

TABLE AND KITCHEN.

PRACTICAL SUGGESTIONS ABOUT WHAT TO AND HOW TO PREPARE FOOD

CONDUCTED BY LIDA AMES WILLIS, MARQUETTE BUILDING, CHICAGO, TO WHOM ALL

Fried Apples,

dishes or in dainty little tit-bits, such

as entrees or savories, it is not possible

for the ordinary cook book to give an

person certain kinds of cheese are as

digestible as they are nutritious. When

we consider the chemical composition of

the best qualities of cheese we find it

very rich, richer than any other known

food, in nutritive elements; but it varies

with the conditions of its manufacture.

The skim milk forms are apt to be in-

digestible. The poorer the cheese the

greater is the proportion of casein or

the nitrogenous element, while the

richer cheese contains a greater propor-

that of meat.

tion of fat or butter. In either case,

When we question the value of cheese

as an article of food, we should con-

sider that a large class of laboring

men-the Scotch, the poor of South

where cheese is largely manufactured,

and also the Swiss mountaineers-eat it

as a substitute for meat. And these

people experience no difficulty in di-

gesting it as they eat rationally and not

as the American usually consumes it,

as a savory, to be eaten at the end of a full dinner. This is adding insult to in-

jury by placing an added burden upon

an already overloaded digestion, as the

system must discard as waste this ad-

Cheese of the skim milk variety re-

quires a longer time for digestion than

the richer cheese, owing to the smaller

amount of fat and larger amount of

easein contained in the former. Among

the best cheeses are the Cheddar, most

famous of all English cheeses, with its

natty, delicious flavor. Cheeses similar

to the English Cheddar are made in the States and Canada. The Stilton is an-

other choice English cheese. Its rich,

pale-colored substance is marked with

greenish veins. This is never eaten un-

til well cured. It is a dessert cheese

which rivals the Roquefort and the

Italian Gorgonzala. This latter cheese,

though considered "sadly indigestible,"

France produces forty varieties of

being the Roquefort, Gruyere, Port du

Salut, Brie. Camembert and Neufchatel.

The Gruyere is a thick, firm cheese

much used in cooking. A variety of this

cheese is made in Switzerland and is

Neufchatel cheese is familiar to most

A Seasonable Recipe

SHREDDED WHOLE WHEAT BISCUIT wholly nourishes the

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

ful as well as delicious dishes. Here is one of many combinations:

Creamed Oysters

In Baskets of

best pleases the true gourmet.

usually flavored with herbs.

ditional nitrogenous matter which it has

preparing this valuable food product.

SUGGESTED MENUS.

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Saturday.

BREAKFAST. Fruit, C'ream.

Coreal Ment Cakes. Corn Bread.

Coffee LUNCH Glazed Sweet Potatoes, Riced Eggs. Stewed Apples. Soft Gingerbread,

Cocoa. DINNER. Vegetable Bouillen, Brunswick Stew, Sweet Potatoes,

Nut. Apple and Celery Salad. Cheese, Caramel Pudding,

Sunday.

BREAKFAST. Broiled Birds on Toast. Fried Hominy Cakes, Maple Syrup, Coffee. DINNER.

Tomato Buillon. Braised Mutton. Browned Potatoes Creamed Cauliflower, Egg Salad.

Cheese. Waters SUPPER Pressed Chicken.

Olive Sandwiches Celery, Cocoa, Spiced Fruit.

Monday.

BREAKFAST. Sifeed Bananas, Cream.
and Bacon, Creamed Potatoes,
Toast, Coffee, Eggs and Bacon.

Baked Bean Rarebit, Stewed Tomatoe Brown Bread, Tea, DINNER. Cold Sliced Mutton, Boiled Rice

Stewed Cabbage. Fruit Sqlad, Apple Charlotte. Coffee,

Tuesday.

Cream

BREAKFAST. Cereal. Fruit, Codfish in Cream.

Plain Potators, Corn Mufflus Frienssee of Mushrooms. Boiled Rice Apple Fritters, Coco: Maple Syrup, DINNER.

Clam Chowder Vegetable Ragout. Baked Onlong Stuffed Potatoes,

THE MANY CHEESE PREPARA-

TIONS. There are so many delicious ways of

serving cheese, either in substantial

Shrimp Salad Prune Souffle, Coffee

nousekeepers. It is the rich, creamy white cheese put up in tiny rolls, covered with tin foil, and is a very popular dessert cheese, favored by those whose taste does not relish the strong flavored varieties. The rare, ripe cheeses, beloved by the epicures, owe their peculiar and individual flavors to the dampness, certain temperatures, and cultivation of certain peculiar speles bacteria.

