

NONE SUCH MINCE MEAT

"HERE I AM—the NONE SUCH MINCE MEAT girl. You've heard of me? The girl who makes pies like mother used to make? Tell you how? Certainly—buy NONE SUCH MINCE MEAT. That's all there is to it. I'm a sort of fairy god-mother, too, for you will find me at your elbow every time you open a package—ready to prove what I say. Loving friends by the million (by the million, mind you) vouch for me. Last year alone I visited the homes of 12,000,000 users of NONE SUCH and, if I do say it, was a well-



come guest. I can tell you how to make a number of delicious desserts of NONE SUCH—fruit cake, pudding and hermit cookies. All I ask is ten cents and I furnish the materials. Isn't that about all you could ask? "Address me care of any grocer, or care of Merrell, Soule Co., Syracuse, N. Y.—If you find a grocer who pretends not to know who I am, You're not likely to find one so far behind the times, but if you do, let me know."

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.

SATURDAY.

BREAKFAST.
Baked Apples and Stewed Prunes.
Fried Green Tomatoes.
Entire Wheat Game.
LUNCH.
Clam Fritters. Cold Slaw.
Scotch Apple Tart. Cream.
DINNER.
Vegetable Soup.
Breaded Veal Cutlet. Stewed Tomatoes.
Glazed Carrots.
Crumb Cream. Coffee.

SUNDAY.

BREAKFAST.
Fruit. Cream.
Fried Oysters. Creamed Sweet Potatoes.
Waffles. Maple Syrup.
DINNER.
Chicken and Tomato Soup.
Panned Chicken. Boiled Rice.
Creamed New Carrots.
Glazed Turnips.
Orange and Grape Salad.
Cheese. Waffles.
Grape Sponge. Coffee.
SUPPER.
Buttered Rollers. Olive Sandwiches.
Spiced Peaches. Orange Cream Cake.
Cocoa.

MONDAY.

BREAKFAST.
Fruit. Cream.
Boiled Salt Mackerel. Parsley Butter.
Steamed Potatoes. Coffee.
Corn Muffins.
LUNCH.
Hot Canned Salmon. Tomato Purée.
Egg Slaw.
Baked Apple Dumplings. Tea.
DINNER.
Cream of Potato Soup.
Hot Veal Leaf. Baked Sweet Potatoes.
Glazed Parsnips. Spinach.
Brown Betty. Coffee.

TUESDAY.

BREAKFAST.
Cream.
Thin Slices Ham. Boiled.
Potatoes Hashed in Cream.
Entire Wheat Rolls. Coffee.
LUNCH.
Mock Bisque.
Cold Veal Leaf. Curried Rice.
Stewed Fruit. Coffee Cake.
DINNER.
Clear Soup with Noodles.
Brown Stew of Beef with Dumplings.
Mashed Turnips. Baked Potatoes.
Lettuce. Waffles.
Cheese. Whipped Cream.
Pear Compote. Coffee.

HOW TO USE CHESTNUTS.

IN COOKING, the chestnut should be placed separate from other well known nuts, such as hazel-nut, walnut, cocconut, etc. These have more the character of luxuries than necessities. But it seems more fitting

to place the chestnut with other foods which make up the list of those required for ordinary daily use in the dietary. The chestnut being a desirable adjunct to the food supply, is ranged with the leguminous seeds, although they differ widely from them in a botanical sense. In Italy the chestnut forms a valuable addition to the available foods, and besides eating the raw nut they have three principal methods of preparing them—"ballatti" (boiled), "arrostite" (roasted), and "teglate." The latter dish is made by boiling the shelled nuts with caraway seeds for flavoring and then mixing with maize-meal to make polente. Next is a great delicacy in the Apennines; flat cakes are made of chestnut flour and water, without salt, and baked between hot flat stones with chestnut leaves between the cakes.

The chestnuts are far more nutritious and less oily than nuts in general, and from them can be made a cheap and nourishing flour of meal, and this is used in soup, purées, cakes, etc. The chestnuts can be carefully roasted and ground into a flour, this, being caramelized, makes a palatable beverage, a wholesome soup or delicious sauce.

