## THE OMAHA DAILY BEE: SUNDAY, DECEMBER 2, 1900.

# 

# TABLE AND KITCHEN.

Practical Suggestions About Food and the Preparation of It.

Dally Menus. MONDAY. BREAKFAST. Fruit. Cereal. Baked Potatoes. Honey. Sausage. Fried Mush Ba Coffee LUNCH, Potato Omelet. Biewed Fruit. Fruit-Coccoa. DINNER Vegetable Soup without 1 Stafed Pointoes. Stuffed Pointoes. Fairy Pudding. Coffee. TUEst Rolls. Wafers. hout Meat. Tomato Sauce Spinach Yellow Sauce. it. Cream. Stewed Potatoes. Coffee. UNCH. Celery. Fruit. Thin Bread and Butter. Chocolate. DINNER. Barley Broih. Pot Roast. Browned Potatoes. Stewed Carrots. Beet and Radish Salad. Taploca Custard. Coffee. Pot Roast. WEDNESDAY. Cream. Lyonnaise Potatoes. Coffee. Meat Cakes. Rolls. olls. LUNCH. Beauregard Eggs. Stewed Fruit. Milk Biscuit DINNER Potato Soup, Scalloped Sweet Potatoes Pickled Beets, srolled Ham. Baked Custard. Coffee

In Reference to Menus. When arranging menus for the week that are to be used in widely different sections and under very varied conditions one must first consider the most available dishes to present suited to the season and calling for materials readily obtainable in almost any part of the country open to commerce in fresh food materials.

One must of necessity leave much to the good judgment of the housewife in regard to detail, as it is not possible to be acquainted with every existing condition.

The prime object is to give an idea by the selection and arrangement of dishes how to proportion the necessary food substances required for each day's meals. Also to suggest new ways of serving and methods of preparing the everyday ma-

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teriais in order to avoid monotony, which ingly elaborate, the dishes are with but few exceptions composed of the plasmest and least expensive materials. The variety conveys the impression that they are beyond the means of the average housekeeper. The aim is to strike a happy medium and suit a very great many tastes and needs. Given the proper arrangement of classifying the dishes in order it is a very simple matter to add to or curtail these menus. The simplest dinner menu must have the following courses: Soup, a meat dish or its equivalent, with accompanying vegetable, a salad and desaert, with coffee, or it is not a dinner. From this plain foundation we build up, first adding the fish course, then relishes, entrees and so on, until we get to the formal, ceremonious dinner.

The menus do not give many of the expensive reasts or joints, having in view the fact that any one is more or less familiar with these cuts of meat and how they are used, but may be entirely in ignorance of the cheaper and oftimes better parts of the animal. There is difficulty in disposing of these large and expensive pieces when the family is small. And unless a reast is of considerable thickness it is not satisfactory. The desseris are also selected with a view to economy as well as variety. When the family is very small the dessert question is more of a problem. Many of these dishes are best made in moderately large quantities. To avoid leftovers in this line select desserts that can be made in very small proportions, like the various egg custard preparations, junket, gelatine, fruit tapiocas and dishes of like

nature. When fruits are enjoyed they are the best desserts for small families, using either fresh or stewed. This dessert can be disposed of, except for special occasions like Sunday, if, having sufficient other viands to supply the proper amount of food, the dessert is added only as a finishing touch. But in most families the "hereafter" is a great consideration. A separate chapter will be devoted to the subject of dishes made from the left-overs which usually perplex the housekeeper with but

# one or two in to cater for.

Recipes. Fish Timbales-Rub together two level tablespoonfuls of butter and same of flour. to a smooth paste; add ene cup of hot milk and stir and cook until it comes to boiling point. Season with half a teaspoonful of salt, a dash of cayenne, half a teaspoonful of lemon juice and a teaspoonful of finely minced parsley. Add a cup of cold cooked fish minced fine; heat thoroughly; add yclks of three eggs slightly beaten and take from the fire. When cool fold in the whites of the eggs beaten to a stiff froth. Fill

timbale molds two-thirds full and bake in the oven for fifteen or twenty minutes. Oyster Sauce-Make a white sauce, but using the heated strained oyster liquor instead of milk, adding a cup of oysters, partoiled in their own liquor, the muscle removed and cut into small pieces. Season with sait, white pepper and a tablespoonful of Worcestershire sauce.