Holland gives us Gouda and the wellknown Edam cheese. The former resembles the English Cheddar. The Edam is a rich, though rather hard cheese of a deep yellow color and differs from other cheeses in its preparation, acid instead of rennet being used to form the curd. Edam is formed in round balls and artificially wrapped in tin-foil. The Edam and the Pineapple cheeses are passed whole, first having the top cut off, plain or in notches these tops being replaced after the cheese has been served so as to keep in Wrap these cheeses neatly in plaited napkin to serve unless you have a silver cheese holder.

Germany furnishes a number of wellknown cheeses. Italy gives us the well-known Parmesan, so generally used in cooking. This is a skim milk cheese and will keep indefinitely without deterioating. Provident housewives keep a bottle of the grated Parmesan on the pantry shelf, as its fine flavor will add greatly to a dish of boiled macaroni, rice, cauliflower, creamed cabbage and many other vegetables. Parmesan is also used in cheese straws cheese fingers, cheese balls for the sal-

The American dairy cheeses are much esteemed, although we have the reputation of making "filled" cheeses, that is, substituting for the cream a sufficient amount of lard or cheap vegetable oil to make a rich, moist cheese When colored they are hardly distinguishable from the honestly made product until they "ripen" and their lack of flavor proves them to be a cheap imitation. The really good article of American manufacture suffers through the reputation of the spurious goods.

Perhaps ther earliest, and certainly the best and most wholesome cheese made is the "Dutch" or cottage cheese This is made by farmers who have milk in abundance. The milk is soured, then skiramed and scalded with sufficient boiling water to separate the curds and whey but leave the former soft. When sufficiently drained the curd is exhaustive list of the many methods of mixed with a little cream, salt and pepper and forms a delicious, whole-The digestibility of cheese is an eversome dish, very nutritious and the revexed and disputed question, but exsult of natural process of fermentation, periment proves that to the average The display of cheeses from almost every civilized land which was one of the notable exhibits at the Columbian

Exposition, was strong evidence of the fact that it is a staple food in many countries and consequently a valuable food.

Serving Cheeses.

Cheese may be made into souffles, ramekins, omelets, etc., and served before the dessert, or with crackers, wafer biscuits or celery with a salad before a hot dessert, or after the deshowever, the proportion of nitrogenous matter in a given weight far exceeds sert. Cheese fingers and cheese straws are served with the salad. A Stilton or Chester cheese is cut in half and one part wrapped in a napkin and served, Requefort and Gorgonzola are cut in large slices from the cheese and served in a folded napkin. The American dairy Wales, and many counties in England cheese is cut in small cubes of equa size, while the soft cheeses, Brie, Neufhatel, etc., are unwrapped from th in-foil and scraped before serving. Place on lace paper. Pass fresh buter, wafer biscuit, or the celery with the cheese.

Cheese Savory.

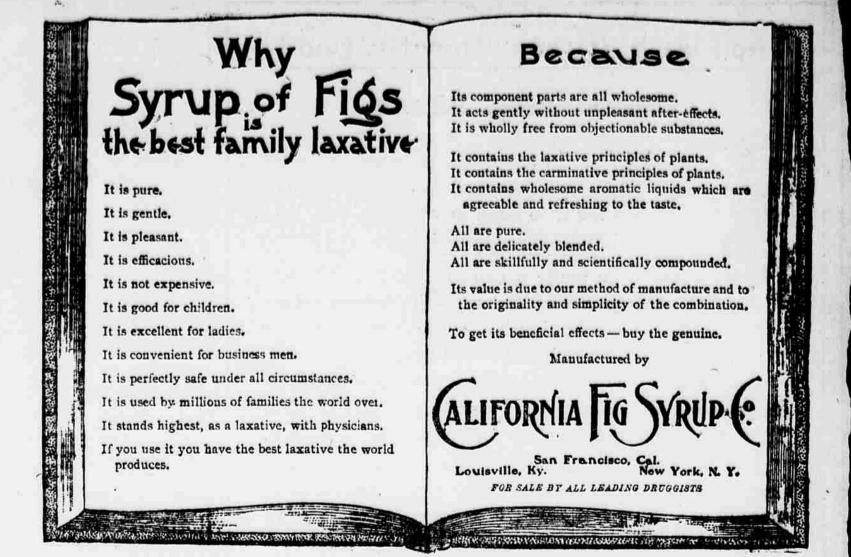
Put an ounce of butter in a saucepar with a teaspoonful of curry powder, half a small onion and one tart apple chopped very fine. Stew for a few minutes gently until the onlon is soft. Add two ounces of rich cheese cut into thin slices; stir until melted, then put in half a salispoon of salt and pour over some neatly trimmed toasted slices of

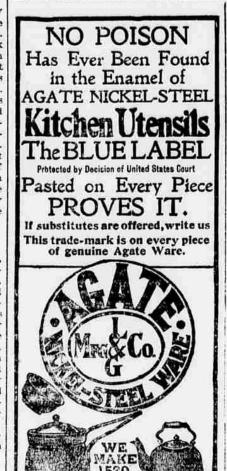
Good Little Cheese Cakes.

