

ANOTHER TRIP TO THE BUTCHER'S : HOLDING ON TO FRIENDS : SOME PAPER DOLLS : EXCHANGE

MRS. WILSON TELLS HOW TO TRY OUT FAT AND WHEN TO USE IT

Can Be Clarified and Substituted for Butter in Pastry and in Preparing Vegetables

Buying Pork, the Various Cuts of It and How They Are Utilized—A Pork Liver Recipe

By MRS. M. A. WILSON

THE percentage of fat present in the various kinds and cuts of meat shows great variation. The lowest is 8.1 per cent, which is in shin beef, while the highest is in pork chops, which contain about 32 per cent. The high-priced cuts, such as loin and ribs of beef, contain from 20 to 25 per cent.

Now, if this fat is not eaten or utilized for cooking purposes it adds to the cost of the edible portion. This fat, when clarified, may be used in place of butter in cakes, puddings, cookies and in pastries, and in preparing the cheaper cuts.

Save the fat from the pot roast, bacon, ham, sausage and the stock kettle and use it for cooking vegetables.

How to Try Out Fat

Cut the fat into small pieces. Place in a kettle with sufficient cold water to cover and bring slowly to a boil. Cook until the fat is well rendered, using a potato masher to press the fat from the cracklings. Strain through a piece of cheese cloth and set aside to cool. When cold the fat will form into a white cake on the top of the water.

Savory Drippings

One cupful of lamb or mutton drippings.
One-half cupful of bacon, ham or sausage drippings.
One-half cupful of beef drippings.

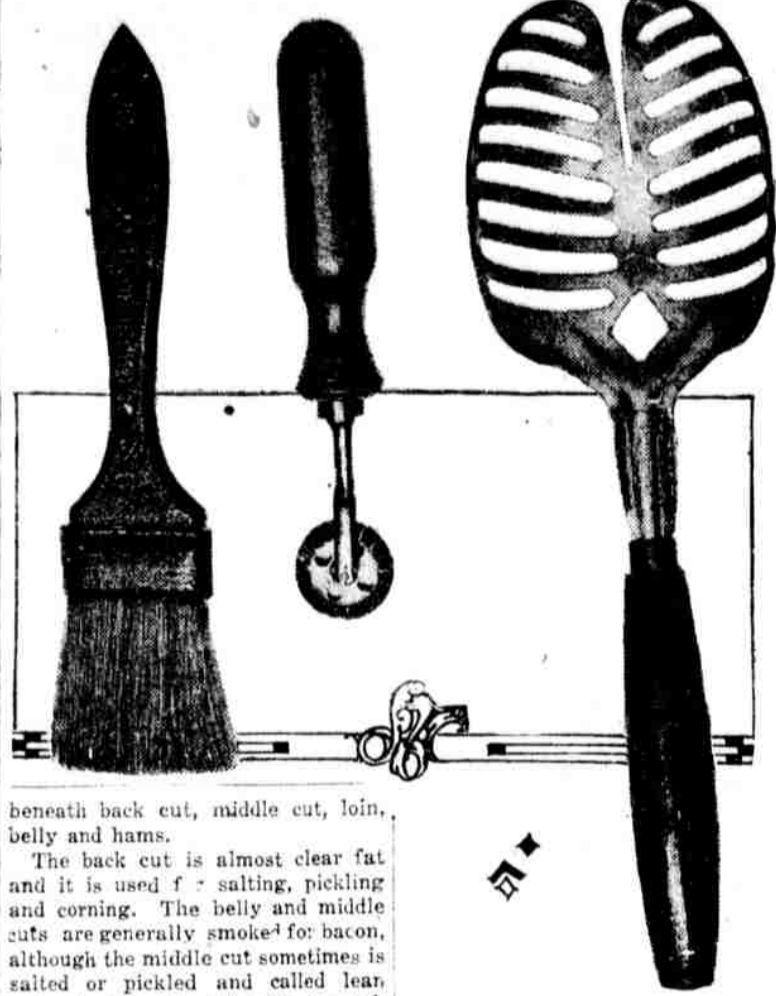
Place in a double boiler and heat until well melted. Strain through a piece of cheese cloth into a bowl and use for making crusts, for meat pies and sautéing.

