

Saving Money On Meat

By LORETTO C. LYNCH.
The other day a butcher called my attention to the fact that many women of moderate means bought only the high-priced steaks, chops and similar tender cuts of meat. The average woman passed by the cheaper, tougher cuts.

Investigation showed two reasons for this other than mere laziness on the part of housewives. First, many women told me they did not buy the tougher cuts because when these were cooked quickly their families would not eat them. And to cook these cuts slowly—well, they simply had not the time.

But there is a way of preparing a chuck cut of steak so that it is deliciously tender when broiled. The steak should be spread with equal parts of oil and vinegar rubbed together. This mixture should be rubbed in well on both sides of the meat and the meat allowed to stand several hours in a cold place, covered. This softens the fibres to a remarkable extent. The meat may then be broiled as any high-priced tender cut.

A similar treatment may be given shoulder chops. It is surprising how high-flavored and juicy are these tougher cuts. But it is folly to attempt to broil them unless they are treated so as to make them more tender.

Some of the shops are showing a meat hammer which is used for pounding the tougher cuts with a view toward breaking the fibres. It is inexpensive and will enable one to save money by purchasing the tougher cuts.

"Hamburger" or chopped beef is delicious if properly prepared. It is an abused dish as it is served today. But two pounds of one of the tougher cuts of beef chopped at the butcher's will provide a good roast for a family of six or seven. To make this, grease a loaf pan. In a mixing bowl, beat up the chopped meat with a finely minced onion, a tablespoon of finely chopped parsley, a cup of bread or cracker crumbs, an inch cube of salt pork chopped and salt and pepper as liked. Beat in a well-beaten egg and enough milk or water to make the mixture drop readily from the spoon. Bake until the mixture is firm.

But if a quicker dish is desired, shape the meat into balls, omitting all but the seasoning and add a little onion juice. Place on a greased dish and broil in the gas broiler night or ten minutes, turning frequently.

The women who must leave home early in the morning, however, need not forego the delights of a savory stew made from the tougher cuts. A fireless cooker is easily made at home or the shops will show you some excellent models that may be purchased outright or on the installment plan. Some of these have two pots so that two things may be cooking at the same time.

Problems That perplex Answered by BEATRICE FAIRFAX

Heart and Mind.
Dear Miss Fairfax: A few months ago I fell in love with a young man whom I have known since childhood. My love grew less toward him, and now I do not love him at all. I can not see any reason for it, as he is a well-behaved man, now in business for himself.

Love is not a thing of willing and wanting. Unfortunately for you, the human heart is a separate institution from the human mind. Sometimes it seems as if a fortune in management. Now I suggest that you keep up your friendship, and if it remains again in the state of friendship and refuses to develop as you would like to have it, you must be reconciled to your own lack of feeling. Be honest with him about the state of affairs.

Possibly She's Jealous.
Dear Miss Fairfax: I am going about with a lady three years my senior, whom I love and who loves me. We are soon to be engaged, but there is one thing I want your advice about. This young lady has a sister a couple of years older, who does nothing but nag at her, and is barely civil to me.

HEARTBROKEN.
Don't let the other sister annoy you. Take her teasing good naturedly, and join every laugh against yourself. She may be a little jealous. She may feel ill at ease when you come to see your fiancée, and she feels lonely and left out in the cold. Whatever it is that impedes her aren't you man enough to handle the situation and to rise above a little stupid rudeness on the part of an awkward woman? What has this to do with your love and happiness, after all?

Laughing at an Accident.
Dear Miss Fairfax: I have been going about with a young man for 10 months, but he has now ceased to call because we made fun of him after an accident. My friends and I teased him about it. He wrote saying I was cold-hearted, didn't want a friend, but so and so, I could hurt and humiliate. Now, I care for this man very much. Do you think he is worth while bothering with?

HELEN J.
Maybe the young man wonders—and with some justification—whether you are worth bothering with. There's no doubt or question that you were indeed cruel. What you did was in the worst of taste. Why bother any one about an affliction—temporary or permanent? Personal remarks are always in questionable taste, but when they take the form of baiting some one and having fun at his expense they are unkind as well as rude. If you want this man's friendship again you'll have to make an honest effort to get it.

Blue Eyes: It isn't how old you are, but how much sense you have, which determines whether you should go with boys or not. Since you are only 14 and have such a long time ahead to enjoy gentlemen's society, I would advise you to let mother have the deciding vote on who you should do. It might be mother would let you go with some good neighbor boys who she knows, but would save you from going with some objectionable young man.