The small varieties of chestnuts are common to America, but the larger kinds are obtained here through cultivation. The native chestnut is sweeter than the cultivated, but they do not keep so long without becoming hard and dry, when left unshelled and uncooked. The raw chestnut is considered difficult to digest and it is not advisable to eat them in quantities sufficiently large to constitute the chief part of the dietary when other foods are to be had. In their raw state they are decidedly indigestible when not properly masticated; therefore the fault lies with the individuals, who make such ignorant and indifferent use of their teeth as to render harmful many of our most important and valuable foods. Knowing what to eat is superfluous knowledge unless we know how to eat. Chestnuts are excellent prepared as a vegetable and served with roast beef, and a very agreeable change from the everlasting potatoes.

Chestnut Puree.

Shell, blanch and boil one quart of chestnuts until soft; then rub through a sieve; add two tablespoonsful of butter, two tablespoonsful of cream, salt, pepper and onion juice to flavor. Serve this as a vegetable or dilute with scalded milk or white stock and serve as a soup course.

Chestnuts with Roast Beef.

The easiest way is to boil them for an hour, then remove the outer skin while they are still hot; peel them

and rub through a sieve and serve as you would mashed potatoes. Another and much more palatable way is to dip them in boiling water for ten minutes after shelling and peeling them; then simmering them in good chicken or beef stock until tender. Season with salt, pepper, cayenne and an ounce of butter; add a little caramel to the sauce and serve.

Chestnut Balls.

They may be served in this way as a luncheon dish. Add two slightly beaten egg yolks to one cup of cold sieved chestnuts; also quarter cup thick cream, a tablespoonful sugar, salt to taste and flavored with sherry or nutmeg. Stir in the whites of the eggs beaten to a stiff froth, form into balls and dip in beaten egg and bread crumbs and fry in deep fat. Serve with a cream sauce unless served as a sweet entrée, in this case an orange sauce is delicious with them.

Chestnut Stuffing.

Shell the chestnuts and then boil them in salt water until the skins soften; drain the chestnuts, peel and then place the colander over hot water to keep chestnuts warm. Take a few at a time and mash them through a colander or vegetable press. Season to taste with salt and pepper; add a large tablespoonful of butter to each cup of chestnuts. If the dressing seems to dry, it can be moistened with a little broth, but the best chestnut dressing has no other additions except the seasoning and butter.

Chestnut Sauce for Turkey.

Shell about fifty large chestnuts and place them in a chestnut roaster, or a covered frying pan, over a clear fire, shake and stir constantly until the inner brown skin will come off easily, peel and put them in a steapian with half a cupful of white wine and sufficient good stock to cover them; add two ounces or a good lump of butter, a heaping teaspoonful of granulated sugar and a little grated nutmeg. Boil until quite tender, but keeping them whole. Skim out the chestnuts, putting them into a heated saucepan; reduce the sauce by boiling it a few minutes longer and pour it over the chestnuts.

Chestnut Salad.

Take two cups of boiled English chestnuts, cut in quarters, mix with the grated rind of one orange and sufficient mayonnaise dressing to bind together nicely. Select six small, very thin skinned oranges; slice them very thin, removing the pits. Arrange a border around a dish with the orange slices and heap the chestnut salad in the center; decorate with stars of mayonnaise and whipped cream and serve as soon as put together.

Chestnut Compote with Cream.

Remove shells and inner skin from some English chestnuts, and boil them tender in water, then drain and throw them into a boiling syrup of sugar and water until they are clear. When done flavor the syrup with vanilla and a little orange juice and let remain in the syrup until cold. Drain and pile them high in a glass dish. Boil the syrup down until quite thick and pour over the chestnuts and let get very cold, then heap whipped cream around the base and serve.

Chestnut Pudding.

Make a pint of chestnut puree, sweetened and flavored with vanilla, adding a few spoonfuls of whipped cream just before the jelly sets. Cover a mould with a thin coating of orange jelly, then about an inch of rich brown chocolate Bavarian cream and when set fill the center with the chestnut jelly. Set away on ice to harden.

INQUIRIES ANSWERED.

M. E. S. writes:—Will you kindly send me a recipe for old-fashioned molasses candy? I desire to have it flavored with nut, rolled to a powder (so they will be tasted and not found). If I did rolled hickory or walnuts to your recipe which you send me, will I be able to pull it? I have tasted what I want in butter cups with nut flavored filling and thought perhaps I could make the molasses candy taste like it.

Old Fashioned Molasses Candy.