Save every portion of leftover fat, even after it is not available for frying purposes. Purchase a can of lye and then follow the directions carefully for making soap for ordinary household uses. It makes a splendid scouring agency. Two quarts of soft soap and one can of cleanser make a fine scouring mixture. Mix well.

Pork

This title covers all the flesh products of the fresh or cured pig or swine meats; generally we think of it in terms of bacon or ham. The cuts are head, shoulder, back, ribs,

LITTLE COOKING HELPS



beneath back cut, middle cut, loin, belly and hams.

The back cut is almost clear fat and it is used for salting, pickling and corning. The belly and middle cuts are generally smoked for bacon, although the middle cut sometimes is salted or pickled and called lean ends of salt pork. The ribs beneath the back and the loin are boned out and are called spareribs. They are used fresh, corned or pickled.

The tenderloin is a small lean strip lying under the bones in the loin; it weighs less than a pound.

The hams and shoulders are sold fresh, country style or are cured. In the South the entire shoulder is sold in one piece and is then dry salted, and is known as English shoulder, while in other parts of the country this shoulder is divided and is known as picnic or California ham. The lower part is known as the boneless butt. This style of ham is very popular because of its convenient size.

The fat trimmed from the ham shoulders and other cuts may be carefully rendered for lard or used when combined with lean meat for sausages and meat loaves. The leaf fat that lies around the kidneys is the choicest fat and is known as leaf lard.

Larding pork is the fat pork salted from the back cut and ribs. This perk has no lean meat; it is used as an insert in cooking poultry, game, fowl and fancy lean meats.

The fancy cuts from pork are the head, heart, brains, tongue, liver, tail, snout, kidneys, lip, feet, cheek meat, melts and ears. Owing to the careful manner in which these hogs are dressed, every cut that is mentioned above will make very good eating, and they are equally as choice as cuts from the shoulder, belly and hind quarters. The use of

every part of the animal reduces the cost per pound of the other cuts.

Please Tell Me What to Do

By CYNTHIA

Answers "An Elocutionist"
Send in a stamped addressed envelope and I will forward you the names of several books on monologues.

Answered Before
Blondy—I answered your first postcard two days ago. You could not be in love with a boy you do not know and you certainly must not try to attract him or any other strange man. What is the matter with you little girls? Have you forgotten that such words as "lady" and "modesty" still exist? Look them up in the dictionary and then do a little thinking.

About Business Cases
A Daily Reader—I am sorry, dear, that you had an unpleasant time in your mind about the knowledge you gleaned when overhearing the two lawyers converse. As a lawyer's office you will be apt to hear of such cases and of others which will be a good deal worse than the cases you heard. Now, this will not hurt you personally if you do not let your mind or imagination run riot about the subjects which would be a mistake to leave the room when cases are discussed, but there is no need to take part in the discussion unless your ideas are asked. Go on with your work and do not show that you are paying attention to their talks. The talks are really only their own business, dear, unless you are called upon to take dictation on the matters. In that case simply take the dictation and make no comments.

A woman cannot afford to be squeamish about business, but she can and must be careful not to converse on these subjects unless they are a part of her business. They are most not squeamish about these cases as a study, and doctors and nurses do their work. It is the only way to do in the business world.

Answer to "Chester"
The boy seems to be fond of you, and I would stop being foolish about not falling in love, dear, but by all means be sensible with the boy and do not let him talk to him the next time you see him.

Meaning of "Wooden Nickels"
Dear Cynthia—I am a young girl of twenty years old. I was corresponding with a young man twenty-two years of age (my sweetheart in the service). He has a very nice and pleasant personality. He is a dandy, cheerful fellow, which I answered in the same cheerful way; and he has a very nice and pleasant personality. He is a dandy, cheerful fellow, which I answered in the same cheerful way; and he has a very nice and pleasant personality.

