the art of writing menus in French, they experiment in dressing the table with flowers and learn a kind of first-aid-to-the-injured system adapted to their country. Astronomy and the exact sciences have not yet reached this country of uneducated womanhood. But the education they receive is the best kind to suit them for their work in life as they step from the school to the head of their husband's establishments.
These royal pupils range in age from ten to 12 years. This latter age is beginning to betoken the old maid in Siam and there are few of that age in the school. On Friday the nurses from the royal palace, reinforced by other female attendants and guards, begin to arrive at the school to escort their mistressess back to their homes. Here they remain until the same domestic delegation marches them back to their English teacher on Monday. In the meantime, she had all the work requiring masculine participation attended to during the absence of the pupils, for men are never allowed to approach the building while the royal young ladies are inside. No masculine eye not related to them by blood is allowed to fall upon their artless Siamese beauty until after marriage.
French and English are the two languages these young women learn and it is after the fashion prevailing in these two countries that they acquire their ideas of European life and manners. Some of these fashions have through this English school teacher's influence been introduced into the court at Siam, where the French and English cuisines have made their way in spite of Oriental prejudice. This has, of course, come from the early education of the young princesses in their royal boarding school. This much is said, that no ambition to imitate the women of the Western world has ever reconciled them to sitting in chairs in preference to on the floor.

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SAMTER BROTHERS

COMPLETE OUTFITTERS.

DURING ROBBERY OF THE STATE BANK at Greenwood, Wis.
By Exclusive Wire from the Associated Press.
MILWAUKEE, Wis., Nov. 4.—The state bank of Greenwood, Wis., was entered by burglars at an early hour today and \$8,000 in gold was stolen. Five men were implicated in the work. They blew open two vaults with dynamite. The noise of the explosion attracted several citizens, including the cashier of the bank who happened to be on the street at the time.
As soon as the burglars were discovered a gun fight ensued but the robbers succeeded in making their escape. The sheriff of Marathon county spread the news of the burglary in all directions and every effort is being made to capture the robbers.