Chestnut Stuffing-Roast one quart of well done. Remove the shells and skins and mash smooth, adding a tablespoonful of melted butter or rich cream, a teaspoonful of salt and three dashes of white pep-Mix well together and stuff the per. Mix well togetaer and turkey. You will require more for large turkey. If preferred the chestnuts may turkey. If preferred the chestnuts tuffed

cool.

part.

dish.

be used in the gravy and turkey stuffed with sausage or served au naturel. Frozen Rice Pudding-Wash well heartless practical joke on the part of an cup of rice and put it in a double boller with one pint of cold water, cook half an American whom they met on a train in the hour; then drain and cover with a pint of west. He told them that if they wished to milk and cook until tender. Whip a quart see a typical frontier town they ought to of good, sweet cream and stand in a cold stop at Denver. Upon his advice they purchased such luxuries as would be needed in place to drain. When rice is tender rub that crude village, such as a private bath t through a slove and return to the boiler. tub, with alcohol lamp for heating the water, etc. The wag informed Mr. Cham-Beat together until light one and a half cups of sugar and yolks of six eggs and add berlain that guests at the Denver hotel were o the rice. Stir and cook for a few minsupposed to wash in a tin basin on a bench utes until it begins to thicken. Remove in the back yard. When he saw Denver he from the fire and when slightly cool adl a was astounded, and, as he explained to the tablespeonful of vanilla and turn out to hotel man the reason why he brought along When perfectly cold turn into a the private bath tub, he was unable to unfreezer and freeze same as ice cream. derstand the mirth of that gentleman or to Serve with a compote of oranges, peaches fathom the motives of his informant. or apricots. This makes a large quantity, Orange Compote-Use one dozen sweet Ah Sin's propensity for walking in ways oranges, carefully removing all the white that are dark has been demonstrated in With a sharp knife cut into slices New York's Chinatown, where nine Mongoquarter of an inch thick, removing the lian merchants and restaurant keepers have pits and core. Put one pound of sugar been arrested for stealing several thousand in a saucepan with half a cup of water and dollars' worth of electric light from the stir until sugar is dissolved; then boil ten Edison company. The theft was accomminutes and skim if necessary; add juice plished through the use of an ingenious deof half a lemon. Put in the slices of vice arranged by an expert electrician, who oranges, a few at a time, and let them farmed it out to the Chinese at \$10 per took a moment, then lay out on a flat month. When all are done pour the remainder of the syrup over them and let "Some months ago," says Youth's Comthem get perfectly cold. Heap the orange panion, "a New England society for the preslices around the base of the pudding and vention of cruelty to animals sent to Porte pour the syrup over all. Rico a large number of circulars. A special paragraph referred to the cruelty of using Equals Three Pounds of Beet. a frosty bit in horses' mouths and advised Those who desire a tempting and nutriwarming it carefully. Inasmuch as most o lous meal that can be served in a second the people had never even seen ice, the adat a cost of 1 cent a person should buy Granvice was somewhat misplaced. A good ola. It has a rich, nutty flavor. Onemany years ago some clever Yankee built pound packages contain as much nutrition a house in sections, took it around the as three pounds of beef. It is thoroughly Horn and set it up in Hawall over a carecooked and ready for immediate use, with fully-made cellar. The cellar still exists the addition of fruit juice or milk. a monument to the inappropriate. It is i Readers of this paper who will send the good place for centipedes to build their name of a grocer who does not sell Granola homes, but beyond that as useless as an ice to the Sanitarium Food Co., Battle Creek, chest in Greenland."

was a rat. One morning a piece of gold quartz was found after the rodent's visit, and, tracing his visitor to his hole, Mr. Ingoldsby found a rich gold deposit.

