

# Health, Beauty And The Home

## Cheap Meat Cuts

By Mrs. Christine Frederick,  
The Distinguished Authority on Household Efficiency.

JUST the other day I noted in the papers a meat packer quoted as saying that he didn't see why more consumers were not using corned beef, that it was a "cheap cut," and that it should have a greater sale.

Now this touched a very sore spot with me—since it was only a short time previous that I, thinking I was getting a "cheap cut" of meat, bought about eight pounds of corned beef from the brisquet and boiled it. To my surprise and regret it boiled down to less than five pounds, or a waste of three pounds, and what remained had a quantity of gristle, fat, etc.

This brings up the whole subject of what is a "cheap cut" of meat. I will state frankly at the outset that I believe that many of the so-called "cheap cuts" are dearest in the end. On the whole, the round steak, the rib roast, the leg of mutton and the more solid portions for which we pay the greater price are really cheaper than many lower-priced sections on which the per cent of waste is higher.

Take for example any purchase of corned beef. I pay 32 cents a pound for a section of brisquet, rump, etc., when corned. It requires about three hours of fuel to cook it. At the end of that time it has lost 50 per cent of its weight. The real cost, then, is not 32 cents but 64 cents a pound, to which must be added the cost of fuel for long cooking.

The same point holds true with most fish, which is so often carelessly spoken of as a "cheap food." In my locality I have to pay 35 to 40 cents per pound for haddock, bluefish, mackerel, etc. Then I must cut off the head, tail, scrape the inside, and lay the bones aside.

When all this is done the actual cost of this fresh fish is undoubtedly about eighty cents a pound. That is why, in my own domestic economy, I generally purchase canned fish of the best grade,

which comes boned, cooked and ready to serve—it actually costs less per pound than the fresh fish, everything considered.

Similarly, it is better economy, in my opinion, to get a large roast of the second and third loin ribs, or a heavy leg of mutton, than any "cheap cut" if what I want is real meat. I mean, if I seek meat only as a flavor, as an adjunct to the dish, then, of course, any piece of inexpensive meat will do. But if a real piece of meat is demanded then the so-called "prime" cuts are, I believe, cheaper in the end.

Look always at the amount of waste. In round steak, for example, the waste per pound cannot be more than an ounce or two, while in short ribs, brisquet, plate, shoulder chuck, etc., it must be four to six ounces. I often wonder why so many persons buy a chuck steak, which has the long bone, the two pieces of gristle and the small pieces of meat, when the Delmonico or the round is all meat, with no waste, at only a few cents a pound more.

I think it would surprise some housekeepers to see the amount of waste for which they usually pay. A pork loin I recently purchased at forty-two cents per pound had three pounds of fat out of a seven-pound section. Now to pay forty-two cents for each pound of fat is ridiculous. Even if "tried out" in the home frying pan it is not an economy, but a waste. If one can get a nut butter at thirty-five cents of the highest grade and of vegetable origin (which makes it more digestible and better for all-round use) it is surely poor economy to buy meat with such a great deal of fat and then have the fat cost nearly fifty cents a pound.

I wish I knew the packer whose words about corned beef I have quoted. I would like to give him the information, based on tests in my efficiency kitchen, that corned beef at present prices is an expensive cut.

Another point: I often buy the cold sliced ham at about forty



"It is so easy to keep one's elbows looking pretty."  
Photograph Posed by MISS GRACE DARLING at CAMPBELL STUDIO

cents at my butcher's. While I dislike to do so and would always prefer to boil my own ham, at the present unfair prices it is cheaper to buy a small quantity of boiled ham (without any waste) from a dealer than to pay for the string, the sacking covering, the rind, fat and the cost of the fuel to cook a large ham. Some worker in domestic science could get up a good paper on "the per cent of waste" in various cuts, illustrated with actual examples from current experience.

In other words, here again we must entirely reorganize our valuations. We must get away from the old idea that certain cuts are always "cheap" and that certain other cuts are "dear." The only final test is experiment and weighing in our own kitchens. We will have to give ourselves scientific proof that a piece weighing so-and-so has such-and-such waste, and that another piece has so many pounds or ounces loss. Only by this testing on our home kitchen scales can we speak with authority.

What readers of this page will pledge me to start a few experiments of their own as to cheap cuts of meat and cheap foods as compared with dear? I would like to have you buy certain meats, cook them and note the per cent of shrinkage and waste. Then write me what you paid, what the piece weighed at first, what the loss amounted to, etc. I shall be very interested in receiving these letters and we will publish the results in a future issue of this department.

## Pretty Elbows

By Lina Cavalieri,  
The Most Famous Living Beauty.