Breaking a Habit.
K. R.: You can buy at drug stores an arrangement which looks something like a can. It is made of aluminum and can be tied onto a baby's hand. Let the baby wear this for awhile and it may break the habit of sucking her fingers. This contrivance I mention has air holes and can't possibly injure the child. It looks awkward and makes one feel sorry for the baby wearing it, but it is much better than the alternative.

On Which Day Were You Born?



Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is full of woe,
Thursday's child has far to go,
Friday's child is loving and giving,
Saturday's child works hard for his living,
But the child which is born on the Sabbath day
Is blessed and happy, and good, and gay.

Another interpretation of birth dates is this: Born on Monday, jealous; on Tuesday, honest; on Thursday, mild; on Friday, talkative; on Saturday, hot-tempered and on Sunday, parsimonious.

Another interpretation given on the subject is: Monday (moon's day)—People born on this day need never fear poverty, nor will they travel great wealth. They will be much beloved, will marry more than once, and will be lucky in dealing with horses.

Tuesday (Mars' day)—People born on this day have a loving, though quarrelsome, disposition; short lived and skillful artificers. They will have a desire to gain a fortune in an easy and sometimes fraudulent way; they will be in danger of wounds on the head and hurt from steel instruments. They would make good generals or military engineers, and would be much thought of by men of the highest rank for their bravery. They would excel as surgeons, bakers and cooks; they need not fear sudden death and may live to be 72; they will only marry once, and will have many children.

Wednesday (Mercury day)—People born on this day will never make great fortunes, but will hold high positions, struggle till after middle life with them, and then a comfortable position. They are in danger of at some time losing their liberty, and their marriage may prove unhappy. They would make good orators, philosophers, doctors, astrologers, counterfeiters and vagabonds. They will be subject to heart disease, gout and nervousness; are not likely to live much over 50 years. They will marry three times and have several children.

Thursday (Jupiter's day)—People born on this day will live to a good old age, and obtain great wealth. They will be successful in marriage and business, though somewhat liable to accidents. Honesty, discretion, and piety will be theirs, and they will stand high in church and state. They may marry twice and there is little doubt they will have many children. Their health will be good throughout their life and they may live to be over 80.

Friday (Venus's day)—People born on this day will be lovable and loving. They will love wine, women, and song, and be very merry and gay. Being so fond of music, they will be skilled performers on some instrument, especially the organ. They would make good pastry cooks, glovers, tailors, perfumers, druggists, dressmakers, lacemakers, or embroiderers. They will be much loved, marry once, and have more girls than boys, and live to a good and healthy old age.

Saturday (Saturn's day)—People born on this day will have much difficulty in acquiring money and will have a hard work hard. This may make them melancholy and aversive and inclined to run into debt.

They should guard against carelessness in dress and the reading of evil books, and will be subject to disease of legs and knees. They will have much luck in finding hidden treasure; will be apt to be unpopular, and unpopular.

Sunday (Sun's day)—People born on this day may not live long, but will achieve many great things and win much renown while they do. They will learn many trades and will make and spend much money. Their chief trouble coming through their marriage. They will be subject to headache, toothache, and fever, and may be in danger from fire and plagues. They will be much beloved, will marry more than once, and will be lucky in dealing with horses.

Save the vinegar from pickled beets. It adds piquancy to mayonnaise and French dressing. It also tints mayonnaise attractively to use with salads, such as shrimp, salmon, lobster, carrots, etc.

To remove iron rust from linen or cotton goods boil a small quantity of turpentine and dip in that portion of the material which is spotted.

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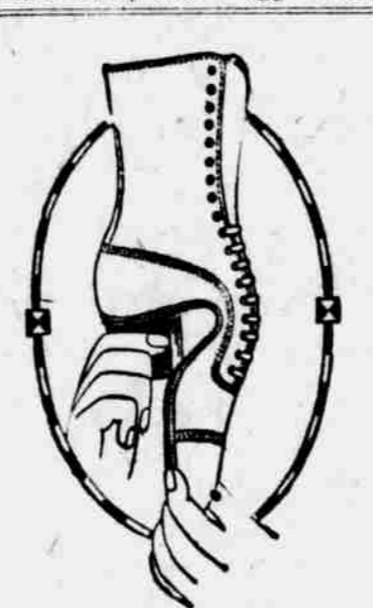
Recipes

Desserts.

