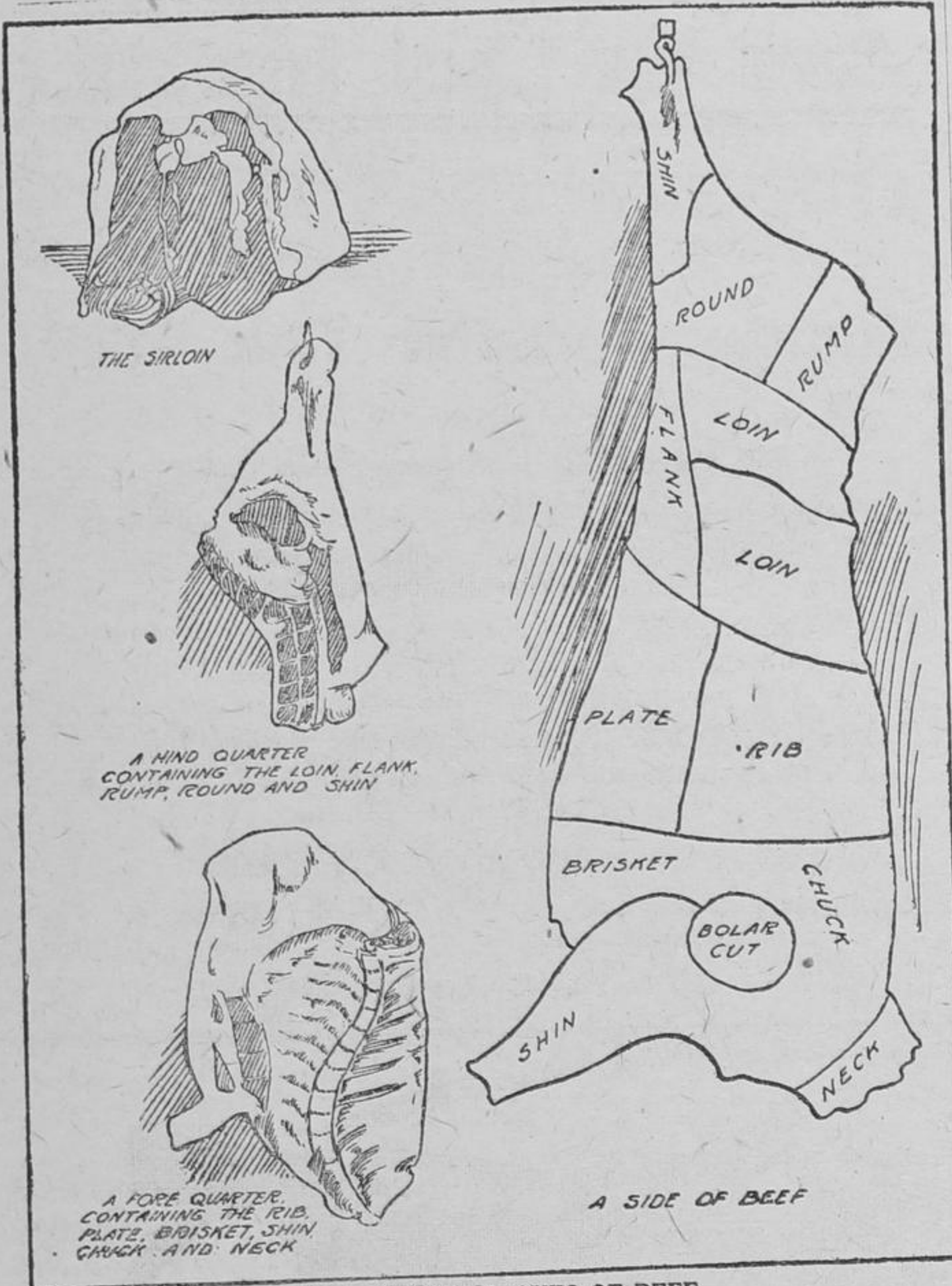


# About the House

DOMESTIC SCIENCE AT HOME

Eighteenth Lesson.—Various Cuts of Beef.



THE PRINCIPAL CUTS OF BEEF

The beef is split into halves; it is then divided into fore and hind quarters, and as follows:

**NECK**—The neck is used for stewing, soups, beef tea and corning; requiring long and continuous cooking.

**CHUCK**—Chuck and crosscut is also called the Boston and English cut. It is used for roasting, pot roasting and braising.

