

The KITCHEN CABINET

STRAWBERRIES are not in season, but they are not at a great price. It is neither art nor courtesy to invite your friends to eat "waiting money," as the saying is. A guest should be led to think always that her meal tasted pleasantly, never that its cost was disagreeable.

PRACTICAL DESSERTS.

During the season of fruit, and for that matter, that is all the year round, fruit provides a dessert that is easy, usually inexpensive and decidedly wholesome. All fruit will not do in dessert making, so we like a variety of reasonably inexpensive dishes for everyday use.

There is a large variety of fritters and hot cakes that may be served with various sauces and are quickly and easily prepared. The fat kettle is carefully covered and set away and can be brought out to heat while the fritters are being prepared.

Apple Fritters—Sift together one and a half cups of flour, two teaspoonsful of baking powder and half a teaspoonful of salt; beat an egg, add two-thirds of a cup of milk and mix all together, adding two sour apples cut in small pieces. Drop by spoonfuls in hot fat and fry a delicate brown. Roll in powdered sugar and serve with currant jelly sauce. The sauce is prepared by boiling together a cup of sugar and a third of a cup of water five minutes; add four teaspoonfuls of currant jelly and when boiling hot the juice of a lemon; strain and serve. If a very nice sauce is desired, with a handful of candied cherries.

Baked Bananas (Parfait Rico)—Put rather green bananas in the oven and bake until the skins burst; serve with butter.

Scuffles are another form of dessert which may be varied in endless ways. When baking, a shallow pan should be used, as the weight of the mixture tends to break the cell walls. When the dish seems to be too shallow, line it with a band of buttered paper that stands up above the dish. Always set the pan into water to equalize the heat in baking.

Coffee Souffle—Cook together three tablespoonfuls each of butter and flour, then add a cup of black coffee. When thick add salt and a third of a cup of sugar; cool and add the beaten yolks of three eggs, and then add the beaten whites. Turn into buttered dish and bake until firm. Serve with whipped cream.

Left-Over Dishes. It takes thought and planning to use the bits of left-over meats acceptably. One may often buy in the market small amounts of meat, too small for any but individual portions, which may be used with other foods to provide a good meal.

A little chopped ham added to an omelet makes a pleasant change and the dish has more food value, an important item, when preparing the meal, to arrange for.

Cooked Ham mixed with mashed potato, and after seasoning make into flat cakes. Brown in a little fat.

Mincing Liver—To each cup of cold, minced liver add one tablespoonful of chopped onion browned in butter, and season with salt and a little paprika. Turn into an agate frying pan with a little water. Sprinkle lightly with flour and add a quarter of a cup of vinegar. Simmer until well heated.

Sausage and Rice Cakes—To one cup of cooked rice, warm or cold, add an unbeat egg and two tablespoonfuls of cold fried sausage. Form into flat cakes. If the mixture is too soft add a little more rice. Brown in butter or hot fat, being careful to have the fat very hot before adding the cakes. This amount will make half a dozen medium sized cakes.

Yankee Toast—Poach a few eggs and brown the same number of pieces of toast in bacon fat. Crush a little of the bacon and sprinkle over each slice of toast and serve with an egg on top. Shred a leaf of lettuce very fine and garnish the top of each egg.

The meat from a shank of boiled ham may be chopped and mixed with boiled salad dressing. Pack in a jar and have a sandwich filling that will keep indefinitely.

ERRORS like straws upon the surface flow; He who would search for pearls must dive below. —Dryden.

OMELETS.

To make a good omelet requires skill and deft handling. A good omelet is a work of art of which one may be justly proud. Eggs are reasonably plentiful now, and omelets of various kinds are in season.

Fruit Omelet—To the yolk of one large egg beaten until very light, add

one tablespoonful of fruit juice; if orange is used, add a fourth of a teaspoonful of the grated rind and a teaspoonful of sugar; beat well together and fold in the beaten white. Cook very slowly in a well-greased omelet pan.

Caramel Omelet—Take two eggs, separate the whites and yolks and beat well. To the beaten yolks add two tablespoonfuls of caramel sirup. Beat until well mixed, add more sugar, if needed, a half teaspoonful of vanilla and one teaspoonful of lemon. Fold this into the beaten whites and cook in a greased pan.

Cheese Omelet—Cook together a cup of milk and four tablespoonfuls of cornstarch. Pour this when cool over the well beaten yolks of four eggs. Stir into this four teaspoonfuls of bread crumbs and the same amount of cheese. Fold in the whites, which have been beaten stiff, and bake in a moderate oven fifteen minutes.

