

TABLE AND KITCHEN.

PRACTICAL SUGGESTIONS ABOUT WHAT TO EAT AND HOW TO PREPARE FOOD

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

SUGGESTED MENUS.

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Wednesday.

BREAKFAST.

Cereal.	Cream.
Smoked Salmon.	Stewed Potatoes.
Griddle Cakes.	Maple Syrup.
	Coffee.
	LUNCHEON.
Cream of Tomato Soup.	
Toad in Hole.	Mashed Potatoes.
	Fruit Salad.
Cheese.	Wafers.
	DINNER.
Oyster Pie.	Mock Turtle Soup.
Stuffed Celery.	Sweet Potato Caramel.
Queen of All Puddings.	Lettuce.
	Coffee.

Thursday.

BREAKFAST.

Cereal.	Cream.
Grilled Ham.	Fried Apples.
Sally Luncheon.	Coffee.
	LUNCHEON.
Green Pea Soup.	
Oyster Fritters.	Celery Hash.
	Fruit Omelet.
	DINNER.
Lamb Pot Pie.	Clam Soup.
String Beans.	Mashed Potatoes.
Tomato Jelly Salad.	
Grape Dumplings.	Coffee.

Friday.

BREAKFAST.

Cereal.	Cream.
Poached Eggs on Toast.	Hashed Brown Potatoes.
Milk Biscuit.	Coffee.
	LUNCHEON.
Fried Oysters.	Olive Sauce.
Celery.	Grated Cheese.
	DINNER.
Macaroni a la Italiene.	
Baked Mushrooms.	Stewed Tomatoes.
Chestnut Salad.	Coffee.

THE AMERICAN THANKSGIVING

The waning year grows brown and gray and dull. And poets sing "November, black and serene". But from the bounteous garnered harvest store, with grateful hearts we draw Thanksgiving cheer.

In the American calendar of specially appointed days set apart for the celebration of marked events in our nation's history, there is but one other which we consider of the same importance as Thanksgiving. This is the day which celebrates the victory of that spirit of independence so characteristic of the American, the day beloved by the small boy, the "glorious Fourth of July."

The descendants of those sturdy forefathers and fore-mothers, who originated this American version of the Jewish feast of the Tabernacle, the Cerealia of the Romans, the Harvest Home of the Saxon and Celt, have made a wide departure from the observances of their ancestors, although they still retain the institution, and certainly with good and sufficient reason when we consider how blessings and bounties have been showered upon us, a hundred times a hundred fold, since that little band of less than a hundred brave, courageous, much-tried souls on that bleak New England coast, appointed a day for special thanksgiving, because they were still alive, free and able to obtain food and drink more than sufficient for the barest necessities of life; for half their original number had died on account of the terrible hardships they encountered.

In fact, we should celebrate our Thanksgiving with new and increasing fervor each year, although perhaps not in the same manner that the stern old Puritan deemed most fitting.

The one featured "old families" still retain, and a form of entertainment

most desirable and suitable for the busy, restless American, is the house-party. This gathering should be as far as possible from a formal or fashionable one, but be more of a family assembly from far and near, an "at home" day to one's own people, and the neighbor without a home, who finds it hard to be thankful for the good times he sees but is not a partaker thereof.

A Thanksgiving house-party has advantages over the Christmas gathering, as in most sections the seasons allow outdoor entertainment for the guest and there is yet abundant material for the decoration of the house which are inexpensive and appropriate. Guests who arrive early will enjoy taking part in an expedition in search of the autumn leaves, berries, ferns, laurel, red berries and such available materials; and also find pleasure in arranging these afterward. This gives the "homey feeling" so grateful to the world-weary, and also relieves the hostess very materially if she is too busy with other matters to assume this responsibility. The long-sighted homemaker will provide for this exigency, in a measure, during her summer rambles in the country; but nature helps even the less provident by furnishing the rich, brilliant autumn colors in fruit and vegetable and nuts, and the chrysanthemums are most essentially the Thanksgiving flower.

The Thanksgiving Dinner.