**BOLAAR CUT**—A steak may be cut from this cut of meat. It is used for

pot roasting and braising. By slow cooking this meat is made delicious and tender.

**SHIN**—Used for stews and soup making.

**BRISKET**—Used for stews, soup making and corning.

**RIBS**—Used for roasting.

**PLATE**—Used for stews and soup making.

**SIRLOIN**—Used for broiling.

**FLANK**—Used for stewing.

**RUMP**—Steaks from the rump are used for broiling and pan-broiling. The back cut from the rump is used for roasting. The pin bone is the face cut from the rump averaging from six to eight pounds.

**ROUND**—The meat is so called because of the way in which it lies on the block. The upper or top of the round is the inside of the leg. This is the tenderest portion. It is cooked by broiling or panning. The back cuts are used for Hamburg steaks, pot roasts and corning. The lower part of the round is the outside of the leg. The first few steaks from this portion are tender; the rest is used for Hamburg steaks, stews and pot roasts.

### Some Economy Wrinkles.

Economy now demands our strictest attention. Be a strict economist. Eliminate waste. Yet do not economize on food that will lower the vitality of the body. Cold weather calls for an additional amount of heat and energy foods, and these must be supplied by the starches, sugars and fats. Sugar and fats are quickly available for this need if supplied in proper amounts. Starchy foods require a proportionate longer time before the digestive juices can convert them into sugars for heat and energy purposes. Save the waters in which foods are cooked; add these to the stock.

Now is the time to use cornmeal and buckwheat. Cornmeal and buckwheat are heat-producing and energy-giving foods, and are suitable cold-weather foods. Prepare your own buckwheat flour thus: One quart buckwheat flour, one pint cornmeal, one pint wheat flour, two ounces baking powder, one-half ounce salt. Sift three times, then pack in suitable containers. To use, mix the required amount with milk or water and add one tablespoonful of syrup to each quart of liquid used. Bake on hot soapstone or aluminum griddle. This mixture will cost less than one-half the price of prepared buckwheat flour.

**Buckwheat Muffins**.—Three cupfuls prepared buckwheat flour, one and one-quarter cupfuls milk or water, one tablespoonful syrup, two tablespoonfuls shortening (melted). Beat to mix well. Pour in well-greased muffin pans. Bake twenty minutes in hot oven. Serve with hot syrup.

**Cracklin Bread**.—Two cupfuls cornmeal, one tablespoonful salt, one-half cupful cracklins, four tablespoonfuls syrup, one-half teaspoonful soda, three cupfuls boiling water. Mix in order given, bake in well-greased baking pan thirty-five minutes in moderate oven. Cracklin may be made from rendering pieces of salt pork, ham fat, etc.

**Corn Pone**.—Three cupfuls boiling water, one cupful cornmeal, two table-

spoonfuls syrup, one-half teaspoonful soda, three tablespoonfuls melted shortening. Mix in order given. Bake twenty-five minutes in well-greased pan. Spread the pone only one-half inch deep in pan.

**Virginia Batter Bread**.—One cupful cornmeal, two cupfuls boiling water. Beat free from lumps, then add two tablespoonfuls syrup, three tablespoonfuls melted shortening, one-half teaspoonful salt, four teaspoonfuls baking powder, yolk of one egg, one cupful milk or water. Mix carefully in order given, fold in stiffly beaten white of egg, then pour in a smoking-hot, well-greased baking pan. Bake thirty-five minutes in moderate oven.

**Cornmeal Waffles**.—One cupful cornmeal, two cupfuls boiling water, two tablespoonfuls lard, two tablespoonfuls syrup. Mix well, then add one and one-half cupfuls buttermilk, one egg. Mix thoroughly, then bake in smoking-hot, well-greased, waffle irons.

**Spider Cornbread**.—One and one-quarter cupfuls cornmeal, three-quarters cupful flour, one-half teaspoonful salt, five teaspoonfuls baking powder, five tablespoonfuls syrup, three tablespoonfuls melted shortening, one and three-quarters cupfuls sour milk, one-half teaspoonful soda. Mix in order given. Beat hard to mix, then pour in heavy frying pan containing two tablespoonfuls melted shortening. Bake in moderate oven thirty-five minutes.

### SMASHING A SUBMARINE.

Newest Contrivance is a Bomb Attached to a Float.