When Mr. Bryan was nominated in 1896 Daniel Scotten, the millionaire tobacco merchant of Detroit, deposited almost is not conducive to good appetite with a dainty eater. While the menus are seem- fore he withdrew all the money and then the Ontario government endeavored to collect death duties amounting to \$50,000 The trustees resisted and the case has been before the courts for two years. The government won in all the lower courts, but the highest court has decided in favor of the trustees.

> One day in the spring of 1884 Mrs. Frederick White of Coventry, N. Y., asked her husband to bring her a sack of flour from i nearby store. He started to do so and that was the last she saw of him until one day last week, when he walked into the house with a sack of flour on his shoulder saying, as he set it down, that he had not forgotten the errand. He has been in the far west, has accumulated a good deal of money and will take Mrs. White to his western home.

An old sailor, incapacitated for sea duty by age and long years of rough service, was recently appointed sexton of the chapel at the naval academy at Annapolis. The bureau of equipment and supplies at the Navy department in Washington furnishes books as well as coal and "salt horse" to the sallors and the new sexton applied there for a bible. There were plenty of them in the pews of the chapel, but he wanted one for his personal use and specified in his application that it should be "a good, religious bible."

> Among the most curious election bets on record is one made by John P. Courtney. democrat, and Harry Wallace, republican two plumbers doing business in Minneap olts. The agreement was that the lose

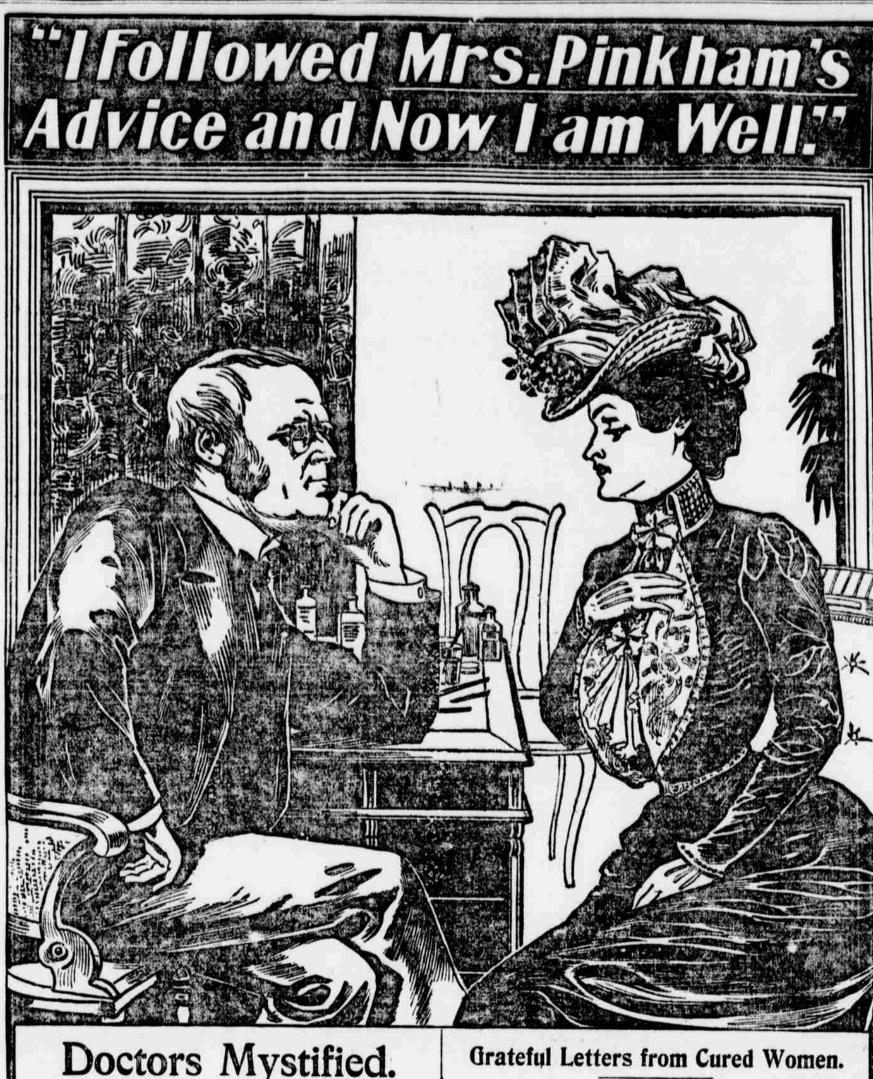
must for life cast his vote as the winner shall dictate. Courtney, who was a candi date for alderman in the recent campaign was, of course, the loser and is now en gaged in earnest but so far unavailing of forts to substitute some other penalty. Wallace is obdurate and swears that Court ney must in future vote the republican ticket.

