

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.

- Cereal, Cream, Cold Cuts, Maple Syrup. Baked Beans, Milk Biscuit, Coffee. LUNCH. Oysters a la Poulette, Celery, Nut and Raisin Bread.

THURSDAY, BREAKFAST.

- Cereal, Cream, German Fried Potatoes, Corn Pone, Coffee. LUNCH. Mushrooms on Toast, Rice Croquettes, Cacao. DINNER. Clear Soup of Vegetable Stock, Roast Duck, Baked Apples, Mashed Potatoes, Creamed Onions, Celery Mayonnaise, Cider Jelly, Coffee.

FRIDAY, BREAKFAST.

- Cereal, Cream, Boiled Potatoes, Corn Grits, Maple Syrup, Coffee. LUNCH. Beauregard Eggs, Puffed Sweet Potatoes, Stewed Fruit, Grape Juice, Coffee. DINNER. Fish Cutlets, Fried Stewed Potatoes, Escallope of Onions, Cucumber Salad, Plum Trifle, Coffee.

HOW TO COOK THE SWEET POTATO.

THE SWEET potato, batatas edulis, is an entirely different plant, and is botanically wholly unrelated to the white, or Irish potato of the northern states. Although not so generally used as the white potato, solum tuberosum, it antedates the latter, and contrary to the general impression, it is probably native of both hemispheres, where its cultivation is limited to the hot climates and warmer parts of our temperate climates. In this country it is regarded as the peculiar product of the tobacco and cotton-producing states, but the Jersey potato, while not as sweet, is greatly esteemed. It is regarded quite as much as a necessity as an article of diet in the south as is the white potato north of Mason and Dixon's line. Although it yields about the same amount of protein and starch as the white potato, it contains 10 per cent, or more of sugar, and is therefore sweeter than the white potato, and in these forms make more delicate and toothsome dishes than the latter vegetable. Have you ever tried cooking the sweet potato in the true plantation style? Baked in the ashes of a wood fire, their flavor is not unlike the roasted chestnut and they are sweet, mealy and digestible. When they are properly roasted, one cooking is quite sufficient, but otherwise they are better twice cooked, hence the common custom in the south of re-baking them and then glazing, candying, scalloping, etc. When boiling them, too many cooks have them heavy and soggy. This can easily be avoided, when the potatoes are in good condition, by boiling till a fork can easily penetrate the potato, no longer, then pour off the water, throw a towel over the boiler, placing it at one side of the range, and allowing them to steam, or dry out, for fifteen minutes. In this way they come out light, mealy and of a brighter color. Peel before sending to the table, as they darken and the skins are hard, or to remove if they are allowed to remain too long after cooking is finished. When washing sweet potatoes for cooking be careful not to break the skin, which is usually very thin, and if broken allows the water to soak in and make the potato soggy. The English speaking race generally regard the sweet potato as a vegetable only, but the Orientals preserve it as a sweet-meat and the Japanese make a sweet potato flour. We have a few instances where it is manufactured into sweet dishes, such as custard pie, sweet potato cobbler, etc.

Remove the skins from boiled sweet potatoes, cut them in long slices and put them in the frying pan with plenty of butter; dust them with salt, pepper and plenty of white sugar; turn them carefully and cook until nicely browned.

Browned Sweet Potatoes.

Remove the skins from boiled sweet potatoes, cut them in long slices and put them in the frying pan with plenty of butter; dust them with salt, pepper and plenty of white sugar; turn them carefully and cook until nicely browned.

Soup Balls.

Take two cups of mashed, boiled sweet potatoes, season with butter, salt, pepper and a little grated nutmeg. Add the yolks of two eggs well beaten and enough grated parmesan cheese to give a pleasant flavor. Form into little round balls and cook in boiling water. Do not add to the soup until it is ready to serve.

Puffed Sweet Potatoes.

Select potatoes of uniform size, bake and cut them in half; also cut a slice from each end so they will stand upright. Scoop out the interior and mix with butter, pepper, salt and a little boiling water. Turn it out into a hot pan and put back into the potato shells, heating lightly on top. Pour a little softened butter over the top, or brush with yolk of egg and set in the oven to reheat and brown nicely.

Sweet Potato Croquettes.

Boil half a dozen sweet potatoes, peel and mash and add two tablespoonsful of butter, a little onion, salt, pepper and nutmeg to taste, a few drops of onion juice and a tablespoonful of finely minced parsley. The beaten yolks of two eggs may be added to make them richer, but this is not necessary. Form the paste into cylinder-shaped croquettes or egg-shaped balls, dip them in beaten egg and fine bread crumbs and fry in deep, hot fat. Serve them on a lace paper doily, garnished with sprigs of curly parsley.

