

High Cost of Living Problem Solved Through "Movies"

ALTHOUGH the main intention of the butcher "movies" is to give practical aid to the suffering housewife, the romance and poetry of the butcher's trade have not been omitted from this unique entertainment. How steaks and chops came to be explained by Mr. Bolte as the knight of the carving knife in the act of cutting or cooking these delicacies fits by on the screen.

That the commonplace marketing of every day is reminiscent of the picturesque days when kings and great knights held their banquets in the halls of medieval castles is shown, says Mr. Bolte, by the very name of some of the cuts of meat.

The sirloin steak, for instance, came by its name in the fifteenth century when a French and an English king held a wonderful banquet on the conclusion of a series of wars, and a roast of the loin was brought in and put on the table.

The royal banqueters fell to at once and were greatly pleased with the viand. One of the royalties found the dish so worthy that he summoned the head server and said: "What is the excellent dish that you have served us?" "That, Your Majesty, is called the loin," replied the servant.

By our halldame," then exclaimed the King, "so noble a viand shall not go unrewarded." Hereby do we knight thee "Sir Loin!" "That's how the sirloin was christened," explained Mr. Bolte.

Mr. Bolte's main idea in the education of the public is to impress upon them through the "movie" reels that he has especially prepared for this purpose the fact that there are other cuts of meat to be had than those which are sold at the highest prices, and that delicious dishes may be made of these less expensive cuts if the housewife understands how to treat them so that they shall retain their juices and at the same time acquire the tenderness which is perhaps not to be numbered among their native qualities.

So far there has been great enthusiasm among the audience which attend Mr. Bolte's picture show. The majority of those present have been women, but a number of men are usually to be found in the back seats showing the deepest interest in Mr. Bolte's demonstrations.

"Meat and How to Buy It" is the subject of the first part of this exhibition, which includes a number of reels of pictures supplemented by explanatory remarks by Mr. Bolte. The pictures first show an immaculate butcher shop in which Mr. Bolte, dressed as the ideal butcher in spotless white habiliments, is engaged in serving a succession of customers and in cutting up the various kinds of meat into steaks, chops, roasts, etc. While these reels are being run off Mr. Bolte stands on the platform and tells the audience all about the various cuts of meat, the present prices, the nutritive value of the various cuts and the reason why the choice ones are so expensive.

The trouble with the price of meats to-day," says Mr. Bolte in the "life as Mr. Bolte" in the picture cuts up the fore and hind quarters of beef or deftly separates a whole sheep into the parts suitable for the larder, "is not only that the general price of meat has gone up but that in addition to this no one wants to buy the less desirable portions of meat. The choice cuts are in demand and everybody wants them. Consequently the old law of supply and demand steps in and you housewives have to pay thirty cents a pound for porterhouse steak and forty cents for tenderloin. But you keep right on paying it and grumbling about the cost of meat when, if you only wanted to take the trouble, you could find plenty of good meat in the

cheaper cuts when she next went market. "I am surely learning things I never knew about before," she said. "Before we were married the only meat I knew about were the steaks that we used to get when we went to the restaurants. I never knew how much they cost, but when I tried to buy just as good ones after we were married and to prepare them at home I discovered that meat was a very expensive thing. I never even heard of these cheaper meats and wouldn't have known what to ask for. But from now on I am going to buy pot roast, shoulder blade, shoulder plug and short ribs. If I can get such good meat for fifteen cents a pound it will mean everything in cutting down our household bills."

In addition to the pictures in which Mr. Bolte is showing the cuts of meat to be used for meat dishes there are others in which the cuts suitable for making soup are shown, such as shank bones and hock ends, which range from six to ten cents a pound.

After the buying part of the economical housewife's programme has been fully illustrated by the moving pictures "And it is expensive," she admitted. "My meat bill sometimes comes to \$8

one week, and John's salary is only \$22." Mr. Bolte gasped at this piece of information, which instead of gratifying his professional feeling as a butcher only served to invite him to greater efforts to help reduce the cost of living.



the preparation of these cheaper cuts of meat so that they will be palatable is illustrated in the same manner. Even the chops and shoulder plugs are prepared with such skill in the "movie" kitchen that every one in the audience

feels decidedly hungry and enthusiastic. The housewives can scarcely wait to reach their home kitchens before experimenting with the new ways of cooking the cheaper meats which the pictured Mr. Bolte has shown them.

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The origin of roast pork is also elucidated for the benefit of the Cincinnati housewives, the literary version of this epoch in human affairs being that when a fire occurred in which the denizens of a pig sty were burned to a crisp the owner, lamenting his loss, by chance stuck into his mouth a finger which had come into contact with poor incinerated piggy.

