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 sutritive value of cuts of beef do not correspond to their market price. Some of the chenpest cuts on the market are the most nutritious and have the highest food the mast economical sources both of lean according to experts of the and of total edible meat, including fat partments of the government 121,520 appli-United States Department of Agricul- and lean. No correlation exists between ture. The great demand for one part of the beef, it is declared, is responsihis for the high price of the so-called fancy cuts, while better meat, from a nutritive standpoint, weight for weight the proportion of waste and shrinkage is of the cut. Is a drug on the market. To buy ment intelligently it is necesmry to know the nature of the cuts. specially with reference to the proporlima of lean meat, fat and bons they contain, and the food value of ment from different parts of the carcass. Uncle flam is endeavoring to educate the American people how to purchase the most nutritive cuts of beet and LINKING UP ELECTRIC POWER thereby lend his ald in reducing the cost An expert of the Depart- Project for Transmission System living. ment of Agriculture, making this subhet an extensive study, save:

"A large majority of meat consumars have no knowledge whatever of these matters, but make their selec- stations of the large cities of the coun- masters generals already have been se-Home of meat solely according to habit, try so that these stations can help such lected and are now on duty. as fancy. In fact, but little accurate other supply energy during the periods tara along this line have hitherto been of the maximum demand upon each is to those who wished to buy an economic framemiasion development ints on a rational basis. As a result, that may be expected in the future. Such a few well known cuis are greatly in a development, if carried to its fullest demand, and the remainder of the car-rass is a drug on the market. To such of energy transmission lines covering the an extreme has this condition developed country just as the railroads do today. that a portion of the carcase (loins and making it possible to take advantage at the difference in time of different cities. its weight represents nearly one-half New York, Philadelphia and Boston, for of its retail cost. In view of the large instances, might be connected up with place which must occupies in the Ameri- Buffalo, Cleveland, Distroft, St. Louis, can dist, amounting to nearly one-third Chicago and so on, across the country, of the average expenditure for all food. The period in which the demand for the importance of an intelligent under-standing of the subject on the part of will differ from that of some other one.

sumer is readily apparent. sno, with the stations interconnected, only are the foregoing state, they could help each other meet the the consumer is readily apparent. ments true of meat producers and con- maximum demand, energy being transmers as individuals, but it is highly mitted from one section to another, as mential to the entire best-cattle indus- needs required. The growth of such & tary McAdoo has received more than try, on the ops hand, and the sconomic system would berts with the doing away 5.001 applications for appointment in that weifars of the beef-eating public, on the of the village and small city generating other, that a more lotelligent under- plants in favor of the substations of big standing of the different sate of mest systems, these will tend to approach one be acquired by consumers generally.

another, and there will came a period or "An increased demand for those por- ers of co-operations resulting in all the tions of the carcass which are now systems being connected with a network of lines. sould contribute largely toward a more Such a system, at least, is what exmable condition of trade and thus en- perts balleve will come out of the enable the producer to operate with deavor to more fully utilize the diversity greater confidence and enonomy. At factor, or, in other words, to make the a year. In addition there are ten addition the same time it would effect a tre-mendous saving to the consumer himself the twenty-four-hour day come nearer more nearly equilizing the market to a steady amount. The cost of pro-ducing electric energy depends to a large abling the retailer to operate with a estent on the load factor. The station

The Manner of Cutting.

Mache Sam's experts sive the comparaas follows:

Loin steaks average 50 per cunt lean. Lain steaks average 20 per cent lean. It per cent visible fat and 5 per cent bone. Stristn steaks in general cons tain a greater proportion of lean and The "peak" or maximum loads of the smaller prepartion of fat than porter. Iwo areas, therefore, are not likely to manas and club steaks.

rase, umy in the first cost of a station surv

THE BEE: OMAHA, MONDAY, JULY 7, 1913.

RUSH TO THE PIE COUNTER under the War department. Then there presented balance that and forces the fat

than either the reasts or steaks, the rib Pamished Patriots oreking Place on from \$2,000 to \$2,000 a year each. diers' homes, who receive salaries of atton will assuredly reduce the amount of abdominal fat.

There is not much chance for the officeseeker in the Navy department, persition prevails among the special there being but siz places to be filled pleaders of medical and lay disticiants which are not included under the civil than the admonition of avoiding certain officereeker in the Navy department, service law. Among these is a solicitor. who receives \$4,000 a year, and a secretary to the commandant of the naval station at Tutulla, Samoa, which pays \$3,200 a year. Secretary Daniels has received only thirty applications for the few jobs at his sheep, imitate and obey an arthoritative disposal.

