

SEVERAL GOOD BOOKS ON HOME ECONOMICS

Mrs. H. A. White, of the department of Household Economics of the North Carolina Federation of Women's Clubs, has furnished The Star with the following descriptions of several books in the library she is collecting for the use of the club women of the State. "Any club woman, who would like to borrow any of these books may do so by writing me and agreeing to return the book within a month," says Mrs. White, whose address is High Point, N. C.

**Eugenics, the Science of Controllable Environment**, by Ellen H. Richards, Published by Whitcomb & Barrons.

We are all familiar with the comparative term of Eugenics, but this author holds that Eugenics offers a path for immediate action—in indeed should precede eugenics. Eugenics is defined as "the betterment of living conditions through conscious endeavor for the purpose of securing efficient human beings." This is to be developed through sanitary science, through education and through relating science to education and life.

The author makes very clear the enormous loss to the individual and the community due to preventable illness, and due to not being up to par physically. Preventive measures, such as medical inspection of schools, school quarantine, compulsory vaccination, sanitation enforced by city and state, more than pay for the money expended, by the increased efficiency of the individual.

Proper food is another requisite to perfect health. Knowledge as to what constitutes proper food needs to become more general, especially among housekeepers. More harm is done to health by ignoring physical law as to the matter of eating than in any other one thing.

Ventilation is another factor not fully appreciated.

People subject their bodies to abusive treatment which would ruin any machine.

There is a fatal indifference to dirt—in our food—our air, our homes—and even our persons. Dirt is the prime carrier of disease.

Not charity is needed but preventive action. The responsibility of the home is very great. Bad rearing is worse than bad heredity. Most human efficiency is result of habits rather than of innate ability.

Man should be ashamed that he is the "sickest beast alive." Education on eugenics may be extended by use of exhibits, health exhibits, pure food exhibits, better babies contests, etc. Newspapers, magazines, and lectures are other means of public education. Large fines for breaking sanitary laws, imposed in a few cases, will have immediate effect. Indifference of the people is the only stumbling block to national prosperity.

Future well-being of society is largely in the hands of women. We believe this book would help to waken any club who undertook its study. It is clear and direct and all through the author emphasizes cleanliness, indeed she says, "Cleanliness is above charity."

**Two Books on Efficiency.** Everywhere the slogan is efficiency and nowhere is there more need of this than in our homes. Too long have woman's time and woman's work been counted factors of no definite value—and woman herself has been largely to blame for this. But now her eyes are opened and "Increasing Home Efficiency" by Martha Bensley Bruere, and Robert W. Bruere (Macmillan) and "The Efficient Kitchen" by Georgie Boynton Child (McBride, Nast & Co.) are veritable eye-openers.

"Increasing Home Efficiency" is witty and keen, and full of plain common sense. Witness the following: "What shall I profit a family to have a clean parlor if they have a dirty well?" "Disastrous is the idea that the running of a home can safely be left to instinct, moral sentiment and romantic inspiration."

"Inefficient homes are those with an undue proportion of sickness, homes which are inhospitable and unhappy, homes in which the members are engaged in work disadvantageous to the community."

The book is based on the results of answers to magazine articles, lectures, letters and journeys; answers from middle-class people in a wide variety of circumstances.

The Brueres are firm believers in the value of a budget system for each family. "A family budget is to the housekeeper what a set of blue prints is to the builder. It is by tight facing the dollar bill that one is comfortable, but by making one's needs an easy fit to one's income."

"Budgets don't come ready-made, a dozen in the box; you've got to work out one for yourself, adapting it to your particular circumstances and aspirations."

"Hiring a servant isn't labor-saving, but labor-shifting. So housewives are catching at the modern labor-saving device, even when it is not a money saving device, as it should be."

The many particular families whose circumstances are analyzed and discussed furnish both profitable and entertaining food for thought.

"The Efficient Kitchen" is full of practical ideas. No detail is too trivial to be considered if it makes for better results with lower cost of time, labor and materials. "The idea of conservation of time, of energy and fuel, all costly commodities, is now the keynote of the perfect kitchen equipment—neither too much nor too little."

Various lists have been worked out showing just what is needed for different conditions. The advantages and disadvantages of the various types of fuel and equipment are carefully weighed and clearly discussed. Indeed, any housekeeper, actual or potential, will find in this book much to help her, if she desires to put her house-keeping on an efficient basis.