Mix with two cups of cottage cheese, four ounces each of fresh butter and sugar, a small nutmeg grated, two stale grated lady fingers. Stir into this mixture the white of one and the yolks of four eggs, an ounce of almond paste mixed with two tenspoonfuls of rosewater and the same of white wine, Then add six ounces of well washed and dried currants. Mix all well together and pour into patty pans lined cheese, the most famous among them with puff paste and bake in a moderate oven until paste is done-about half an hour.

Welsh Custard.

Take one cup of dry grated cheese, four eggs, one cup of milk, one teaspoonful of milk, one teaspoonful of





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butter, two tenspoonfuls of flour mixed with milk, a bit of baking soda the size a pea, half a teaspoonful of salt and pinch of cayenne. Heat the milk. stheing the soda, butter, salt, cayenne and the moistened flour. Beat the eggs and pour the scalding hot mixture over them: add the cheese, heat up for a minute, then pour into buttered custard cups and bake in a brisk oven for about twenty minutes. They should puff up and be a dainty brown. Serve immediately or they will fall. Pass wafers with them.

Cheese Cutlets.

Pound in a mortar, quarter of a bound of Cheshire cheese, two ounces of butter: adding two eggs, a teaspoonful of made mustard, a dash of cayenne and salt and pepper to taste. Make into small flat cakes and lay on a dish, not close enough to touch each other and set them in a hot oven to brown. In the meantime, toast rounds of bread and set them where they will keep hot and baste them with a wineglass of port. Place a cutlet on each slice, serve up hot, garnished with tarragon or parsley.

Gherkin Buck.

Put half a pound of good American cheese in a saucepan; sprinkle with a little cayenne and wet with ale, allowing a cup of ale to a pound of cheese. Stir while adding the ale until the cheese is a soft, creamy mass, then pour it over hot buttered toast, place a thin crisp slice of fried bacon on top of each and a gherkin shredded, on top of bacon and serve very bot.

INQUIRIES ANSWERED.

E. C. writes:-Will you favor me with a recipe for pulled bread such as they have at the Waldorf and other places? It is delicious.

Pulled Bread.

Break off the crumbs of fresh baked bread in irregular pieces and dry in a very slow oven until lightly browned and crisp; then store in tins in a dry place until needed and reheat before serving. A very light coarse-grained bread is the nicest for this method of serving.

Corn Bread.

M. D. We have given so many recpes for corn breads recently that probably your request has been answered before this, as you do not specify any particular kind. We wish to avoid too frequent repetition of same recipes,

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our readers who address inquiries to us on the subject of foods and cookery.

Flannel Cakes.

Dockash

The same correspondent requests a recipe for flannel cakes. Put one table spoonful of butter and one tablespoonful of sugar to a cream; add two eggs well beaten, then two cups of sifted flour mixed with a teaspoonful of baking powder, and enough milk to make a thin, smooth batter.

Brittle Molasses Candy. A subscriber writes:-Will you please mform me how to make molasses candy so as to have it hard and brittle?

Molasses Snaps.

Two cups of granulated sugar, half : cup of molasses, half a teaspoonful of cream of tartar and a level tablespoonful of butter. Cook all the ingredients except butter together until the mixture will crack when dropped in cold water. Do not be in a hurry to remove it from the fire as it must be very hard. When almost done drop in the butter, Remove from the fire and drop from a spoon into a buttered platter or marble slab into small round cakes, or it may be poured out in a thin layer in a buttered tin and when cold broken into small pieces. If this is cooked long enough it will not get sticky or soft if kept for a week or two.

See the Cut Man.

Effective and attractive half-tones

Lager

Beer..

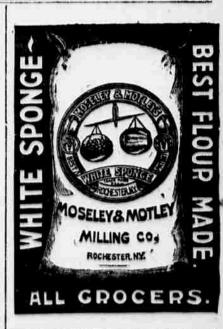
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