A ham omelet is prepared as for a plain one, and minced ham is sprinkled over the top just before folding it over.

A delicious sweet omelet is prepared with almonds and maple sirup. Into a hot buttered omelet pan turn a handful of blanched almonds, then pour over them a plain omelet, being careful not to have the heat strong enough to burn the nuts. Fold and pour around it a hot maple sirup. This makes a very nice dessert.

Tomato Omelet—Make a plain omelet, and when ready to fold, pour over it half cup of thickened tomato, stewed down. Add a teaspoonful of butter and two of four cooked together, season with salt and pepper and serve hot.

The family may wait for the omelet, but the omelet should never wait for the family. An omelet kept waiting has a most discouraged, down-at-the-mouth sort of an expression.

SOME of your hurts you have cured. And the sharpest you still have survived. But what torment of grief you endured. From evils which never arrived. —Emerson.

FROZEN DISHES. There is such a latitude for variety in frozen dishes that the same dish need not appear often enough to be monotonous.

Burnt Almond Ice Cream—Blanch and chop a cup of almonds, caramelize four tablespoonfuls of sugar, and add the almonds. When cold pound to a powder. Add this mixture to ordinary ice cream with a tablespoonful of almond extract.

Cocoa Nut Ice Cream—Mix a half cup of cocoa with a half cup of flour, a cup and a fourth of sugar and a half teaspoonful of salt; add two eggs slightly beaten. When well mixed add two cups of scalded milk, cook in a double boiler, stirring constantly. The eggs should not be added until the flour is well cooked. Then add a cup of walnuts, a little vanilla and two cups of cream. Freeze.

Chocolate Mousse—Melt three ounces of chocolate, add a cup and a half of sugar and one cup of thin cream. Boil one minute. Mix a tablespoonful of granulated gelatine with a fourth of a cup of cold water; add it to the boiling mixture, and when cool add a teaspoonful of vanilla, a little salt and the whip from three cups of cream. Pour into a mold and pack in equal parts of ice and salt. Let stand four hours.

For strawberry mousse substitute two cups of crushed strawberries instead of the thin cream and use a tablespoonful and a half of gelatine.

Babies—Lean and Fat. Weigh the baby every day. All you need is one of the automatic weighing machines of small size such as the old-fashioned housekeeper uses in the kitchen when doing up fruit, and an oblong basket with a flat surface. Any mechanic will find means of securely fastening this basket on the top of the scales, and when you have painted the entire contrivance white, made a plank or blue best of padded China silk for the inner side of the basket and trimmed its outer side with enormous bows of satin ribbon, you will have a charming-looking extra cradle into which to temporarily deposit baby while its ordinary cradle is being aired.

Plenty of Room. "How dreadfully stout the general is getting." "Ye, isn't it fortunate? Otherwise he wouldn't be able to wear all his medals."—Punch.

Long Hair and Short Pay. Literary endeavors are not always rewarded so highly as some may think, according to this story from a German paper. A novelist, of longer hair than pocketbook, recently met a friend on the street. "Burrall!" cried the author. "I have said a novel." "Congratulations!" his friend said, warmly. "And now you can get a hair-cut." "The writer's face fell." "No," he replied, "I should have to cut two novels for that."—Youth's Companion.

Temperance

MONEY SQUANDERED ON DRINK

Bill for Alcoholic Liquors in the United States Amounts to \$3,000,000,000 Every Year.

The amount of money we spend every year in the United States, directly and indirectly, for liquor would give a two weeks' vacation to every man, woman and child in the land, with their board and expenses paid. We spend \$1,500,000,000 a year for alcoholic drinks, and we spend as much more for judges, police, jails, poor houses and insane asylums to take care of the people who get into trouble through hard drink. That makes \$3,000,000,000, or \$30 apiece for everybody. For a family of father, mother and four children it amounts to \$180 a year, a nice sum for an outing in the country.

It is estimated that 1,500,000 men and women in the United States are every day either mentally or physically disabled for work as a result of drink. Investigation among almshouses shows that more than half of the inmates become paupers on account of drink. That means that more than 1,500,000 people who have put themselves out of business through drink have to be fed and cared for at the expense of the honest working people who do not drink. Warden Roberts of the New York almshouse on Blackwell's Island, declared that he believed nine-tenths of the inmates came there through drink. Dr. T. D. Crothers asserts that one person out of every ten who dies goes to his grave on account of the abuse of alcohol, and one-fifth of all diseases of mankind are traceable to alcohol.

