M'LISS POINTS OUT WAY OF BEATING BEEF BARONS

Careful Study of Various Cuts, Their Prices and Nutriment, Plus Avoidance of Waste, Will Solve Problem

Hey diddle diddle. The cat and the addle. The cose jumped over the moon; The little dog laughed To see the aport The dish ran away with the spoom

THIS was in the day of the nursery I jingles. At the present time little dogs, and likewise men and women, who have any feeling concerning their future sustenance regard the altitudinous cavorting of the cow, typified by the rise in the price of beef, with lugubrious sentiments, not anmixed with awe.

The cow seemingly has gone sky-high to stay, . Likewise the lamb and the pig. will have to be done about it," knowing well that short of a positive boycott noth-12 and 15.

Butchers smile tolerantly at the suggesto become Mormon or cannibalistic. So apparently about the lowest of all beef long as there is meat to be bought and money to buy it with we will continue having it on our bills of fare.

But many women whose housekeeping allowance has not been increased, despite the rise in the prices of virtually all foodstuffs, find themselves in the position of having to supply the same amount of meat to their families this year as they did five the size of their meat bills, but also in the or ten years ago. And if you can't get preparation of the cheaper cuts so as dollar, as formerly was the case.

and his whole body structure is adapted of charge.

to it, lean and anemic vegetarians to the contrary notwithstanding.

The whole question, then, resolves itself Into the problem of how to face the meat situation without actually giving up flesh

This, according to an expert who has made a study of the economical use of meat for a long period of years, is done in two ways: First, by a careful study of the various cuts, their prices and the relative quantity of nutriment contained in them; and, secondly, by a meticulous avoldance of waste.

Many women who seriously regard themselves as efficient housekeepers and conservers of the family income are Housewives murmur vaguely, "Something totally ignorant of the difference in the cuts and the fuel value contained in them. They believe that a porterhouse steak at ing can be done about it, and go out and | 32 or 35 cents a pound must of necessity pay 38 and 40 cents a pound for meat be the choicest part of the beef because which in the haloyon days was bought for of its altitudinous price and established reputation for tenderness. They feel that they cannot use the cheaper cuts because tion of a boycott. They know that so their families will be not so well nourlong as money is "free and easy," as it ished as if they had bought the more exhas been recently, the American nation pensive. They believe that just because is as likely to become vegetarian as it is the price of chuck ribs, for instance, is products it is the most economical to buy whereas a woman who has really gone into the matter thoroughly knows that that part of the animal actually costs her almost twice as much as she pays for it because virtually half of it is waste.

To those of my readers who are interested in the subject not only of reducing blood out of a stone, neither can you get to imbue them with a flavor and tendersix or seven pounds of meat out of a ness which they believe only possible with the more expensive parts, I will, upon It's all very well to talk about "cut- receipt of a stamped, self-addressed enting out meat," but from the very begin- velope, tell them where a pamphlet, prening of time man has used animal food pared by experts, may be obtained free

Letters to the Editor of the Woman's Page Address all communications to M'Liss, care of the Evening Ledger. Write on one side of the paper only.

M'Liss-Kindly publish in your evening how a girl not yet of age can get married ladelphia. She has her father's consent, is in another town and says he must sign is in another town and says he must sign ease, but he cannot get to Philadelphia to the consent is in another town and says he must sign ease, but he cannot get to Philadelphia to the consent is the consent in the consent is the consent in the conse Dear M Lies-Kindly publish in your evening paper how a girl not yet of age can get married in Philadelphia. She has her father's consent, but he is in another town and says he must sign the license, but he cannot get to Philadelphia to sign, as his work prohibits him. (2) Will a lefter from him do? (3) Or could license be malled to him to be signed? DAILY READER.

Your father does not have to sign the license, but if you are not of marriageable age according to the law of Pennsylvania you must have his consent. If he does not wish to come to this city he can go before a

Dear M'Liss—Could you inform me where I could secure a copy of Edgar Rice Burroughs story entitled "The Area of Taran"? I have read the first two Taran stories and am reading "The Son of Taran," now-running in your paper. If you can also tell me the price of I I should also like a list of Burroughs' books.

come to this city he can go before a public in his own locality, give his there and forward it, accompanied column.

