TABLE AND KITCHEN.

PRACTICAL SUGGESTIONS ABOUT WHAT TO AND HOW TO PREPARE FOOD

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

SUGGESTED MENUS.

Wednesday.

BREAKFAST. Oyster Omelet. Creamed Sweet Pointoes Eaked Apples. Cereal and Date Muffins.

LUNCH. Egg Slaw. Coffee Cake Scalloped Oysters. Spiced Peaches. Cocoa.

DINNER Tomato Vermicelli. Stewed Chicken. Com Pudding. Apple and Celery Salad.

Queen of all Puddings. Thursday.

EREAKFAST. Cream. Cerent. Stewed Potatoes Coffee. Sally Lunus LUNCH. Vegetable Curry Bolled Rice Fruit Syrup. Apple Scittors.

DINNER. Beef Broth. Macaroni a la Creme Fried Oysters Glozed Parentos Not and Celery Mayounaise in Tomat Jelly.

Cocon.

Friday. BREAKFAST. Fruit.

Philled Salt Macherel. Parsley Butter Creamed Points Griddle Cakes, Ma Coffee, Marile Syrup. LUNCH.

Tomato Sauce. long Farrers Scalloned Petatoes Silcol Bananas. Lemon Lioney Cocon.

DINNER. Black Bean Sonp. Baked Fish. Oyster Sauce Baked Sweet Potatoes Stewed Celery. Baked Sweet Pott Potato and Cucumoer Salad. Lemon Southe. Coffe

Macaroni.

Macaroni, a meal in itself; the bread and meet of the Italian peasant. It is not certainly known in what land or by what, people this paste was first made, But it is believed that the Germans obtained their knowledge of the method of its manufacture from the Chinese. and from the Germans the Italians learned the secret, and found the remarkable preparation so much to their tuste they have come to consider it their one indispensable food. We are told that the appellation it bears, an italicized Greek name, implies happiness. Practically the name "Maccheroni," is derived from "Maccare," to crush

The three principal varieties are known as macaroni-large cylinders; celli, the very fine, cord-like variety. When the paste is made into fancy shapes, it is called pasta d'Italia, and these pastes, large and small, are produced in great quantities. The tubular pastes denote the Italian origin of this class. The introduction of macaroni ac common food in America did no meet with remarkable success until it har gaite recently been discovered that the United States grows a wheat quite as rich in the element, i. e., gluten, preded for making superior grades of macaroni, as can be produced from the Truth to tell, for years before the fact their way into the average American tempelatable and useless by indifferent conting.

fare-frui labels of supposedly Italian and French origin. This was not a cause for regret when the labels covthe poorer grades were branded purely American and put up for home market repe in exchange for a still interior vathe careless, good-natured, unusupecting American getting not only a poor. but in most of the imported kinds, ciulterated and unclean goods. Many of the Italian macaroni are, during the deving process, when the greatest care should be observed to avoid such danger, exposed to dust and odors of every kind, and as they are not always under the best sanitary conditions, one can readily see that they might be made agents to carry disease over an immense territory.

The quality of flour selected for making the best macaroni is of the same sort as used for making the best bread, and from a wheat grain rich in gluten. From this high grade flour is eliminated a greater part of the starch, and for

this reason it must be higher in price. Good macaroni cannot be successfully made from a starchy flour because when poor in gluten, it breaks easily it for a few minutes, drain again, then when cooking, or eise becomes a pasty and cohesive mass, presenting an unat-



The new breakfast food. A delicious combination of cuit and wheat.

good macaroni is rather rough, elastic and hard, never starchy; and in color it is a yellowish gray. Cooking is the infallible test of its quality and freedom from adulteration. When the poking is properly done the tubes come out whole, separate, free from pastiness and tender and delicately

A good macaroni will increase in bulk while cooking.

The Food Value of Macaroni. Macaroni is a comparatively rich nitrogenous food, and may also be

considered as a heat producer, and an economical food as well. The latter assertion can be proven by skillful cooking, which will swell it to almost three times its original bulk.

