

IN WOMAN'S REALM

POINTS ABOUT BUYING MEAT

Advice from the Experience of a Restaurant's Steward.

MOST ECONOMICAL PARTS OF THE BEEF

How to Tell Good Meat—Something About Corned Beef and How to Prepare and Cook It.

There is a restaurant noted among shoppers and business women for its delicious cooking and its low prices. When explaining to a reporter the other day how she managed to get up nice dishes at little expense the steward gave away many secrets of value to housekeepers who wish to make the most of their materials.

"To begin with we never buy the most expensive cuts of beef. I never buy the tenderloin of beef. It is the tenderest, the most tasteful and the most expensive part of the animal.

"Neither a tenderloin nor a sirloin steak is as juicy as a cut from a round steak or chuck steak, or those little tender steaks which a good butcher cuts from the flank. A slice of sirloin steak of the proper thickness will weigh from two and a half to four pounds.

The trimming away of the fat and bones considerably reduces the weight, so that what meat remains is very expensive. Now the round steak is all meat, without bone or superfluous fat, and consequently economical so far as waste is concerned, as well as lower in price.

"In buying beef a housekeeper should know that backward from the head the price of good beef increases and that it decreases downward toward the legs in both quarters. The neck pieces, those that come immediately behind the ears, make delicious stews when properly cooked and seasoned.

"In the upper portion of the fore quarter are the chuck ribs, which make excellent roasts and steaks. The chuck steak I consider as good as the sirloin and it sells at about two-thirds the price.

"The upper half of the shoulder is high priced and I seldom buy either the roasts of the stew pieces that are cut from it. The lower half includes the brisket pieces, cross ribs and plate pieces. These cuts all come within my means. Besides cutting small steaks from the cross rib piece, we use it for beef à la mode and pot roasting. The other parts I use for stews and also when buying corned beef I select those cuts.

Concerning Better Cuts. "If a person must have sirloin and at the same time wishes to be economical, then I would advise her to get that cut from the hip below the loin. It contains only a small knuckle bone and sells for much less than the prime rib. It is juicy, well flavored and fairly tender, making good steaks, roasts and pot roasts.

"The chuck parts, while usually from one-half to one-third cheaper than the prime ribs, are equal to them in succulence and flavor, and some portions are equal to them in all respects, besides having more meat in proportion to the bone. Some of the best butchers prefer the best part of the chuck of a good animal to the finest sirloin or tenderloin. From poor or inferior animals the chuck steaks are not desirable.

"For a large family roast I would recommend the first cut of the loin. It is called the round bone sirloin and contains little tenderloin, but it is excellent and economical. The butcher should take the bone out and tie up the roast handsomely. By no means should the bone be left with the butcher.

"For a small family roast, weighing from five to ten pounds, I would suggest the small end of the loin. It has the same advantages that I have described in the first cut and should be treated in the same way.

"Many persons have a decided preference for a brisket roast. I have been told by my head waitress that most of the customers who asked for it are southerners. They want the brisket itself, that juicy fat, the great fat, the corned fat.

"For corned I usually select the pieces I want cured and the butcher does it for me. In picking out pieces to be corned I am careful to see that the fat is mixed all through the lean. For my purpose I prefer the plate, navel, brisket, rumps and edge-bones.

"While much depends on the quality of your corned beef, I believe more depends on the cooking. The majority of people seem to think that anybody can cook the corned beef. It should not be slimy nor have a disagreeable odor. If well selected fresh beef is corned in fresh brine neither the brine nor the beef will taste or smell unpleasantly.

Judging Meat. "In judging meat always remember that any lean animal is inferior. Good beef should have a fair proportion of fat about the kidneys and overlying the loin and ribs. The lean or muscular portions should be ingrained or marbled with little streaks or dots of fat.

"If the animal is in good health, rested and cooled when slaughtered, the meat fat will be firm, white, dry and crumbly. If this fat should be yellow, oily, or fibrous the beef is inferior, and I would never advise buying it, however low the price.