PLEASANTVILLE.

You probably mean "The Beasts of Tarzan." For information see yesterday's column.

Request for Baby Clothes am in much need of an abdominal belt, ium size. My ordinary waist measure is 28 se. If any member has baby clothes they no use for I would be glad to receive them, bless the dear Corner for its noble work. MRS. M. M.

We had a band that might have served your purpose a few weeks back, but it has passed from our keeping. This is a "hurry call" for another, and for any baby clothes that may be no longer useful in the nursery of compassionate readers. We retain your address and send herewith our wishes for speedy and happy relief from physical

He's Fixing His Den

a boy of 13, and should like to furnish a den. Have any of your readers stuffed octures ay anything that would look nice en? I cannot afford the money to by hings, because my father died recently. call or pay postage. FRANK W. Twill call or pay postage.

Juniors whose fathers are still alive upo Juniors whose fathers are still alive upon the earth are abjured to lend a sympathetic ear to the tale of this boy's longing. The fellow who takes lively interest in fitting up his "den" at home is less likely to seek diversion and excitement abroad than he to whom his parents' residence is only a place to eat and sleep in. If another boy can con-tribute a picture or a bennant—but you tribute a picture or a pennant—but you fellows know better than I what the 14-year-old would like to have to make cozy and attractive the room in which he will study and read and live when he is indoors.

For Children's Needs

As my income is small, I do not know how to set things for the children's needs. I read in the Helping Hand that some one had patches to give away. I would be most thankful to the kind person if she would give them to me.

We dispense so many patches weekly that we are safe in promising a supply for you from mothers who have left-overs from spring dressmaking, cutting down and making up to suit the stature of growing chil-dren. That batch to which you allude left

Asks Loan of Go-Cart My husband has been out of work almost all winter. We have a little boy and girl. 2 years and 3 weeks old. I can't go anywhere, not even to the store. If any one has a go-cart she doesn't need may I have it—just the loan of one? I will take good care of it. I will try hard in the hear future to do something for the Corner myself. MRS. H. L. The hard-pressed mother would "effect a loan." Send to me for her address.

Collecting Silk Pieces am 65 years old, and have for a number years been desirous of making a quilt. I a been collecting silic bleess for a long time, now, with your help, and the box of lovely so I received through your Corner this week, an make a start. I wish I could tell you much pleasure they gave me just to receive 9.

will the Corner carry on the good work so anapiciously begun by us by contributing enough silk pieces to finish the quilt? Bear in mind that, but for us, it would not have been begun and in its present state of forwardness. Having put our hands to the quilt, we must not look back. Do not send parcels to this office, but write for the address of Mrs. J. P. and send direct to her.

To Help Pass Long Hours

On account of ill health I was obliged to have school. I am bestiming to get out of doors, but can do so work. I would appreciate the stamps offered by a correspondent.

Those stamps were given away before we heard from you. I am asking now for more, that you may have some means of cheating the dragging hours of invalidism. Cannot our girls collect a few stamps for Rhoda? She asks for so little.

Typewriter Would Help

As a been sick far over four As I was a syntat before I martially before I martially before I martially be a subject to a subject before I martially be a subject before I martine to the subject able to tech after them. I have it made not marginess to give a way in who will pur positions to give a way in who will pur positions on them. I ulargue on a Typewriter and will as they make a typewriter and will as they make give a type writer and will a country to the subject of the subjec Graves of Infants Infants' gravemounds are steps of angels, Earth's brightest game of innocence re-

MARION HARLAND'S CORNER

upon the kind hearts of my co-w Needs Reference Books

laid before the family. Time (and the mall) will prove how far I have presumed

Needs Reference Books

I am a young married man with one child and earn only a small salary. I have been studying law in the public library for a while, and as reference books cannot be taken from the library it is difficult for me to study further. I cannot afford to buy expensive books; therefore, I write to you in hope that you may know of some way in which I can procure an old set of Illinois Statutes and Criminal Law. I have set my heart on completing my studies and have zone over and over the few books in our local library. I hope you can find some way for me to get books. Of course, I should be willing to do, anything possible, such as electrical work or any taxteermy work. In which I am as adept. I would gladly do a few hours work each day for any one, as I work nights from 7 p. m. to 7 a. m. This is my only hope that I may be able to better myself in life.