THE WOMAN WHO SPENDS.

By Bertha June Richardson; Published by Whitcomb & Barrons, \$1.00.

"In olden times women thought and thought, and thought, before they spent; now women often spend and then think and think, and think."

Change in economic conditions have made women spenders rather than producers, though all women have not lost the art of producing. However,

consumption is as important a part of economics as producing.

One criterion of value is desire, but it is a mistake to aim too high in our desires. Satisfaction in buying must be assured. Purposeful spending is needed. In following a "prevailing sentiment" women need knowledge independence and power to choose the best.

Every woman who contributes better standards of dress, food, home and habits for others to imitate, is adding to the prosperity of the nation, to say nothing of health and happiness. There is, however, such a thing as destructive imitation and purposeless imitation.

The woman who spends intelligently must know requirements of pure food, healthful dress, proper ventilation and sufficient exercise. Food is too often a question of amount and variety rather than nutrition. Ignorance in this day of knowledge is unpardonable.

Disaffection is not so much due to lack of income as of misuse of it. Not what we lack but what others have causes unrest. Economic responsibility cannot be shunned. The buyer is really responsible for cheaply made, badly constructed goods, made under bad conditions. The market furnishes what the buyer demands. One should buy with the eyes open, should know. "When women cease to consider economy as getting things cheap and begin to realize that cheapness begets cheapness—the quality of goods offered to them will be changed for the better."

The last chapter deals with the value of daily accounts—not so much to make them balance as to know just how the money goes, to see if we are keeping right proportions. Indeed, if daily accounts are classified monthly, the result is most enlightening.

THE HEALTHFUL FARMHOUSE

By a Farmer's Wife; Published by Whitcomb & Barrons, Boston.

This book gives practical help to farmers' wives on the problems they have to meet. It is written not for those who can build from the start, but for those who have a home already built but poorly arranged.

Many are the suggestions offered to save labor and make it more enjoyable. Kitchen shed, cellar, dining room, living room, bed rooms and halls are all discussed in a most practical way.

Matters of heat, ventilation, cleanliness and other matters that pertain to health are treated in an interesting and practical way.

This little book of but seventy pages will be an inspiration to those farmers' wives who have a vision of better things but have supposed that their surroundings were inevitable. It is no virtue to tamely submit to what can be bettered.

Questions at the end of each chapter lead the reader to test her own home to see how it measures up to the standard.

SECOND COURSE IN HOME-MAKING

By Mabel Hyde Kittredge.

This book, while designed as text book for pupils, could well be used by women's clubs, who want a book both practical and simple. The chapters are designed to accompany the actual performance of the processes.

The chapter on laundry work shows that science and intelligence are essential to best results.

Sensible diet, division of income, and marketing are titles of other lessons. The last third of the book is made up of receipts for simple and wholesome dishes at small expense.

A convenient feature is the tables of weights and measures, e. g. 2 cups chopped meat, 1 lb. Table of proportions, e. g. 2 teaspoonfuls soda to 1 pint sour milk.

And time tables for roasting and baking.

The book as a whole is practical and especially valuable in teaching wholesome home making for families of small income. Published by Century Co.

Portugal.

Five hundred years ago, the span of a few generations, Portugal was the greatest maritime power, preceding Great Britain in that eminence. The Portuguese first explored the two coasts of Africa. The Cape of Good Hope was doubled by Bartholomeo Diaz in 1496. Vasco da Gama reached India, via Cape of Good Hope, eleven years later. In 1500 King Emanuel ascended the throne of Portugal and assumed the title of "lord of the conquest, navigation and commerce of India, Ethiopia, Arabia and Persia." In that year the Portuguese made settlements in Brazil. History is a catalogue of dreams. The dream of empire is nearly the oldest one. Its star is very flicker.

The Poet's Peacock.

Dante Gabriel Rossetti had an irresistible tendency to purchase rare and beautiful birds and beasts that appealed to his poetic or artistic fancy. Ellen Terry tells in "The Story of My Life" of his once buying an exquisite white peacock, which very soon after its arrival at his home disappeared under the sofa. In vain did Rossetti "shoo" it out. It refused to budge. This went on for days.

"The lovely creature won't respond to me," said Rossetti to a friend. The friend dragged out the bird.

"No wonder," said he; "it's dead!"

Sounded Ominous.

