

# 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.

- Wednesday.**  
**BREAKFAST.**  
 Fruit. Cream.  
 Cereal. Poached Eggs on Toast. Coffee.  
**LUNCH.**  
 Escalloped Oysters. Cold Slaw.  
 Raisin Brown Bread. Cranberry Jelly.  
 Cocoa.  
**DINNER.**  
 Stewed Chicken. Rice Croquettes.  
 Baked Onions. Cranberry Jelly.  
 Pumpkin Pie. Coffee.  
**Thursday (Christmas Day.)**  
**BREAKFAST.**  
 Fruit. Cream.  
 Cereal. Baked Potatoes.  
 Deviled Bacon. Buttered Toast. Coffee.  
**DINNER.**  
 Bouillon in Cups. Olives.  
 Radishes. Cucumber Sauce.  
 Fish Cutlets. Chestnut Stuffing.  
 Roast Turkey. Chestnut Stuffing.  
 Spiced Peaches. Cranberry Jelly.  
 Mashed White Potatoes. Brussels Sprouts.  
 Lemon Sherbet.  
 Quail on Fried Hominy Squares.  
 Wild Grape Jelly.  
 Lettuce Salad. French Dressing.  
 Water. Egg Balls.  
 Plum Pudding. Brandy Sauce.  
 Nuts. Bon Bons.  
**SUPPER.**  
 Cold Sliced Tongue. Dill Pickles.  
 Bread and Butter Sandwiches. Cake.  
 Fruit Salad. Tea.  
**Friday.**  
**BREAKFAST.**  
 Baked Apple. Cream.  
 Cereal. Cereal.  
 Codfish Croquettes. Creamed Potatoes.  
 Corn Muffins. Coffee.  
**LUNCH.**  
 Tomato Bouillon. Cream Sauce.  
 Salmon Cutlets. Potato Salad.  
 Sliced Pineapple. Cookies.  
 Grape Juice.  
**DINNER.**  
 Vegetable Soup. Egg Sauce.  
 Broiled White Fish. Parsley Butter.  
 Potato Balls with Parsley Butter.  
 Stewed Tomatoes. Cucumber Salad.  
 Orange Fritters. Fruit Syrup.  
 Coffee.

## YE JOYFUL CHRISTMAS DAY.

Blow, bugles of battle, the marches of peace;  
 East, west, north and south let the long quarrel cease;  
 Sing the song of great joy that the angels began,  
 Sing of glory to God and of good will to man!

MOST of the long-established important American holidays are significant only to those who can look back to a long line of American ancestors who lived through the events which gave occasion for these special celebrations. But Christmas is humanity's broad day. The day when every class of people in every land should enjoy a good time; should feel that the spirit of "peace, good will toward men" extends to even the least of them.

Let the spirit of love and good will open the hands of those who are blessed with plenty and scatter bounty and blessings on every side; and let there be none left to grieve alone on this day when the very atmosphere seems breathing joyousness and love. To many, Christmas brings little but the memories of happier days. But in such homes let not the hearthstone grow cold or the heart of the mistress closed; for if home ties be broken, there yet remains her kinship with all

A partly nourished body is a faulty one.

**Do you eat cereals and bread stuffs made from part of the wheat, and nourish part of your body, or do you eat**

**SHREDDED WHOLE WHEAT BISCUIT**  
 made from the whole of the wheat and nourish all of the body?

Include Shredded Wheat Biscuit with your next order to the grocer.

THE NATURAL FOOD CO.  
 Niagara Falls, N. Y.

humanity, and to some of these, at least, she owes obligations of hospitality at this season, if at no other time.

Remember that Christmas is a day of giving joy to others and if that giving be done through a spirit of brotherly love, an unselfish desire to make others happy, we will find that in the pleasure of doing we will see the face of happiness and pleasure that come unlooked for are thrice welcome.