TTP

Voted for Wilson Want an

Office-Parceling Out

One man in every forty-seven who

voted for Woodrow Wilson for president

there are on file at the ten executive de-

There are just 10,354 John available for

officessekers. President Wilson, the members of the cabinet, sensiors and

representatives are now engaged in the

will be 121,145 disappointments.

lifticult task of parceling out these slaces. When all have been filled there

Postmaster General Hurleson will have

more offices to fill than any other mem-

ber of the cabinet. He will have to select 8,414 presidential postmasters alone

for which there are already on file at the

department over 80,000 applications. Presi-

In addition to the appointment of the 8,000 presidential gratmasters the post-master general will have the choice of

a purchasing agent for his department.

who receives a salary of \$4.000 a year.

Col. Bryan's Ple Counter.

In the State department Secretary

Bryan will have 272 positions to fill, for

which Do applications have been sent in

up to date. These positions include three

assistant secretaries at \$5,000 each; ten

ambasadors at \$5,000 each; ten ambassa-

\$22,000 each; twenty-eight ministers at

10.000 each: fifty-four consula-general at

from \$13,000 to \$3,000 each; and 135 consule

Secretary of the Treasury McAdon will have the filling of 41 positions.

He is running the the postmaster-general

a close second when it comes to re-

ceiving aplications, for there are on file in his office IT,000 of these. De-spite the fact that the secret service

agents, with the exception of the chief.

Secretary McAdoo will have the selec-

tion of sixty-five collectors of internal

revenue, receiving salaries ranging from

\$4,500 to \$2,000. A commissioner of the

internal revenue is also to be selected

at \$5,000 a year. Then there are the

comptroller of the currency and the comptroller of the treasury to be chosen.

each of whom receives a salary of \$5,500

ant treasurers, ranging from \$5,000 a year

There will be appointed 12 collectors of customs, who receive salaries from

\$12,000 at New York to \$2,500 at Niagara

Falls. Beaides these there are twenty-

cight surveyors of customs, who receive sularies ranging from \$5,000 to \$5,000 per

Some Legal Jobs.

Un

OUR EMPLOYER-

for the health and happiness of her family, simplifying her housekeeping problems and relieving her of worry and care. In making

Shredded Wheat Biscuit we steam-cook the grains of whole wheat, draw them out into delicate, filmy shreds, form them into

little loaves or Biscuit and bake them a crisp, golden brown. Because of its biscuit form you can do so many things with Shredded Wheat which you cannot do with other breakfast cereals.

receiving a salary of \$0,000 a year.

at New York to \$4.509 at Cincinnati.

is from \$5,000 to \$3,000 each.

down at \$17,500 each; eight ministers at

ntial postmasters are appointed for a

Places.

Secretary of the Interior Lane will have the giving of 750 positions, for which 2.250 applications have been re- dictum. Hence when a dozen conspicuceived. The commissioners of the general land office, Indian affairs, patents and pensions, are lucrative positions, each and water, the mortality rate of starvapaying \$5,000 a year. The director of the tion rises, even though the death certifireclamation service receives \$5,000 a year. cates neglect to say so .- Harper's Weekly. One Happy Man.

Perhaps the happlest man in Presi-dent Wilson's cabinet is Becretary of Agriculture Houston. He discovered as The Daily Paper is a Teacher,

on as he took charge of his department that there were just two positions, outside of his own, which had not been cor ered into the civil service by executive order. These were the assistant secretary and the chief of the weather bureau, The first-named already has been filled. and there are some fifty applications on file for Prof. Willis Moore's job as head dences of the seamy side of life of the weather hureau.

Secretary Redfield of the Department of Commerce will have the filling of fiftythree 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 \$5,000 a year, while the one at Boston gets only \$3,000. George M. Bowers, fish commissioner, who receives \$5,000 h year, will be succeeded by a democrat, probably Walter W. Vick, who was secretary of the innugural committee. The superintendent of the coast and geodetic survey and the director of the bureau of standards each

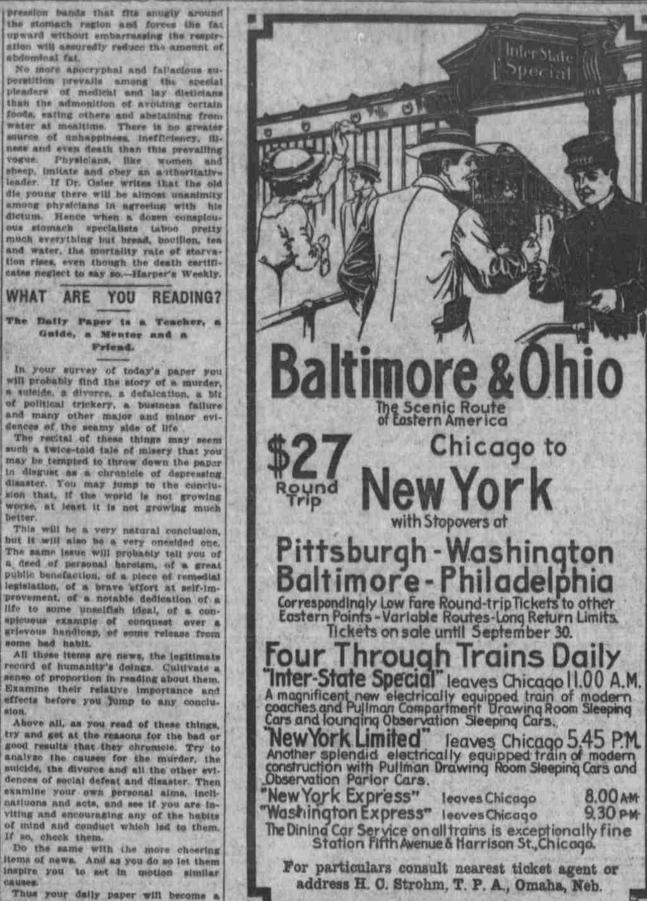
receive \$5,000 a year, and these positions will be filled by Secretary Redfield. The new Department of Labor, over which Secretary Wilson presides, has: been in existence only since March 4, and no money has been appropriated by congress for its maintenance. But Secretary Wilson has under him twelve positons which will be filled just the same, and for which 5,000 applications already have bean received. These include the commissioner general of immigration, which pays \$5,000 a year, and seven commissioners at immigration, ranging from \$6,500, paid the one at New York, to \$3,000. which the commissioner at San Juan, Porto Rico, receives-New York Bun.