The newest contrivance for smashing a submarine is a bomb loaded with a huge charge of "T.N.T." and hanging from a float.

Suppose the "sub" to be located while travelling under water, by observation from an airplane or balloon. Seen from aloft it is a moving shadow resembling a gigantic fish.

Under such circumstances, of course, it is blind. It does not know that danger threatens. But meanwhile the patrol boats gather and prepare to do some fishing.

The U-boat, under water, cannot travel faster than twelve miles an hour at the utmost. Very likely it is going at a much slower rate. To drop a bomb in front of it is an easy matter.

The bomb is attached to a float by a wire of any desired length, say fifty feet, if that be the supposed depth at which the "sub" is moving. When it has sunk that far the resistance of the float yanks a plug out of it, thereby causing it to explode.

This idea was originated by Sperry, the American inventor of the gyroscope stabilizer. It is thought to have important advantages over the method hitherto used, whereby bombs equip-

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ped with delay-action fuses were dropped in front of the submarine.

Bombs of the latter kind are liable to go off too soon or too late. In either case the submarine escapes damage. But the bomb with a float is bound to explode at the required depth, and it will inevitably smash the U-boat if dropped at the proper moment. It does not need to hit the "sub"; the load of high explosive it carries is so big that if it bursts anywhere near it will do the business. At the very least it will fetch the submarine to the surface, to be promptly dispatched by gunfire.

### Sand Bags of Paper.

Mr. H. R. Christie, formerly of the British Columbia Forest Service, has sent to an Ottawa friend a sample of the German sand bags made entirely of paper fibres. In appearance the article somewhat resembles a coarse brown linen bag but is smoother in

finish, each strand being tightly rolled and woven with great exactness. Mr. Christie states that the bags are very serviceable except when exposed to moisture, when they rot. The Germans, he reports, do not use nearly as many sand bags as the British and French, for the reason that they have more timber at their disposal and make prolific use of it.

It is a pretty good idea to use bolts for fastening on heavy hinges wherever possible, and not screws or nails. Bolts stay, but screws and nails may not.

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## Doctors Tell Why They Prescribe Bon-Opto. Explain How It Strengthens Eyesight Remarkably In a Week's Time In Many Instances.



Has Seen Eyesight Improve from 75 to 100% in a Remarkably Short Time.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using Bon-Opto: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eyestrain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now, and have discarded my long distance glasses altogether. I can count the fluttering leaves on trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "Two prominent eye specialists, after a thorough examination of a young girl aged twelve, decided that to save the sight of her right eye the left must be removed. A friend advised her father to try Bon-Opto before permitting the operation. Within three days a decided improvement was noticeable, within a week the inflammation had almost disappeared, and at the end of six weeks all danger was past and the eye saved. I saw the case again to-day. The eye ball has perfect motion. When she began to use Bon-Opto it was in a fixed position. The conjunctival inflammation has disappeared. Her vision is now 20/30 (20/20 is normal as you know) as against 20/200 when she began the use of Bon-Opto. Another patient came to me suffering from Blepharitis Marginalis with all the usual symptoms such as morning agglutination of the lids, chronic conjunctivitis and ephiphora. Her eyes had the dull, suffused expression common to such cases. She used Bon-Opto and not only overcame her distressing condition but so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100 per cent."

Dr. Jenkins says: "While house surgeon at a New England Eye and Ear Infirmary and during many years in general dispensary practice, I found oculists too prone to operate and opticians too willing to prescribe glasses, and both inclined to neglect the strengthening and developing of the eyesight. The success of Bon-Opto in strengthening the eyesight will soon make eyeglasses old-fashioned. The Director of Medical Inspection of Boston Schools in a report published February 20, 1917, states that only 14,015 pupils out of 83,175 examined need to wear glasses now, a marked decrease over the previous report. Bon-Opto is hastening the eyeglassless age in respected Boston."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious ophthalmic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative method I prescribed Bon-Opto and in twenty-four hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. Another case of extreme convergent strabismus (cross eyes) escaped the surgeon's knife by the timely use of your treatment. The tightened external muscles yielded to the vision is rendered more acute, hence the number of cases of discarded glasses."

Dr. Connor says: "My eyes were in bad condition owing to the severe strain arising from protracted microscopical research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have



"Bon-Opto Is Hastening the Eyeglassless Age in Respected Boston."

also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

NOTE—A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or misfit glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family. Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblin and T. Eaton & Co., Toronto.

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