While Christmas day is one of family reunions, its significance gives it a broader meaning than an occasion for mere gratification in eating, drinking and enjoying the companionship of those most near and dear to us. The day is most opportune for putting into practical working the familiar admonition—"Love thy neighbor as thyself." Not thy rich neighbor, but the one to whose envious eyes your lives are seeming Christmas all the year round. If because your means are limited you feel that it is not incumbent upon you to make a feast and bid him to it, better send him the turkey and "fixins" as a sacrificial offering on your part and let him enjoy on this one day of the year not only the luxury of a real Christmas dinner in his own home, but the knowledge that in one heart dwells not only the spirit of peace, good will to all men, but brotherly love, one for another, that can so far efface all thought of self as to forego the gratification of this part of the day's pleasure, that a less prosperous brother may have this yearly feast of joy.

With our Christmas remembrances to the poor, let us see to it that the true spirit of the day envelopes them round about like a loving benediction and no suggestion of "charity," that hated word among the honest toiling poor, shall creep in to jangle the sweet bells out of tune. Remember "that he who rudely flings a crust to a beggar has, indeed, supplied food for a hungry body, but has robbed both himself and the beggar of what was their due—himself of the joy of showing forth the spirit of Jesus and the beggar that feeling of fellowship with God and man, that places him in the "good times" that the spirit of the day should impart."

## The Christmas Dinner.

Christmas dinner seems to be one of the fixed considerations of life, but in many homes it has ceased to be such a matter of grave importance as formerly, although it is still given with utter disregard to all dietetic rules in most households, and it is a brave reformer who will suggest any very radical change in the menu of a good, old-fashioned Christmas dinner.

When we look over the list of dishes which were considered necessary for the Yule-tide feasts of merry old England of long ago, we marvel how they did it. Think of serving up "Salmon, venison and wild boars, By hundreds, dozens, and by scores, Hogsheds of honey, Kilderkins of mustard, Plum-puddings, pancakes, apple pies and custards," etc.

And the labor the preparations involved.

It is well to bear in mind Emerson's definition of true hospitality when we invite friend or stranger within our gates to enjoy the most democratic of all our public celebrations. "I pray you, O most excellent wife!umber not yourself and me to get a curious rich dinner for this man or woman who have just alighted at your gate, nor a bed-chamber made ready at too great a cost; these things, if they are desirous of them, they can get for a few shillings at any village inn; but rather let the Christmas fruit, polished until bright and glossy, and dark evergreen ferns are easily obtained and make very appropriate and beautiful Christmas table decorations. Red shades for the candles, bows of red and green ribbon, red and green bonbons, all aid in carrying out the color scheme, and individual fancy will suggest their arrangement in accordance with surroundings.

## Table Decorations.

These, as well as the house adornments, must be of such nature as will impart the sense of warmth and cheer. Endeavor to fill the atmosphere with the Christmas breath of the pine trees and such spicy odors as suggest the good things of life. Counteract in every way the gloom or the cold without. This year we are threatened with a scarcity of holly for our Yule-tide decorations. When Christmas greens are difficult to obtain we may make very fair substitutes with the green crepe papers, which can be made into very close representations of the natural greens, and knots and loops of narrow scarlet ribbon will give the dashes of color in lieu of the holly berries. Red apples, essentially the Christmas fruit, polished until bright and glossy, and dark evergreen ferns are easily obtained and make very appropriate and beautiful Christmas table decorations. Red shades for the candles, bows of red and green ribbon, red and green bonbons, all aid in carrying out the color scheme, and individual fancy will suggest their arrangement in accordance with surroundings.

## The Christmas Dishes.

In merry old England, famous as a Christmas-keeping country, the boar's head has been replaced by roast beef, until recently, and now the American turkey is winning its way to the high place on the banquet board. In New England the roast goose has relegated to the past the former piece of resistance, roast pig. Wild turkey and mince pie have always been considered pre-eminently American, although the latter is quite as symbolical as the world-honored plum-pudding. Both these creations are supposed to be emblematical of the rich offerings made by the three kings to the infant Savior in the stable at Bethlehem. The original mince pie was made in the shape of a cradle to represent the manger. The small pies which followed later were made like tiny coffins, a form too suggestive of the impending fate awaiting the over-fed Christmas guest to increase the feeling of jollity.