Properly treated it is very suitable and digestible for adults and children having weak digestion, when it is served alone; but it does not contain the amount of muscle-making food required by the man who labors physically, it served without cheese or eggs. But with the addition of these it makes a very substantial nutrient and should not accompany a meat dish.

Its nourishing qualities, its cheapness, the many and convenient ways in which it may be prepared and made to serve as an agreeable and suitable substitute for meats should recommend it to every American housewife, especially to those who must look well to expenditures.

American Macaroni.

Admitting that there are certain home manufacturers of this product, who are producing an article in no wise superior to the lowest grade and most uncleanly foreign goods sent here, e have the satisfaction of knowing that we have grades of American macaroni now on the market, undisguised by foreign labels, that are in every way equal in quality to the best foreign makes and have the advantage over them in the method of drying. In the best American macaroni factories the pastes are dried in an atmosphere perfectly free from dust and microbes; while the mildness of the climate in the macaroni producing cities abroad allows the manufacturers to dry it in the open air and sunshine (?), a process which may give a whiter paste than our native kinds, but one that permits easy access of dust of the streets and objectionable odors and microbes to the pastes. This is a point that counts with the progressive American housewife. Imagine these pastes made and dried, as some actually are, in the atgrimed, befogged, windy and microbebreeding cities of America; and in such localities as are in the worst possible sanitary conditions. With humanity at war with the disease microbe, it is well to know the best points of attack spaghetti, the smaller tube; and vermi- on such an enemy. Therefore inform yourselves as to the source of your agnufactured foods....in fact all foods that may in any way be contaminated er affected, and choose quality alone,

der to obtain the best. Cooking Macaroni.

even if you must be more frugal in or-

The very best macaroni may be spoiled by the careless manner in which it is prepared for the table. Soaking, careless washing or putting it into cold water to cook, or not allowing a sufficlent amount of water to keep the far-famed Italian varieties of the grain. pipes separate so they can swell and come out clean and free from starchy became known, this country manufac- pasie: all these will operate against tured a very considerable amount of success in cooking macaroni. The magazoni for the Italian markets as method is so simply and easy, a child well as for home trade. None but the tray successfully accomplish the work. commence varieties of these found Plunge the macaroni into boiling water -enough to keep the pieces well sepahousehold, and unfortunately, for the tated-have the water salted, and keep Beat the whites of two eggs to a stiff home product, was too often rendered it boiling rapidly until the paste is tender, from twenty to thirty minutes. Ly this time the tubes should be at Oving to an existing prejudice for least double their size before cooking. supposed foreign goods, few of the Turn the macaroni into a colander to American pastes were allowed to be arain off the water and then immedisold as such, but sported brilliant and lately plunge columber into a pan of cold water or let cold water run over the paste a few seconds to prevent its breaking or sticking together. It may and inferior goods, but too frequently then be dressed for the table in a hundred different ways, all delicious, nourishing, cheap and for the most part only, the finest being sent over to Eu- very simple. The various forms of pastes can be used in either clear soups riety made in Italy and France: thus or combination broths, the particular form of the macaroni giving name to the soup. Cheese, eggs, milk, and tovalueless product from both sources matoes all have especialy affinity for this food preparation. All soups, timbales, croquettes, dishes au gratin, etc., should be accompanied by cheese. Parmesan preferred. When the macaroni dish is covered with grating of cheese and browned in the oven, the coloring must be done to an exact nicety. If made in the best parts of the cities and | the limit is overstepped and the cheese too deeply browned, and a bitter unsavory taste assumed, it is repellent to the gustatory nerves, and the value of

the dish is destroyed. When macaroni is added to soups i should first be boiled in salted water until fully expanded, no longer, then drained and finished in the broth.

Stewed Macaroni. Boll the desired quantity of macaroni until tender, but not soft; drain in a colander, letting cold water run over return it to the saucepan, nearly cover with milk, or milk and chicken broth. eason to taste with salt, pepper and a little butter and let simmer about twenty minutes, but do not allow the macaroni to break. Turn into a heat-

ed dish and serve.

