

NONE SUCH MINCE MEAT

MAKE NO MISTAKE.

NONE SUCH MINCE MEAT comes in airtight packages (the contents just moist enough to preserve all the qualities of the fruits, spices and stock) not in mussy pails or in bulk. It is clean, pure and wholesome—quite different from the so-called "wet" mince meats, but cheaper, because you do not pay for the "wet" as in the other kinds. You buy the mince meat and add the water yourself. NONE SUCH is a home-made, pure food, and is favored everywhere for making pies "like mother used to make." All the goodness of mince meat made in your own kitchen. The users of 12,000,000 packages last year say so.

No other mince meat, condensed or wet, is a substitute for NONE SUCH. Order NONE SUCH and stick to it. Each ten cent package contains enough for two pies, a fruit cake, a pudding or a batch of cookies. All grocers, Merrell-Soule Co., Syracuse, N. Y.

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.

- Saturday.**
BREAKFAST.
 Cereal, Fruit, Cream, Bacon, Miltreated Eggs, Creamed Potatoes, Corn Bread, Coffee.
LUNCH.
 Macaroni au Gratin, Stewed Tomatoes, Apple Kuchen, Tea.
DINNER.
 Baked Potatoes, Fried Chicken, Old Fashioned Fowl, Rice, Baked Sweet Potatoes, Celery and Nut Salad, Cranberry Roll, Coffee.
Sunday.
BREAKFAST.
 Baked Apples, Boston Baked Beans, Raised Brown Bread, Coffee.
DINNER.
 Prairie Chickens, Larded and Braised, Mashed Potatoes, Stewed Celery, Spinach Salad, Frozen Rice Fudding, With Orange Compote, Coffee.
Supper.
 Creamed Lobster, Celery Sandwiches, Spiced Melon, White Cake, Grape Jelly.
Monday.
BREAKFAST.
 Cereal, Stewed Prunes, Scrambled Eggs, Bacon, Toast, Coffee.
LUNCH.
 Creamed Salt Cod, Hot Potato Salad, Raisin Bread, Tea.
DINNER.
 Baked Macaroni, Escalloped Tomatoes, Parsnip Fritters, Fruit Salad, Coffee, Wafers.
Tuesday.
BREAKFAST.
 Sliced Potatoes, Cream, Boston Baked Bean Cakes, Tomato Sauce, Rice Waffles, Maple Syrup, Coffee.
Supper.
 Cream of Peas, Brown Sauce, Nut and Cereal Cutlets, Cocoa, Baked Apples.
DINNER.
 Cream of Rice Soup, Lamb Chops, Scalloped Potatoes, Buttered Peas, Lettuce, Cranberry Tarts, Coffee.
VEGETABLE OR ANIMAL FOOD.

Speaking of things as we find them, we must accept conclusions which are based on the results of many years' careful study of the diseases of the digestive organs, which are caused and influenced by the diet and habits. And even though we may concur with the statements of the vegetarians, it is quite possible that a vegetarian diet may prove anything but satisfactory. When we consider how little is known by the majority of people, about the proper preparation of vegetable foods—any foods, for that matter—or about their properties and uses; or how the amount of these should be

regulated so as to conform to the season's change in order to make a perfect diet, we may readily understand the chief reasons why so many, who make their so-called attempts to adopt a "vegetarian" diet, fail so utterly. In making the trial one must take into consideration that not only is it necessary to understand the digestion and proper assimilation of vegetable foods, but they must know how to adjust diet to their needs, making allowance for their individual idiosyncrasies; and having ascertained to a reasonable certainty what kind and amount of food materials are required, they must not overtax, weaken or impair the digestive powers by eating too great a quantity of food, or that which is so imperfectly cooked as to be unfit for proper assimilation.

We have quite sufficient evidence to convince us that a large per cent. of ordinary diseases is caused by excessive meat eating, by which excess we not only waste a large amount of tissue-forming foods, but overburden the kidneys. The imperfect elimination of this excess of the waste products of the body by the kidneys is so marked in results, that it is strange that we do not take greater care to prevent the possibility of disease arising from this source. Results just as dangerous and unpleasant may follow a vegetable as a meat diet when one indulges in an excess of any one of the important food elements found in this class of foods. This is very noticeable when the starches and sugars are taken in too great proportion to other parts. The imperfect oxidation of starches and sugars; the boiling down of badly cooked starchy vegetables, such as potatoes, is sure to disturb any digestive functions and absolutely certain to bring disagreeable results to an acid stomach. Meals in the average household usually contain an excess, if not an extravagant amount of starch; this with the sugar and fats which are invariably added throws the diet too far out of balance, and even when the digestion of every one is quite normal, discomfort is sure to follow. When meats are entirely avoided it is most imperative that one study the nature of the vegetable foods more closely, for by the elimination of these tissue-forming foods we are in danger of increasing the percentage of starch in the diet without a corresponding increase in the vegetable food properties which will replace the properties in the tabooed meats. Most people who attempt the vegetarian diet without the clear understanding of the nature of foods which are ranked in this class, go too far in substituting starch for meat, instead of trying the meat counterpart, wheat, and its close allies, the nuts.

