

Special Features of Interest To The Times' Women Readers

MAKING 10 CENT MEAT TASTE LIKE 30 CENT MEAT

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The imported chef who gets \$10,000 a year, gets it because he knows that a shin, a neck or a rump of beef is better flavored and richer in extract than a tenderloin steak. He would NOT use porterhouse or tenderloin if it were cheaper. When milady goes to one of these expensive restaurants and eats these famous foreign dishes she eats meat that costs 5 to 8 cents a pound, and the restaurant gives it to her, NOT because it is the cheapest, but because it is the best for the dish which she has ordered.

BEEF PALATE FRIED WITH ONIONS

Take cooked palate and slice one inch thick, roll in flour, put one skillet in beef drippings, add one fine sliced onion and season to taste. When golden brown drain and serve hot.

BEEF BRAINS WITH SCRAMBLED EGGS

The epicure eagerly orders beef brains with scrambled eggs if he sees them on the menu. But one seldom sees them on the very table in America. They are very nutritious and most palatable if

SOCIETY

A notable event in Eastern Star circles was the observance of the birthday anniversary of Vida auxiliary at the home of Mrs. Clara Bender Friday.

Mrs. Joshua Peirce, 321 South G street, will be hostess for the meeting of the university extension class in French.

Officers of Queen hive, L. O. T. M., will be installed this evening.

Ann all-day work meeting is planned by the Ladies' Aid society of Mason Methodist church in the church parlors tomorrow.

The Defiance Solo club met with Mrs. L. C. Aston, 2709 North Union avenue.

A number of teachers of the Grant school were entertained at a Colonial dinner party last evening by Mrs. James Russell.

Instead of with Mrs. Eugene Ricksecker, as first announced, Illema club meets Friday with Mrs. George Sunter, 808 South Ainsworth avenue.

Women of Immanuel Presbyterian church will gather for a social afternoon tomorrow at the home of Mrs. Paul Shaw, 2566 North Alder.

Nesika club was entertained this afternoon by Mrs. C. E. Hill.

The Tacoma Council of Women Voters held a special meeting this afternoon in the club headquarters, 605-6 Perkins building.

Spring Suit For That Thin Girl



cooked properly. Soak brains over night and clean all bloody parts. Put to boil in cold water with a little vinegar, a few bay leaves and pepper corn, boiling fifteen minutes. Mix and serve with scrambled eggs.

BEEF CHEEKS WITH HORSE-RADISH

This also is a kind of meat little asked for at the butcher shop. It is literally the beef that comes off the cheeks of the animal. Soak the cheeks over night. Wash well and cook in water an hour. When ready to serve pour over them some horse-radish mixed with a little cream sauce. Serve with toasted bread.

OX JOINT BOURGEOISE

Have a butcher cut the ox tail in two-inch lengths. Soak well until brown in hot drippings. Drain and add flour moistened with hot water. Add spices, carrots, onions and turnips cut in large dice. Let the tail boil two hours in separate water, then add the vegetables and return to cook for another hour. Serve hot.

Cynthia's Answers to Many Questions

The skin of a black fox is worth from \$5 to \$10.

Wireless telegraphy is now in use in Bolivia, Chile and Argentina.

The Mexican Northwestern railroad is said to have lost approximately \$3,000,000 in the Madero and Orozco revolutions.

The tunnel through the Cascade mountains will be three miles in length.

The sixth annual bowling tournament of the National Bowling association was held at Patterson, N. J., ending on March 30, 1912.

Feathers may be dyed black by immersion in a bath (at first hot) of logwood, 8 parts, and copperas or acetate of iron, about one part, for two or three days.

Elizabeth Cline was the oldest domestic servant in the world, having served continuously in one family for seventy years. She died in Philadelphia at the age of 88 and was buried in the family plot.

HOUSEHOLD ECONOMY

How to Have the Best Cough Syrup and Save \$2 by Making It at Home.

Cough medicines, as a rule, contain a large quantity of plain syrup. If you take one pint of granulated sugar, add 1/4 pint of warm water and stir about 2 minutes, you have as good syrup as money could buy. If you will then put 2 1/2 ounces of Pinex (50 cents' worth) in a pint bottle, and fill it up with the Sugar Syrup, you will have as much cough syrup as you could buy ready made for \$2.50. It keeps perfectly.

And you will find it the best cough syrup you ever used—even in whooping cough. You can feel it take hold—usually stops the most severe cough in 24 hours. It is just laxative enough, has a good tonic effect, and taste is pleasant. Take a teaspoonful every one, two or three hours.

It is a splendid remedy, too, for whooping cough, croup, hoarseness, asthma, chest pains, etc. Pinex is the most valuable concentrated compound of Norway white pine extract rich in gualacol and all the healing pine elements. No other preparation will work in this formula.

This recipe for making cough remedy with Pinex and Sugar Syrup is now used and prized in thousands of homes in the United States and Canada. The plan has often been imitated but never successfully. A guaranty of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will get it for you. If not, send to The Pinex Co., Ft. Wayne, Ind.