Sweet Potato Canneloni.

Boil two pounds of sweet potatoes until they can be peeled, then put them in a pan or dish, spread with a little softened butter; then a little molasses over each one; set them in the oven and cook slowly until a light brown.

Sweet Potato Pudding.

Boil two pounds of sweet potatoes until very soft, peel, and while warm add a cup of butter; beat together until quite light colored. Beat a cup of sugar and four eggs together until

light and add to the potatoes and butter and stir briskly. Add half a teaspoonful of grated nutmeg, two cupsful of milk, the grated rind of a lemon and a glass of cherry wine. Bake in a quick oven until nicely browned. This was a favorite southern dish on the Sunday dinner table before the war.

Sweet Potato Pie.

Boil the potatoes until mealy. Mash fine and strain through a sieve. To a cupful add half a cup of sugar, half a cup of butter with the sugar, three well beaten eggs, the grated rind and juice of half a lemon and a grating of nutmeg. Bake without a top crust in a good oven for half an hour.

Sweet Potatoes a la Creole.

Scrape six large sweet potatoes and cut in half the long way. Put them in a baking dish and cover with milk, adding half a teaspoonful of salt, and a tablespoonful of butter. Moisten half a cup of bread crumbs with one egg slightly beaten. Cover the potatoes with this and bake about an hour in a moderate oven.

Sweet Potato Truffles.

Take half a cup of well boiled and mashed sweet potatoes and mix them to a smooth batter; mix with a tablespoonful each of butter and sugar, and four tablespoonfuls of flour, a saltspoonful of salt and a pinch of nutmeg. Bake about five minutes on a well greased waffle iron or a hot griddle.

INQUIRIES ANSWERED.

Miss C. P. F. writes:—Please inform me through the columns which you conduct how to make tomato soup. I would like a recipe where you do not use meat, but where the tomato soup is made with milk, etc.

Tomato Soup.

Put a pint of tomatoes, fresh or canned, into a saucepan with a large slice of a small piece of bay leaf, two whole cloves, a stalk of celery and a sprig of parsley. If canned tomatoes are used cook for fifteen minutes; fresh tomatoes until they are reduced to a pulp. Then rub through a fine sieve and set over hot water until needed. Scrape a quart of new milk into a double boiler. Rub two level tablespoonfuls of butter to a smooth paste with two level tablespoonfuls of flour. Pour enough hot milk over the paste to make it liquid; then turn into remainder of milk in the double boiler. Stir it slowly until it thickens and cook about five minutes. Add a scant half of a level teaspoonful of baking soda to the tomatoes, mix well, and add slowly to the milk in double boiler. As soon as the soup is thoroughly heated remove at once from the fire and serve. If tomatoes are very acid add a little sugar. Turn it out without breaking on a hot dish and arrange a border of mashed potatoes around it; brush the potatoes with a little beaten egg yolk and set the dish in the oven a few minutes to brown the potatoes delicately. Serve with a tomato or cream sauce and decorate the salmon with a little bouquet of parsley and a cut lemon, placed in the center of the salmon steak after removing the bone.

Hot Canned Salmon.

Open a can of salmon, drain off all the liquid and oil and set in a steamer or pan of boiling water long enough to heat the fish thoroughly. Turn it out without breaking on a hot dish and arrange a border of mashed potatoes around it; brush the potatoes with a little beaten egg yolk and set the dish in the oven a few minutes to brown the potatoes delicately. Serve with a tomato or cream sauce and decorate the salmon with a little bouquet of parsley and a cut lemon, placed in the center of the salmon steak after removing the bone.

Boiled Salt Mackerel.

Wash the fish well in warm (not hot) water and put to soak, over night, in cold water with skin side down. Next morning lay the fish on a platter and set it in a long, deep pan of boiling water; use your fish kettle if you have one, and steam the fish for twenty-five minutes. Drain the fish from the water, slip it onto another heated dish and dress with melted butter, a little onion juice and several selections of herbs. Wash the fish well in warm (not hot) water and put to soak, over night, in cold water with skin side down. Next morning lay the fish on a platter and set it in a long, deep pan of boiling water; use your fish kettle if you have one, and steam the fish for twenty-five minutes. Drain the fish from the water, slip it onto another heated dish and dress with melted butter, a little onion juice and several selections of herbs.