TO keep my elbows smooth, soft and white I wash them thoroughly every day. First I scrub them carefully in soapy water, rubbing them vigorously with my washcloth until the skin is absolutely clean and free from blemishes. I dry them, but only partly, and then bathe them with this mixture:

One ounce of glycerine, three ounces rosewater, ten drops of lemon juice. This should be well shaken when being mixed and also every time it is used.

In extreme cases if the elbows are unusually roughened and red looking a paste bound on for two or three nights with a piece of white gauze or a soft linen bandage will help to make them more presentable. This is a good paste: Almond meal, one ounce; tincture of benzoin, ten drops; honey, one-half ounce.

Everybody knows that an attractive arm can be hopelessly marred by an ugly elbow, but it is just as easy to have a pretty elbow as it is to allow your elbows to become discolored and neglected looking. So a good plan is to resolve that your arms are only as pretty as your elbows and set to work upon them.

First examine them closely, and while you examine them keep in mind the standard for a lovely elbow. To be lovely it should be little in evidence, so little, in fact, that it seems to be merely an appearing and disappearing feature, so to speak—a dimple playing peek-a-boo.

Instead of this, what do you probably see? A sharp, bony corner or a mass of unsightly wrinkles, like a scrubwoman would have. In either case the elbows are darker than the surrounding flesh. Almost certainly the skin covering it is dark and rough, "a patch of goose-flesh," a young girl complained while dressing for a dance.

Now, what is to be done? Try first to rid the elbows of their disagreeing redness or darker color. I have found that if you rub them every night before retiring with half a grapefruit it will have a most excellent whitening effect. This is better than a lemon, because the elbow can settle into it and work about in it. If you place the halves of a grapefruit on a table and rest your elbows in them you can read or chat or meditate and leave the elbows to their bleaching for an indefinite time. Repeat this every night until you notice an improvement in their color.

But do not be satisfied with this progress. Scrub the elbows daily with warm water and a good bleaching soap. One of the peroxide soaps would be useful. Or use castile soap with water, into which you have sprinkled a few drops of peroxide of hydrogen or of ammonia.

An ingenious girl I know bound slices of lemon on her elbows every night before going to bed. While this is not as quickly efficacious as the grapefruit, it is cheaper.

When this gradual whitening of the elbows has been accomplished, take the next step in their beautifying, which is smoothing them. If they are very rough, scrub them with a pumice stone that has been dipped in warm water. Rub the roughened spots gently with this, and slowly, lest you irritate the skin. Then apply cold cream or olive oil to allay even any tendency to irritation. Or, if they are only slightly roughened, rubbing them round and round with fingers that have been spread with coconut oil is enough, if faithfully used, to soften them.

If the elbows are very sharp massaging the flesh about them with palms well greased with mutton tallow or with lanoline should in time nourish them into a soft, beautiful roundness.

## Beauty's Question Box

PLEASE tell me how to increase my height about six inches.—M. S.

Your height can be increased by stretching and swinging on a trapeze hung over a convenient doorway. Ten minutes a day spent in stretching is nature's own method to increase your height. You may be surprised to find you can add a whole inch to your stature by straightening out the kinks in your spine. Swimming is good for this and so, too, is sleeping. Sleep eight or nine hours every night if you can.

WHAT will make my long, curly brown hair thick and vigorous?—JULIET.

A daily massage of the scalp with the finger-tips will aid wonderfully in stimulating its growth. So will the following tonic, which should be rubbed thoroughly into the scalp every night with the finger-tips:

Glycerine ..... 2 ounces  
Alcohol ..... 1 pint  
Sulphate of quinine... 1 dram  
Oil of cloves ..... 1/2 dram  
Oil of lemon ..... 1 ounce  
Oil of bergamot ..... 1 ounce

DURING the past year the pores of my face have become greatly enlarged. I am exceedingly careful of my diet and my morning bath is never omitted. Could you suggest a remedy?—RUTH M. C.

Massage and the faithful use of the electric vibrator, together with the daily application of some harmless paste, such as lycopodium powder, or borated cocoa butter will help to fill out the large pores. Here is my favorite astringent lotion, which will also prove helpful:

Rosewater ..... 3 ounces  
Elderflower water ..... 1 ounce  
Tincture of benzoin... 1/2 ounce  
Tannic acid ..... 5 grains

CAN you advise me as to enlarged pores on the face? They have only recently appeared and apparently without cause, as I have good health and I am very careful about my food, exercise and cleanliness.—MARION G.