The Louisville Courier-Journal says 'Tom' Keating, the California horseman who died recently at Lexington, left a will directing that \$50 should be set aside for women claiming to be his widows. This bit

of news was published over the country, and now an Oakland dispatch says that it bas been misunderstood, and the estate is flooded with letters from widows of other men applying for that \$50. Gentlemen who contemplate putting California jokes in their wills should not aim them at widows They are not usually in a joking humor."

"Apropos of funerals," writes a London correspondent of the Boston Transcript, "I noticed in Holborn a showcase full of strange looking pictures. Upon inspection they proved to be photographs of cadavers, laid out in full mortuary splendor. Under neath ran the legend, 'Economy in funerals. 1ry our three guinea respectable interment, One trial only asked.' Scarcely less grewsome was the display of Mr. Smith, surgeon dentist, a few doors beyond. A small show-Chestnut Studing-Roast one quart of case inclosed a complacent skull, grinning perhaps to think his dental trials were over, set with an imposing array of pinkgummed artificial teeth, at 15 shillings the set. Over the top of the case were painted

these alluring words: 'Discolored and decayed teeth made white and stopped." An English couple, Mr. and Mrs. Douglas Chamberlain, who are traveling in this country, were recently the victims of a



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cess, but "na ture's sweet in

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Arizona. Mr. Ingoldsby, who was on a hunting trip near the San Pedro river. was for a long time puzzled to explain the disappearance of small articles from his camp. Investigation showed that the thief For the stomach's sake BATTLE CREEK SANITARIUM ! Thoroughly cooked 1 Ready for instant use 1 FOODS Delicacies at all seasons and tention," produced through the digestion of starch by our for all ages 1 Children love these foods exclusive process. because they are crisp, tooth-some, and in the case of Granut delicately sweetened. Mothers like Granut for their children because it is sterilized, pre-digested, and its sweet is not cane sugar, glucose, or other cheap sweets made from corn by chemical pro-cess, but na-

Caramel Cereal is the original and genuine succes-sor to Coffee, has delicate aroma and agrees with the most sensitive stomachs. Ask your grocer for "Battle Crock SANITARIUM Foods - do not be imposed upon by the many foods sold on our reputation. Battle Creek Sani-tarium Food Co., Battle Creek, Mich.

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Mich., will receive a free sample. In ordering of your grocer be sure that a picture of the Battle Creek Sanitarium is on each package. The genuine Granola bears this picture.

QUAINT FEATURES OF LIFE.

The shipyards of Great Britain, all work-ing together, could turn out a big steam-ship every day in the year. The constant labor of four persons for an entire year is required to produce a cash-mere shawl of the best quality. mere shawl of the best quality. A biographical work recently published in Kansas contains the biography of a well known republican politician, written by himself. It says: "On October 25, 1387, Mr. — lost his wife." This was the date when his wife secured a divorce from him on the grounds of abandonment. One of the most frauent uses to which The actions of a rat led N. R. Ingoldsby to the discovery of a rich gold mine in

OUT OF THE ORDINARY.