Baked Macaroni with Cheese. Break the macaroni into inch lengths and throw it into boiling, saited water, and keep it boiling rapidly until it is well swollen and tender; this will require from thirty to forty-five minutes. Stir it frequently to prevent its sertling and sticking to the bottom. When done turn it into a colander and rinse with cold water, drain well. Place a layer of macaroni in the bottom of pudding dish, strew some rich cheese over it-Parmesan is generally pre-ferred-place bits of butter over the heese. Arrange another layer of macaroni on this, then more cheese, butter, salt and pepper, filling the dish in this manner and having a layer of macaroni on top, spread well with butter but no cheese. Add a few spoonfuls

milk to moisten the macaroni while cooking, and bake in the oven for about half an hour. The top must be an even golden brown when done,

Macaroni Pudding. Break the macaroni in two or three pieces and boil tender in plenty of salted water. Drain in the colander, then throw into cold water for a moment, then drain again and let get cold. For quarter of a pound of macaroni, well alities in education and general informaexpanded, take the white meat of a white pepper, sait and grated Parme-san cheese. Mix this separately with are not an atmosphere of coldness-dark. the well beaten yolks of three eggs and the white of one; stir in half a cup of cream or rich milk; then carefully mix in the macaroni. Place the mixture in and attractive Christian homes where a well buttered mould, cover closely father and mother work in sweet accord and steam for an hour. Turn out on a hot dish, pour some suitable sauce, such as a cream or tomato sauce, around it and serve.

Timbales of Macaroni. Boil half a pound of macaroni in salted water until tender, drain and cut into pieces two inches in length. Put quarter of a cup of good Bechamel sauce in a saucepan over the fire and stir in gradually a few tablespoonfuls of good gravy or beef extract; cook a few minutes, then remove from the fire and add five tablespoonfuls of butter and a little grated nutmeg or powdered mace: pour over the macaroni. Butter a timbale mould and sprinkle with oread crumbs and line with a thin tartlet paste. Turn in the mixture, cover t with the paste and bake it in a moderate oven for about forty-five minutes; then serve with a yellow Bechamel sauce on the side.

Macaroni, Italian Style.

Boil quarter of a pound of macaroni without breaking, in plenty of salted water until it is tender; drain thoroughly and return to the stewpan. Make sufficient quantity of white sauce to moisten well; add to it two tablespoonfuls of made mustard, salt, pepper and cayenne to taste and half a pound of grated rich cheese (usually Parmesan). Turn the drained macaroni into the sauce and stir carefully until it is well heated through; then serve in a hot dish. Do not cook long enough to harden the cheese.

Dutch Macaroni. Break some macaroni into convenint lengths and boil in salted water. Cut up a head of white cabbage into long fine shreds and boil tender in yeal broth, adding two ounces of butter, a large slice of onion, two or three cloves, a small bay leaf, six pepper corns and salt to taste. Keep the saucepan uncovered and do not let the cabbage get dark in color. As soon as it is tender, drain, reserving the broth. When the macaroni is done, drain and arrange it in alternate layers in a deep dish with the cabbage, strewing a little grated cheese in between each layer. Cover the dish and place it in a moderate oven for half an hour. The broth in which the cabbage has been boiled can mosphere of some of our smoke-be- be used in a soup. Serve the macaroni from the dish in which it was cooked

INQUIRIES ANSWERED.

Mrs. W. F. S. writes: Would you kindly give a recipe for maple layer

cake? Beat half a cun of butter to a cream dd one and one-half cupfuls of granulated sugar and beat again until light and creamy. Measure two cupfuls of sifted flour; add one teaspoonful of fold them into the batter until thoroughly mixed. Bake in two or three layers in a quick oven.

Maple Filling.

Break one pound of soft maple sugar nto small bits, put in a saucepan with half a cup of boiling water, stir until the sugar is dissolved and then let it boil undisturbed, until the syrup will thread when dropped from a spoor ary froth and then pour the hot syrup gradually into the eggs, beating constantly until it is stiff enough to

Orange and Grape Salad.