The recipe for genuine old-fashioned molasses candy is as follows: Boil one quart of N. O. (New Orleans) molasses over a steady fire to a soft crack, when tried in cold water. Dissolve half a teaspoonful soda in a little hot water and add when pouring out to cool. When cool enough to handle, pull to desired color. The nut meats can be ground to a fine powder in a food chopper or pounded in a mortar and stirred in the candy when ready

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GOOD THINGS FOR SATURDAY

We have made up several items we think are extreme good value for this day only.

WE GIVE GREEN TRADING STAMPS.

Wrist Bags.
Another lot of those 75c Wrist Bags, leather lined, to go at..... **49c**
Small size **24c**

Chatelaine Bags.
Good leather, two colors, black and seal brown, worth 69c. Saturday..... **49c**
Others..... **24c** and **10c**

Steel Bags.
Finest leather covered, with steel beads to hang from belt, to sell at \$1.25. Saturday..... **98c**

Garters and Hose Supporters.
Ho iday line of Garters and Hose Supporters just in. A fine Silk Garter, fancy buckle, bow of ribbon on each garter, one pair in glass box, pair **24c**
Others at **10c** and **19c** pr.

Sanitary Belts,..... 10c

Crochet Cotton.
Worth 5c spool. Saturday, 2 spools **5c**

Columbia Safety Pins.
Three sizes on card, 1 dozen pins for **4c**

The New Perfection Skirt Holder

Never loses its grip; will not tear the most delicate fabric. The most practical device for holding the skirt Saturday,

24c.

Ribbons.

Extra value for Saturday. No. 80 Taffeta Ribbon, same as we have been selling at 14c, also Moire, extra heavy, in all the good colors, about 2 1/2 inches wide; also 16 and 22 double faced Black Satin; also all colors of No. 16 Satin Gro Grain, very heavy, sells regularly for 20c a yard. All these to go Saturday at,

10c a yard.

Garter Elastic
Very fine Lisle web, in several widths, at, per yard..... **4c**

Buttons
Large line of Pearl and Gilt Buttons, from a dozen..... **4c** to **24c**

Mittens and Gloves
Ladies' and children's Mittens and Gloves, big value. Pair... **10c** to **24c**

Have you learned how to make a cushion of our narrow ribbons? We have about five different shapes of Cushions made this way. Nice for Xmas present. Ribbons for Taffeta and Satin Taffeta Gro Grain, Nos. 5, 7 and 9. Also used in many other ways. Saturday, yard **5c.**

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Of anything in the line of optical goods we can supply it.
Spectacles and Eye Glasses
Properly fitted by an expert optician,
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Also all kinds of prescription work and repairing.
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132 Wyoming Avenue.

GOOD SHOES LOW PRICED.
You cannot find better shoe bargains in the city than the following. Here are reduced prices on Men's, Women's and Children's Shoes for this week only. Style and good service in every pair. Call and see them for yourself.
\$1.25 Men's Working Shoes..... **90c**
\$1.75 Men's Medium Weight Shoes..... **1.25**
Ladies' Vici Shoes..... **1.25, 1.50, 1.75**
Misses' Extra Value Shoes..... **1.00, 1.25**
Child's Extra Value Shoes..... **75c, 1.00**
Boys' and Youths' School Shoes..... **85c**

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A Most Delicious Dessert

The following simple "course-before-coffee" is much in vogue with club men everywhere. The simplicity of preparation and the little cost together with the delicious taste of the compotes makes this dessert in rare favor in the home. Use

the Preserves you have in the house and

SHREDDED WHEAT BISCUIT

"Simply Delicious."

For Short Cake—With sharp knife split the SHREDDED WHEAT BISCUIITS lengthwise; prepare pineapple as for sauce (or bananas or mixed fruit, and set aside). When serving, arrange halves in layers covered with fruit and add sugar and whipped cream.
SHREDDED WHEAT BISCUIIT is sold by all grocers.
Send for "The Vital Question," (Cook Book, illustrated in colors,) FREE Address
THE NATURAL FOOD CO., Niagara Falls, N. Y.

There is no toast that compares in crisp delicacy to that made with Shredded Whole Wheat Biscuit. Unlike white bread toast or cereal foods made of part of the wheat, it wholly nourishes the whole body. Parents who are in earnest about building their children into strong healthy men and women will supply this true food.