However elaborate and elegant the dinner may be, there must be certain indispensable on the Thanksgiving menu. The turkey, of course, as every body associates the two most naturally as being peculiarly American. And the pumpkin pie, the golden crown of this generous banquet, must not be omitted, or the plangent little cranberry, which doubtless was discovered by our New England forebears, in the marshes of Cape Cod. Neither must the crisp, refreshing celery be forgotten as it has a close affinity with the toothsome, sweet baked potatoes, white and sweet, apple pie, nuts, raisins and coffee; all these make a dinner simple, wholesome, appetizing and in keeping with the day. More may be added if one wishes to display lavishness rather than good taste or regard for hygienic laws, but more cannot be as honestly enjoyed from the oldest to the youngest guest. With the simpler viands none need be debarred on account of richness or indigestibility.

The wife and mother who is the working housekeeper as well, is unjust to herself, her family and her guests if she undertakes a more elaborate dinner than her time, strength and resources allow. That all may enjoy the dinner prepared by mother's hands, and that the pleasure of the occasion by eating, and enjoying, as well as taking part in the lively conversation of the table, let everything be simplified as much as possible, so that there be no confusion to make the guest conscious of an effort to furnish entertainment.

Oysters on the half shell may appropriately take the place of soup, and serve as a fish course as well. This course entails so little trouble, and is possible to obtain the unopened oysters from the dealer, who will deliver them opened on the half shell, packed on cracked ice, at a stated time, charging perhaps an extra ten cents per dozen, which any busy housewife will gladly pay. When ready to serve the oysters requires but a few seconds to remove them from the ice to a chilled plate, half a dozen oysters for each guest, and place the half of a lemon and spray of parsley or dill in the center. Vinegar, catsup and pepper sauce may be placed on the table for those who season their oysters with these, and prefer to eat them as a cocktail.

Cranberry jelly may be made "days" before it is needed and will be all the better for standing. The turkey is improved, if the weather is cool enough, by stuffing and trussing it at least a day previous to its roasting, as the seasoning in the dressing permeates the

beef more effectively. Wash, trim and blanch the celery a day or two previous to the feast, wrap in a damp white cloth and lay on ice and you will have it as tender and crisp as it is sweet.

The pies should not stand over night after baking, as there is danger of their being a little soggy from soaking, but the crust may be prepared and the pie plates lined, the pumpkin mixture prepared on the day previous and all kept covered and very cold until Thanksgiving morning, and then baked while the oven is getting well heated for the turkey. Such an arrangement leaves little work on the all-important day, and obviates all hurry and worry, and mother and cook can enjoy the dinner with as thankful hearts as those for whom the feast has been prepared.

Grandmother's Pumpkin Pie.

If you wish to make your pumpkin pie taste just like grandmother's, you must retain the strong, rich flavor of the pumpkin just as she did. Select a small sugar pumpkin of deep yellow color, pare off the rind after cutting into inch slices, then cut into pieces two inches long, put into a stew pan or steamer, adding barely enough boiling water to cover and set over the fire where it cannot burn, while it steams or cooks three or four hours until all the water has evaporated. Then press the pulp through a fine sieve or colander. While the pumpkin is still hot, stir in a large tablespoon of butter and three of thick sweet cream. For each pie, filling to the depth of an inch or more, add one cup of hot milk to a cup and a half of the pumpkin pulp, the yolk of an egg beaten, half a cup of sugar, a saltspoonful of salt and a very little ground cinnamon. Mix well together; last beat the whites of the eggs very light and stir in lightly. Put a fluted rim of the pie paste around the edge of the lined dish. Bake in a slow oven until firm in the center.

Turkey, Bourgeois Style.

This is a very excellent way to serve the Thanksgiving turkey if you desire a change. Singe, draw and truss the bird as for roasting, but do not stuff it. Place it in a very hot oven and baste it well with butter until it roasts a nice brown. Put a few slices of veal in the bottom of a stewing kettle, place the turkey on top of these, cover with slices of bacon, and put in enough stock or broth to cover. Add a bunch of sweet herbs and seasoning of salt and pepper and let simmer at a moderate heat until the turkey is very tender; then take it out and place on a hot dish. Strain the stock, skimming off every particle of fat and reduce it down; make a brown glaze and pour over the turkey and serve.

Roast Turkey Stuffed With Sweet Potatoes.