For Christmas Breakfasts and Suppers.

While these should be light and plain they may also partake of the nature of the day, but they must in no way interfere with either the preparation or the enjoyment of the dinner. One



Today we expect to sell them all. Ladies' Fine Umbrellas at \$2.50 and \$3.50. :: :: :: ::



Now, gentlemen, if you want to make your lady friend a useful present, here's the opportunity. In these two lots every original price has been reduced, and we believe at such prices every umbrella will be sold today. Mother of Pearl, Gold, Silver and Natural Wood handles, and good qualities of Taffeta and Gloria Silks. The only reason for this reduction is that Ladies' Umbrellas are not among our regular lines. Today we offer you the choice of these two lots at . . . **\$2.50 and \$3.50**

All Our Finest Umbrellas for Ladies, \$7 and \$8 Qualities, Reduced to \$5.



## Mufflers and Neckwear

When buying presents of this kind it will certainly help you in your selection to look at the largest display in this city. You'll find the choicest of silk patterns here. Mufflers and Neckties, packed one in a box, for presentation, from . . . **50c to \$1.50**

## Suggesting a Few Useful Presents

- A Cravenette Rain Coat
- A Silk Umbrella
- 1/2 Doz Box of Linen Handkerchiefs
- 1/2 Doz Box of Silk Handkerchiefs
- 1/2 Doz Box of Fancy Hose
- White Shirts
- Fancy Shirts
- A College Sweater
- A Pair of Dress Gloves
- A Pair of Driving Gloves
- A Pair of Cuff Buttons

Remember the Name

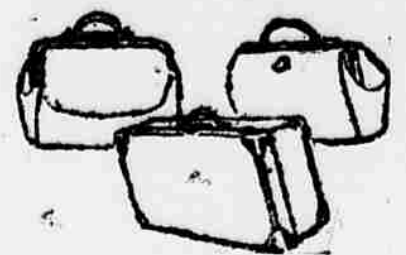
"Rocktan."

It's the Best Shoe We Know at \$3.50



## \$7, \$8 and \$10 Lounge or Smoking Jackets at \$5.00

Here's another line of holiday goods that we don't care to carry over until next year. We've sold quite a number in the last few days. But as you know smoking Jackets do not sell all the year 'round. We're ready and willing to make price sacrifices just at the time you want them. There's plenty of rich colorings to choose from. Smoking Jackets that were marked \$7, \$8 and \$10, now . . . **\$5.00**



## Suit Cases and Traveling Bags

When you buy a Suit Case, buy leather. There isn't much difference in the price between leather and imitation, but it pays to buy the best. Ours are the best that can be had at our prices, from . . . **\$3.50 to \$10**

## Suggesting Useful Holiday Gifts. . . .

- A Smoking or Lounge Coat
- A Bath Robe
- A Fancy Silk Vest
- A Cheviot White Vest
- A Leather Traveling Case
- A Silk Muffler
- A Silk Full Dress Shield
- Pair of Silk Suspenders
- A Silk English Square Tie
- A pair of House Slippers
- A pair of Sleeve Holders

Remember the Name

"Chesterfield,"

It's the Best Shoe We Know at \$3.00

# SAMTER BROTHERS

## Complete Outfitters.

reason, aside from the undue indulgence in over-much rich foods, why we are apt to have very distinct and not too pleasant remembrance of the "day after Christmas," arises from the disorganization of set rules for serving meals. The Christmas feast is usually



Delicious for breakfast, lunch or desert. It needs no other advertisement than a trial.

Sold by all grocers.

moveable as to the exact hour of serving, and may be offered up at any hour between twelve noon and two p.m., although high noon is considered the proper time.