"Gosh, I'm timorous about the new styles!"

"Why so?"

"Heard my wife say this morning that she was planning a gown. A little later I heard her say that her mind was a perfect blank."—Louisville Courier-Journal.

For the Hirsutely Ornamented.

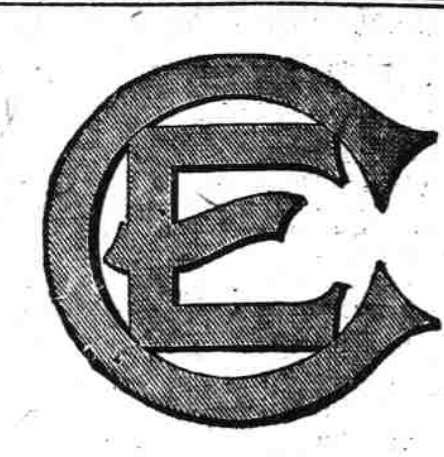
Mrs. Vermonte Brown—Why on earth don't you get your husband to cut off his whiskers? Mrs. Smiffan Jones—I wouldn't have him do it for the world. I want him to let them grow and get them all out of his system.—Ohio State Journal.

Size of the Earth.

The diameter of the earth from pole to pole is 7,900 miles, the equatorial diameter being 7,925 miles. The slight difference of diameter is owing to the flattening out of the poles.

"The Broken Coin"

Featuring the Stars of "Lucile Love," Bijou Tuesday. (advertisement.)



Topic for Sunday, October 17, 1915. THE RESPONSIBILITY OF OUR SOCIETY FOR THE CHRISTIAN ENDEAVOR UNIONS—LOCAL, STATE AND NATIONAL.

Psalm 133:1-3. "Behold, how good and pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head, even Aaron's beard; that went down to the skirts of his garments; as the dew of Hermon and as the dew that descended upon the mountain of Zion, for there the Lord commanded the blessing, even life for evermore."

The principle involved in the topic for this meeting is the principle of the right relation of parts to the whole. The strength of the whole is the strength of the parts. If each part does its full measure then the whole has a power of its own greater than the sum of the powers of all the parts. In every living body this is true. The life of the whole is more than the combined life of the parts, provided each part contributes its share. But if any part does not contribute its full share, then the life and strength of the whole is less even than the contributions of the faithful parts. For the infidelity or delinquency of one part not only subtracts the contribution of that one part but destroys the organic unity of the whole and weakens and depreciates the co-operation and combination of the rest. It were better that there were no such part than that one part should be so defective that it would destroy the whole.

It is undoubtedly true that a co-operation of Christian Endeavorers has not only developed the Christian Endeavor movement, but has been a great blessing to the world. When young people have combined to build a local union that local union has reaped an inspiration to each of those who helped to build it.

The State Unions can better appropriate the projected work which their ambitions and desires lead them to perform. Co-operation in the State unites the ablest and most experienced teachers and helpers who can plant suggestions in the minds of the representatives throughout the State.

Who dare calculate the value and cost of the Christian Endeavor movement? Have you spoken with great power to great gatherings of young people with great effect? These great conventions were the result of the united efforts of those who are true to their duty.

Who dare calculate the value and cost of the Christian Endeavor movement? Have you spoken with great power to great gatherings of young people with great effect? These great conventions were the result of the united efforts of those who are true to their duty.

These conferences are not only a source of inspiration and encouragement to those who are true to their duty, but they are also a source of strength and power to the world.

If these benefits are possibilities, then we are responsible for them; and we should not be content until they are realized. What one can do he ought to do and thus a reasonable obligation becomes an obligation. An obligation is a debt; and a debt ought to be paid.

Unions are the embodiment of union. Our responsibility for this responsibility for the spirit of unity. They are valuable because they express this spirit and also because they foster it. They provide acquaintance and real common aims and purposes. They show us how much we have in sympathy with one another and how much more we can accomplish unitedly. They give us new ideas and show us that things can be done from which we had flinched.

If we cannot allow our Lord fully to accomplish his wish that we may be one as He and His Father are one, or if we cannot agree as yet as to what unity means, let us at least go as far as we can in our united efforts and service.

If our hearts are one we may be sure that our hands will find common work to do.

The many members may be many but they are not members unless they work together. Members are those members of something. That thing is more important than the members.

In Office.