on the grounds of abandonment. One of the most frequent uses to which the telephone is put by French country subscribers is that of an alarm to wake them in the morning. Those who wish to advise the telephone administration the night before of the hour at which they wish to be rung up. Attempts will soon be made by California merchants to put fresh asparagus on the market in London and other places in Great Britain. The California mavel oranges are growing in favor in England and are being much appreciated. It is expected that Cali-fornia asparagus which is sent to England in large quantities. asparagus, which large quantities.

large quantities. Recent estimates are to the effect that aephali is being dug out of the famous tar lakes of Trinidad—the most notable exist-ing sources of the material in the world— at the rate of 80,000 tons per annum. There are still 4,500,000 tons in sight, but at this rate the supply could not last long were it not that the lake of bitumen referred to is receiving a constant accretion from the bowels of the earth.

receiving a constant accretion from the bowels of the earth. An irrigation canal about twenty miles iong, twenty-two feet wide at the bottom and carrying four feet of waterhas justbeen completed in Teton county. Montana, by which 100,000 acress will be added next year to the cultivable area of that state. This is a manner of presenting the irrigation ques-tion which, inasmuch as it carries solution with it, is by no means to be despised. During the past year the state of Penn-sylvania has purchased more than 100,000 acres of land to be used as a forestry reservation. The policy of using land that is not adapted to agriculture for the pur-pose of timber culture has been adopted by both Pennsylvania and New York, the objects being to insure a necessary measure of rainfail to preserve the purity of moun-tain streams, to provide for the even flow of streams the power of which is utilized by manufactures and the like. About a year ago a seventy-pound Mis-

A woman is sick ; some disease peculiar to her sex is fast developing in her system. She goes to her family physician and tells him a story, but not the whole story.

She holds something back, loses her head, becomes agitated, forgets what she wants to say, and finally conceals what she ought to have told, and thus completely mystifies the doctor.

Is it any wonder, therefore, that the doctor fails to cure the disease? Still, we cannot blame the woman, for it is very embarrassing to detail some of the symptoms of her suffering, even to her family physician. It was for this reason that years ago Mrs. Lydia E. Pinkham, at Lynn, Mass., determined to step in and help her sex. Having had considerable experience in treating female ills with her Vegetable Compound, she encouraged the women of America to write to her for advice in regard to their complaints, and being a woman, it was easy for her ailing sisters to pour into her ears every detail of their suffering.

In this way she was able to do for them what the physicians were unable to do, simply because she had the proper information to work upon, and from the little group of women who sought her advice years ago, a great army of her fellow-beings are to day constantly applying for advice and relief, and the fact that more than one hundred thousand of them have been successfully treated by Mrs. Pinkham during the last year is indicative of the grand results which are produced by her unequaled experience and training.

No physician in the world has had such a training, or has such an amount of information at hand to assist in the treatment of all kinds of female ills, from the simplest local irritation to the most complicated diseases of the womb.

This, therefore, is the reason why Mrs. Pinkham, in her laboratory at Lynn, Mass., is able to do more for the ailing women of America than the family physician. Any woman, therefore, is responsible for her own suffering who will not take the trouble to write to Mrs. Pinkham for advice.

The testimonials which we are constantly publishing from grateful women establish beyond a doubt the power of Lydia E. Pinkham's Vegetable Compound to conquer female diseases.

"DEAR MRS. PINEHAM :- I was a sufferer from female weakness for about a year and a half. I have tried doctors and patent medicines, but nothing helped me. I underwent the horrors of local treatment, but

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GRACE B. STANSBURY

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ELLA BRENNER

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received no benefit. My ailment was pronounced ulceration of the womb. I suffered from intense pains in the womb and ovaries, and the backache was dreadful. I had leucorrhoea in its worst form. Finally I grew so weak I had to keep to my bed. The pains were so hard as to almost cause spasms. When I could endure the pains no longer, I was given morphine. My memory grew short and I gave up all hope of getting well. Thus I dragged along. To please my sister I wrote to you for advice. Your answer came, but meantime I was taken worse, and was under the doctor's care for a while.