The later hour deprives one of an appetite for another meal at a reasonable hour before midnight. But habit is strong, and it seems a fitting closing to the "good time" to end with a little supper, although no one may really want it and of a certainty should not need it after the usual indulgence in Christmas baked meats and goodies.

## Scallop Salad.

Prepare the scallops for salad by simmering about five minutes; drain, and when cool cut into small pieces, and mix with a French or mayonnaise dressing. When ready to serve, drain again and mix with it an equal quantity of celery, cover this with either mayonnaise or French dressing; place in a salad dish which has been lined with crisp green lettuce leaves, form into mold shape and cover thickly with mayonnaise dressing; form designs on the outside of the mound with chopped egg whites, olives and beet root, which will be symbolical of Christmas. Curried celery and little red radishes cut to represent flowers may be placed around the border of the dish. A great deal

of individual taste may be displayed in combining the materials used in this dish.

## Jellied Oranges.

Make an orange jelly according to the directions given on the package of gelatine. When the jelly is made pour a little into a wet, chilled mould; when sufficiently hardened, arrange upon it sections of the orange; then dip other sections of the jelly into the liquid jelly and place them against the sides of the mold; when this is set add more and sections of orange in alternate layers; when the mold is filled in this manner and the jelly hardened sufficiently, turn out and decorate with a border of whipped cream roses, or a wreath of holly, and serve.

## Yule-Tide Cake.

Use any recipe for white fruit cake which is not too rich. Cover it with a boiled white frosting; arrange little red Christmas candles in the form of a star in the center of the cake. Use tiny red bonbons and sliced green citron to form a border representing as near as possible a wreath of holly placed around the edge of the cake. Place a green face paper dolly under the cake.

## INQUIRIES ANSWERED.

Miss T. La R. H.—Your inquiry with inclosed stamp will be answered by mail and name and address filed.

## Boston Brown Bread.

Miss M. G. writes:—Will you kindly publish a recipe for Boston Brown bread?

Take two and one-half cups of corn meal, two cups of rye meal, one cup of white flour, one cup of molasses, one pint of milk, three teaspoonfuls of baking powder and one teaspoonful of salt. Scald the corn meal with two cups of boiling water. Mix all well together; pour into a mold and steam three hours; then place in a moderate oven for twenty minutes. Sour milk and baking soda may be used instead of sweet milk and baking powder. Allow three-fourths of a teaspoonful of soda to a pint of milk.

## Pasca.

E. T. J. writes:—Kindly publish a recipe for Pasca, a Russian cheese dish? Take a quarter of a pound of any mild grated cheese; add to it half a cupful each of sugar, stoned raisins and cream. Place this mixture in a wooden bowl and let it stand twenty-four hours,

to slightly ferment. Serve it in bouillon cups with cake.

## Celery Greens.

In preparing a bunch of celery to be eaten raw, do not throw the outer and tougher stalks and all the leaves into the garbage pail. Wash the refuse stalks clean, and scrape off the brown and yellowish specks. Cut into half-inch pieces, reserving all the best leaves for cooking. Put the core stems on to cook in boiling water and let them stew one hour. Then add the leaves and continue the cooking twenty minutes longer. Drain and press out the water. Salt to taste. Add a little sugar, a tablespoonful of butter, rolled in flour, and a few spoonfuls of cream. Return to the fire and stir one minute, or until very hot. Serve in a deep dish.—Record Herald.

## To Free House Plants of Insects.

Dissolve a bar of laundry soap, shaved fine in a quart of lukewarm water. See over the fire and bring to a gentle boil. Keep this up for ten minutes. Take to the table, away from the stove, and add two quarts of kerosene to the mixture, gradually heating all the while with an egg beater. It should be as thick as mayonnaise dressing when done. Keep in a cool place. In using, dilute one cupful with two gallons of water. It will be almost milk white. Spray the plants infested by aphids, red spiders or other greenhouse pests with this.—Record Herald.