From Here and There
The Roman signal for battle was the unfurling of a red flag.
An Indiana beekeeper has succeeded in breeding a race of stingless bees.
It takes the constant labor of 60,000 people to make matches for the world.
In Portugal the ability to read and write is one of the requirements for voters.
It takes seventeen hours for the contents of very high clouds to reach the earth.
In proportion to its population Switzerland spends more on poorer relief than does any other country.
The largest gold coin in circulation is the gold "loof" of Annam, a flat, round piece worth about \$275.
A horned owl measuring six feet from tip to tip of wings was shot recently near Crystal City, Minn.
Bombay averages more than seventy-two inches of rain and gets most of it within four or five months.
Jamaica is said to contain about 200 species of ferns, or one-sixth of the fern world.

Is Bashful With Strangers
Dear Cynthia—Am I bashful? My problem is a question and a probable cure. Am a young man, nineteen years of age and single. I am bashful with people. Since then I have been employed with men nearly ten years my senior. I know how to be bashful with people that includes both young men and girls. With them I am at ease and feel quite a quiet nature; not that I sit back and do nothing, but an conversant you can see I am a person what one would call an average young man. If I am thrown in contact with a stranger, either male or female, I usually, turn to my quiet self and have very little to say. If I should meet this person some time later, by myself, or at a loss for words to carry on a conversation.

This sort of action lasts to the time when I may be better acquainted and then I am at ease and quite capable of conversing. Since then, this applies to both males and females, not one more than the other.

If I go to a party or a dance the same thing occurs. So long as strangers are absent everything is fine. Thus I have sort of lost a habit of being bashful. It is a pity I have made up of my immediate friends.

So you can see that if something is not soon done I will find myself on the shelf. I want to make friends, but I find it too hard, all because of myself. I have tried different ways of cure, but I do not seem to succeed.

It is all in my self-consciousness. I must be fairly well acquainted with a person before I can converse with him at ease. Now you know that is plain nonsense. How can any one make friends with such actions as that? It would not be so had it been with girls alone, but it is with young men and all people in general.

Did it ever occur to you that you are thinking too much about this matter?

T. H. C., General.

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1217 Walnut Street
One flight up

TAN GABARDINE CAPE WITH WAISTCOAT

Thinking too much about yourself. That is the whole trouble. Do not get upset before you go to a party thinking about whom you are to meet and what you will say, but make yourself go and be agreeable to any one you may meet, trying to forget that they are strangers and that you cannot talk to strangers.—It is merely a mental matter.

Is Grateful to Cynthia
Dear Cynthia—I want to thank you for the valuable information that you so kindly gave me. I think you are one of the sweetest, tenderest and most thoughtful women that ever lived. You are endowed with a brilliant mind and a tender heart. It is great to know that we have a friend who can help in the way you answer the various questions each evening. I am the young girl that asked about joining the library. Well, I have joined and I have got some wonderful books from there. But I find my greatest trouble is that I am so backward about meeting people. Really and truly I was so backward about going where poor little girls have classes at the Y. W. C. A., but I could never afford to go there at present. I am hungry for knowledge and I want to know a great deal more than I do at present. I only hope, trust and pray before long that I will have an opportunity of meeting some nice refined, educated people. I don't want to live in this miserable hole myself alone. I want to live to help others. If I were rich I would build a great school where poor little like myself who are longing to improve themselves could go in the evening and during the day.

I don't know of a place in this great city like that. Don't think it is possible. I don't mean to be and please do not think me annoying. I won't trouble you for some time again, but I am most anxious to improve myself and meet refined people and to get rid of this terrible feeling. There is so much to be gained by it that I sometimes feel very melancholy.

I have lost my dear mother, and when you lose a dear, gentle mother you lose the greatest gift to man. And since I have lost her I have never met any kind, sympathetic people. One more question. I know you are not a physician but I hope you will help me now. Does St. Vincent's dance ever occur? The face, and what are the symptoms? Please answer this if possible. I am a GRATEFUL READER.