TAYLOR.

The obsequies of the late Postmaster Patrick F. Judge, of Old Forge, took place yesterday morning, and was attended by a multitude of friends and relatives. A high mass of requiem was celebrated at the St. Lawrence church. The pastor, Rev. J. F. Jordan, delivered an able and impressive sermon and spoke of the noble traits of the deceased. There were a number of beautiful floral offerings.

A CANINE HERO.

How a Newfoundland Dog's Intelligence and Bravery Saved the Lives of a Ship's Crew. Many a life has been saved by a Newfoundland dog, but dog never did braver deed than one brought to remembrance by a story of "Our Dog Animals." The incident occurred some years ago. A vessel was driven on the beach of Lydd, in Kent, England. The sea was very high. Eight men clung to the wreck, which was every moment in danger of going to pieces. No boat could be got off through the storm to help the despairing sailors, and it looked as if they would drown before the eyes of the watchers upon the land. Presently a gentleman came along the beach, accompanied by his Newfoundland dog. The gentleman directed the animal's attention to the vessel, and then put a short stick in his mouth. The dog at once comprehended his master's meaning and plunged into the sea. Bravely he fought his way through the angry waves, but he could not get close enough to the vessel to deliver that with which he had been charged. The crew, however, understood what was wanted, and making fast a rope to another piece of wood they threw the wood toward the dog. The intelligent animal at once dropped his own piece of wood and seized that which had been thrown him. Then he started for the shore. Again and again he was lost under the waves, but with almost incredible determination he held on to the stick and dragged the rope through the surf until he delivered it to his master. A line of communication was thus made, and the vessel and every man on board was saved.

SOUTH SCRANTON DOCTORS ENDORSE SWAMP-ROOT

For Uric Acid, Kidney and Bladder Troubles.

DEDICATION OF THE NEW M. E. CHURCH, SUNDAY.

Lecture of Rev. I. J. Lansing, D. D., at the Young Women's Christian Association Rooms—His Subject Was "The Courtship of Miles Standish"—Marriage of Miss Amelia Fuhlbrigg to William Trively, of Allentown—Funeral of James H. Kelly Will Take Place Tomorrow Morning.

The new St. Paul's Methodist Episcopal church, which has been erected at Pittston avenue and Pear street, is now practically completed and will be formally dedicated on Sunday next. The structure, which takes the place of the old Cedar Avenue Methodist Episcopal church, formerly located at Cedar avenue and Cherry street, is almost square in build and has an interior natural wood finish.

The parish house forms a part of the small annexed to the rear. It is a pretty ornate edifice, of which the congregation may well feel proud, and is a monument to the industry and perseverance of their energetic pastor, Rev. F. P. Doty.

The dedication services, which will mark an epoch in the history of this church and congregation, have been carefully arranged, and invitations have been extended to all former pastors who are living. The following is the dedication programme:

8 a. m.—Informal Greeting. 8 a. m.—Rev. Dr. C. M. Giffin 11 a. m.—Address. 2 p. m.—Young Peoples' Rally. 3 p. m.—Address by Rev. F. P. Doty, W. Powell, of Buffalo, N. Y. 6 p. m.—Epworth League Service. 7 p. m.—Sermon.

By J. H. C. McDermott, D. D. Addresses by Mr. Powell Dedication of Church.

By Rev. A. Griffin, Presiding Elder. The execution committee is composed of the pastor, Rev. Doty, Edwin V. Jones, J. E. Evans, Sr., Thomas Griffith, William Marston, A. N. Barnes, Claude Cook, J. H. Walker, E. W. White, William George, William Dando, John Evans, George A. Cobb. The following will act as ushers Sunday: Herbert and William Gunning, Samuel Evans, John Evans, Jr., Stephen Bailey, Merrill and Floyd Miller, Robert Van Duser, Ezra and Elmer Thomas, August Heib, Guy Griffith, Ellis Daley, Alex. Hagen, Oscar Kemmer, Edward Goessler, Ernest Wellard, Thomas Musket, John Dunstone and Fred Cook.

Lecture by Dr. Lansing.

The Young Women's Christian Temperance association rooms were filled by a large and appreciative audience last night, who had gathered to hear the first lecture of the series by Rev. Dr. I. J. Lansing, of Buffalo, N. Y., whose subject was "The Courtship of Miles Standish." The reverend gentleman gave a brilliantly able discourse on the wooing of Priscilla, the Puritan maiden of Plymouth, by Captain Miles Standish, the leader of the pilgrims. Brave as a lion, yet tender-hearted as a woman, the doughty captain did his courting through his friend, John Alden. Alden pleaded Standish's cause as though it were his own, but his heart and soul were filled alike with dismay, joy, hope and rapture when Priscilla, after listening patiently to the many virtues of the captain, as related by Alden, coyly remarked: "Why don't you speak for yourself, John?"