We have allotted a liberal share of Corner room to this manly, straightforward statement of ambition, toll and hindrance. He is not daunted—this man whose burden is so heavy that nothing but sterling stuff of the best kind enables him to hold fast to the great wish of his life. This is the material of which heroes are made. Will our legal staff write for his address, and throw out a line that may bring him to

Gastronomic Delicacies

Fresh peas are as much a gastronom delicacy nowadays as they were in the time of Queen Elizabeth, when they came all the way from Holland to delight the fickle lady's palate. The garden pea is the one that is used most, although the experienced cultivator of peas knows that there are many varieties besides this one. However, the ordinary sugar pea is the one that con-

the ordinary sugar pea is the ble that concerns us most.

The edible podded pea is well known to
European markets, but is not found in
this country. It is a soft young pea with
half-formed balls inside and with a pod
so tender that it may be eaten like we eat
string beana. The field pea, on the other
hand, is used, as a rule, for animal fodder.
The dried seed is used in the manufacture
of split peas. The lentil also belongs to
this family, and the various nutritious
dishes that may be made from the
homely lentil are gradually increasing in
the culinary vocabulary of the American
cook.

The nutritive value of sugar peas is equal to that of the potato, although alequal to that of the potato, although almost every one is accustomed to think the potato one of the most nourishing vegetables that is eaten. Peas are usually considered a dainty, refreshing, but not necessarily nourishing. In reality, peas and beans contain an enormous amount of protein the great tissue-building element of the body. A little fat and a considerable amount of carbohydrates are also part of the pea and bean composition, both of which

amount of carbohydrates are also part of the pea and bean composition, both of which give energy to the body.

Dried peas and beans are highly nu-ritious, for they are in themselves the most delectable part of the vegetable, dried out by a process that takes away all waste products and representing a pound or more of palatable solids. The canned peas, on the contrary, are largely composed of liquids which detract somewhat from of palatable solids. The canned peas, on the contrary, are largely composed of liquids, which detract somewhat from the value of the peas as nonrishment. In short, the dried peas and beans are one of the most health-giving and nourishing foods that the housekeeper can get; the canned and fresh variety are too, but not so much so as the former process.

Wicker Novelties

Wicker vases are pretty and novel. They Wicker vases are pretty and novel. They may be as large or as small as one wishes. The shape is the regular long vase shape, with a glass receptacle inside, to hold the water. The colored glass showing through the wide-woven wicker is very attractive. They come small enough to accommodate a single blossom or to hold a bouquet. Magazine stands of wicker for the summer porch are bandy, for they have a huge handle on them, so they can be carried from one part of the house to another.

God to their parent, so they need no tear. He takes them to His bosom from earth's A bud their lifetime and a forcer its

SEEN IN THE SHOPS

FOR THE LITTLE MAID

A COOL and dainty little frock is this one of white dimity. The roll collar and narrow cuffs have a touch of color introduced by a bit of needlework similar to that which outlines the yoke. Smocked points, also embroidered in color, confine at the yoke the fulness which falls to the hem in deep plaits. It comes in sizes from two to six years, embroidered in either pink or blue, for \$2.75.

The quaint little sunbonnet comes in either red or blue checked natural linen with

appliqued cretonne flowers. It has a plain natural linen facing and has its shirred crown finished with black velvet streamers. Price, \$3.55.

The name of the shop where these articles may be purchased will be supplied by the Editor of the Woman's Page, Evening Ledder, 608 Chestnut street. The request must be accompanied by a stamped, self-addressed envelope, and must mention the date on which the article appeared.

GOOD FORM

Good form queries should be addressed to Deborah Rush, written on one side of the paper and signed with full name and address, though initials ONLY will be published upon request. This column will appear in Monday's, Wednesday's and Friday's Evening

The careful hostess is a joy forever, and lose of us who have been visitors at the ome of one know how great is the guest's pleasure when every convenience is found lose at hand.