If you prefer to reserve your chestnut stuffing until the Christmas turkey is served, try the following substitute: Take a quart of mashed sweet potatoes, that have been roasted and sieved; mix with a cupful of bread crumbs, four level tablespoonfuls of bread butter, a beaten egg, a teaspoonful of poultry seasoning and salt and pepper to taste. Dust the inside of the turkey with salt and pepper, fill with the stuffing; truss, spread with butter or slices of fat pork and roast. Serve with a garnish of sprigs of white celery tips and sausage cakes.

Chestnut Croquettes.

These make a delicious accompaniment to the Thanksgiving turkey and may take the place of potatoes if the latter are served with a fish course. Shell fifty French chestnuts, cover with water and boil an hour, then pound the nuts very fine, add a tablespoonful of butter and pound until mixed to a paste, add another tablespoonful of butter, a saltspoonful of salt and pound ten minutes. Then add a cup of cream, a little at a time. When ready to serve, press through a sieve. Beat three eggs until light and stir into the mixture. Turn into a double boiler and cook eight or ten minutes, stirring constantly. By this time it should be smooth and thick. Turn out on a shallow dish to cool; then butter the hands slightly and form the paste into little balls or cones; dip into beaten egg and then into fine bread crumbs and fry them in deep hot fat until a delicate brown.

Inquiries Answered.

M. S. P. writes:—I am much interested in the woman's column, and would be glad if you would print recipes for the following which I cannot find in any cook book: Baked bean rarebit, creamed tomatoes and egg slaw.

Baked Bean Rarebit.

Press half a pint of cold baked beans through a sieve and mix with half a teaspoonful of salt and quarter of a teaspoonful of paprika. Melt two tablespoonfuls of butter in a saucepan and when hot add the beans and when it is hot stir in gradually one-half cup of milk. When smooth add three heaping tablespoonfuls of soft cheese chopped fine, and a teaspoonful of Worcestershire sauce. Stir until the cheese is melted, then pour over very thin toasted slices of brown bread.

Creamed Tomatoes.

This recipe is intended for ripe tomatoes, but whole canned tomatoes can be used if they are quite solid and firm. Put these on flat baking dishes and heat boiling hot in the oven, first having seasoned them well with salt, paprika and a little sugar. Make a cream sauce and when both are done, carefully remove the tomatoes to a heated dish and pour the hot sauce around them and serve at once.

Egg Slaw.

Trim the outside leaves from a small, heavy head of cabbage; cut into quarters, and throw into cold water and let soak until crisp; then shake and drain out all the water and slice the cabbage as fine as possible and mix with a dressing made by mixing one egg slightly beaten, three level tablespoonfuls of butter, a level tablespoonful of sugar, a teaspoonful of mustard, a teaspoonful of salt and a cup of milk; when thoroughly mixed add very slowly from one-fourth to one-third of a cup of vinegar, then stir constantly until it cooks thick. This can be served hot or cold.

Paris Green in Whiskey.

By Exclusive Wire from The Associated Press. Lebanon, Pa., Nov. 25.—Deputy Coroner Charles D. Weirick was called to Kleinfeltville this afternoon to investigate the death of John Bishop, aged 55, a veteran of the civil war. Deputy Weirick returned this afternoon and says that from the evidence he secured the man had been given Paris green in whiskey, and that the matter will be thoroughly investigated later.

ANNOUNCEMENTS OF THE RAILROADS

Special Train and Special Low Rates to New York City and Return.

For the accommodation of the Scranton United Choral society, the Lackawanna railroad will furnish a special passenger train to leave from its Lackawanna avenue station at 7.30 a. m. Friday, November 28, scheduled to reach New York city about 11.30 a. m. Special round trip tickets will be on sale at the station office good going only on this train, and for return on any regular passenger train up to and including December 5. Further information on application to Mr. David Pritchard, chairman of the transportation committee, or A. C. Melnick, ticket agent, Lackawanna railroad, Scranton, Pa.

\$4.35 to New York City and Return.

Special Thanksgiving Day Rates, via the Lehigh Valley Railroad. Wednesday, November 26, the Lehigh Valley railroad will sell tickets to New York and return at \$4.35 from Scranton, good going on above date, limited to return to all trains except the Bluffton Express. For further information, consult Delaware and Hudson railroad agents, or George Heller, city passenger agent, Lehigh Valley railroad, 65 Public Square, Wilkes-Barre, Pa.