Dr. Lansing vividly portrayed the terrible anger of Miles Standish, when told by his friend Alden the result of the interview, and how he was tempted to slay his friend, because the love he sought had been transferred. Later on, by Standish's rushes off to meet the Indians, Alden and Priscilla meet. She opens her heart, but Alden remains true to his friend until word arrives that he has been slain in battle. Then he takes Priscilla in his arms, saying: "Those whom God has joined together, let no man put asunder." Several selections on the piano were also rendered by Miss Freda Kornacher.

Fuhlbrigg-Trively Nuptials.

A very pretty wedding took place at the Christ Lutheran church yesterday afternoon when Miss Amelia Fuhlbrigg and William Trively, of Allentown, were joined for life. The ceremony took place at 1 o'clock and was performed in the presence of many friends by Rev. James Wittke. The bride was handsomely attired in dove-colored tulle and carried a prayer book. Miss Ida Fuhlbrigg, a sister of the bride, acted as bridesmaid. She wore a pretty gown of pink organdie, and carried a shower bouquet. The groom was attended by Max Glaser, an old schoolmate of the bride. A reception followed the wedding at the bride's home, 624 Elm street, where dinner was served prior to the happy couple leaving on their wedding tour. After the honeymoon, Mr. and Mrs. Trively will reside in Allentown, the home of the groom.

NUBS OF NEWS.

The funeral of the late James H. Kelly will take place tomorrow morning at 8.30 o'clock. Services will be conducted in St. John's church, and the cortege will afterwards take the 9.57 a. m. Delaware and Hudson train at the Steel Works depot for Archbold, where interment will be made.

Features at the Dixie.

Nothing so interesting as the Lockhart elephants in this city. Everybody is talking about them. Among the other features of this week, the Litchfields are greatly enjoyed. The Gubest sisters, when they come on the stage as ragged little destitute mortals, with their lovely voices, are very pleasing. Spaulding is one of the funniest acrobats we have ever had here and Maxwell and Dunley are a delight with their charming music.

Special Matinee Tomorrow.

Did you ever stand at a railroad station and look after a departing train, as it went swiftly from you. It seemed to grow smaller and smaller, the rails upon which it runs seem gradually to disappear until they become only a single streak of glistening steel and the train will at last vanish like a tiny speck over the brow of some far away mountain. Did you ever stop to think what a wonderful mechanical effect this would be if properly reproduced upon the stage.

Mildred Holland.

Commenting Friday night and continuing Saturday night and night, Mildred Holland will present at the Lyceum her latest success, "The Lily and the Prince," which is the most pretentious production she has ever appeared in. Her part in this new effort is well fitted to her undoubted talents. A brief outline of the story may be of interest.

Shredded Wheat Biscuit.

A Recipe that Saves Butchers' Bills. Left-over fish or meat remnants may be utilized and made into most attractive and tasty dishes, far more suitable for breakfast or even the most dainty luncheon than whole meats besides making a considerable saving on the butcher's bill.



DR. KILMER & CO., Binghamton, N. Y.

East Atlanta, Ga., March 1st, 1901. Gentlemen:—While it has never been my habit or inclination to recommend remedies the ingredients of which are not all known to me, it seems as if I should make an exception in the case of Dr. Kilmer's Swamp-Root. My experience, so far as I have tested it in my practice, forces me to the conclusion that it is a remedy of the greatest value in all uric acid, kidney, liver, bladder and other inflammatory conditions of the genito-urinary tract. I now take pleasure in prescribing Swamp-Root in all such cases with a feeling of assurance that my patients will derive great benefit from its use. I shall continue to prescribe it in other cases in my practice with the expectation of the best results. Very truly yours,

(A. J. Hall, M. D.)

Gentlemen:—I have prescribed that wonderful remedy for kidney complaint, Dr. Kilmer's Swamp-Root, with most beneficial effect and know of many cures by its use. These patients had kidney trouble, as diagnosed by other physicians, and treated without benefit. Dr. Kilmer's Swamp-Root effected a cure. I am a liberal man and accept a specific wherever I find it, in an accepted school or out of it. For desperate cases of kidney complaint under treatment with unsatisfactory results I turn to Dr. Kilmer's Swamp-Root with most flattering results. I shall continue to prescribe it, and from personal observation state that Swamp-Root has great curative properties. Truly yours,

(L. Barstow Irish, M. D., 276 9th St., Borough of Brooklyn, N. Y.)