Many people would most undoubtedly enjoy better health if they would adhere strictly to a correct vegetable diet and there is not the slightest danger of their not being well and prop-

ly nourished on such a regime when they can obtain twice the amount of tissue-forming food from the wheat grain that can be secured from meat, especially when experience has, or should have taught them that they cannot perfectly digest meat. "If the stomach only secretes a small amount of acid and pepsin, and the pancreas digestion is good, vegetable foods will agree much better than meats."

While we have shown that starchy foods in large quantities, or out of proportion to other principles are harmful in a great many cases—in most cases, we may say—and particularly hurtful to those who have strongly acid stomachs and weak pancreatic digestion, this fact does not in any wise criminate the vegetable gluten supplied by wheat, peas and beans, which, if properly treated, agree with invalids better than meat, unless perhaps, there are some very peculiar individual conditions, which are possible, but not common.

Bean Fluff.
 Cover one pint of dried white beans with two of warm water; add a teaspoonful of salt; and simmer gently for an hour. When they are soft, drain them carefully and press through a colander, allowing the hulls to remain in the colander. While hot add a tablespoonful of butter, a seasoning of salt and pepper to suit the taste. Beat until light, and add two tablespoonfuls of milk or cream, and the well-beaten whites of two eggs; turn into a baking dish and bake in a moderately quick oven thirty minutes. Serve from the dish in which the fluff is baked.

Curry of Beans.
 Chop one medium-sized onion and fry a golden brown in a tablespoonful of butter; add one teaspoonful of curry powder and two teaspoonfuls of milk and mix smoothly; add one quart of baked beans, and the juice of half a lemon and just a zest of the grated yellow peel. When steaming hot, dish in a border of boiled rice.

Bean Panaches.
 Take two cups of string beans, fresh or canned; cut into inch lengths; two cups of white beans, two tablespoonfuls of butter, juice of one lemon, one tablespoonful of minced parsley, salt to taste. Boil the two kinds of beans tender in separate vessels; drain off the water, put the beans together in a saucepan; add to them the butter, lemon, salt and parsley, stir until thoroughly heated and serve.

Potatoes a la Custard.
 Peel and boil six large white potatoes; drain very dry and make smooth and creamy, season with salt, pepper and butter and a little cream; press through a colander so that it will fall evenly and light as snowflakes into the dish; beat one egg well; add to half a cup of milk and pour over the top; bake fifteen minutes in a moderately hot oven. It should look like a golden brown custard when taken from the oven.

Spiced Sweet Potatoes.
 Boil the potatoes the day before using; peel while hot and when cold slice them rather thick. In the bottom of a baking dish put bits of butter; sprinkle sugar over the butter; place on this a layer of potatoes. Alternate with butter, sugar and potatoes until the dish is full. Cover the top with butter, sugar and a teaspoonful of ground cinnamon, cloves and nutmeg mixed; pour over it a cup of water. Put it in the oven and after it begins to bake, moisten it once or twice with a little butter and hot water to dissolve the sugar so as to prevent its drying on the top of the potatoes. To make this dish very nice you must use a cup of sugar and a cup of butter to two quarts of potatoes. Bake in a moderate oven.

Panned Onions, Creole Style.
 Split oyster crackers in half. Butter a deep dish and line it with a layer of the crackers. Sprinkle chopped Spanish or Bermuda onions over the crackers; then pepper and salt; then spread with a very thin layer of tomatoes, as the flavor of the onion must predominate in this dish. Continue to alternate the materials until the pan is full, having tomatoes on top. Add sufficient quantity of milk to come nearly to the top of the pan and cover with buttered bread crumbs. Bake one hour. This is a delicious dish to serve with turkey or chicken.

Hold-over Tomatoes and Rice.
 If you have a little left-over tomato left from dinner this is a dainty way of utilizing it. Steam two-thirds of a cup of rice in two cups of water in a double boiler, adding half a teaspoonful of salt at the time that you pour the wa-

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ter on the rice; cook until soft, which will require from half to three-quarters of an hour. Remove the cover of the boiler and stir the rice carefully with a silver fork to allow the steam to escape and dry off the rice. Heat the left-over tomato, season quite highly with salt, pepper, cayenne and a little celery salt or minced parsley. Add to the rice a tablespoonful of butter, stir in carefully and when the butter is melted, pour the tomato over the rice. Serve at once as a vegetable.

