

MRS. WILSON TELLS HOW TO BUY THE GOOD CHEAPER CUTS OF BEEF

By MRS. M. A. WILSON
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Meat from the neck and shin may be used for stews, goulashes and meat loaves.

THE SHOULDER

A FORE QUARTER
CONTAINING THE LOIN, PLATE,
RUMP, ROUND AND SHIN

A HIND QUARTER
CONTAINING THE LOIN, PLATE,
RUMP, ROUND AND SHIN

NECK
CHUCK
BRISKET
SHIN
SOLEAR CUT
RIB
PLATE
LOIN
LEG
ROUND
RUMP

A SIDE OF BEEF

When boiling or stewing meat keep this in mind: Meat to be par-

Soups and Broths

In making soups and broths, just the opposite method is used. The meat is put to cook in cold water, adding a small proportion of salt to help extract the juices. The meat is placed in the water, brought slowly to the boiling point and then cooked for several hours, just below the boiling point to give the stock or liquid richness.

By CYNTHIA

How Won't Spend Money

boy, or has at my home, the only time I'm quiet is in the beginning of the evening before I have started talking. You know yourself if you are out with a perfectly strange girl, it's rather hard to get started.

A black and white photograph of a tea set arranged on a rectangular tray with a decorative, scalloped edge. The set includes a tall, slender vase, a shallow bowl, a teapot with a lid, and two cups. The items are arranged in a row on the tray. The background is dark and indistinct.

DEAR ST. VALENTINE—I am fear

Evening Coiffures

100

Evening Coiffures

[illegible]

DAN CUPID.

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but are specially priced for prompt disposal.



To Make Apple Butter
Place two quarts of cider in a preserving kettle and add one-half peck of pared and thinly sliced apples. Measure after paring and slicing and two level tablespoonfuls of cinnamon. Cook slowly until very



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convalesce

But Be S
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LY WONT
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man says about this most
Watch the folks when they
platy" flavor of

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