It is commonly supposed that there is no harm in drinking if the person does not become intoxicated. But doctors are constantly meeting cases of paralysis caused by alcohol in those who never become intoxicated. And besides this, it is known that people who drink very moderately are not so well able to resist when attacked by disease. People who drink even moderately run much greater risk of death in surgical operations. People who use alcoholic beverages have more diseases than people who do not drink. Dr. Alexander Lamber of New York asserts that of the 24,300 patients in Bellevue hospital during one year, over one-fourth were alcoholic patients. The startling statement is made by Professor Cutten that of every 100 alcoholics attacked by pneumonia 70 die, while out of every 100 people who are not drinkers only 23 die when attacked by pneumonia.

If it could be shown that the drinking man had better brains, or better muscles, or better earning power, or lived longer than the man who did not drink, there might be some argument in favor of drink, even in spite of all that has just been said. But thousands of experiments have shown that the brain worker and the laboring man are both at a disadvantage if they drink.

Experiments in the French army showed that under all circumstances the French soldier is 40 per cent. more efficient when subjected to a regimen of total abstinence. Generals Roberts and Kitchener in Africa proved the same fact about the British army. Laboring men who used to feel the necessity of having their dram regularly in order to do their work and do it well, now know they were formerly deceived, and that they are better workmen without drink. So well is this understood by practical business men that many large railroads and other employers of labor have prohibited the use of alcoholic liquors by employees at all times. Some marine insurance companies make a reduction of 5 per cent. in insurance rates to ships on which no liquors are drunk during the voyage.

BRITISH NAVY "DRINK CURVE"

Shooting Efficiency of Men 30 Per Cent. Better Before Than After Drinking in Moderation.

Captain Ogilvy of the British navy, who has had large experience in training officers in shooting, has gone most exhaustively into the matter of shooting efficiency, with special reference to what is in England called the "frog curve," and has declared in a written official report that "the shooting efficiency of the men was 30 per cent. better before than after drinking moderately," and has demonstrated the fact by investigations which resulted in the form of a curve.

Admiral Sir J. R. Jellicoe has recently stated his statement that "as regards straight shooting, which is so largely a question of eye, abstinence is absolutely necessary for the highest efficiency."

These and other facts have led the German emperor to command the young men of his navy to stop drinking, saying: "We must, in every connection, through self-discipline, free ourselves from this evil."

DECREASE OF DRINK HABIT

Moving Picture Palace Proves Counter Attraction to Drinking Bars in Small English Town.

Reference was made at the Oldham Licensing sessions, in England, lately, to the good effect of competition of picture shows on public houses. The chief constable expressed the view that the decrease of drunkenness in the town was largely due to the fact that the picture palaces which had sprung up during the past two years had drawn many persons from the public houses. Until the last scene was over there was scarcely any business at the bars, hotels being practically empty. Dr. J. Yates of the board emphasized this view. It seems going to be a permanent form of entertainment for the people, and it will undoubtedly, they could be a means of rational enjoyment, and also of instruction, forming a strong and useful counter-attraction to the drinking bar.

FREAK SHIPS OF NAVY



OLD MONITOR WAITING FOR AUCTIONEERS

When the Monitor steamed in to Hampton roads half a century ago and played "Dellah" to the Merrimack, "Samson" an important era in the life of the confederacy, also in naval architecture, was marked. The United States began building more monitors with feverish haste. Wooden sloops, cruisers, corvettes and frigates were hurried into the discard. A navy wasn't the real thing unless it had a lot of queer looking ironclad vessels resembling "the cheese box on a raft."

Naval historians say that the building of the Monitor was an illustration of the adage, "Necessity is the mother of invention." The United States was threatened by an unconquerable iron coated foe. A new style of fighting craft was needed. Ericsson heard and interpreted Mother Necessity's call. The Monitor was the result, says the Kansas City Star.

All well and good! But Ericsson's success caused a score of embryo naval designers to strain their eyesight and hearing searching for another Mother Necessity. Navy departments, admiralty offices and ship-building firms were besieged by architects. Specifications for all sorts of odd appearing war vessels were produced. Most of these met a prosaic death in the waste paper basket; many got as far as the experimental stage; some were actually built and launched and once or twice the sea-going military establishments of the world have been given hair raising scares.