Fall Trip to New York.

New York is interesting whenever you visit it, but the fall days in the great city is always delightful. The parks are at their best. The theatres have attractions which time have made perfect. The stores show a wealth of new and up-to-date merchandise, and the weather is comfortable.

Old Fifth avenue, the pride of the city, is one of the features no visitor should miss, and Central Park and Bronx Park will interest everyone. No matter where you go, something worth seeing will be found and for a place where the hours are like minutes, New York leads.

A trip to New York does one good, and the opportunity to visit New York under favorable circumstances comes on November 26, when the New Jersey Central runs its Fall Excursion to the great city. Tickets are good going on any train on above date, and good to return to and including November 30. The rates have been reduced, and for further information consult your local ticket agent.

Pennsylvania Railroad Company

Will Issue Clerical Order for 1903.

Pursuant to its usual custom, the Pennsylvania Railroad company will issue clerical orders for the year 1903, to ordained clergymen having regular charge of churches located on or near its lines. Clergymen desiring such orders should make individual application for same on blanks furnished by the company through its agents. Applications should reach the general office of the company by December 21, so that orders may be mailed December 31 to all clergymen entitled to receive them.

California.

Fully described and illustrated in an artistically arranged and beautifully printed book just issued by the Chicago and Northwestern railway. It describes fully its commercial, industrial and transportation advantages, and the delights of out-door life in the beautiful climate of the coast; of special interest to the tourist, and a source of information to the traveler. Send four cents in postage to W. B. Kniskern, passenger traffic manager, 22 Fifth avenue, Chicago.

THE THUNDER FLOWER.

How This Very Curious Plant Derived Its Name.

From the London Globe.

Science, as every one knows, is very often the interpreter of legend, as often almost as it is the destroyer of myth and superstition. A notable instance of this happy fate has just been discovered in relation to the humble and familiar wild flower, the stonecrop, a flower which is known in the lake region as the thunder flower, in Belgium as dunder bloemen, and at Arras as fleur de tonnerre. The Pharmaceutical Journal has discovered the following interesting explanation of this extraordinary name:

Two pharmacists, it is related, were once walking together, when they stopped to admire a fine protuberance of the stonecrop on the roof and the out-buildings of a primitive farm house. The tenant, an aged but hale and hearty woman, informed the men of science that a building was protected from thunderstorms by the stonecrop, and she told how that very house was saved by its intervention. "In my grandfather's time," she said, "the lightning struck the roof and turned the thunder flowers all to a jelly, but the house was saved, and that is why it is called the thunder flower."

In defense of this pleasing theory, which sounds so very much like a legend, it is pointed out that the stonecrop is very probably a natural lightning conductor, seeing that it is succulent and full of water.

THE VALUE OF TIME.

William Mathews, in Success.

Madame de Genlis, in a work on "Time," tells us that the famous Chancellor D'Aguessan, observing that his wife always delayed ten or twelve minutes before she came down to dinner, and reluctant to lose so much time daily, began the composition of a work which he prosecuted only while this kept waiting. At the end of fifteen years, a book in three quarto volumes was completed, which ran through three editions, and was held in high repute. Madame de Genlis profited by this example. Having to wait at the dinner hour in the Palais Royal for Madame de Chartres, who was always fifteen or twenty minutes late, she utilized the time by copying a selection of poems from eminent authors.

It is told of a German critic that he could repeat the entire "Iliad" of Homer with scarcely an error. How many years, think you, did he spend in depositing the immortal epic in his brain? Years he had not to spare, or months, or weeks, or even entire days, for he was a physician in the full time of practice; but he contrived to store in his memory the twenty-four books of the old bard of "Sicily's rocky isle" in the brief, disconnected snatches of time while hurrying from one patient to another. Dr. Mason Good, a celebrated English physician, performed a similar feat, having contrived to translate the whole of Lucretius during his long walks in London to visit his patients.

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A partly nourished body is a faulty one.