"Whereupon he drew his finger out of his mouth and, running to the spot where the remains of his piglets lay, he plunged his finger in again and then repeated the process of putting the said digit into his mouth.

"Um-mm-mm," he said, which meant that he had never before tasted anything so delicious.

From that moment the cruel habit of burning piglets became universal in that neighborhood until finally the scientific meaning of the delicious results struck the residents all of a sudden and they set about preparing roast pork for themselves in a more rational manner.

VALUABLE HINTS ON HEALTH

A grip we have a highly infectious ailment which demands prompt treatment when the first symptoms occur.

At the beginning of the attack, when it is manifested only by headache and painful lassitude and the commencement of a cold in the head, it is advantageous to inhale eau de Cologne profoundly four or five times a day. Pour the eau de Cologne on a handkerchief and inhale by the nose and mouth. This method prevents the development of the cold and ought to be continued for three days. Should the symptoms persist after this period this method should be given up and another adopted.

Further Remedies.—In order to diminish the cold in the head, every three hours a pinch of the following powder should be taken: like snuff—Boric acid, 15 grammes; cocaine hydrochlorate, 25 centigrammes; menthol, 30 centigrammes; salol, 5 grammes.

Or again, fifteen drops of the following liquid should be taken as a gargle in half a glass of water at least three times and, if possible, four times a day:—Thymol, 3 grammes; tincture of eucalyptus, 10 grammes; alcohol at 90 degrees, 100 grammes.

Or the vapor of a teaspoonful of the following mixture—Menthol, 3 grammes; alcohol at 90 degrees, 50 grammes, in a cup of hot water, should be inhaled by the nostrils every two or three hours.

The Vermiform Appendix.—At the present-day the appendix is treated with the utmost rigor, and not only is it hastily taken away should the least pain occur, but there seems to be no hesitation in deliberately removing it when the health is perfect on the theory of "prevention is better than cure." Apparently, then, the appendix is a useless organ, but this view is certainly not held by a prominent physician, judging by a recent communication of his to the Academy of Medicine.

The function of the vermiform appendix, he says, is to secrete a special fluid, a "hormone," as it is called, determining in laboratory animals very plain contractions of the large intestine. An injection into an animal of from half a cubic centimetre to one cubic centimetre of the liquid obtained by scraping of the mucous membrane of the organ has the effect of causing the evacuation of the intestinal residues.

Effect of Its Removal.—This observa-

tion is interesting from a practical point of view. It is known that invalids with chronic appendicitis suffer for a long time from constipation. On the other hand, the ablation of the healthy appendix which is practiced to-day, rather absurdly deprives the organism of a useful secretion.

The conclusion to be drawn is that the appendix, which was thought to be useless, should be considered, on the contrary, as an organ with a most important rôle.

Simple Fractures.—In applying any form of dressing, perfect apposition of the parts must be obtained as nearly as possible. Excessive pressure over any part must be avoided, and the recurrence of the deformity must be prevented. Some form of dressing should be employed that will permit of easy removal to ascertain that the deformity has not recurred. The splints should be well padded. In every instance, five joints both above and below the fracture should be included in the dressing.

Pressure should be firm, even, and elastic, and it may be desirable to change the form of the dressing at any time. The period of fixation varies with the location of the fracture and the condition of the patient. The toes and fingers should be left bare in order to observe the condition of the circulation. If a fixed dressing is to be employed, a movable one had better be used for the first few days. The limb should be elevated and carefully straightened. Sometimes extension will be necessary.

Once Blind, Mrs. Woodruff Devotes Profits of Her Latest Book to Those Who Cannot See

(From our New York correspondence.)

BECAUSE for a little while she real-ized in her own person the sufferings and deprivations which the blind must endure for a lifetime, Mrs. Lewis B. Woodruff, a beautiful young woman writer, is devoting a large part of her time and energy to working in the interest of blind men and women. Especially is she using her pen for their benefit. All of the author's profits of her latest book, "The Lady of the Lighthouse," are being made over by her to the "Lighthouse" headquarters of the New York Association for the Blind, in East 47th street.

"I had always been interested in work for the blind," said Mrs. Woodruff to your correspondent, who called upon her at her home, No. 745 West End Avenue, "but it was when I was deprived of sight for six months that I came to the conclusion I must do something more for them than I had ever done. It was during my blindness also that I came to be an author with a real published volume, so that when I regained my sight I resolved to devote one of my books entirely to the blind men and women with whom I had come to have so much sympathy."

"I remember that Mrs. Kate Douglas Wiggin had told me that she had devoted the profits of the 'Birds' Christmas Carol' to a work in which she was interested, and I believed that I also would be able to do far more by giving my books to the cause than I could in any other way. It is not alone that I hope the book will have a wide sale, but that it will cost percentages, but as the story is about

a blind boy and shows how he was able to be happy and active in spite of his affliction through the opportunities afforded by the 'Lighthouse.' I hope that those who read the book will become much more interested in work for blind persons than they have ever been and will be aroused to the opportunity for benefiting them still further if money enough can be supplied to enlarge the work of the 'Lighthouse.'