SOME FALLACIES ABOUT FAT Pearsome Figments and Vain Imag-

inings About the Perils of Corpulency.

teacher, a guide, a mentor, a friend. It will breed in you a profounder interest The common fallacies associated with in humanity, a wider sympathy with it, orpulency are as numerous as the patent in humanity, a wider sympathy with it, a more alert conscience and a stronger will ferred maketh the heart sick, yet there are few physicians alive to tell of ever you grows better or worse, you at least naving seen that rars disease known will be growing personally better. ly as a "fatty heart." The bete Through your own improvement will noire of the dowager. the cnaperon, the trust magnate and the post-meridian commercial traveler. like hobroblins and annum. There are nine general apprais-ers of merchandise to be appointed, each eventually come that of the little corner of the world in which you live .- Philadelother fearsome figments, has its being in the vain imaginings of the great suphia Telegraph. der the office of the comproller of the surrency ninety-three bank examiners are to be selected, who receive salaries from \$6,000 to \$4,000 each per annum. perstitious proletariat.

Persititious proletarial. Yet much may be done. Next to sugar, there is no greater source of adipose tis-sue than a few drops of alcoholic or malt liquors, unless it be mental inertia



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,

Chock steales vary from II to II per cent lean and 11 per cent fat. The shoulder clod costains 50 per cent lean and only 5 per cent hone. Relatively more lean and less fat are found in the obuck sile roant than in these cut from he prime rib.

The brisket, nevel and rib ends ave age sim pur cant lean, 41 per cent fat el are similar in proportions of the brant constituents, but the rib ends on slightly higher in percentage of bone nd lower in lean.

The flank steak contains at per cont lean and 16 per cent fat; and the finnk new, 64 per cent lean and 25 per cent

ip hopes from the fore shank carry m 17 in in per cent lean and from In to 75 per cent bone. The boueless manh staw contains II per cent inan and 15 per sent fat. The following table shows the cost of

tean and of total meat in the various retail cuts at market prices:

and the second		Service .	Property.
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Most Expensive Cuts.			

or the not cost of the lean meat mate of compactant, the governments learn from their investigation a many expensive stonics at the ven are the parternamias cuts. a tor the club, strints, flank, count Sh ttenks.

the different rolate, the first out the file and the inter the inter the role in the role is the role of the role is

coincide, making possible a decided econ-

must be such as is required by maxi-

mum demand, but the income depends

upon the average damand. As an ex-

onnecting the transmission systems of

ample of the diversity to be obtained by

different cities, there is an hour's differ-

the most economical. The various boll-

ing and stewing pieces furnish lean meat more economically at market prices

of this class, while the neck and shank

of the scop bones are very sconomical

middle cuts of both shanks. It will be

observed that the market prices of the

chapper cuts correspond much more

closely to their net cost of lean meat

than is true of the higher priced steaks

On the whole, the investigation of the

market prices and the propertion of

flavoring substances contained in various

portions of the carcass, and cooking tests

made by the government indicate that

not necessarily greater in the cheaper

It is evident, therefore, that rotall

prices of beef cuts are determined

chiefly by considerations other than

their food value, such as tenderness,

grain, color, general appearance and con-

venlepen of cooking - Philadelphia Record.

Embracian Large Cities of

Country.

than in the more expensive cuts.

and roasts.

staws are relatively cheapest Reveral JOB APPLICATIONS PILE

sources of lean meat, particularly the One in Every Forty-Seven Who

Anvicultural department experts shows is a candidate for office under the demo-

that the cheaper cuts of beef are by far cratic administration. In other words,

places.

The linking up of the electric power like amount. The four assistant post-

cations for jobs.

ur-year period.

Wouldn't Believe Him.

And thus, whether the world around

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