Among the little comforts which the careful hostess will see are arranged for her guests are the box of matches, even when the house has electricity, as matches are sometimes needed, and it is always well to have a night lamp and matches on a small table by the bed, unless the electric switch is well within reach; needles, thread, scissors, pins and such things should be placed in a dressing-table drawer and a scrap basket should always be provided. Of course soap and fresh towels and wash cloths are above all things necessary, and when the guest is a man it is well to provide him with shaving soap. Manicuring articles should be provided also. Manicuring Invitations

High Hat for Business

Dear Deborah Rush—Is it good form for a roung business man to wear a high hat to his office? What do you think of girls wearing lewelry to work?

No, it would be in very execrable taste. A high hat should only be worn with dress clothes.

It is not good form for a girl to wear

jewelry to her office. Of course a watch is allowable and one or two simple rings,

Oriental Salad

rom an old Oriental recipe. It is a deligh

nasturtium leaves, with cream dressing.

Jellied Soup

Iced bouillon is mighty refreshing on

hot day—and there are plenty of hot days coming. To a quart of the beef bouillon add a level tablespoonful of white gelatine, dissolved in a small quantity of the cold broth. Season to taste, using sait, pepper,

broth. Season to taste, using sait, pepper, paprika, a bit of celery sait and onlon. Heat over a slow fire, but do not boil strain. Cover and leave standiny by the ice for five or six hours. It may be served in small bowls with a slice of lemon on the top. Or parsley may be used. It is not necessary to have the soup like jelly, it should be just slightly "jellied." Half-trained tomato juice and half boullion may also be used with very good results.

also be used with very good results.

Have You Seen Them?

There are so many kinds of napery now-days. The simple dinner napkin used to

e considered enough. Now there are fanc-

Madeira ones for every occasion. Tiny ones with scalloped edges are used for the tea and luncheon table. Tinler ones still

have a dainty cock in one corner or some emblem of the kind—they are designed to serve with summer drinks. And last but not least, there are infinitesimal near-handkerchiefs of very thin linen that are set on the side of the ice cream plate.

The Sensible Way

to Get

Summer Hot Water

Have this heater in your

Have this heater in your basement. It gives you all the hot water you need—quickly—burns a bucket of coal a day and makes hot, uncomfortable kitchen unnecessary. Keeps the dampness out of the cellar—costs little to install.

You should inspect this perfect fitters it is sold under the FLECK BROS.
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A delicious and different salad is made wich? It's a good way to use up the last ful change from the ordinary salads, and the hostess who serves it can rest assured that she won't serve something commonof the bean pot's contents, especially if there is some one in the family who car-Thin pieces of sweet apple should ries a lunch basket. To the cooked beans add bacon drippings, salt, black pepper, paprika and sugar to taste. Heat the mix-ture and rub to a paste. Spread on Boston brown bread and cover with chili sauce. placed over sections of oranges. Have a cucumber sliced neatly, using very young cucumbers, so that they are quite tender. Soak a handful of raisins in lemon juice. Pile all this together in a bowl, pour over it a tablespoonful of the juice from a can of preserved ginger, and put on the ice until it is thoroughly chilled. Serve on

Paper Doilies

Lace paper doilles are effective for the summer table—they save washing and are casily arranged. The home should be a place of relaxation in summer, and the housekeeper who can use these dainty doilies will appreciate the fact that they eliminate laundry.

but bracelets, chains and many rings are in exceedingly bad taste.

Fiance and Fiancee

Dear Deborah Rush—When a young girl and nan are engaged to be married is he expected to all on her every evening? On which finger the wild the engagement ring be worn?

GEORGE. It is usual for a man to call on his flancee every evening, but if the engagement is to be a long one sometimes it is considered advisable by those concerned to devote one or two evenings to their respective families. It is not the proper thing, however, for the man to call on other girls on these evenings. other girls on these evenings.

The engagement ring is worn on the third finger of the left hand.

A Question of Introduction

Dear Deborah Rush-When a young man remented to a young lady, should be shake and? No, a man should always wait until a woman offers him her hand, and it is not usual for a woman to shake hands with a man at their first meeting.

