

VALENTINE FROM OVERSEAS : A TALK ON BUYING BEEF : WOMAN'S EXCHANGE : GIRLS' LETTERS

MRS. WILSON TELLS HOW TO BUY THE GOOD CHEAPER CUTS OF BEEF

Choicer Cuts Contain Only 26 Per Cent of Animal. Facts About Other 74 Per Cent That Remains

The Eighth or Ninth Rib, for Which the Housewife Seldom Calls, and the Forequarters

By MRS. M. A. WILSON

THE beef carcass is divided into two sides and then this is subdivided into fore and hind quarters. The forequarters contain the ribs, chuck, brisket, plate, bolar or shoulder cut, neck and shin. The fancy, prime or choice roast are as follows: Prime, first and second ribs; prime, third and fourth ribs; choice, fifth and sixth ribs and sometimes the seventh rib.

Few persons ever think of calling for the eighth or ninth rib or chuck end for roasting, yet the meat is fully as good as the other cuts, only it will require longer cooking. The forequarters contain the choice meat suitable for stews, goulashes, pot roasts, braises and hashes.

The part of the animal that is constantly exercised and the part in which the muscles are most constantly in use, becomes tough; but this part also contains a larger amount of nutriment.

One factor in helping to keep up the high prices of food is that the average woman, who she goes to market, has in mind fancy, prime and choice cuts for roasts, steaks and chops. These choice cuts represent about 26 per cent of the whole carcass, leaving about 74 per cent to be disposed of. Now, if this becomes difficult, the fancy cuts must bear the additional cost and so become proportionately high in price.

Take a cross cut of beef, weighing about six pounds, and wipe with a damp cloth and one-half cupful of flour patted into it and then brown quickly on both sides in a frying pan and then place in a fireless cooker or a moderate oven together with

Two medium onions, One carrot, cut in quarters, One and one-half cupfuls of boiling water.

and cook slowly, allowing one-half hour for the meat to start cooking and then twenty-five minutes to the pound, and basting frequently. If baked in the range, it should give a delicious, well-flavored roast, that will supply the most finicky family with a good substantial food.

The bolar cut from the shoulder may be prepared the same way. Meat from the neck and shin may be used for stews, goulashes and meat loaves.

THE MEAT THAT'S IN BEEF



This diagram shows very clearly just what a housewife may buy when she pays her visit to the butcher shop. In Mrs. Wilson's series of Friday marketing articles she is at present discussing the values of the various cuts and just what can be done with them.

Pot Roast of Shin Beef, English Style

Have the butcher cut a piece of beef from the upper part of the shin, with the bone in. Wipe with a damp cloth and then pat in one-half cupful of flour. Brown quickly on both sides and then lift to a deep saucpan and add

One large turnip, cut in quarters, One large carrot, cut in quarters, One fat of soup herbs, One-half teaspoonful of sweet marjoram,

Two cupfuls of boiling water. Cover closely and cook slowly until the meat is tender, allowing one-half hour for meat to start cooking and twenty-five minutes to the pound, counting the time when it is put into the kettle.

The plate and brisket may be used for soups, stews and goulashes and for corning. The brisket makes a splendid pot roast when boned and rolled. Also the plate or brisket may be used for a la mode.

The flank steak is a choice piece of lean, boneless meat, that lies close to the ribs and weighs from one and three-quarters to two and one-half pounds. It may be used for steaks, if cut in slanting slices, or for mock filet, or rolled, or for hamburger steak.

When boiling or stewing meat, keep this in mind: Meat to be palatable and juicy must contain nutriment; it must be plunged into boiling water to seal the surface, by coagulating the albumen in the meat; and then it should be cooked just below the boiling point until tender, allowing one-half hour for the meat to heat and start cooking and then twenty-five minutes to the pound. Add salt just before removing from the fire.

Keep this fact in mind, that salt will, if added when the meat is just starting to cook, extract the juice. For pot roasts and braises, etc., it is necessary to quickly sear over the surface of the meat for the same reason that the meat was plunged into boiling water and then cook slowly, allowing the same proportion of time as for boiling or stewing.

The real object in cooking meat is to retain its juices and make it sufficiently tender to eat and to increase its flavor.