Swamp-Root is pleasant to take and is used in the leading hospitals, recommended by physicians in their private practice, and is taken by doctors themselves who have kidney ailments, because they recognize in it the greatest and most successful remedy for kidney, liver and bladder troubles.

Sample Bottle of Swamp-Root Free by Mail.

EDITORIAL NOTE—If you have the slightest symptoms of kidney or bladder trouble, or if there is a trace of it in your family history, send at once to Dr. Kilmer & Co., Binghamton, N. Y., who will gladly send you a sample bottle of Swamp-Root and a book telling all about Swamp-Root and containing many of the thousands upon thousands of testimonial letters received from men and women cured. In writing to Dr. Kilmer & Co., Binghamton, N. Y., be sure to say that you read this generous offer in the Scranton Daily Tribune.

If you are already convinced that Swamp-Root is what you need, you can purchase the regular fifty-cent and one-dollar size bottles at the drug store everywhere. Don't make any mistake. Remember the name, Swamp-Root. Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

THEATRICAL.

Vogel's Minstrels.

The first minstrel show of the season was seen at the Lyceum last night and attracted an audience that crowded the house for Scranton was always partial to the minstrel man.

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STAGE NOTES.

"Robert Emmet, the Doss of 1868," which had such a long and successful run at the Thirteenth Street theater in New York, will soon be seen at the Lyceum in this city.

See the Cut Man.

Effective and attractive half-tones and line cuts for cards, advertising or any other purpose, can be secured at the Tribune office. We do work that is unexcelled, do it promptly and at lowest rates. A trial order will convince you.

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THESE ENTERPRISING DEALERS CAN BUY AND BUILD UP ANY BUSINESS CHARACTER PROMPTLY AND SATISFACTORILY.

FOR SALE

HUGGIES and WAGONS of all kinds; also Horses and Building Lots at various places. HORSES CLIPPED and GROOMED AT M. T. KELLER Lackawanna Carriage Works

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Home Office, 508-509 Meigs Building. We are maturing shares each month which show a net gain to the investor of about 12 per cent. We have more. We also issue FULLY PAID STOCK \$5.00 per share, interest payable semi-annually. ALBERT BALL, Secretary.

E. JOSEPH KUETTEL.

rear 511 Lackawanna avenue, manufacturer of Wire and Building Lath, also manufactures for the spring season. We make all kinds of porch screens, etc.

PETER STIPP.

General Contractor, Builder and Dealer in Building Stone, Concentrating of cellars a specialty. Telephone 1592. Office, 327 Washington avenue.

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E. Robinson's Sons Lager Beer.

Manufacturers of Old Stock PILSNER

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The Philadelphia Orchestra.

The announcement of the appearance at the Lyceum on Tuesday evening next, November 18, of the Philadelphia Symphony orchestra will be received with favor by our music loving people. This organization of sixty-two musicians was second only to the celebrated Boston Symphony orchestra, promoted and supported by the wealthy and most prominent citizens of Philadelphia. Instructions were given to Fritz Scheel, the conductor, to secure at any cost the best musicians to be found in America and Europe. It is only a question of a short time when it will rank with the world's greatest orchestras. The concert on Tuesday evening next will be the first of a series of three to be given during the season. The concerts already given in Philadelphia during the past two weeks have created much interest and the criticisms are without exception the most favorable. As soloist here, August Samnuth, the great German pianist, will appear. His playing has created enthusiasm wherever he has appeared. The people of Scranton who have liberally supported high class music during the past two seasons will no doubt give this orchestra the liberal patronage it deserves.

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Advertisement for Malta-Vita, 'The Perfect Food' for BRAIN and MUSCLE. Includes text: 'MALTA-VITA, the perfect food for old and young, sick or well. MALTA-VITA contains more nutrition, more tissue-building qualities, more nerve stimulant than is found in any other food. A regular diet of Malta-Vita for breakfast and supper will remove the cause of insomnia and dyspepsia. Eat MALTA-VITA. It gives health, strength and happiness. MALTA-VITA needs no cooking. Always ready to eat. Sold by Grocers. Toronto, Can. MALTA-VITA PURE FOOD CO. Battle Creek, Mich.'