Two Notable Marine Freaks. The Katabdin and the Vesuvius were the names selected by the United States for two of its more noted sea freaks. Both were radical departures from accepted naval construction. Both were expected to revolutionize naval warfare. And both failed.

Rear Admiral Daniel Ammen was responsible for the Katabdin. He lived and died believing that he had given to his country its most valuable weapon of defense.

Admiral Ammen was a studious sort of a chap. He was interested in his profession. He knew how seamen had fought and how ships had been built since the days of Phoenicia. Particularly he liked the methods used by the valiant sea fighters of Rome. He was impressed with their naval architecture, the sharp ramming beaks on solidly built craft.

Why, the admiral probably reasoned to himself, could not this ram be used in modern warfare? He began a quiet search for Mr. Necessity. He took the same idea of the Romans, the armor plated idea of his own day and the compact machinery plan of Ericsson and began work. He rolled and hammered and welded these three ideas together and produced the Katabdin.

"It won't work. It is impractical," said the navy department officials. Then Admiral Ammen smiled and began to explain his theory again. Ammen coated, exhorted, demanded and besought. Also he persisted. The navy department said go ahead. The Katabdin was built.

The ram looked like a cross between a great lake whaleback grain boat and a water logged cigar of monster proportions when it was launched in 1889. Then for four years the Katabdin was put through all the trials naval officers could devise. The boat did everything its inventor claimed. The government paid \$930,000 for the Katabdin and then waited for an enemy to humiliate.

In 1898 Spain balanced a husky chip on its shoulder. Uncle Sam promptly slapped it. Here was the Katabdin's opportunity. Along about March, 1898, things looked pretty dark for the United States navy. Spain's fighting ships still had considerable standing. Great things were expected from the Katabdin.

"We have in our navy," one enthusiast declared, "one boat which alone could fight the whole much vaunted Spanish fleet." He meant the Katabdin.

But the Katabdin was a failure. It was designed to chase an enemy into a corner and then puncture a hole in the side of the hostile ship with the 400,000 ton blow the Katabdin ram could deliver. Of course the enemy would fight back; but the conical armored deck of the Katabdin was made to shed shells like a duck sheds water.

It took only a few days to learn that the Katabdin couldn't steam fast enough to ram a rowboat and, most any old popgun could punch holes in its armor before it got under way. In addition the ram was not seaworthy.

Vesuvius Terror of the Navy. So the skipper of the Katabdin brought his boat back to Washington navy yard and the junk pile. The ram became a curiosity of naval construction instead of a revolutionizer of naval warfare.

VENICE A CITY OF DREAMS

Many Charms for the Tourist in This Picturesque City of Italy.

To the wanderer in Italy, Venice has a peculiar attraction. Arrive there at sunset, or better still by moonlight, and you will fancy yourself transported to some city of dreams. With daylight this feeling may wear off to some extent, although there is never, at any time, as much bustle and stir in Venice as in other towns. Morning, noon or night, Venice has a fascination all her own. This is partly due to the fact that she is a city built on the water.

To explore Venice and to become intimately acquainted with her, a gondola is not a necessity, rather it is a luxury for sunset evenings and moonlight nights. It is a delightful experience, and not a difficult one, to find one's way about Venice on foot; quaint, old world corners are discovered, bits of ancient architecture, carved doorways and little bridges, with a feast of color here, there and everywhere. Apart from all the beauty of scenery, there is the enthralling interest evoked by her history and traditions.

Among the traditions we read that St. Theodore was the first patron saint of Venice, to be superseded later on by St. Mark. The wanderer in Venice becomes familiar with the Lion of St. Mark. More prominently than anywhere else it is seen in one of the columns on the Piazzetta, whilst on the other is St. Theodore. These columns of beautiful red and gray granite are supposed to have come originally from Syria. They were erected by a Lombard engineer.—Christian Endeavor Monitor.

BABY'S ECZEMA AND BOILS

"My son was about three weeks old when I noticed a breaking-out on his cheeks, from which a watery substance oozed. A short time after his arms, shoulders and breast broke out also, and in a few days became a solid scab. I became alarmed, and called our family physician who at once pronounced the disease eczema. The little fellow was under treatment for about three months. By the end of that time, he seemed no better. I became discouraged. I dropped the doctor's treatment, and commenced the use of Cuticura Soap and Ointment, and in a few days noticed a marked change. The eruption on his cheeks was almost healed, and his shoulders, arms and breast were decidedly better. When he was about seven months old, all trace of the eczema was gone.