Peel and cut oranges into dice, seed half the quantity of grapes-white and Tokay-but cutting in half lengthwise. Keep the fruit ice cold until near servng time, then toss together and mix with a sweet dressing or dress with wine, if the salad is for a sweet course. If it is to be served with game, use the French or a mayonnaise dressing.

Chocolate Icing.

A subscriber writes: Will you kindly publish a good recipe for making choolate icing? Mine either turns to sugar or soaks in the cake.

Put four ounces of chocolate or cocos in a saucepan and melt it over hot water. Put one and three-quarter cups of granulated sugar into another saucepar with a cup of water and boil until it will spin a thread when dropped from the point of a spoon. Stir this yrup slowly into the melted chorolate, and when smooth and of the right consistency spread over the cake

THE WELSH MINER.

His Home, His Politics and Literary Attainments.

The best class of miners in Pennsylvania to-day are the Welsh miners. They are not college graduates, but are men of literary habits and fond of home and children. It is very seldom you will mee with one who does not know and under stands something about geology, history theology and music. He is in genera tion. The majority of them can read and chicken and three or four slices of write in both the English and Welsh lan-ham and chop very fine, season with suages and are full of Christian feeling. are not an atmosphere of coldness-dark yellow New York newspaper world dismal, dirty and cheerless as one of our have the people believe, but bright, warm, cheerful, comfortable, happy, neat together for the welfare of their chil dren and each other. If you doubt it just give them a visit yourself. They are open for inspection to all.

The mother is the leading spirit in the

Welsh miner's home. She looks after all the innumerable household duties; also after the welfare of her boys and girls and it is generally her moral and spiritua nce that directs, guides and co trols to a great extent the future welaround whom gravitate the happiness an sociability of her children; through her kindness and gentle touch and influences also, the father is drawn into closer lations with his family circle, and mutua sympathy pervades the whole family. It is very seldom you see Welsh miners homes without some games or amuse ments, such as the plano, organ, violin or some other musical instrument, and one of the most striking things to me is that you will hardly ever come across one in his household who cannot play, sing and read music. Furthermore in the ma-jority of the Weish miners' homes you will find plenty of papers, good books and literature, and, I am glad to proclaim to the public, the greatest of all books in his home is the precious Bible, from which they draw a great deal of sweet-ness, strength, hope and comfort in their dark hours of grief, sorrow and trials in

It is not an uncommon thing for a stranger who visits a Welsh miner's home to see graceful pictures hanging on the walls with Scriptural and Biblica! mot-toes in large letters; "The Lord is My Refuge and Strength," "The Lord is My Shepherd, I Shall Not Want," etc. There are pictures on the walls of every room. not expensive ones, either, but pictures which mean and tell something—land-scapes, pictures of Christ and saints; historical scenes and family portraits. These

are the homes of the Welsh miner.
Politically, mostly all the Welsh miners are thorough liberals in their views. They believe in the welfare of mankind, irrespective of color, privilege, position or power. They believe in the liberty of thought, librty of speech, and liberty of They believe that the spiritual etion. law of God controls the mind, the affec-tion, the desires, the will; and that man's spiritual comfort and welfare are thus attained and thus alone. They also believe that to deprive man of moral government would make him a captive without a ray of hope—a machine without life—a pillar of ice. The great desire of the Welsh miner is toward progress and reform. I hope the day will come when both father and mother will endeavor more faithfully in the future than in the to give their sons a thorough education that will land them out of the dangers DANIEL E. GREGORY.

1,000 MILES OF COLLARS.

That Many Produced Every Year in Factories of Trov.

From Leslie's Weekly. If all of the collars and cuffs made in a year in Troy, N. Y., were placed in a single line, end to end, that line would be more than a thousand miles long. It Chicago with several miles Ninety-five per cent, of all the collars manufactured in the United States are produced in New York State, and 85 per baking powder and sift again; then gradually stir in three-quarters of a comes from Troy. That an industry of cup of milk, alternating with the flour, until both are incorporated into a of such general use should be concentral-amouth batter. Whip the whites of ed in a city of 75,000 inhabitants is perfour eggs to a stiff froth and cut and haps the most interesting industrial phenomenon in the country. From a variety of unique conditions.