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part of the wheat, and nourish part of your body, or do you eat

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Made from all wool materials. Come in brown, red and three shades of blue; has large cape, trimmed with seven rows of braid; two rows of braid around collar; sizes 2 to 4 years. Priced at \$2.50

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A fine assortment of patterns in pink and blues on cream ground; made with muslin bodies and without; edges stitched with colored floss. Priced at, each 25c

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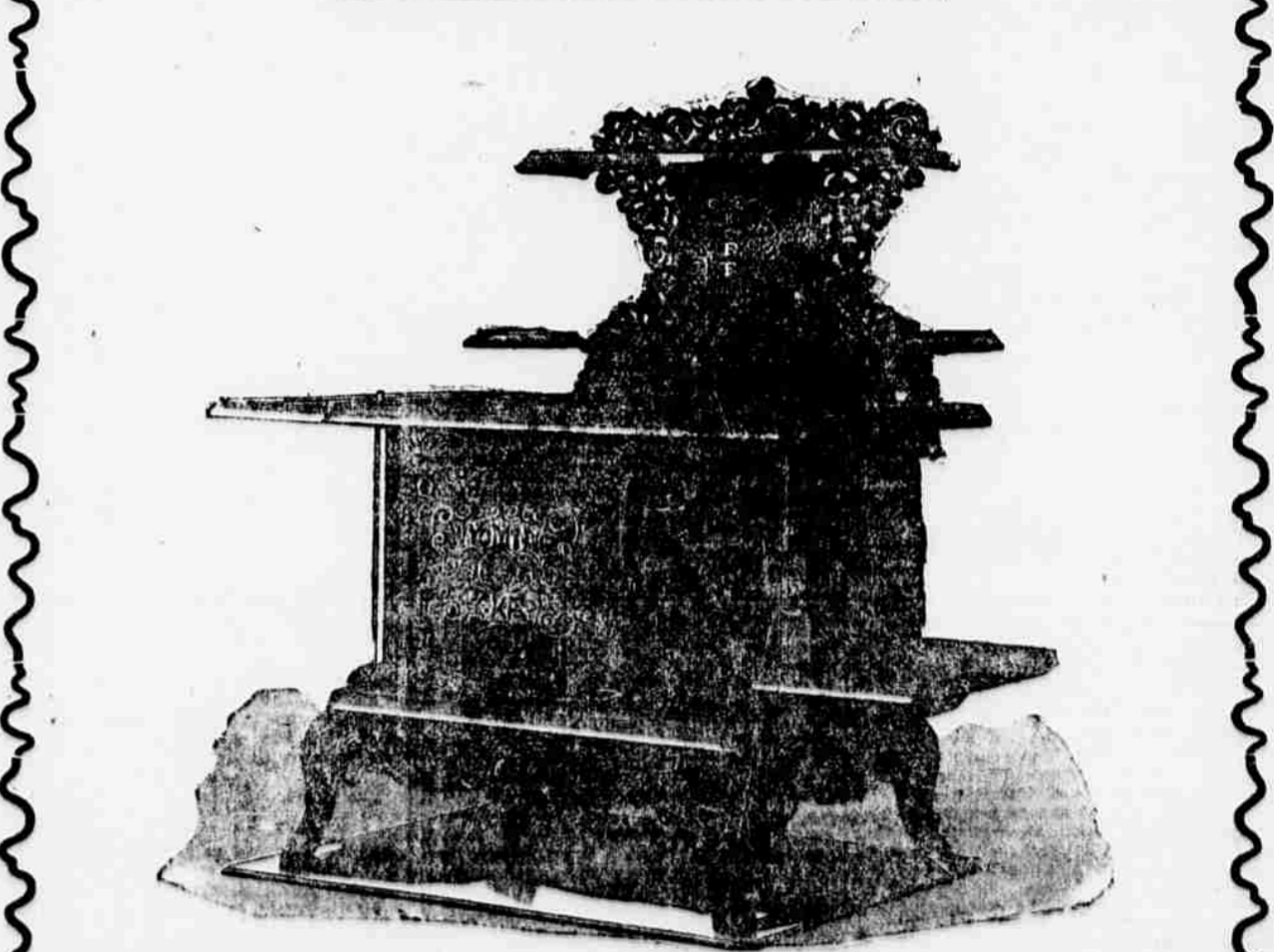
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os of the life are due to poor digestion. Perfect health, sound restful sleep, clear complexion, bright eyes, clean, white teeth, sweet breath, are the blessings that follow a regular diet of Malta-Vita. Beware of imitations. Insist on getting Malta-Vita, "the perfect food."

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