Since you never use rouge or cosmetics and powder only sparingly, if at all, then I can see no reason for this condition, especially as your skin has always been so healthy. The probabilities are, however, that some foreign matter has entered the pores and seriously interfered with their function. Such irritants will cause gradual enlargement of these glands, which can only be reduced in size again by the use of some astringent lotion like the following:

Camphor water ..... 1/2 pint  
Glycerine ..... 1/4 ounce  
Borax ..... 1/2 ounce

WILL cold sponge baths, combined with salts as a laxative, reduce me?—ANXIOUS.

It is a much more simple matter to reduce by eliminating one of your regular meals, preferably lunch. Eat sparingly of fat meats, butter, sugar, bread and potatoes. Cold sponge baths will help, of course, especially if the water is made very salty. I should not advise the taking of salts to reduce except under the direct guidance of your physician.

WHAT can I do to make my cheeks more plump? I am twenty years old and weigh 181 pounds. My body is rather well developed, but my face is very thin.—R. L.

For the cheeks it is an excellent plan to massage them with a rotary motion every day with the following flesh-building cream:

Oil of sweet almonds... 10 grams  
Lanolin ..... 15 grams  
Tannin ..... 1/2 gram

Look carefully to your diet, also, and be sure that the foods you eat are sufficiently nourishing to form flesh. Potatoes, eggs, cheese and milk are important aids in that direction.

WHAT shall I do for my hands? In summer they are quite normal and white, but as soon as the weather becomes the least bit cold they are all swollen and read.—M. N.

Your trouble is due chiefly to improper circulation. Unless the blood moves freely when the cold weather comes it becomes stagnant or moves very sluggishly. It settles in the hands and fingers, which become very hot and sometimes fiery red. Treatment for this condition involves a toning up of the general condition of the entire system. A healing paste that will temporarily restore them to whiteness is made as follows:

Yellow wax ..... 1 ounce  
Powdered myrrh ..... 1/2 ounce  
Strained honey ..... 3 ounces  
Rosewater ..... 3 ounces

THE pores of my nose have become enlarged and my face is always broken out. Can you give me some remedy for the trouble and do you think it is due to cosmetics?—C. F. J.

You can decrease the size of those enlarged pores on your nose by the daily use of plain camphor water or diluted tincture of benzoin, which have an astringent effect. Many cosmetics contain extremely injurious substances that sometimes cause this painful condition of the skin. For this reason it is best to discontinue their use entirely for a while until the trouble is corrected. Meanwhile bathe the face frequently with this.

Sulphate of zinc ..... 2 grains  
Compound tincture of lavender ..... 8 minims  
Distilled water ..... 1 ounce

## Appetizing Menus for the Week

<b>MONDAY</b> Breakfast Stewed Appricots, Kipped Herring, Corn Muffins, Coffee, Luncheon Cream of Parasip Soup, Spinach and Egg Salad, Rolls, Cookies, Tea, Dinner Scalloped Pork Tenderloin, Creamed Carrots, Fruit Gelatine, Sponge Cake.	<b>TUESDAY</b> Breakfast Cereal, Scrambled Eggs, Buttered Toast, Coffee, Luncheon Stuffed Potatoes with Cheese, Carrot Salad, Butterflied Gingerbread, Tea, Dinner Roast Beef with Vegetables, Sweet Pickled Fruits, Apple Whip, Tea Cakes.	<b>WEDNESDAY</b> Breakfast Sliced Bananas, Hashed Potatoes, Cream Sauce, Baked Bacon, Muffins, Coffee, Luncheon Oyster Stew, Crackers, Loganberry Jelly, Dinner Carrot Soup, Beef Hash, Brown Sauce, Steamed Rice, Turnip Greens, Oatmeal Wafers, Canned Fruit, Cookies.	<b>THURSDAY</b> Breakfast Stewed Prunes, Codfish Balls, Coffee, Luncheon Dried Bean Timbales, Tomato Sauce, Tea, Dinner Calf's Liver in Casserole with Carrots, Peas, Celery and Onions, Steamed Rice, Heaps Lettuce Salad, Deep Apple Pie.	<b>FRIDAY</b> Breakfast Oranges, Creamed Codfish on Toast, Coffee, Luncheon Buttered Brussels Sprouts, Samp, Rolls, Tea, Dinner Baked Fish, Oyster Stuffing, Mock Hollandaise Sauce, Green Peas, Celery, Apple and Almond Salad, Coffee.	<b>SATURDAY</b> Breakfast Baked Apples, Scrapple, Salt Mackerel, Boiled Potatoes, Toast, Coffee, Luncheon Spinach Souffle, Cream Sauce, Whole Wheat Bread, Jam, Cocoa, Dinner Stewed Beans with Salt Pork, Mashed Potatoes, Cranberry Sauce, Thin Corn Bread, Jellied Fruit Salad, Coffee.	<b>SUNDAY</b> Breakfast Fruit, Broiled Salt Mackerel, Boiled Potatoes, Toast, Coffee, Dinner Planked Steak, Glazed Onions, Sugared Carrots, Potato Balls, Fruit Shortcake, Supper Cream of Potato and Carrot Soup, Croutons, Cinnamon Toast, Cocoa.
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## A St. Valentine's Day Party

"PLEASE come to my Valentine Party and bring with you a valentine that you have made for —." So read the invitations to one of the cleverest Valentine parties I have ever attended, says Miss Alice Burrell, author of "The Party Complete."