Soups and Broths In making soups and broths, just the opposite method is used. The meat is put to cook in cold water, adding a small proportion of salt to help extract the juices. The meat is placed in the water, brought slowly to the boiling point and then cooked for several hours, just below the boiling point to give the stock or liquid richness.

Fruit Whip Whites of two eggs, One glass of apple jelly. Beat, using a Dover egg-beater, until it forms into a stiff meringue. This amount will serve about ten people liberally. Serve finger rolls with this salad and cups of tea.

Sweater Belt Fasteners One of the new sweater coats of silk is made with a bone ring on one end of the belt, and a bone pin on the other—that is, a diamond-shaped piece of bone. This slips through the ring, and when twisted around in position, keeps the belt end from slipping.

Waikiki Beach Salad Pare and cut in dice and then place in a bowl. Three large apples, Three large oranges, Four large bananas.

Grape Jelly Measure the juice and place in a kettle and bring to a boil. Cook for ten minutes and then add three-quarters cupful of sugar for each cup of juice. Stir well to dissolve the sugar. Cook for ten minutes and then pour into sterilized glasses. Cool and then cover with paraffin and store in the usual manner for jellies.

My dear Mrs. Wilson—When preparing corn on the cob, do you drop it in hot water that is salted or unsalted? I know this is out of season, but this is something I was always undecided about and I thought I would ask you while I had the opportunity. Also would you please give me exact directions for making apple butter? Thanking you very much, L. J. T.

L. J. T.—Cook corn on the cob in boiling water adding one teaspoonful of sugar instead of salt.

To Make Apple Butter Place two quarts of cider in a preserving kettle and add one-half peck of pared and thinly sliced apples, measure after paring and slicing, and two level teaspoonfuls of cinnamon. Cook slowly until very thick. Apple butter requires long, slow cooking.

My dear Mrs. Wilson—Your suggestions appearing in the EVENING PUBLIC LEDGER have been followed by me with a great deal of interest, each answer made in queries seeming to be satisfactory and to the point. In view of this I am taking the liberty of writing to ask you if you will kindly furnish me with a few recipes which would make a tasty and dainty dish for ten members of a sewing circle to which I belong, it being my turn to entertain next meeting. Thanking you in advance for any suggestions you may care to make, I am, Mrs. M. M.

Mrs. M. M.—Serve a fruit salad to the sewing circle.

My dear Mrs. Wilson—Last summer I made a gallon of pure grape juice (no water in it), by combining sugar with the grapes, allowing the juice to slowly simmer, then taking off and allowing it to drip and then bringing it up to the boiling point and sealing while hot in a gallon size glass demijohn. Now what I want to know is, is it possible to leave the grape juice in the demijohn and use it as wanted? If not, how can I put it in pint bottles without destroying its flavor and without the possibility of fermenting? Your kind help will be appreciated. MRS. H. L. H.

MRS. H. L. H.—You must reboil the juice into small bottles or mason jars. Fill the juice into sterilized bottles or jars and then place in a hot-water bath and process for thirty minutes. Seal. Why not make some grape jelly from this juice?

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Please Tell Me What to Do

By CYNTHIA

Answers Paul's Question Dear Cynthia—My opinion of "Paul's" letter in yesterday's EVENING PUBLIC LEDGER, Dear Paul—Your letter is one of many that have appealed to me, and I have been studying just the kind of men and women you mention in your letter.

It is hard for the average man to resist the temptations of a pretty woman, but at the same time a business man, as of your reference, no doubt started his relations with the employee working under him, and the women "fell" for him for, as you say, "it may be for his money." I do not lay the blame on the fair sex, because a sensible man well knows that if a woman makes anything for him (instead of for his money), she will do everything possible to help him succeed. However, if she is not interested in his work he should take warning and discontinue his attentions to her. Whereas, if he does not he is all to blame for his downfall. Too much interest in women, especially those who are working under him, has and will cause the failure of a man.

Now, Paul, this is my opinion. I am a girl, and I have learned a good deal from seeing other men in the same boat with your former case. I hope this information will be of value to you. E. L. H.