This gown is for the thin girl and the tall girl. Given youth and very little avoid-diplois a gray frock made in this way and worn with a copper colored hat makes a striking combination on a red haired, brown eyed girl.

Mothers Can Safely Buy Dr. King's New Discovery and give it to the little ones when all and suffering with colds, coughs, throat or lung troubles, tastes nice, harmless, once used, always used. Mrs. Bruce Crawford, Niagara, Mo., writes: "Dr. King's New Discovery changed our boy from a pale weak sick boy to the picture of health." Always helps. Buy it at Ryner Malstrom Drug Co., 938 Pacific av.

Elizabeth Cline was the oldest domestic servant in the world, having served continuously in one family for seventy years. She died in Philadelphia at the age of 88 and was buried in the family plot.

The spring tailored suits show considerable drapery, but they are still kept narrow about the bottom.

The one shown is of gray ratine, made with a box pleat down the front under which nearly at the feet a tablier, which is fastened to the waist at the back, is caught. The coat has a loose bodice effect, brought in at the waist with a tight-fitting short hip skirt of the goods, which is buttoned down the front with four buttons of old copper.

The collar and cuffs are of mottled copper crepe de chine, and the hat worn with it is made of a bright shade of copper trimmed with ribbon bows and wings of a duller shade of the same color.

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FISH THAT ARE BEST BROILED

Brook trout, Fresh mackerel, Shad, Perch, Black bass, White fish.

FISH THAT SHOULD BE BOILED

Salt mackerel, Salt codfish, Haddock, Cat fish, Halibut, Pickerel, Sheepshead, Pike.

FISH THAT ARE BEST BAKED

Blue fish, Fresh mackerel, Red snapper, Pompano.

FISH BEST FRIED

Perch, Smelts, Butter fish, Scrod, Flounder, Sun fish.

YOU CAN FRY FISH THIS WAY—IF YOU WANT FRIED FISH RIGHT!

You can only fry fish by immersing it in deep hot fat. Wipe the fish dry, dust slightly with a little flour into which you have sifted a little salt and pepper. Dip the fish into the beaten egg (one egg with as much water as its shell will hold, beaten lightly together). When taken from the kettle lay on sheet of brown paper or blotter to absorb any grease.

Do not have the fish cold, as it will lower the temperature of the fat and become greasy before it begins to brown.

Fish is often dipped in butter and quickly put into the hot fat. Make your batter of one egg, one-half a cup of water and flour enough to make it smooth and thick. When a rich golden color remove from fat, put in a pan and set in oven for a few minutes.

Butter or butter substitute is not desirable for frying or sauteing fish in a frying pan, as it burns too easily. The fat from slab of pork is much better, use the slices of pork around the fish on the platter when serving.

are doing the best to correct them they should be helped. As Long as the young man continues his good behavior, I see no reason why you should not go with him.

When You Are Jilted—Sing!

Dear Miss Grey: I am an usher in a theater and want to give my experience to all boys who think of taking the downward path when a girl jilts them.

I was going with a pretty brown-eyed miss, and if any girl ever had a fellow's goat, she had mine; when without cause she turned me down for another fellow. At first I thought I could never stand it; but the thought came to me, why not sing? So I began singing.

Somebody else is getting it right where she handed it to me, and I feel better, and now when I see her I feel perfectly calm, whereas before my heart would pound like a sledge hammer. My advice is to SING, JACK.

A.—Thank you, Jack, you have no doubt solved many a love-lorn lad's problem for him. As boys are not the only ones who are jilted, I would advise the girls to take notice, too.

Experience is a dear school, but one, nevertheless, in which we are all bound to learn.

Priest's Advice Led To Her Recovery

To say that a specific exists for the cure of Consumption is perhaps too strong a statement, but in Eckman's Alternative we have a medicine that has been the means of saving many a life to years of usefulness, and in permanently benefiting a large number of Consumptives.

Certainly a person afflicted with a wasting disease should be well fed with wholesome, nourishing food, but frequently raw eggs in quantities cause a digestive breakdown, and then no food nourishes. As for milk, a very good food for many, but a producer of biliousness for some.

Any diet that keeps a Consumptive well-nourished is the right one, but what's going to improve the patient? Eckman's Alternative has brought about full recovery in many cases of Consumption. Let those speak who know. Here is one:

Rochester, N. Y. "Gentlemen: On June 3, 1907, I was operated upon for Tubercular peritonitis at St. Mary's Hospital, Rochester, N. Y. After the operation my physician gave me up as hopeless. I was then urged by a priest to take Eckman's Alternative, which I did. My weight at the time was 74 lbs. I began to improve and steadily gained in health and strength. I now weigh 135 pounds, and am absolutely well. Believing I owe it to myself and others, I make this statement." (Signed) Afflicted.

EDNA FINZER. Eckman's Alternative is effective in Bronchitis, Asthma, Hay Fever, Throat and Lung Troubles, and in upbuilding the system. Does not contain poisons, opiates, or habit-forming drugs. For sale by leading druggists. Ask for booklet telling of recoveries, and write to Eckman Laboratory, Philadelphia, Pa., for additional evidence. Owi Drug Co., 904 C St. and 12th and Pacific av.