"Of course beef may be too fat. The marbled appearance is the best, and one will soon learn to know the desirable amount of fat.

"Good beef should have a dark red color when first cut, changing to brighter red or cherry after a few moments' exposure to the air. A bluish, or dull, dark red color indicates poor beef. It should look juicy, be smooth grained and velvety to the touch and somewhat firm and elastic. The bones and sinews should be comparatively small.

"Steaks should never be allowed to lie any length of time after being cut and never placed on ice. The meat should be ripened before cutting and then promptly cooked.

"There would be a general explanation of horror if our customers were told that most of the steaks eaten in this house are fried. Yes, actually fried. Properly fried

stake is just as good in every way as broiled.

"In the first place, you must have the pan piping hot and rub it with a bit of fresh beef suet. Wipe the steak dry, spread it on the pan, and after a couple of seconds turn it over. Keep up the turning process, adding extra bits of fresh suet shaved thin, until the steak is as done as required.

"Place in a hot dish, put a few scraps of butter on the top, then set into the oven of the stove for two minutes. After that it is ready to serve.

"A beef's heart is an economical dish when properly cooked. In selecting them those with much clear, lively fat around the top are the best. Calves' hearts are smaller, more tender, but not as juicy. They should be stuffed and roasted or braised.

"For breakfast both tripe and liver are economical. Calf's liver is as a rule more tender than that of an older animal, though carefully selected and prepared beef liver is very good eating. When buying care should be taken to see that the color is yellowish red, clear and bright.

"In selecting tripe choose that which is thick, white and fat. The honeycomb part is the best.

"Ox tails, as every one knows, make a fine soup. Three joints will be sufficient for a large tureen and it is inexpensive."

WOMAN'S PLAN IN PROGRESS

Uncomplimentary Things Said of Her in Many Languages. The treatment that womankind receives in the proverbs of various peoples forms the subject of an article by L. F. Fioren in the Free Press. On the whole, its array is far from complimentary.

Among the Spanish maxims one of the gentlest is "Women and mules obey better when caressed than coerced." Another is "The man wins much who loses his wife." Here are a few more:

"Man is low; woman is fire and the devil blows the bellows." The tears of women are worth much, though they cost little. The fox is cunning, but the woman who loves knows far more than he.

The proverb of the Arabs place a very low value on women. Here are some samples: "The beauty of man is in his spirit; the spirit of woman is in her beauty. Always consult your wife, but do as you please. When you want to get square with a man, give him a handsome wife; when you want revenge on a woman, give her a handsome husband."

The Hindoos are not much more respectful than the Arabs. They say: "The coquette is like your shadow; chase her and she flees from you, flee from her and she chases you. Do you want to test the fitness of gold? Use acid. The strength of an ox? Beat it. The nature of a man? Let him talk. The thoughts of a woman? There's no way."

Next comes the cynical Chinaman with a cutting maxim: "The tongue of a woman is a dagger and she never lets it grow rusty. The spirit of a woman is of quicksilver and her heart is of wax." The Persian says: "When you go to war, say a prayer; when you go to sea, say two prayers; when you get married, pray all the time. To a question, 'What is a woman?' the Turk answers, 'A prisoner,' the Albanian, 'A slave,' the Russian, 'A serf,' the Bulgarian, 'A companion,' the Greek, 'A queen.'"

The gallant French are among the most brutal in their folk sayings about women. "Where there are dogs," they say, "there are mice; where there's a woman there's the devil." Another current saying is, "Women and fools never forgive." Also: "A woman laughs when she can and weeps when she will. What the devil can't do, woman accomplishes."