U. S. A. Approves of Dancing Dear Cynthia—I am one of your young men readers who believed in dancing here and a good bit of that time at camp Dix. What I want to say is this: If there is no much harm in dancing, why do they give dances down there for the boys all the time? Uncle Sam evidently approves of dancing and encourages it at every turn. And, believe me, I can tell you those dances kept many a boy's mind out of mischief. They enjoyed the dances in those barracks in just the same way that they enjoyed playing a game. I have found out it is mostly the boys who can't dance who make such a hubbub about it. I have heard fellows say dancing is only an excuse for bragging. A girl just wish some girl would teach him how to dance. Then he'd know the real reason why young folks like to whirl around, one-stepping and fox-trotting. It's the sheer joy of going around to the music. And, believe me, when there's a good record on the victrola I don't think of a much nicer way to spend an evening. IN-SOLDIER.

Boys Won't Spend Money Dear Cynthia—I would like to reply to Sergeant J. R. M., who seemed to me to be laboring under false impressions.

Sergeant, I am inclined to believe you only half read my letter the other evening. I didn't say anything about the country boys not being good spenders. In fact, it was mostly the city boys who were aiming at, of course, a few country boys are included in the accusation, for I live in the country and I think I ought to know whether the boys spend money or not. Of course, I am not in the back woods; to tell you the truth, we are only about thirty-five miles from Philadelphia. We have all been brought up well and all have high school educations.

As for blushing, there is no one more disgusted or discouraged than myself. From the way you write you must think I enjoyed it the contrary. Some girls said I shut up like a clam. I meant if I was in a crowd I had been brought up well and all have high school educations.

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BREAKFAST SET IN WEDGWOOD



The breakfast set, or that which is often kept in store for the invalid's tray, is highly important. The one in the picture is dainty enough to be irresistible. It is in cream Wedgwood porcelain and the pattern has the dainty scrolling and plaited border of Wedgwood. The set can be pieced out and turned into a "tea party"

that "weather topic" as you do, and maybe worse. And as for being a good pal and confidant—well, usually, to be a good pal you should swim, dance, canoe, take hikes and play tennis. There is not one in our crowd who can't do almost all of the above mentioned. And the boys don't mind occasionally taking us skating or coasting in the winter, for it doesn't cost a cent. Almost all we girls are good pals, for I have heard more than one say so. The boys seem to like us just as long as it doesn't cost them anything. E. G. W.

Cheer Up, "Broken-Hearted" Dear Cynthia—A line to ask you how I could win the love of a girl. She is fifteen and I am twenty-one. I love her with all my heart and would die for her. I think she cares for me to some extent, but not much. She will make a date with me and I can take her any place, but I do not think she likes me as I like her. I would like to make her my wife if she will consent. I have asked her for steady company and she refused. A HEART-BROKEN BOY.

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wonder why she didn't have the luck to be born ten years later. Ah, these are the days, St. Valentine! Why there's not the proudest lassie but dared to send her heart to France and tell the truth. It took the lash of the sea in the moon and in the storm bearing him and the big, dark ship farther and farther away, to make her know the stuff of love. And it took the fury and red of the battlefield and the stillings of a white stretcher under the pine and stars to make her tell her message thrice that there might be no mistaking it. Ah, St. Valentine, my ink is golden, but it is not golden enough to write down the love that lives today. Mother hearts, wife hearts and trembling hearts of man and girl youth, beg high with it. A new and yet an old, old kind of love, forged pure in nights and days of endless waiting. It is a world to live in, St. Valentine! Exaltedly. DAN CUPID.

GRADA The New and Better CLEANSER Cleans everything in the bathroom and kitchen. Will not scratch the finest tile or porcelain. Cuts all dirt and grease and will not harm the hands. At plumbers, grocers and hardware stores, or WALLS, OWEN & STAMBACH COMPANY

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PRINCINE Here's a Tip for Young Wives If you've failed to get good baking results try Mott's Princible Pure Phosphate Baking Powder. It's the greatest baking discovery in years because it requires heat to develop its full leavening power—and its results are the finest ever. 20c Full 1/2 lb.; 35c Full 1 lb. COMMUNITY STORES and Other Good Stores

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