Send a self-addressed stamped envelope and I will be glad to help you answer some night questions. A doctor is needed for the name of the doctor. I am very glad you joined the library and will be more than glad to help direct you to good books and good courses for your evening studies at a night school. The information about the Business Women's League will be given, too.

Why Women Should Not Give Up Their Friends
Either for the Demands of Home or the Importance of a Job—Why We Must Have Recreation in Order to See the Highlights on What We Are Doing

A WOMAN gradually gives up her friends for various reasons—sometimes it's a husband, sometimes it's a job—but always it's a mistake. There are times in life when we underestimate the value of friends. A woman has become a complete slave to the routine of home; an ambitious girl has plunged into her first important position. These things loom up as being vastly more important than taking the necessary steps to keep up old friendships.

Take, for example, the ambitious girl. For I truly think she is the worst offender. Undoubtedly her work absorbs a good bit of her energy. When she comes in the house in the evening the whole family, as it were, jumps on her and tells her she ought to go away for a rest.

"Oh, it's just my face that's dirty," she comes back. But just the same she thought rancid and she goes to the phone and breaks the engagement with the girls, telling them she is too tired to go to the movies and is going straight to bed instead.

THE pity of it is not that a girl shouldn't go to bed when she is tired, but that she should permit herself to get so utterly weary that the only thing she is good for in the evening is to crawl into bed.

It is poor efficiency if the business girl could only bring herself to realize it. If you lead a machine-like life you are very apt, without knowing it, to become a machine-like worker. It is true you will perhaps never fall down on a single thing that is expected of you, but you will never produce things beyond expectation.

To see your job as a whole it is necessary to get completely away from it. With jobs it is like viewing a mountain: Only when you are at a distance can you tell what the most important peaks are and how the mountain is related to the rest of the scenery.

Real-Fruit Desserts
Jiffy-Jell is flavored with fruit juice essences in liquid form, in vials. A wealth of fruit juice is condensed to flavor each dessert. So it brings you true-fruit dainties, healthful and delicious, at a trifling cost.

Simply add boiling water. Compare it with the old-style gelatine desserts. It will be a delightful revelation. Get the right kind—Jiffy-Jell

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What Fashion Says
Shirts are narrow to the necessity of employing slits.

The spring wooleens are striped, squared or checked.

For country wear, rose and white are often combined.

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FIFTEEN-SIX CHESTNUT STREET

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Kindly let me know how I can prevent a bread pudding from getting watery; also, in making layer cake I get the layers uneven, one side is thick and the other thin. It will oblige me very much, and I am very thankful to you. M. C.

M. C.—Set the bread pudding in a pan of water while baking it, using a moderate oven. The trouble is that your oven is too hot. Spread the batter of the layer cake just a little higher on the sides of the pans when making the layer cakes. This means your batter should be shallow in the center and high on the sides. This will prevent the uneven layers; other causes are too hot an oven or too stiff a batter.

My dear Mrs. Wilson—Will you kindly publish a recipe for lemon filling to be used with cooked pastry, also almond paste, such as is used for fruit cake? Thanking you, I am, MELISSA.

Lemon Filling
One and one-half cupfuls of water, Seven level tablespoonfuls of cornstarch.

Place in a saucepan and dissolve the starch in the water. Bring to a boil. Cook for ten minutes slowly and then remove from the fire and add

Yolks of two eggs,
One-half cupful of sugar,
Juice of one lemon,
Grated rind of one-fourth lemon.

Beat to thoroughly blend. You do not need to cook again if you drop your eggs in immediately upon removing the saucepan from the fire.

Almond Paste
Shell the almonds and then place in a saucepan and cover with boiling water. Cook for five minutes and then drain. Plunge into cold water and remove the skins. Dry the almonds thoroughly and then put through the food chopper, using the hot butter knife, adding frequently a teaspoon of lemon juice to prevent the almonds turning oily. This paste

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