The man who beats his wife is like a man who beats a bag of flour. All that's good flies away; what's left is not worth having. Man can rely on the fidelity of his dog to the last breath; of a woman to the next temptation. He who believes his wife deceives himself. He who doubts her is deceived all the same. Man has two good days in his life, the one on which he takes and the one on which he loses a wife. The compiler was unable to find any friendly in which the proverbs were friendly to women.

WANTS PENSIONS FOR OLD NURSES

Mrs. Dye of Philadelphia Will Ask Congress to Care for Volunteered. PHILADELPHIA, April 22.—Mrs. Clarissa P. Dye, aged 76 years, of this city, president of the Association of Army Nurses of the Civil War, who did heroic work at Gettysburg and on other battlefields during the rebellion, is collecting data from the 900 and more surviving female nurses in the United States who saw service on the field of battle and in hospitals during the war with a view of furnishing congress with facts looking to the securing of pensions from the government for these volunteer nurses.

"Many of these women today," said Mrs. Dye, "are poor and destitute widows and too old to work. They were volunteer nurses and left their comfortable homes during the time of the civil war to nurse the sick and dying soldiers. Their work was one of love and sympathy and they received no compensation from the government. The contract nurses were provided for, receiving a pension of \$15 monthly. I plead for the poor, aged women who nursed back to life many a sick and wounded hero of the battlefield."

"The government should certainly make provision for them and I believe it will next December when the bill will be brought up."

Celebrates Seventh Birthday. Mrs. C. L. Vance gave a very enjoyable party Friday afternoon at her home, 259 California street, in honor of the seventh birthday of her son, Marston Yerns Vance. The dining room, where the little folks were seated for supper, was decorated with ferns and carnations. Those present were Mrs. Ruth Hamilton, Miss Helen Hudson, Masters Arthur Estelle, Howard Brunner, James Vinsonbauer, Russell Funkhouser, James Rooney, Burton Rhoades and Vera Vance.

Japs Have New Gun. TOKIO, April 22.—The new field gun which the Japanese artillery is being armed with has an effective range of about 3,500 yards. Each gun costs \$2,000.

WORK OF THE CLUB WOMEN

International Council of Women Given Cottage at Jamestown Exposition.

PROGRAM ISSUED FOR IOWA BIENNIAL

Strong Features Planned for Convention at Oskaloosa—Working Conditions of Women and Children Get Attention.

Nebraska club women as well as those east of the Missouri will be interested in the program of the biennial convention of the Iowa Federation to be held at Oskaloosa, May 14 to 17. One of the largest state federations in the national organization, Iowa, is looked to by many others for inspiration and example, and its biennial convention is always conspicuous among state meetings. The following program has been issued:

TUESDAY EVENING, MAY 14. Methodist church, 5 o'clock. Violin Solo—Mrs. Valentine. Address—Duties of District Chairman, Mrs. Mary Calkins, Council. Discussion—Shall District Meetings Be Annual or Biennial? Led by Mrs. Jennie L. Berry and Mrs. Marion Stockey. Vocal Solo—Delight (Lockstone), Mrs. Mackruss.

WEDNESDAY MORNING, May 15. Methodist church, 9 o'clock. Meeting of the State Federation, Mrs. Sweeney, presiding. Invocation. Address of Welcome—For the city, for the Women's J. H. Calkins, for the local biennial board, Mrs. Richard Burke. Response, Mrs. E. L. Johnson, vice president Iowa Federation of Women's Clubs.

FRATERNAL GREETINGS. Report of Officers and Regulations Committee—Mrs. Julian Richards, chairman. Report of Credentials Committee—Mrs. C. B. Stull, chairman. Report of Officers of Iowa Federation—Recording secretary, Mrs. Mary H. S. Johnson; corresponding secretary, Mrs. Gertrude Nash; treasurer, Mrs. B. B. Clark; auditor, Mrs. Maria Bibbe.