Troy is called "the collar city" of the world. Here the very first collar detached from the shirt and bearing a semblance to that article of apparel as it is known to-day was made; and since that time, seventy-live years ago the industry has increased, with Troy always as its centre, until now collar-manufacturing involves twenty million dollars annually and gives employment to nearly 18,000 persons, whose wages amount in the aggregate to between eight and nine milion dollars. Although the factories which construct

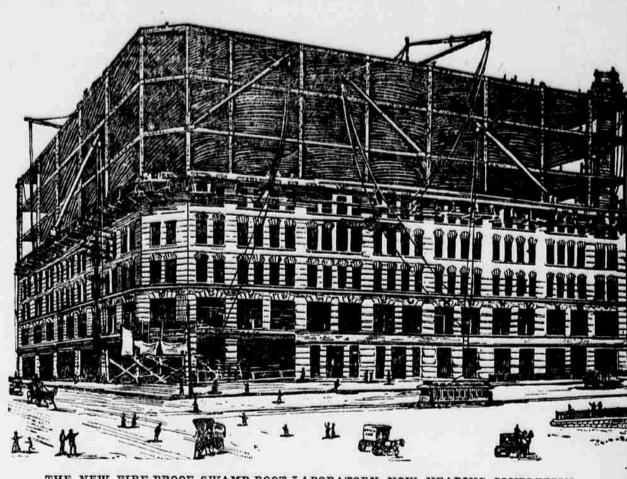
these finishing touches of a man's attire are in some instances immense plants employing thousands of people-great, buzzing nests of activity-a large and important part of the work is done by wo-men in their homes. For this is distinc-tively a woman's work, and while in the city of Troy the great factories are hum-ming through all the country round, in the farm-houses and villages within a radius of fifty miles, the women sitting in their homes are heping to make the collars of the United States. It is the skill of these women as well as those who are employed within the factories that enables thirty manufacturers in and near Troy to turn out complete every year about \$60.000.000 collars, cuffs and shirts; and it is these same women in the small houses of the city, in the villages roundabout, and on the farms, that make it impossible for this industry to live els

Strike in France.

The Ministry of Commerce has just issued its annual report on the strikes in France. According to this document dur-ing the year 1901 there were 523 strikes, in which 111.114 men, women and youths took part, the number of factories and workshops affected being 6,970. These strikes entailed the loss of 1.852,050 days work, or an average of 15 days per strik The figures in 1900 were 962 strikes ntaming the loss of 3.709.577 days'



THE LARGEST AND MOST COMPLETE LABORATORY IN THE WORLD.



THE NEW FIRE-PROOF SWAMP-ROOT LABORATORY, NOW NEARING COMPLETION. (Sketched Expressly for The Tribune.)

roes to Eingham on, as I did, will find beginning with the new year, Swampa much alive, brisk city, with beautiful. Root will be compounded. wide, asphalted streets and charming ! residential sections. Its business streets all. It will stand for centuries. It has is prepared. are decked with handsome business the finest of modern steel construction, buildings and public institutions, but with fire-proof masonry and cement offices of Dr. Kilmer & Co. and had none of them can compare in magni- arches, not a piece of wood is used in the pleasure of seeing many hundreds tude and beauty with the new Swamp- its structure. Root Laboratory now nearing comple- most central and commanding site in monial letters, from all parts of the

allway stations. The building itself is remarkable, be- astonishing area of four and one-half cause, when finished it will be the acres, and is to be devoted exclusively finest, most scientifically built, and best to the Swamp-Root business. quipped medical laboratory on earth. The building is eight stories high It was the pleasure of The Tribune to built of steel, granite and light colored send a representative to inspect this brick, and its architecture is of the

building, and from the standpoint of most pleasing style. an architect, scientist and searcher afwas well worth while.

stored health, and the restored health an absolute necessity. of their friends, to Swamp-Root, the A convenient switch connecting with great kidney, liver and bladder remedy, the main lines of all railroads entering mail, a sample bottle of Swamp-Root, and I am sure they will be interested the city runs direct to the doors of the in my brief description and the photo- shipping department.