These valentines were used as place cards, and each guest was required to read his or her valentine aloud and to guess who wrote it. In case he or she failed to guess right a forfeit was asked. If the guess was right the maker of the valentine was compelled to kiss the guesser.

"Hunt the Heart" was one of the games played. Candy hearts to which string was attached were

hidden all over the house. The object of the game was to find a heart on which a name was written. That person would be your partner at supper. If you failed to find the heart you would have to go supperless or have your supper served in another room—away from the party.

The pink strings and pink hearts were for the girls and the white strings and white hearts for the boys. The strings were intertwined and knotted and criss-crossed and cobwebbed all over the place.

Of course many "blanks" were found—hearts without a name. And in such a case the Heart Hunter had to take another string and start all over.

After that "Proposal" was played. The boys were sent out and called in one at a time. Each was told

to select a girl he liked best and to kneel at her feet. Then he was blindfolded and commanded to propose. As he began to speak she slipped out of the chair and a black pickaninny was put in her place.

Then "Mend the Broken Heart" was played. The guests sat around a big table on which was strewn dozens of red cardboard hearts that had been cut zig-zag fashion—each guest was provided with a large sheet of paper and a small bottle of mullage. A prize was given to the one who put together the greatest number of hearts.

The table decorations were charming—pink and white crepe paper streamers from the chandelier to the table corners. And a big pink heart in the center. Dainty heart-shaped sandwiches and cakes were served as well as similar shaped candies.

## Helpful Household Hints

- Keeping Flour Paste.**  
FLOUR paste will keep indefinitely without souring if finely chopped cloves are added to it.
- Alum on the Carpet.**  
THE colors of a faded carpet can easily be revived by applying a weak solution of alum, after a thorough sweeping.
- For Your House Plants.**  
A FEW drops of ammonia added to the water used for house plants will help make them grow and blossom.
- For Grease Spots.**  
SATURATE the spot with turpentine, then place a piece of blotting paper under it and another over it. Press hard together and leave a while with a heavy weight on it.
- Saving the Table.**  
A LAYER of waxed paper will prevent the linen from adhering to a polished table when hot dishes are placed on it, and will also prevent stains.
- Brushing the Sweeper.**  
TRY using a small wire hair brush to remove the troublesome bits of string and hair from the bristles of the carpet-sweeper.
- Coffee in Apple Pie.**  
A COOK who is famous for her delicious apple pies always adds a tablespoonful of coffee to each pie.
- Crumbs for Pudding.**  
SAVE the luscious crumbs that are left when a rich fruit cake is cut and use to make a delicious fruit pudding.
- To Remove Tartar.**  
DIP an orange-wood stick, wound with absorbent cotton, first in lemon juice and then in pumice stone. Apply this vigorously to any tartar spots on the teeth.
- For Oily Hair.**  
BEAT the white of an egg as stiff as possible and rub it into hair that is too oily. Allow this to dry and the egg will brush out like powder, leaving the hair fluffy and bright.
- Scrubbing Floors.**  
THE task of scrubbing unpainted floors will be materially lightened if a few drops of oxalic acid are sprinkled upon them.
- For Chapped Hands.**  
AFTER washing the hands, rub them thoroughly with cornmeal or oatmeal. This will absorb all moisture, heal the cracks and leave the hands soft and white.
- Curtains Without Selvage.**  
CUTTING the selvage from curtains will make them hang more evenly because the tightly woven fabric at the edge draws much more firmly than the remainder of the material.
- Cleaning Oil Paintings.**  
RUB the canvas lightly and quickly with a slice of raw potato, using a fresh slice as soon as one is soiled, and being careful not to press heavily enough to crack the canvas. Wipe gently with a soft cloth at once—before the moisture has a chance to penetrate the varnish. Then wipe again with soft cotton wool.

## Tested Sauce Recipes

By Mary Lee Swann,  
The Well-Known Writer and Lecturer on Cooking.

