

TURNED DOWN.

Users of **NONE SUCH MINCE MEAT** (there were enough of them to consume 12,000,000 10-cent packages last year) have made a relic of the chopping bowl — put it away in the attic where it will be hunted for a few years hence as collectors hunt spinning wheels nowadays. The modern housewife simply makes **NONE SUCH MINCE MEAT** as always ready, keeps forever in any climate—fills as many plates as she designs to bake (two large pies in each ten-cent package) and puts them in the oven. This is the easy way of making pie "like mother used to make." Only **NONE SUCH** makes it. All grocers. **Warrall-Soule Co., Syracuse, N. Y.**

Valuable premium list of "1847 Rogers Bros." silverware enclosed.

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.**
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- Saturday.**
BREAKFAST.
 Fruit, Cream.
 Meat Cakes, Fried Apples, Coffee.
LUNCH.
 Rice and Eggs, Glazed Sweet Potatoes, Stewed Apples, Soft Gingerbread, Coffee.
DINNER.
 Vegetable Bouillon, Brunswick Stew, Sweet Potatoes, Nut, Apple and Celery Salad, Cheese, Wafers, Coffee.
Sunday.
BREAKFAST.
 Cereal, Stewed Figs, Fried Hominny Cakes, Maple Syrup, Coffee.
DINNER.
 Tomato Bouillon, Braised Mutton, Browned Potatoes, Creamed Cauliflower, Egg Salad, Wafers, Coffee.
Pumpkin Fanchonettes.
SUPPER.
 Pressed Chicken, Olive Sandwiches, Spiced Fruit, Cocoa, Cake.
Monday.
BREAKFAST.
 Sliced Bananas, Cream, Eggs and Bacon, Creamed Potatoes, Toast, Coffee.
LUNCH.
 Baked Bean Sandwich, Stewed Tomatoes, Brown Bread, Tea.
DINNER.
 Cream of Onion Soup, Cold Sliced Mutton, Boiled Rice, Cheese, Wafers.
 Stewed Cabbage, Fruit Salad, Apple Charlotte, Coffee.
Tuesday.
BREAKFAST.
 Cereal, Fruit, Cream, Coddish in Cream, Plain Potatoes, Corn Muffins, Coffee.
LUNCH.
 Fricassee of Mushrooms, Boiled Rice, Apple Fritters, Maple Syrup, Coffee.
DINNER.
 Vegetable Ragout, Baked Onions, Stuffed Potatoes, Shrimp Salad, Prune Souffle, Coffee.
- THE MANY CHEESE PREPARATIONS.**
- There are so many delicious ways of serving cheese, either in substantial

dishes or in dainty little bits, such as entrees or savories, it is not possible for the ordinary cook book to give an exhaustive list of the many methods of preparing this valuable food product.

The digestibility of cheese is an ever-vexed and disputed question, but experiment proves that to the average 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 indigestible. The poorer the cheese the greater is the proportion of casein or the nitrogenous element, while the richer cheese contains a greater proportion of fat or butter. In either case, however, the proportion of nitrogenous matter in a given weight far exceeds that of meat.

When we question the value of cheese as an article of food, we should consider that a large class of laboring men—the Scotch, the poor of South Wales, and many counties in England where cheese is largely manufactured, and also the Swiss mountaineers—eat it as a substitute for meat. And these people experience no difficulty in digesting 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 injury by placing an added burden upon an already overloaded digestion, as the system must discard as waste this additional nitrogenous matter which it has no use for.

Cheese of the skim milk variety requires a longer time for digestion than the richer cheese, owing to the smaller amount of fat and larger amount of casein contained in the former. Among the best cheeses are the Cheddar, most famous of all English cheeses, with its nutty, delicious flavor. Cheeses made in the English Cheddar are made in the States and Canada. The Stilton is another choice English cheese. Its rich, pale-colored substance is marked with greenish veins. This is never eaten until well cured. It is a dessert cheese which rivals the Roquefort and the Italian Gorgonzola. This latter cheese, though considered "salty indigestible," best pleases the true gourmet.

France produces forty varieties of cheese, the most famous among them being the Roquefort, Gruyere, Port du Salut, Eric, 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 usually flavored with herbs. Neufchatel cheese is familiar to most

housekeepers. 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 species bacteria.

Holland gives us Gouda and the well-known 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 moist. Wrap these cheeses neatly in plaited napkin to serve unless you have a silver cheese holder.

Germany furnishes a number of well-known cheeses. Italy gives us the well-known Parmesan, so generally used in cooking. This is a skim milk cheese and will keep indefinitely without deteriorating. 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 salad course, etc.

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 their 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 skimmed and scalded with sufficient boiling water to separate the curd and whey but leave the former soft. When sufficiently drained the curd is mixed with a little cream, salt and pepper and forms a delicious, wholesome dish, very nutritious and the result of natural process of fermentation.

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, ranelines, omelets, etc., and served before the dessert, or with crackers, wafer biscuits or celery with a salad before a hot dessert, or after the dessert. Cheese fingers and cheese straws are served with the salad. A Stilton or Cheddar cheese is cut in half and one part wrapped in a napkin and served. Roquefort and Gorgonzola are cut in large slices from the cheese and served in a folded napkin. The American dairy cheese is cut in small cubes of equal size, while the soft cheeses, Eric, Neufchatel, etc., are unwrapped from the tin-foil and scraped before serving.

Place on lace paper. Pass fresh butter, wafer biscuit, or the celery with the cheese.

Cheese Savory.

Put an ounce of butter in a saucepan 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 onion is soft. Add two ounces of rich cheese cut into thin slices; stir until melted, then put in half a teaspoonful of salt and pour over some neatly trimmed toasted slices of bread.

God 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 teaspoonfuls of rose-water and the same of white wine. Then add six ounces of well washed and dried currants. Mix all well together and pour into party pans lined 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 teaspoonfuls of flour mixed with milk, a bit of baking soda the size of a pea, half a teaspoonful of salt and a pinch of cayenne. Heat the milk, stirring 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 Outlets.

Put in a mortar, quarter of a pound of Cheshire cheese, two ounces of butter; add 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 wine-glass of port. Place a outlet 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 hot.

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 recipes 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, while at the same time we desire to furnish satisfactory information to all

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

Creamed Oysters
In Baskets of
SHREDDED WHOLE WHEAT BISCUIT

One pint oysters, 1 cup milk, 1/2 cup cream, 1 1/2 tablespoons butter, 1 1/2 table-spoons Entire Wheat Flour, 1/2 teaspoon salt, 1/2 teaspoon paprika, and 5 SHREDDED WHOLE WHEAT BISCUITS. Prepare the Biscuit by cutting with a sharp pointed knife an oblong cavity from the top of the Biscuit, 1/4 inch from sides and ends. Remove the top and all inside shreds, forming a basket. Dust these lightly with celery salt and paprika and heat through while you are preparing the oysters. Remove all bits of shell. Prepare a sauce by blending in the blazer the butter, flour, salt and paprika, then add the milk and cream, and stir until thick and smooth, then cook the oysters until plump, add to the sauce and fill the Biscuit baskets. Serve at once.

SHREDDED WHOLE WHEAT BISCUIT is sold by all grocers.

Send for "The Vital Question," (Recipe Book, illustrated in colors.) Free. Address
The Natural Food Co., Niagara Falls, N. Y.

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

Flannel Cakes.

The same correspondent requests a recipe for flannel cakes. Put one tablespoonful 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 inform me how to make molasses candy so as to have it hard and brittle?

Molasses Snaps.

Two cups of granulated sugar, half a 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.

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