"After all, if I had not myself been stricken blind I would perhaps never have had this opportunity to publish a book to help others so afflicted. I had written my first book without any one's knowledge and concealed it in a bureau drawer. Not even my husband knew that I had written it. Perhaps I never would have had the courage to show it to any one myself. But while I was blind my husband found it in the drawer, read it and thought it was worth publishing. He sent it to a publisher, and it was accepted. Then, when I got well enough to hear about it, I was told that I was a real author and I immediately resolved to write a book that would make it readers feel what it is to be blind and how we can help it we ourselves."

"It was about two years ago that I became ill of acute fever. A form of meningitis accompanied it and suddenly I found myself blind, totally deaf and unable to articulate. As I lay there every one thought I was unconscious, but my mind was perfectly clear. Presently an operation was performed on me, which was entirely successful. Naturally, being

covered was the ability to speak, then in a few weeks my hearing was restored, but it was six months before I could see. Miss Winifred Holt, the secretary of the 'Lighthouse,' used to read some of the blind persons over to read to me because I had not strength enough to learn to read the print for the blind myself.

"I liked these blind women who came to read to me, bringing their own books with them, of course. I felt great trust in them and there were so many things and so many persons of which I was afraid after I was stricken blind that it gave me comfort to have them there. The most poignant feeling that I had during my blindness was that of terror, unreasoning terror of everything and everybody. This is frequently characteristic of blind persons until they grow used to those with whom they come in contact. Next after the sense of fear I suffered from a keen sense of abnormality. I do not believe there is anything which makes a person feel so abnormal. That is one of the reasons why the blind should not be segregated. They should as far as possible associate with the sighted. To set them apart in any way from others is unfortunate, because it accentuates their own timidity and painful sense of being different from the masses of mankind.

"As I lay in the darkness I thought out the book which I wanted to write for the blind, but I did not dictate it to my husband as I was anxious to write it myself. As I had been assured that my sight would later be restored I resolved to wait



MRS. LEWIS B. WOODRUFF.

for that. But I was not idle in those months, and sad as they were I had much happiness during that time, for I dictated to my husband a book for children, 'Really Truly Nature Stories,' for which my husband gave me the material. The book tells the interesting stories of insect life which my husband was able to give me, as he is a naturalist and has one of the largest private collections of insects in this country.

"As soon as I recovered I wrote 'The Lady of the Lighthouse,' which tells the story of a blind boy. There is a real 'Lady of the Lighthouse,' and the book was inspired by her. But the book is not a portrait of her, nor is its story her story. On the other hand, the accounts of the methods for helping and cheering the blind are all based on fact. An able worker at the real 'Lighthouse' has read the book and has approved its fidelity in that regard.

"I visit the 'Lighthouse' a great deal and I find wonderful stories there. Some one asked me the other day how I gathered material, but instead of finding difficulty in that way I find that there is so much material in the life stories of the blind that it is difficult to know which to use. Some of the stories are wonderfully dramatic. The other day a worker among the blind told me about a poor little boy at ten years, both deaf and blind, who was found living in most unhappy surroundings and removed to a place where he could be properly cared for. The child was taught to read the print for the blind and acquired the art very rapidly. One

night the woman who had him in charge wished to show the child to a late visitor. It was midnight, and the child had been in bed many hours, but the matron entered her room with a light.

"'We'll we wake the boy?' asked the visitor, forgetting for the moment that he was totally blind.

"'No,' said the matron, 'he can't see the light and he can't hear us come, the poor child cannot know that we are here.'

"The two women entered the room with the light, expecting, of course, to find the child sound asleep.

"But the little creature sat straight up in bed, a book wide open on the coverlet and his small fingers rapidly touching the raised letters. His small sensitive face was alight with pleasure and excitement.

In the pitch black room at midnight the youngster was reading a Wild West adventure which had been far too interesting for him to abandon when it was time for him to go to bed.

"That shows one of the things that can be done to give happiness to the blind. There are an infinite number of others, and there are infinite possibilities for forwarding of all sorts of movements to prevent blindness and to cure it.

"I come from Alabama, which is Helen Keller's State, and when I was left in darkness and silence the doctor told me that I was in much the condition that Helen Keller was at first, but that I had the advantage of thirty years of scientific progress. So I feel that I have a peculiar kinship with Helen Keller and I believe in her prophecy that in the near future our blind institutions to which we now point with pride will stand as monuments to our ignorance and to the useless suffering which we have caused.