Woman's World

WHAT THE MARKET AFFORDS

If you want the acme of richness and tenderness in a steak, buy one of export beef. You will only find it in a few shops, and the price will make your eyes open wide if you are not posted on the ways of the cattle market. Your export porterhouse and sirloin steaks will cost you 25 and 22 cents respectively—exactly double what you pay for western beef. Cut an inch and a half or two inches thick for broiling, a good-sized steak won't leave much out of a dollar but it will be a delicious dish. One of these thick steaks answers admirably in place of a roast and goes much farther. In cutting the export beef, the bone of the sirloin is removed and the round is cut thick like the more delicate portions. This is very tender and juicy and at 14 cents a pound is superior to many of the porterhouse and sirloin cuts of western beef.

The usual price in the smaller shops of porterhouse is 18 cents, and most people suppose they are getting the best grade of beef, but this is incorrect, for export beef cannot be sold for this price, and there is no reason why western beef should bring so much.

The demand in export beef is for the choice cuts, the loin and the rib roasts; the fastidious trade able to pay the prices quoted do not buy the cheaper roasts and boiling pieces. In consequence, these are sold at about the same price as the same cuts of poorer beef.

If you want to try this fine grade of meat and can't afford the best cuts, find a butcher who deals in export beef and get a pot roast or a shoulder or chuck piece for roasting, and you will have something quite different from the ordinary pieces of cheap beef. When housekeepers generally learn the value of these cheaper pieces of beef, pot roasts of clear meats for 8 cents a pound and plate beef at 4 cents, the standard of living will be raised and the cost lowered.

WHAT WOMEN WANT TO KNOW

A Plant Food.—Can you give me directions for mixing a good strengthening plaster? Also, a recipe for plant food for window gardening?—Bessie.

I have been unable to find any directions which I could recommend, but I think you will find it much more satisfactory to buy the strengthening plasters than to bother with making them, as they are inexpensive.

Bone meal makes an excellent plant food, as it is rich in nutritive qualities. It can be mixed with the soil about the roots of the plants and about a teaspoonful once a month to a seven or eight-inch pot will be sufficient. If an immediate effect is desired, use very fine bone meal or bone dust, instead of the ordinary meal, which is sold at agricultural stores. Some people use ammonia, a tablespoonful in a pail of tepid water once a week, but it is more of a stimulant than a food and its effect is but temporary.

QUESTION FOR TOMORROW

Weak Ankles.—I am sadly troubled with weak ankles and write to ask if you know of anything that will help me?—Jennie.

BLIND BOONE PLAYS

Blind Boone, whose concert company gave the first of a series of concerts in this city, at the Stewart Memorial Presbyterian church, last evening, is a curious psychological study. For a quarter of a century he has been using his talents to delight audiences all over the United States, and his playing today possesses all the characteristics it possessed when he first took the concert stage. The strange thing about Boone's atainments is his almost utter failure in interpreting those compositions usually called "classic." His facile fingers usually accomplish the technique, but beyond the mere tones there is literally nothing. His playing of his own compositions, however, and his imitations and descriptive pieces could scarcely be better.

To say that the audience enjoyed the concert last evening would give but the faintest idea of the amusement and entertainment it afforded. Boone's antics in the midst of his music, the unctuous slapping of his thighs and the calls and grunts of satisfaction were side splitting to the audience which continually called for more. His singing, too, was a revelation. Nothing is too high or too low, and his rendition of the "Georgia Melon Song," and the camp-meeting songs would be hard to surpass. His playing of the "Marshfield Tornado," a descriptive piece of his own composition, was inimitable and the thunder, hail and rain were most realistic. His imitations of the different instruments and noises, too, were wonderful.

Miss Emma Smith, a young colored woman, with a sweet and expressive soprano voice, sang a number of selections, including "Old Kentucky Home" and was wel lreceived. Like Boone, she excelled in those melodies dear to the hearts of the colored people. John Lang, impresario, with his suave manner, and effective Dundrearies, added not a little to the pleasure of the evening.
ing.

—Henrietta Boardman.

$10.00 Return Ticket to St. Louis.

The Minneapolis & St. Louis railroad will sell excursion first-class tickets to the World's Fair and back for only $10.00, Nov. 14 to 26, good for return any time before Dec. 2. Two fast trains a day to the gates of the fair. Ticket office, 424 Nicollet av, Minneapolis.

Illinois Central Railroad

World's fair service to St. Louis between Chicago and St. Louis, leaving Chicago at 8:50 a.m., 12:04 p.m., 9:27 p.m. and 11:36 p.m. Dining, Buffet-Library, Sleeping and Free Reclining Chair cars. Tickets to the fair at greatly reduced rates. Ask for time-table and literature. A. H. Hanson, G. P. A., Chicago.

Round Trip Homeseekers' Rates Via the North-Western Line.

Tickets will be on sale at very low rates Nov. 22d to many points in Arkansas, Indian Territory, Kansas, Louisiana, New Mexico, Oklahoma and Texas. For tickets and other information call at 600 Nicollet Ave. Minneapolis, Minn.

To California.

The "Rock Island" offers the quickest tourist car service to Los Angeles. A wide vestibuled tourist car leaves Minneapolis every Wednesday at 9:10 a.m., arriving at Los Angeles the following Saturday afternoon. Only 3½ days en route. Our folder, "Across the Continent in a Tourist Car," tells you all about the trip. Call or write for one.

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