EDUCATIONAL SESSION. Committee, Mrs. W. H. Bailey, Mrs. P. J. Montgomery, Mrs. E. A. Robinson. Report of chairman. Paper, "The Kindergarten as a Basis of Public School Education," Mrs. E. Ward, Cedar Falls, state normal. Address—Women in Collegiate Administration, Mrs. Philip Moore, St. Louis, vice president General Federation Women's Clubs.

THURSDAY MORNING, MAY 16. Invocation. 9 o'clock—Reading of minutes; business session. 10 o'clock—Household economics session. Committee, Mrs. J. W. Cory, Mrs. Warren Garst, Mrs. Gliese Morehead. Address—"Training for the Home Maker," Mrs. Alice Fenling, Peoria, Ill., dean department of Home Economics, Bradley Institute.

THURSDAY AFTERNOON. 1:30—Organ recital, Miss Hughes, Oskaloosa. 2:00—Library session. Committee, Mrs. H. J. Howe, Mrs. Charles McHenry, Miss Beale Sargent Smith. Report of chairman. 3:00—Lyman, Oak Park Hill. 3:30—Music session. Committee, Mrs. Jessie Maloy, Mrs. J. E. Blythe, Miss Elizabeth Ivins. Recital—Adam Alice Myron, contralto, Iowa; William E. Gaudin, baritone, Chicago.

FRIDAY MORNING. 8:30—Reception given by the Oskaloosa Woman's club. 9:00—Reading of minutes; business session. Report of Reciprocity Committee—Mrs. Charles Walner. Report of Child Study Committee—Mrs. Margaret Sierre. 10:00—Address, "The Spirit of Federation," Mrs. Frances Everett, vice president Illinois Federation of Women's Clubs. 10:30—Club program session, Committee, Mrs. E. M. Towner, Mrs. H. E. Deemer, Mrs. Margaret Wright Brown. Report of chairman. Address—"Club Study," Mrs. Ella W. Peattie, Chicago. Address—"Africuluic Work of Iowa Clubs," Mrs. Gertrude Nash, Audubon. Discussion.

FRIDAY EVENING. 8 o'clock—Vocal solo, "Chanson Provençal," Mrs. Miss Maud Robertson. Valentine; harp, Miss Hughes; pipe organ, Mrs. E. J. Park. Vocal solo, "The Song of the Marionettes," Mrs. J. P. Whitney. Marionettes. Address, "The Home of the Future," Mrs. E. M. Towner. Report of chairman. Vocal solo, "Rose Waltz" (Tschuethe), Oskaloosa. Civic improvements and forestry session, committee, Mrs. Thomas H. Cooke, Mrs. P. Huser, Mrs. Anna C. Williams, Colorado. Announcement of new officers. Adjournment.

FRIDAY NOTES. April 22 has been announced the date of the awarding of the medal by the local chapter Daughters of the American Revolution to the high school student writing the best essay on some revolutionary subject. A medal is awarded annually by the women, this year the award was provided for promoting patriotism among young people. The exercises will take place at the high school and General John C. Cowin will make the presentation address.

The management of the Jamestown exposition has granted the use of a cottage on the exposition grounds to the International Council of Women to be used as peace headquarters for women from all parts of the world. Mrs. May Wright Sewell will be in charge of the work.

Now is the time to make your wants known through The Bee Want Ad page.

W.B. REDUSO CORSETS

ERECT FORM 744

IS an excellent model for well developed figures. Its closely stitched front subdues abdominal prominence and rounds the figure into graceful lines. Made of white imported coutil. Trimmed across top with lace and ribbon. Hose supporters at front and back. Sizes 19 to 36. Price, \$2.00



ERECT FORM 720

IS a corset for average figures. Has medium bust and long hip. Made of white and drab coutil. Hose supporters on front and sides. Trimmed across top with lace and ribbon. Sizes 18 to 30. Price, \$1.00

NUFORM 403

WILL fit any slender or average figure. Long above the waist which it defines very distinctly, showing a perfectly straight line down the front of the figure. Made of white and drab coutil. Hose supporters front and sides. Sizes 18 to 30. Price, \$1.00