Comstarch Pudding.

For a good white comstarch pudding which may be made more attractive by serving it in individual molds, take four cups scalded milk, nine tablespoons comstarch, one-fourth cup sugar, one-half teaspoon salt, one-half cup cold milk and a teaspoon vanilla flavoring. Mix the dry ingredients, moisten with the cold milk, add to the scalding milk, stir until thick and afterward occasionally, and cook at least 20 minutes. Add flavoring, mold, cool, and serve with sweetened cream. This serves eight persons.

A more nutritious and attractively fluffy dish is made by the addition of three stiffly beaten egg whites



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- 1321—I've Lost My Heart to the Meanest Gal in Town.
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- 1323—The Love Boat.
- 1327—Rosie.

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"The House of Pleasant Dealings"
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just before flavoring. The yolks may be used in a boiled custard to serve with the pudding in place of cream.

Call's Liver—Long Beach.

Soak liver in cold water, then wipe dry and cut into slices about one-fourth of an inch thick. Mix into two tablespoons of flour a teaspoonful of salt and a little pepper;

dip slices of liver into it; cut half pound of bacon into thin slices and fry in frying pan. Have ready a hot dish, put bacon on it; fry slices of liver in bacon fat; when cooked, place in the center of hot platter with bacon arranged around. Put into pan a tablespoonful of flour, stir until brown, then add a cup of water, cook a few minutes and then pour it over the liver. Garnish the top of

liver with an onion cut into wheels and sprigs of green parsley.

Manhattan Pudding.

1/4 cups orange juice,
1/4 cup lemon juice,
Sugar,
1 cup heavy cream,
1 cup powdered sugar,
1/2 tablespoonful vanilla,
2 1/2 cup chopped walnut meats.
Mix fruit juices and sweeten to taste. Turn mixture in brick mold

Whip cream, and add sugar, vanilla, and nut meats; pour over the first mixture to overflow mold; cover with buttered paper, fit on cover, pack in salt and ice, and let stand three hours.

Fill vinegar jug two-thirds full and fill it up with boiling water. It increases the quantity and does not impair the flavor.

“there's no place like home”

Bowen's February Clean Sweep Sale Starts Monday Jan. 31

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Offering Furniture for Every Room at Sweeping Reductions

IT BEGINS TOMORROW—this Annual Event—of wonderful importance as previous sales have been we have made careful preparation to make the February Sale of 1921—this one—a history making sale of unparalleled values. This is not a sale of odds and ends or undesirable pieces, but a clean-sweep sale of every piece of merchandise on our floors. Although our prices had been sharply reduced we have determined to forget costs and profits, and go the very limit in lowering prices and sweeping reductions. During Bowen's Clean Sweep Sale—the gain—the benefit—the remarkable opportunity for money saving is yours.

Living Room Furniture at Clean Sweep Sale Prices

- 8.50 Fumed Oak Rocker..... \$ 4.25
- 9.50 Mahogany Rocker..... 4.75
- 22.50 Mahogany Sewing Rocker..... 11.25
- 30.00 Windsor Mahogany Rocker..... 12.50
- 47.80 Solid Mah. Fireside Chair..... 27.50
- 27.50 Quar. Oak Library Table..... 9.65
- 45.50 Quar. Oak Library Table..... 18.25
- 55.00 Mahogany Library Table..... 27.50
- 75.00 Mahogany Davenport Table..... 37.25
- 55.00 Mahogany Gate Leg Table..... 27.50
- 65.00 Solid Mah. Gate Leg Table..... 37.50
- 55.00 Mahogany Book Case..... 22.50
- 45.00 Antique Oak Book Case..... 11.00
- 35.00 Mahogany End Table..... 14.75
- 25.50 Solid Mah. Magazine Rack..... 11.75
- 19.50 Mahog. Table Lamp Post..... 8.25
- 150.00 Overstuffed Down Chair..... 56.75
- 45.00 Jacobean Oak Settee..... 16.50
- 30.00 Jacobean Decorated Chair..... 11.00
- 52.50 Mahogany Cane Back Chair..... 22.50
- 54.50 Mahog. Velour Wing Chair..... 21.50

3-Piece Parlor Suite for \$72.50

Consisting of Mahogany and Tapestry Settee, Rocker and Chair to match.

2-Piece Mahogany Cane Suite for \$126.95

Consisting of Large Davenport, loose cushions, full spring construction, and Rocker to match.

