

TIPS ON MEAT ECONOMIES

What Government Experts Know About Various Cuts.

FOOD VALUE OF EACH PART

Interesting Showing on Market Price, Nutritive Value, Proportion of Waste and Shrinkage.

The nutritive value of cuts of beef do not correspond to their market price. Some of the cheapest cuts on the market are the most nutritious and have the highest food value, according to experts of the United States Department of Agriculture.

To buy meat intelligently it is necessary to know the nature of the cuts, especially with reference to the proportion of lean meat, fat and bone they contain, and the food value of meat from different parts of the carcass.

"A large majority of meat consumers have no knowledge whatever of these matters, but make their selections of meat solely according to habit or fancy. In fact, but little accurate data along this line have hitherto been available to those who wished to buy meat on a rational basis.

"Not only are the foregoing statements true of most producers and consumers as individuals, but it is likewise true of the entire beef-cattle industry, on the one hand, and the economic welfare of the beef-eating public, on the other, that a more intelligent understanding of the different cuts of meat to be acquired by consumers generally.

The manner of cutting. Uncle Sam's experts give the comparative nutritive value in various retail cuts as follows:

Lean steaks average 59 per cent lean, 21 per cent visible fat and 9 per cent bone. Sirloin steaks in general contain a greater proportion of lean and smaller proportion of fat than porterhouse and club steaks.

The tri-tip contains 50 per cent lean, 35 per cent fat and 15 per cent bone. The greatest percentage of lean is found in the eighth and twelfth rib cut.

The various round cuts made from the round average 55 per cent lean, 35 per cent fat and 10 per cent bone. Round steaks contain 74 to 81 per cent lean; the rump roast, 59 per cent lean, 25 per cent fat, and 16 per cent bone.

Chuck steaks vary from 55 to 59 per cent lean and 11 per cent fat. The shoulder clod contains 50 per cent lean and only 5 per cent fat. Relatively more lean and less fat are found in the chuck rib roast than in those cut from the prime rib.

The brisket, navel and rib ends average 55 per cent lean, 31 per cent fat and 14 per cent bone. The brisket and navel are similar in proportion of the different constituents, but the rib ends are slightly higher in percentage of bone and lower in lean.

The flank steak contains 59 per cent lean and 14 per cent fat, and the flank steak, 51 per cent lean and 35 per cent fat.

Soup bones from the fore shank carry from 17 to 20 per cent lean and from 25 to 35 per cent bone. The houghs shank steaks contain 32 per cent lean and 12 per cent fat.

The following table shows the cost of lean and of total meat in the various retail cuts at market prices:

Table with 3 columns: Total cut, Price per lb. lean and fat, Cost per lb. of lean meat. Lists various cuts like Porterhouse, Rib steak, etc.

the most economical. The various boiling and stewing pieces furnish lean meat more economically at market prices than either the roasts or steaks, the rib ends and brisket being the dearer cuts of this class, while the neck and shank steaks are relatively cheapest.

On the whole, the investigation of the Agricultural department experts shows that the cheaper cuts of beef are by far the most economical sources both of lean and of total edible meat, including fat and bone. No correlation exists between market prices and the proportion of flavoring substances contained in various portions of the carcass, and cooking tests made by the government indicate that the proportion of waste and shrinkage is not necessarily greater in the cheaper than in the more expensive cuts.

LINKING UP ELECTRIC POWER

Project for Transmission System Embracing Large Cities of Country.

The linking up of the electric power stations of the large cities of the country so that these stations can help each other supply energy during the periods of the maximum demand upon each is an economic transmission development that may be expected in the future.

Such a system, at least, in what experts believe will come out of the endeavor to more fully utilize the diversity of power, or in other words, to make the demand for power during every part of the twenty-four-hour day come nearer to a steady amount.

Death on the Gallies. The lama back of kidney trouble is daily misery. Take Electric Bitters for quick relief. 10c. For sale by Beaton Drug Co.—Advertisement.

RUSH TO THE PIE COUNTER

Furnished Patriotic Seeking Place on

JOB APPLICATIONS PILE UP

One in Every Forty-Seven Who Voted for Wilson Wants an Office—Peculiar Out Places.

One man in every forty-seven who voted for Woodrow Wilson for president is a candidate for office under the democratic administration. In other words, there are on file at the ten executive departments of the government 131,530 applications for jobs.

There are just 10,384 jobs available for officeholders. President Wilson, the members of the cabinet, senators and representatives are now engaged in the difficult task of parceling out these places. When all have been filled there will be 121,146 disappointments.

Postmaster General Hurst will have more offices to fill than any other member of the cabinet. He will have to select 8,434 presidential postmasters alone for which there are already on file at the department over 80,000 applications.

Col. Bryan's Pie Counter. In the State department Secretary Bryan will have 272 positions to fill, for which 100 applications have been sent up to date.

Secretary of the Treasury McAdoo will have the selection of sixty-five collectors of internal revenue, receiving salaries ranging from \$2,500 to \$10,000. A commissioner of the internal revenue is also to be selected at \$6,000 a year.

SOME FALLACIES ABOUT FAT

Fearsome Elements and Vain Imaginations About the Perils of Corpulence.

The common fallacies associated with corpulence are as numerous as the patent medicine anti-fat remedies. Fat transferred maketh the heart sick, yet there are few physicians alive to tell of ever having seen that rare disease known commonly as a "fatty heart."

Yet much may be done. Next to sugar, there is no greater source of adipose tissue than a few drops of alcoholic or malt liquors, unless it be mental inertia and physical inactivity.