Malabar Rice.
 Cook one tablespoonful of finely chopped onion in two tablespoonfuls of hot butter in a stewpan, let it cook slowly without browning until you have a pronounced odor of the onion; add one cup of rice which has been washed and dried; stir it often until slightly browned; mix one quart of strong vegetable soup stock and one pint of strained tomato. Season highly with salt and cayenne. Add it to the rice and let it cook slowly on the back of the stove until the rice is very tender and the broth is all absorbed. Just before serving add more salt if needed, and pour over it two tablespoonfuls of melted butter. Add two large cardamom seeds, split and turn into a hot dish. Omit the cardamom seed if the flavor is not liked.

Rose-tinted Celery.
 Take the very tender inside stalks of blanched celery; cut into inch length pieces and soak in the juice of very red cranberries until the delicate shade of pink is obtained; shred one end of each piece of the celery if you wish to use it like flowers. Mix this with crisp white celery prepared in the same manner, or arrange separately in little nests of tender green lettuce leaves. Serve with a plain French dressing.

INQUIRIES ANSWERED.
 Mrs. A. E. P. writes: Will you please send me a good recipe for making an English plum pudding, also a recipe for a fruit cake?
 English Plum Pudding and Fruit Cake.

Our correspondent will find the recipes she desires in the recent article published on the subject of Christmas puddings and fruit cakes. If she has not received copy of the same she can probably do so by calling or writing to publishers of the paper.

Dressing for Salad of Celery, Apples and Nuts.
 The following dressing or mayonnaise jelly should be used with the above mentioned salad:
 Put one very cold egg yolk in a chilled soup plate which has been rubbed with a slice of onion; mix with the yolk of one hard-boiled egg. Add, drop by drop at first, a half pint of very cold, but not frozen, olive oil. Stir constantly in one direction, with a silver fork. When you have a smooth thick jelly add a few drops at a time, so as not to separate your mayonnaise, the following mixture: One teaspoonful of salt, quarter of cayenne, half a teaspoonful of mustard and half a teaspoonful of sugar, mixed smooth with two tablespoonfuls of lemon juice.

DOMESTIC POINTERS.
 To keep seed-beans from being eaten by weevils, put in a sieve and pour boiling water over them; dry in the sunshade. Lemon pies and lemonade can be made without lemons by the use of acid phosphate and lemon essence. The difference cannot be detected.
 To tone down and beautify the complexion, bathe the face in bran-water to which has been added a few drops of ammonia.
 For neuralgia, cut a thick slice of bread, soak one side for a minute in boiling water, rapidly sprinkle cayenne pepper over the hot side, and apply to face. It will not blister as mustard does.
 A spoonful of ox-gall in a gallon of water will set the color of almost any goods. Soak before washing.
 A teaspoonful of lye in a pailful of water will improve the color of black goods.
 Take a new flower, wash it in wet cloth, and put over butter, and the butter will keep as upon ice.
 A raw onion bruised and applied as soon as possible to a bite of any venomous thing, snakes included, will cure the wound.—Woman's Home Companion.

Reply to Bachelor Howland's Inquiry
 Chicago once had its superior amount of city schools a bachelor named Howland, whose gruffness of manner and love of neatness were proverbial. Going into the room of a young and attractive teacher one day, Mr. Howland took notice of an untidy desk and a carelessly arranged bookshelf, and pointing his finger at them, queried brusquely: "What kind of a housekeeper do you think you'd make?"
 "Why, Mr. Howland, are you looking for one?" was the humorously quizzical reply.—New York Times.

Fair Dealing, Quality, Low Prices

The heading to this advertisement is not merely a meaningless expression, it is rather, a broad assertion that has the true ring of Fact. For years we have labored and strived to give the best to be had in Pianos and Organs and to do it at an honest price.

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And now a word about our system of selling for credit. The word credit has a horror for some people, but as applied here it means convenience, comfort, luxury—it does not mean the placing of the yoke of debt about your neck. It is simply placing at your disposal the enjoyment of a beautiful Piano or Organ, giving you the lowest possible price and permitting you to pay for it in small weekly or monthly sums that are easily within your reach. It would be as reasonable to consider your advance rent as an obnoxious debt as to misconstrue a purchase made under our equitable credit system.

J. W. GUERNSEY,

314 to 318 Washington Avenue.

A Seasonable Recipe (Cut This Out)

The human body is built out of the food eaten. A weakness in the constitution means that one or more elements of the body have not been nourished sufficiently or have been over-nourished at the expense of other elements. *Shredded Whole Wheat Biscuit nourishes all the different elements of the body in correct proportion.* Here is one of the many delightful ways in which *Shredded Whole Wheat Biscuit* is used:

Pare, core and quarter 4 large apples; cook tender with 1/2 cup of water; add 1/2 cup of sugar and set away to cool. Make a pint of any gelatine jelly. Split *Shredded Wheat Biscuit*, fill with the stewed apples; pour 1/2 of an inch of the jelly into a long, shallow pan, let harden; then place the biscuit sandwiches end to end on the jelly and cover with the remaining jelly. Set away to harden. Serve with cream. Any seasonable fruit can be used instead of apples.

Jellied Apple Sandwich

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