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"After reading your letter, I concluded to try your medicine. After taking two bottles I felt much better: but after using six bottles I was cured. All of my friends think my cure almost

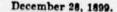
miraculous. I thank you very much for your timely advice and wish you prosperity in your noble work, for surely it is a blessing to broken-down woman. I have full and complete faith in the Lydia E. Pinkham Vegetable Compound."-GRACE B. STANS-BURY, Herington, Kansas.

> " DEAR MRS. PINKHAM :-- I have been thankful a thousand times since I wrote to you for what Lydia E. Pinkham's Vegetable Compound has done for me. I followed your advice carefully and now I feel like a different person.

"My troubles were backache, headache, nervous tired feeling, painful menstruation, and leucorrhoma. I took four bottles of Vegetable Compound, one box of Liver Pills, and used one package of Sanative Wash, and am now well.

"I thank you again for the good you have done me."-ELLA E. BRENNER, East Rochester, Ohio.

"DEAR MRS. PINEHAM :- I want to tell you what your medicine has done for me. I believe it saved my life. I had womb trouble and in-flammation of the ovaries, and was troubled with flowing too much. I had two doctors, but they did me no good. After writing too much. I had two doctors, but they did me no good. After writing to you, I began the use of your remedies, and to-day I am well. I cannot say enough in your favor and shall always praise your Vegetable Compound."-MRS. FRED. LEO, Box 520, Skowhegan, Maine.





MR5.B. CUNNINGHAM

"DEAR MRS. PINEHAM :-- I feel that it is my duty to write and tell you of the benefit I have de-rived from the use of Lydia E. Pinkham's Vege-

table Compound. I wrote to you last June and described my sufferings. "I took seven bottles of your medicine and was

cured of my troubles. Last September I was taken with a very bad kidney trouble. I was away from home and was obliged to return. I started to take your medicine again and was soon well.

"When I wrote to you last summer I weighed only one hundred and five. I now weigh one hun-dred and thirteen. I am very grateful to you for the good advice you gave me, and would recommend your medicine to all who suffer from female weakness."-MRS. B. CUNNINGHAM, Oakland, Ill.

REWARD Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank, of Lynn, Mass. \$5,000, which will be paid writers' special permission.—LYDIA E. PINKHAM MEDICINE Co., Lynn, Mass.

making a total of 211 unions in good stand-ing, with an aggregate membership of 10.794, showing a grin of 2.252 members during the period stated. They won forty strikes last year and lost thirteen. men of England did organize, and today they are better fed, receive higher wages and work half as many nours a day as they did at the close of the eighteenth century."

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period stated. They won forty strikes last year and lost thirteen.
There is a law on the statute books of Ohio making it a misdemeanor for an amployer to discharge or to attempt to coerce employes to restrain them from affiliating with fabor or other lawful organizations.
During the year ended October 30 last twenty strikes occurred under the jurisdiction of the international Typographical union, of which seven were won and thirteen ended in defeat. The cost of these strikes was \$80.000.
Prof. Wykoff says: "In the matter of labor organizations this country is fifty years behind England. Never in the history of the world was there a system of labor or generation at he close of the construction of the cleft of pounds-all in one plece. It making it the seven were working in the close of the bedplate for a blowing engline for a foundry in Milwaukee. The casting is to se the bedplate for a blowing engline for a foundry in Milwauker. It weighs 110.000 pounds-all in one plece. It making it the seven were working in the close of the seven were working.

St. Louis grocery clerks want early clos-ing and no Sunday work.

The London Statist predicts a great boom for shipbuilding in the United States. Shotiand has had the largest herring catch on record, valued at \$1,509.000

The Brotherhood of Rallway Trackmen of America places the number of men em-ployed by the railways of the country at 92,024

The Plumbers, Gas and Steam Filters' association reports that during the tast and make it the gratest arti-ficial waterway on the face of the slob-The Plumbers, Gas and Steam Filters' association reports that during the last nine months fifty-five new unlons have been organized, seven lapsed, and one withdrawn,

LABOR AND INDUSTRY.