Deer Dehorah Rush—How should an invita-tion be addressed to two staters and a brother in one family? Would it be all right to send one envelope? It would be within the rules of etiquette to use one envelope for the three, though two would be better. If you use one, address it:

For the Lunch Basket

INDISCRIMINATE USE OF DRUGS DANGEROUS, SAYS DOCTOR

per capita than any other people on the globe. If the doctor does not prescribe a few bottles of medicine they fire him and get one who will. The thought that a doctor must give medicine is deeply grounded in the collective and in the individual mind. A natural outgrowth is the purchase of medicine at the drug store. Some persons go so far as to eat the samples left at the door or sent on request. In the list of symptoms found on the circular a drug-hungry man can always find one, and sometimes a bunch, that he has or ought to have, because it runs in the family, or some he is liable to have.

Many persons have gotten away from the habit of taking medicine for consumption. But there are still many who drink medicine from the beginning to the end of the disease. Let no enthusiast fool himself. There are still thousands who burn up the little money they have, money which should go for rest, food, and open air, on so-called consumption cures.

In Dr. Hawes' valuable little book on "Consumption—What to Do About It," there is a short chapter on drugs and cures for consumption. As to cures for consumption he says: "All such may be condemned at once. Leave them alone, no matter how glowing may be the reports you hear concerning them."

But even the people who have learned to disbelieve the wild statements made on per capita than any other people on The rose jar used to be seen on every one's library table: the home wasn't considered complete without one at least of these odorous concelts. Now one seldom sees them, because people are too busy to make them

in rare cases he allows or even advises patients to take a little beer at meals. This is much the exception, however. The rule is that all alcoholic drinks should be left

do no good. On the other hand, as they disturb digestion and appetite, they may do much harm. He has little faith in

ods or preparations of any kind that are

taken the better for the patient," he says.
Sanatorium patients rarely cough. They
rarely take medicines to control coughs. If such persons can keep from coughing without taking opiates and other medi-cines, why should you and I take them?

Gentian Root

Gentlan root

Tetanus Preventive

Tetanus Preventive

1. Is there a sure preventive of blood poison and totanus that may be used without recourse to a physician? If so, what is it? 2. How soon after receiving a wound must it be applied to be effective? 3. To what extent is discogen a reliable remedy? 4. It is not possible for the parent to know immediately the countless cuts, abrasions and punctures children sustain at school and in play. Are there not warning symptoms from infected, wounds that should enable a mother to secure medical treatment before it is too late? 5. Does one's physical condition have anything to do with susceptibility to infection from tetanus germs?

We cannot run to the doctor with every little scratch or we should have time for little else. If you will give us information concerning the same but safe course to pursue in these matters I believe it will be of inestimable value to the public as well as to myself. E. M.

to the public as well as to myself. E. M.

1. If a wound is fairly clean, to wash it
out with tincture of iodine rollowed by alcohol and then to apply a light, open dressing of sterile gauze is enough. That much of sterile gauze is enough. That much should always be done. If a good deal of grease and dirt has been ground into the wound, e. g. shop wounds, they should be washed out with gasoling or benzine, ther



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HERE is nothing that so quickly, easily and thoroughly polishes and removes finger-marks and "cloudiness" from furniture and wood-work as Johnson's Prepared Wax. The polished effect is lasting, because it gives a hard smooth surface that does not hold the dust. Use it on your

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You will find Johnson's Cleaner unequaled for removing stubborn spots and stains from furniture, woodwork, white enamel, floors-and, in fact, all wood, metal and enamel surfaces. It quickly and permanently removes spots and stains that other cleaners won't touch. Specially good for ink spots.

Johnson's Cleaner and Johnson's Prepared Wax are said by leading Drug, Hardware, House-furnishing and Paint Stores and Garages

2. The sooner the better. Certainly it

2. The sooner the better. Carrier is should be applied within three hours.
3. Is of limited use. Iodine is better.
4. There is no way of knowing that a wound has been infected with tetanus until stiffness of the Jawa begins to develop. If the wound is very dirty or the dirt is from a suspicious source it is safer to have anti-

Wasserman Test Please a sewer through your health column: I What is the Wasserman test? 2. Can it baken in South Daketa, and where? 3. Would be expensive? NEW SUBSCRIBER. 1. Wasserman test is a test of the blood

Wasserman test is a test of the blood or spinal fluid for syphilis.
 Yes. Your physician can take a specimen of your blood and send it to some laboratory for examination.
 The laboratory charge is usually \$5.