NUFORM 738

IS an excellent model for average figures. Constructed sectionally, making the garment fit at all points, accentuating the slenderness of the waist line. Bust moderately high, hips rather long. Made of imported coutil only. Trimmed with lace and ribbon. Hose supporters front and sides. Sizes 18 to 30. Price, \$2.00

NUFORM 447

FOR well developed figures is a reverse gored model. The gore lines run backwards, a construction which restrains undue development below the back. Medium high bust, long hips and extra long back. Made of an excellent quality of white coutil, elaborately trimmed with lace and ribbon. Hose supporters front and sides. Sizes 19 to 30. Price, \$3.00



Advertisement for Reduso Corsets featuring a large illustration of a woman in a corset and the text 'The W.B. Reduso Corset'.

GOERLITZ PRAISES CARUSO

Conried Manager Condemns Monkey House Incident as Damnable Outrage.

NOTHING BUT SCHEME OF BLACKMAIL

Celebrated Tenor Admires Ahmads, but Says It is Nothing Like See Beautiful Florence Where His Palace is.

"The shrugging of dainty feminine and of heavy masculine shoulders, the sound of swift, brilliant foreign conversation or of labored speech in broken English, the flashing of diamonds and jeweled hands—these were some of the outward signs which indicated in the hotel the coming of Omaha of a great leaven of musical talent, the Conried Opera company."

ROOSEVELT LEAGUE LOSES

New York Judge Says Articles of Incorporation Are Not in Proper Form.

"NEW YORK, April 22.—The application of Bela Tokaski and others of this city for a certificate of incorporation of the National Roosevelt League was denied today by Justice Bischoff in the supreme court. The principal object of the proposed organization was 'to aid in securing by all parties and citizens of all parties, irrespective of political affiliations, the nomination of Theodore Roosevelt to succeed himself as president of the United States.'"

VIRGINIA NEGRESS IS KILLED

Four White Men Held at Danville for Murder of a Woman.

DANVILLE, Va., April 22.—Of the six young white men—Joe Baugh, Tom Walker, Oscar Neathery, John B. Talbott, Tempie Young and Delv Weatherford—who were arrested early yesterday in a suburb on the charge of having murdered Ellen Elliott, a negroess about 37 years old, Young and Weatherford have been released. The other four were held on \$5,000 bonds.

TWO SAGES TALK OF DOGS

Careful Observer Expatriates on the Man with the Curved Wire.

CALLS HIM ONE OF THE NECESSARY EVILS

Compares Him to the Villain in the Board-Carriage Drama Enacted at the Theater.

"How would you like to be a dog catcher?" asked the Careful Observer, as he kicked a piece of restless cheese into a gutter. He was interrogating the Oldest Inhabitant, who is said to be the oldest dog in the city, at the time trying to keep his left hand from knowing what his right hand was doing.

PREPARING IN TEXAS

EL PASO, Tex., April 22.—The temperature here fell to 21 degrees last night and heavy frost covered everything, doing much damage to gardens and fruit. It is the coldest April weather in El Paso's history. Exactly twenty-two years ago the temperature got down to freezing.



KIRK'S (Their Own Process) JAP ROSE Toilet Soap. It is transparent—so clear you can read through it. It lathers freely in all kinds of water. For use in hard water its strongest point. Women say there is nothing to equal it for washing the hair. Made from the whitest, purest and best vegetable oils—oils that you can eat. It's twice the size and less than one-half the cost of any brand of really good transparent soap. Jap's Hair & Skin Cream CHICAGO

Not a drop of Alcohol. Doctors prescribe very little, if any, alcohol these days. They prefer strong tonics and alternatives. This is all in keeping with Ayer's Sarsaparilla. It explains why Ayer's Sarsaparilla is now made entirely free from alcohol. Ask your doctor.