"During his teething period, his head and face were broken out in boils which I cured with Cuticura Soap and Ointment. Surely he must have been a great sufferer. During the time of teething and from the time I dropped the doctor's treatment, I used the Cuticura Soap and Ointment, nothing else, and when two years old he had the picture of health. His complexion was soft and beautiful, and his head a mass of silky curls. I had been afraid that he would never be well, and I feel that I owe a great deal to the Cuticura Remedies." (Signed) Mrs. Mary W. Ramsey, 224 E. Jackson St., Colorado Springs, Col., Sept. 24, 1910. Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a sample of each, with 32-page book, will be mailed free on application to "Cuticura," Dept. L, Boston.

CLING TO THEIR PRIVILEGES

Ambassadors Enjoy Many Rights That Have Been Accorded Them for Centuries.

"Ambassador" and "minister" mean pretty much the same to the average man, but there is a very great difference between the two, inasmuch as an ambassador possesses many privileges abroad that do not pertain to a mere minister.

Perhaps the most curious privilege of an ambassador is that he is accredited to the ruler of a country and not merely to the government thereof, as a minister, is that the ambassador may, when dismissed turn his back to the sovereign to whose court he has been assigned. Briefly described the mode of procedure is as follows:

When the audience is at an end the ambassador waits to be dismissed by the sovereign. When dismissed the ambassador bows, retires three paces, bows again, turns on his heels and walks to the folding doors. But when the reigning sovereign is a woman a more polite method is employed. To turn his back would be to resign a privilege; therefore the ambassador retires sideways. He keeps one eye on the sovereign and with the other he endeavors to find the door. By this unique means he contrives to show all politeness to the sovereign and at the same time retain his ambassadorial privilege in retiring. Another privilege of an ambassador is that of being ushered into the royal presence through folding doors, both of which must be swung wide for him. None save an ambassador can claim this privilege, the greatest favor in this respect that can be shown any non-ambassadorial representative consisting in the opening to him of one door only.

There is one privilege of the ambassador, a privilege that sometimes occasions great inconvenience to the ruler, which consists of his right to demand admission to the sovereign by day or by night.

ECHO OF TITANIC TRAGEDY

Mrs. Bucknell Had a Premonition That Something Dreadful Would Happen.

One of the echoes of the Titanic tragedy concerns Mrs. Bucknell, wife of the founder of Bucknell University in Pennsylvania. Mrs. Bucknell was in a most unhappy frame of mind when she reached the long pier at Cherbourg.

"I feel so strange about sailing," she told a friend. "I know I ought not to go on this boat. I have a premonition that something dreadful will happen."

"Nonsense!" laughed the friend. "Why, how can anything happen in these days of splendid boats and wireless communication? I feel as safe crossing the ocean as I do the street—yes, safer, for there are no motor cars."

"I wish I did," sighed Mrs. Bucknell, "but I feel very nervous. I am half tempted not to go."

However, she did, and as the friend to whom she had voiced her fears was embarking in a lifeboat, after the crash, she saw the white face of Mrs. Bucknell.

"What did I tell you at Cherbourg?" said the latter. "If ever I have another premonition I shall heed it."

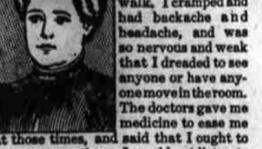
His Dilemma. "What do your folks think?" asked the poor but respectable young man of the helmsman.

"They have no objection to the man's remarks," she replied. "They will continue to support me and will take you in, but you will be expected to pay your own board."

WOMEN SHOULD BE PROTECTED

Against So Many Surgical Operations. How Mrs. Bethune and Mrs. Moore Escaped.

Sikeston, Mo.—"For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk. I cramped and had backache and headaches, and was so nervous and weak that I dreaded to see anyone or have anyone move in the room. The doctors gave me medicine to ease me at those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do my own housework, hoe my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as any ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl."—Mrs. DEMA BETHUNE, Sikeston, Mo.



Murrayville, Ill.—"I have taken Lydia E. Pinkham's Vegetable Compound for a very bad case of female trouble and it made me a well woman. My health was all broken down, the doctors said I must have an operation, and I was ready to go to the hospital, but I read that I began taking your Compound. I got along so well that I gave up the doctors and was saved from the operation."—Mrs. CHARLES MOORE, R. R. No. 3, Murrayville, Ill.

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