Next to the avoidance of alcohol, for these predisposed to excessive breath, gymnastic gymnastics is most helpful. In your bath or boudoir a hard slab of wood or marble may be used.

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under the War department. Then there are the members of the National Park commission and the governors of the Soldiers' homes, who receive salaries of from \$2,000 to \$3,000 a year each.

There is not much chance for the officeholder in the Navy department, there being but six places to be filled which are not included under the civil service law. Among these is a solicitor, who receives \$4,000 a year, and a secretary to the commandant of the naval station at Tutuila, Samoa, which pays \$3,000 a year.

Secretary of the Interior Lane will have the stings of 233 positions, for which 2,250 applications have been received. The commissioners of the general land office, Indian affairs, patents and pensions, are lucrative positions, each paying \$5,000 a year.

Perhaps the happiest man in President Wilson's cabinet is Secretary of Agriculture Houston. He discovered as soon as he took charge of his department that there were just two positions, outside of his own, which had not been covered into the civil service by executive order.

Secretary Redfield of the Department of Commerce will have the filling of fifty-three positions and already he has received 1,000 applications. There are to be appointed a director of the census, paying \$5,000 a year; four commercial agents, ten supervising inspectors of steam vessels who receive \$3,000 a year each; four shipping commissioners, the one at New York receiving \$3,000 a year, while the one at Boston gets only \$2,000.

The new Department of Labor, over which Secretary Wilson presides, has been in existence only since March 4, and no money has been appropriated by congress for its maintenance. But Secretary Wilson has under him twelve positions which will be filled just the same, and for which 5,000 applications already have been received.

WHAT ARE YOU READING?

The Daily Paper is a Teacher, a Guide, a Mentor and a Friend.

In your survey of today's paper you will probably find the story of a murder, a suicide, a divorce, a defalcation, a bit of political trickery, a business failure and many other major and minor evidences of the seamy side of life.

All these items are news, the legitimate record of humanity's doings. Cultivate a sense of proportion in reading about them. Examine their relative importance and effects before you jump to any conclusion.

Do the same with the more cheering items of news. And as you do so let them inspire you to set in motion similar causes.

Thus your daily paper will become a teacher, a guide, a mentor, a friend. It will breed in you a profounder interest in humanity, a wider sympathy with it, a more alert conscience and a stronger will.

And thus, whether the world around you grows better or worse, you at least will be growing personally better. Through your own improvement will eventually come that of the little corner of the world in which you live.—Philadelphia Telegraph.

Wouldn't Believe Him. Irvin S. Cobb, the short story writer, recently returned from a western trip to learn that a dear friend had been snared in a lawsuit. He hurried down to the friend's lawyer.

"I want you to call me as a character witness," said he. "Why, Jack is the dearest, kindest, most honest white man in the world. I've got to go on the stand for that boy."

"Not while him his lawyer," said the legal sharp. "I know just what would happen. The other man's lawyer would ask your occupation. And you'd say: 'I'm a writer of fiction.'"

"And the lawyer would get up and stand over you, and look into the dark recesses of your soul for time. And, by and by, despairing of finding one sweat, caping thought in you, he would turn to the jury. And he would exchange an intelligent libelous smile with those twelve sturdy souls. And then he would go back to his chair, and, without even troubling to look in your direction, he would say: 'That's quite enough, Mr. Cobb. You may stand down.'—Pittsburgh Chronicle-Telegraph.

preparation bands that fit snugly around the stomach region and force the fat upward without embarrassing the respiration will assuredly reduce the amount of abdominal fat.

No more apocryphal and fallacious supposition prevails among the special pleaders of medical and lay dieticians than the admission of avoiding certain foods, eating others and abstaining from water at mealtimes. There is no greater source of unhappiness, inefficiency, illness and even death than this prevailing vogue.

Physicians, like women and sheep, imitate and obey an authoritative leader. If Dr. Osler writes that the old die young there will be almost unanimity among physicians in agreeing with his dictum. Hence when a dozen conspicuous stomach specialists taboo pretty much everything but bread, bouillon, tea and water, the mortality rate of starvation rises, even though the death certificates neglect to say so.—Harper's Weekly.

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Advertisement for Baltimore & Ohio train service. Features text: 'Baltimore & Ohio The Scenic Route of Eastern America', '\$27 Round Trip Chicago to New York with Stopovers at Pittsburgh - Washington Baltimore - Philadelphia', and 'Four Through Trains Daily Inter-State Special leaves Chicago 11.00 A.M.'.

Advertisement for Chicago Great Western. Features text: 'Vacation Questions Answered', 'We have collected printed matter from all the northern resorts and can, on a moment's notice, furnish you free booklets and information relative to vacation resorts, quote fares, schedules, hotel rates, etc.', and 'Chicago Great Western'.

Advertisement for Shredded Wheat Biscuits. Features text: 'New families are constantly coming to Omaha who want rooms....', 'If you have any rooms apartments or houses to rent, you should let these newcomers know—and the way to tell them is through the Bee classified pages.', and 'For breakfast heat the Biscuit in the oven a few moments to restore crispness; pour milk over it, adding a little cream; salt or sweeten to suit the taste. It is deliciously nourishing and wholesome for any meal with stewed prunes, baked apples, sliced bananas, preserved peaches, pineapple or other fruits. At your grocer's.'

Large advertisement for Shredded Wheat Biscuits. Features text: 'OUR EMPLOYER—the American Housewife—we work for her all the year 'round, making every day in the year two million Shredded Wheat Biscuits for the health and happiness of her family, simplifying her house-keeping problems and relieving her of worry and care.', and an illustration of a bowl of biscuits.