For the Dining Room

- \$ 42.50 Golden Oak Buffet..... \$16.50
- 57.50 Golden Oak Buffet..... 27.50
- 79.50 Fumed Oak Buffet..... 36.50
- 85.00 Fumed Oak Buffet..... 42.50
- 98.00 Golden Oak Buffet..... 48.75
- 115.00 Golden Oak Buffet..... 62.50
- 135.00 Golden Oak Buffet..... 67.50
- 150.00 Jacobean Oak Buffet..... 69.50
- 165.00 Jacobean Oak Buffet..... 76.50
- 135.00 American Walnut Buffet..... 72.50
- 157.00 Walnut Buffet..... 76.50
- 160.00 Mahogany Buffet..... 79.65
- 187.50 Mahogany Buffet..... 92.75
- 8.50 Golden Oak Diners..... 3.75
- 14.50 Mahogany Diners..... 5.85
- 12.50 American Walnut Diners..... 5.25
- 37.50 Solid Oak Extension Table..... 16.50
- 67.50 Quar. Oak Extension Table..... 34.75
- 97.50 Quar. Oak Extension Table..... 47.50
- 75.00 Quar. Oak China Cabinet..... 32.00
- 82.50 Jacobean Oak China Cabinet..... 40.00

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Complete for \$66.50

Consisting of Extension Table—Buffet—6 Chairs to match.

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Consisting of 64-in. Buffet—54-in. Extension Table—6 Blue Leather Diners to match.

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EXTRA SPECIAL
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Our entire line of Imported Cretonnes in 31 and 60-inch widths at the following Clean-Sweep Prices:

- \$10.00 50-inch Cretonnes, per yard..... \$5.45
- 7.50 50-inch Cretonnes, per yard..... 3.95
- 5.00 50-inch Cretonnes, per yard..... 2.75
- 4.50 31-inch Cretonnes, per yard..... 2.45
- 3.00 31-inch Cretonnes, per yard..... 1.55
- 2.50 31-inch Cretonnes, per yard..... 1.35
- 2.00 31-inch Cretonnes, per yard..... .95

Domestic Cretonnes

- \$ 2.75 32-inch Double Faced Veltons, per yard..... \$1.40
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- 2.50 36-inch Double Faced Tapestry Cretonnes, per yard..... 1.10
- 1.95 36-inch Single Faced Tapestry Cretonnes, per yard..... .95

Bed Room Cretonnes

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- 1.35 36-inch Cretonnes, per yard..... .70
- 1.25 36-inch Cretonnes, per yard..... .65
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LOT I—Colored Madras, 50 inches wide, in short lengths, worth up to \$5.50 per yard. Our Clean-Sweep Price, per yard..... \$1.45

LOT II—Colored Madras, 36 inches wide, some full pieces, worth up to \$2.50 per yard. Our Clean-Sweep Price, per yard..... 95c

LOT III—Colored Madras, 30 inches wide, in many colors and patterns, worth up to \$1.75 per yard—Our Clean-Sweep Price, per yard..... 65c

Artificial flowers and ferns in pretty wicker basket—
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- 65.00 Solid Oak Dresser..... 26.25
- 80.00 Quar. Oak Dresser..... 37.50
- 70.00 Quar. Oak Chiffonier..... 27.50
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- 79.50 Quar. Oak Dressing Table..... 33.25
- 75.00 Walnut Chiffonette..... 37.50
- 45.00 Walnut Chest of Drawers..... 19.75
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- 175.00 Walnut Chiffonette..... 76.50
- 105.00 Walnut Chiffonette..... 52.50
- 125.00 Old Ivory Low Boy..... 51.25
- 175.00 Old Ivory Chiffonette..... 62.50
- 65.00 Bird's-eye Maple Bed..... 32.50
- 105.00 Bird's-eye Maple Vanity..... 52.50
- 75.00 Bird's-eye Maple Chiffonette..... 37.50

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Consisting of Large Size Vanity Dresser—Roomy Chest of Drawers—Medium Sized Dresser—Full Sized Bed.

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Consisting of Full Size Bed, Queen Anne—Large Chest of Drawers, Queen Anne—Triple Mirror Dressing Table—Queen Anne.

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- \$ 42.50 2-Burner Gas Stoves..... 21.25
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 - 90.00 4-Burner HI Oven Gas Stove..... 45.00
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