Making a Rose Jar

June is rose time, and the riot of wonder-

ful roses around in gardens and florists', shops reminds one to indulge in that most delightful pastime, making potpourri jars.

-or, more likely, because they don't know

The old-fashioned, sentimental ones of us who are really interested in making one of

these jars will appreciate the following di-rections, culled from an old, old book on the subject. Gather up all the rose petals

you can get. Get them from the florist, if he will let you have them, and get them from the garden. A few roses sacrificed before they fall will improve the quality

of the odor. Pinch, twist or cut them from

the stalk, keeping them whole if this is possible.

Have a dry, shady room, and put your

rose petals in it. Spread a few thicknesses of white paper over the table and place the roses out on this, allowing plenty of air to penetrate between the petals. Add another

layer each morning, making as many roses as you possibly can. Now salt them gen-erously. Don't bother if they wait for sev-

eral weeks before using; all the sweeter will he the odor. When you are quite sure that the old petals are thoroughly dried out, place them in a covered jar or dish, and

them about in the jar every day for sev-eral more weeks.

Other spring and summer flowers may be

added to the jar with no loss of sweetness. In fact, the rose jar is a sort of all-year arrangement. Dried flowers may be added as they arrive. Violets, hyacinths, honey-

suckle, verbena, magnolia or any highly scented bloom will do. Dry them separate-ly and salt and use as you do with roses. The colors, as well as the varied odors, of

these blossoms add greatly to the charm of Now, you will need a very large, tightly covered jar. A regulation gallon fruit jar

Removes Superfluous Hair

Sold by Drug and Depart-

ment Stores.

SUMMER RESORTS

and sheer hosiery possible.

Makes the sleeveless gown

sprinkle them generously with salt.

By WILLIAM A. EVANS, M. D. with lodine followed by alcohol. If garden earth or stable manure has gotten into the wound tetanus antitoxin should be given.

THE American people use more drugs

But even the people who have learned to disbelieve the wild statements made on the circulars of cures are disposed to nibli at medicines of a milder sort.

As to alcoholic drinks, Hawes says that

alone. They are not strengthening—not even port wine has the strengthening qualities in which so many have faith. Especially does he condemn eggnog. Creosote and all other nauseating drugs

cod liver oil and emulsions. He says:
"It should be borne in mind that such preparations are merely forms of fat, and se such have some value. The taste is usually disagreeable. Children often relish it. If they are underweight extra fat is a good thing.
"There are no special assertions."

"There are no special curative properties in oils and emulsions. Personally I have never prescribed cod liver oil or an emulsion. If my patients need increased fat in their diet, I prefer to give it in cream, butter, salads and in other fatty foods."

He does not think the indiscriminate use of tonics and hypophosphiles is reduced. of tonics and hypophosphites is advisable. Serums and vaccines, of course, should be given only by physicians experienced in treating consumption. Inhalants often help irritated throats and annoying coughs. "As a general rule, the fewer drugs or artificial

Some time ago you printed an article on quiting smoking. You named a root to chew to allay the craving. I lost the paper and would be pleased to have you give me the name of the root.

W. V. M.

Dr. Charlotte B. Martin

The single electric needle method is the only method enjoying professional licensurand confidence for the permanent removal of superfulous hair and other superl growths. 762 Flanders Bldg., 15th & Walnut



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THE MANHASSET

THE CHEERFUL CHER My life's so exciting. I work hard and then Before I'd believe it



will do nicely for the first mixing, the bottom of the jar two ounces dered cinnamon or broken cinnamo whole allspice. grated dry orange peel, the same and dry lemon peel and a dozen whole. Fill the jar with alternate layers of rious flower petals and sait again, this to stand for about 12 hours.



From the churn to your table and never a hand has touched MERIDALE BUTTER

Up in the Catskills, at the Meridale Creamery, this "uncommonly good butter" is made under the most sanitary methods. Even you could not be so fussy if you made it for yourself.

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SUMMER RESORTS



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