Binghamton, N. Y., Dec. 8 .- Whoever graph of the new laboratory, where,

The magnitude of the building is not the first object that confronts the eye on Lewis Street, 345 feet on Chenango

avenue; it's floor space amounts to the

upon alighting from the train at the Street and 407 feet on Lackawanna

As is the present Laboratory, so will ter the beautiful, I can say, with the new one be equipped with the very warmth, that the trip from Scranton latest scientific apparatus for the compounding of Swamp-Root, the demand Hundreds upon hundreds of the for which has so greatly increased that readers of The Tribune owe their re- the mammoth new laboratory became

After going through this new struce ture as well as the present Laboratory, the writer was surprised to see the immense scale on which Swamp-Root

But when an hour later, I sat in the It is situated on the of the thousands of unsolicited testition. This tall, towering building is the city, and has a frontage of 231 feet world-letters written by grateful men and women cured by Swamp-Root, I thought these people did just as you and I would do. They sat down and wrote their thanks for what Swamp-Root had done for them and asked that their testimonials be published in order that all might know of this wonderful medical discovery.

Having seen a little mountain of these letters, each bearing the imprint of sincerity, no one would wonder that this business has increased as it has, and that the largest and finest laboratory in the world is needed and forthcoming.

It may be of interest to our readers to know that they can obtain free by by addressing Dr. Kilmer & Co., Binghamton, N. Y.

Christmas Buying Made Easy

That is the object of our advertising, You know that this is the Reliable Jewelry Store of Scranton and it is not necessary for us to tell you that the assortment is larger than ever before, and all the rest of the things usually said at this time and with which you are already familiar. If you will, however, keep your eye on our announcements, we will endeavor by short lists of suggestions to make your Christmas buying easy.



BROOCHES.

The ideal gift, always fashionable, appropriate to wear on all occasions. A gift that will last a lifetime. Diamond Brooches, solid gold setting, \$7.00 to \$500.

Diamond Brooches, gold filled setting, \$3.00 to \$10. Diamond Brooches, gold filled, \$3.50 to \$250. Diamond and Pearl Brooches, \$15 up.



SECRET LOCKETS. The popular gift to man or woman.

Our collection includes all the new creations in round or heart shape Solid gold, diamond set, \$8 to \$60. Solid gold, plain. \$5 to \$10. Gold filled, \$1.50 to \$4. Neck Chains, solid gold, \$3 to \$6. Neck Chains, gold filled, \$1 to \$3.

Watch Chains-Ladies or Gentlemen Not the cheap "gold washed" kind but solid gold and gold filled goods that are guaranteed. New styles of links, hundreds of different patterns in light and heavy weights.

Gentlemen's Solid Gold Chain, \$8 00 up. Dickens Chain, gold filled, \$3.50 up. Single Vest Chains, gold filled, \$1.00 up. Ladies' Solid Gold Chains, \$8 00 up. Ladies' Gold Filled Chains, \$1.75 up.

Ebony Goods Our line of Toilet Articles in real Ebony is very large this

season and the prices are reasonable. Combs...... 50c up | Traveling Toilet Set, Hair Brushes..... \$1.00 up | with case...... \$3.00 up Hand Mirror..... \$1.50 up Cloth Brushes..... \$1.50 up Manicure Sets...., \$1.50 up Military, per pair... \$3.00 up Shaving Mirrors.... \$5.00 up

RINGS.

The gentleman or lady who does not prize a ring and who would not appreciate one as a gift is hard to find.



Gentlemen's Diamond......\$6.00 up Gentlemen's Ruby..... \$4.00 up Ladies' Ruby... Gentlemen's Opal\$7.00 up

Large assort-

Thousands of rings for ladies, gentlemen and children in solid and filled set-

tings, with rich combinations of the various precious stones, in price from...... \$4





H. T. Charms and Secret Society Pins. if your gentleman friend, brother or father is a K. T. or belongs to a secret society and has not got a badge or emblem watch charm, would they

not prize one above all else for a holi

The Only Scranton Jewelry Store Giving Green Trading Stamps.

A. E. ROGERS, 213 Lackawann Avenue