- Bread Sauce.**  
COOK 1 cup stale bread crumbs, 1 small onion, 1 1/2 cups milk, 1/2 teaspoon salt, a dash of paprika and 1 or 2 cloves in a double-boiler about 1/2 hour. Remove onion, add 1 tablespoon butter and beat well.
- Supreme Sauce.**  
MELT 1/4 cup butter, add 1/4 cup flour, 1/4 teaspoon salt and 1/2 teaspoon paprika. Blend well. Add 1 1/2 cups hot chicken stock, 1/2 cup scalded cream, 1 tablespoon mushroom liquor and stir constantly until smooth and thick. Add 1 scant teaspoon lemon juice. This makes an ideal sauce for leftover chicken, sweetbreads, etc.
- Hollandaise Sauce.**  
BLEND 2 tablespoons butter with 1/4 cup vinegar, a grating of nutmeg and 1/2 teaspoon paprika. Heat over hot water. Beat 3 or 4 egg yolks, add the hot butter and vinegar mixture slowly to the yolks, place over hot (not boiling) water and stir constantly until mixture thickens. Add 2 tablespoons butter, bit by bit, and continue stirring until smooth.
- Mock Hollandaise Sauce.**  
MELT 2 tablespoons butter and add 2 tablespoons flour, 1/2 teaspoon paprika, 1 teaspoon salt and a few grains cayenne pepper. Blend well. Add 1/2 cup milk and stir until thick and smooth. Stir in 2 egg yolks, beaten and diluted with a little of the hot mixture. Add 1/2 cup butter, bit by bit, stirring until smooth after each addition. Then add 1 tablespoon lemon juice.
- Savory Tomato Sauce.**  
MELT 2 tablespoons butter, add 1 ounce finely chopped ham, 1 onion, 1 carrot, 1 clove, a pinch each of parsley and bayleaf and a dash of paprika. Cook about 5 minutes, stirring frequently. Add 1/2 cup meat stock and 1 cup stewed tomatoes. Thicken with 1 tablespoon butter blended with 1 tablespoon flour. Stir until smooth. Season to taste with salt and pepper. Simmer gently about 20 minutes.
- White Sauce with Horseradish and Pimiento.**  
MELT 1/4 cup butter or butter substitute, add 1/4 cup sifted flour, 1 teaspoon salt, 1/4 teaspoon paprika and 1/2 teaspoon cayenne. Blend well. Add 1 1/2 cups milk and stir constantly until smooth and thick. Add 1/4 cup grated horseradish and 1 tablespoon finely chopped pimiento (sweet or Spanish red pepper). This is delicious served with boiled beef. Horseradish and pimiento may be omitted if sauce is used for chicken, fish or vegetables.
- Spanish Sauce.**  
MELT 1/4 cup butter or butter substitute and add 3 tablespoons flour, 1 teaspoon salt and 1/2 teaspoon pepper. Blend well. Add 1 cup milk and 1/2 cup cream and stir constantly until smooth and thick. Add 1/2 cup canned pimiento which has been forced through potato ricer or sieve.
- Favorite Quick Sauce.**  
BEAT 2 eggs with 1/2 teaspoon salt, 1/2 teaspoon paprika and the juice of 1 lemon. Add 1 cup scalded milk, stirring constantly. Cook over hot (not boiling) water until thick. Stir every minute so that sauce will be smooth and creamy. If desired add 1 tablespoon finely chopped parsley.
- Bechamel Sauce.**  
MELT 1/4 cup butter, add 1/4 cup sifted flour, 1/2 teaspoon salt and 1/2 teaspoon paprika. Mix thoroughly and add 1 cup chicken stock. Stir constantly until smooth and creamy. Add 1/2 cup cream and continue stirring until smooth. Dilute 1 or 2 beaten egg yolks with 1/2 cup cream and add to hot mixture. Reheat, stirring constantly, but do not allow to boil.
- Gooseberry Sauce.**  
PICK over and wash 1 pound of gooseberries. Mash and add sugar to taste, 1 tablespoon cornstarch and juice of 1 lemon. Cook about 15 minutes, stirring constantly. Add 1/4 teaspoon cinnamon and 1 tablespoon butter and simmer gently until thick. Press through fine sieve. This is delicious served with mackerel.
- Brown Sauce.**  
BROWN 1/4 cup flour carefully in moderate oven. Melt 1/4 cup butter or butter substitute. Add flour, 1 teaspoon salt, 1/2 teaspoon each paprika and cayenne and blend well. Add 1 1/2 cups brown stock and stir constantly until smooth and thick. Add 1/2 teaspoon Worcestershire sauce. This sauce may be varied by adding chopped peanuts, sauted mushrooms or other ingredients.