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10,000 CHEF TELLS HOW

She could buy the raw materials for a similar meal for 25 cents, but she doesn't merely because she doesn't know how to cook them. The advantage of variety in methods in preparing and serving should be considered more seriously in the case of more expensive ones. It is a mistake, however, to lose sight of the fact that, although there are a great variety of dishes, the methods of cooking involved are few. There are really only three ways to cook meat: First—By the application of intense heat to keep in the juices, suitable only in portions of clear meat in which the fiber is tender. Second—By placing meat in cold water and cooking at low temperature to get juices out. This is suitable for the toughest portions of the meat, which, for this purpose, should be divided into small bits. Third—By combination of the first two methods, consisting of searing and stewing. This is suitable for half-way cuts, those neither tender nor tough. The first is the short method and aims to keep the juices within the meat. The second is a very long method employed for the purpose of getting all or most of the juices out of it. The third is a combination of the two, not so long as the second and yet requiring so much time that there is danger of the meat being rendered useless unless the precaution is taken of first searing it repeatedly. There are many parts of meat that of cooked correctly in one of these three ways are great delicacies, and they all cost compar-

LATEST MARKET REPORT FOR TACOMA HOUSEWIVES

- Fruits**
 - Pears, box, \$1.00@1.15.
 - Oranges, 15@20c.
 - Lemons, 25@30c.
 - Cocconuts, 10c.
 - Bananas—30c doz.
 - Apples, box, 50c@1.15.
 - Delicious Apples, box, \$1.90.
 - Grapefruit, 15c 2 for 25c.
- Meats**
 - Spare Ribs, 15@17c lb.
 - Veal Stew, 15@17c lb.
 - Pork Tenderloin, 45c.
 - Roast Beef, prime rib, 20c.
 - Pot Roast, 15c.
 - Boiling Beef, 10@12 1/2c.
 - St. Louis, 20@25c.
 - Porterhouse, 25@28c.
 - T-Bone, 22@25c.
 - Broiled Steak, 30c.
 - Leg of Lamb, spring 15c.
 - Lamb Chops, shoulder, 16c; loin and rib 22c.
 - Shoulder of Lamb, 15c lb.
 - Lamb stew, 10c lb.
 - Roast Pork, 15c.
 - Pork Chops, shoulder, 13@20c; loin and rib 22c.
 - Veal Roast, 13@20c.
 - Veal Cutlets, 20@25c.
 - Ham, sliced, 25@30c.
 - Salt Pork, 15c.
 - Pork Sausage, link, 12 1/2@15c.
 - Coron, 15@25c.
 - Baconed Beef, boneless, 15c.
- Tripe, 10c.**
- Brains, 15c.**
- Liver, 12 1/2c.**
- Poultry**
 - Spring Chickens, 25c.
 - Hens, 20@25c.
 - Spring Ducks, 20c.
 - Codfish, 30c@35c each.
- Fish**
 - Crabs, \$1.50@2 doz.
 - Salmon, 12 1/2c.
 - Black Cod, 10c lb.
 - Rock Cod, 12 1/2c lb.
 - Sound Smelts, 10c lb.
 - Shrimps, 15@25c.
 - Codfish, brick, 20c.
 - Olympia Oysters, 40c pt; 90c qt.
 - Anchovies, quart, 25c.
 - Spiced Salmon Cod, 15c.
 - Kipperd Herring, 20c.
 - Fresh Butter, Clams, 3c lb.
- Vegetables**
 - Tomatoes, lb, 15c.
 - Squash, lb, 2 1/2c.
 - Bell Peppers, lb, 25c.
 - Globe Onions, for 15c.
 - Beets, Carrots, Turnips, Onions, Radishes, all bunch stuff, 15c bunches for 5c.
 - Cabbage, 6@10c.
 - Potatoes, sack, 15@20c.
 - Spinach, lb, 15c.
 - Sweet Potatoes, selected, 6 lbs. 25c.
 - Fresh Bermuda Onions, 4 lbs. 25c.
 - Brussels Sprouts, 10c lb.
 - Cauliflower, 10@15c.
 - California Head Lettuce, 2 lbs. 15c.
 - Celery, home grown, bunch, 2 for 15c.
 - California 10c.
 - Cucumbers, 25c.
 - Head Lettuce, for 15c.
- BUTTER, CHEESE AND EGGS**
 - Butter, tub, 35c lb.
 - Fancy Bricks, 43c.
 - Washington, 36@35c.
 - Cheese**
 - Tilamook, 20c.
 - New York, 30c.
 - Imported Swiss, 35c.
 - Roquefort, 60c.
 - Eggs**
 - Fresh Ranch, fancy, 26@28c.
 - Regular, Eastern, 22c.

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LADIES
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The Food-drink for All Ages.
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A quick lunch prepared in a minute. Take no substitute. Ask for HORLICK'S. Not in Any Milk Truck!

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SEAFROTH
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The quickest way to rid your hair of dandruff is the "Seafroth way."
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