An office in a Christian Endeavor Society is a sacred trust, to be administered in the fear and love of God. It is not to be accepted lightly, nor lightly to be rejected. It is to be accepted when it is felt to be a real call from God, in a spirit of humility and joy of obedience.

The United Society has helps for all officers, and it is easy to obtain them. No officer should attempt to find out through his blunders and mistakes what he might know from the start, and thus be far more efficient.

Magnify your office. Make the most of it, not only for the sake of self development and the progress of the society, but that you may please the Master who has placed you there.

In all your office holding remember that co-operation is a fundamental Christian Endeavor principle, and always do what you can to associate others with you in your undertakings.

Hazel Dawn

In "The Heart of Jennifer," (Paramount) Royal tomorrow. (advertisement.)

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WHITE MALE COOK IMMEDIATELY FOR CIRCUS ADVERTISING CAR.

Must be Thoroughly Experienced. Strictly Sober and Have References. I have a good position for the right man. Apply J. C. TRACY, Hotel Wilmington, Sunday and Monday, Oct. 17-18

**CARD OF THANKS.**

We wish to convey our thanks and express our appreciation to all who were so kind and who spoke tender words of sympathy, when death claimed our beloved wife and daughter, Mrs. Hattie Aphella Walker.

Parents: Mr. and Mrs. C. S. HEWITT.

HOT weather is still with us, BUT COLD weather is coming as sure as you live.

We are offering COLD weather Woods at Hot weather prices. We are offering the following articles at SPECIALLY REDUCED prices.

Now is the time to buy. Hot water Bottles and Fountain Syringes. SANITARY Fall Fountain Syringes (2 qt. porcelain lined). Bath Sprays, Double and Single. Rubber Syringes. Rubber Infant Syringes. Atomizers and Extra Bulbs. Ammen's Fricky Heat Powder. Crushed Camellian and Violettte Palc. C. B. Q. for Colds, Etc. Rubberstet and Prophylactic Tooth Brushes. Mary Garden Talc, Extract and Cold Cream. And Everything Else found in a first class Drugstore.

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**J. HICKS BUNTING DRUG COMPANY**

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MASONIC TEMPLE BUILDING.

You can subscribe for stock now, and lay the foundation for your New Home.

NOTE—A recent examination by the State Insurance Commissioner shows this Association to be in Fine Shape. 25c PER SHARE PER WEEK.

This association is Strong and Progressive, and its affairs are managed by the following well known business men:

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Clayton Giles, Sr., A. O. Schuster, L. Hanson, J. F. Ruff, Daniel H. Penton, Jno. C. Heyer, W. I. Baxter, W. A. McGirt, Geo. H. Huttar, Martin Schaben, Abe Schultz; Henry Heyer, Attorney.

**\$50.00 REWARD**

Whereas, Official information has been received at this Department that a party or parties unknown, late of the County of New Hanover, stand charged with the murder of J. B. Smith, on or about September 16th, 1915;

And Whereas, It appears that the said party or parties unknown have fled the State, or so conceal themselves that the ordinary process of law cannot be served upon them;

Now, Therefore, I, Locke Craig, Governor of the State of North Carolina, by virtue of authority in me vested by law, do issue this my Proclamation, offering a reward of

**FIFTY DOLLARS**

for the apprehension and delivery of the said party or parties unknown to the Sheriff of New Hanover County, at the Court House in Wilmington, and I do enjoin all officers of the State and all good citizens to assist in bringing said criminals to justice.

This offer of reward remains in force for two years from this date.

Done at our City of Raleigh, the 15th day of October, in the year of our Lord one thousand nine hundred and fifteen, and in the one hundred and fortieth year of our American Independence.

LOCKE CRAIG, Governor.

By the Governor: JNO. P. KERR, Private Secretary.

**CARD OF THANKS.**

We take this method to express our heartfelt appreciation of the many deeds of kindness and the words of sympathy in our recent bereavement in the death of our son and brother, Ralph. Mr. and Mrs. WILLIAM M. LILLIAN, and Family.

Waycross, Ga.

Read Star Business Locals.

**MACHINERY**

We have some rare bargains in Engines, Boilers, Pumps, Fertilizer Mixers, Storage Tanks, Pulleys, Shafting, etc. Call on us before you purchase.

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**THE IRON MEN**

Plant at Foot of Orange St. Wilmington, N. C.

**\$325 LESS THAN LAST YEAR**

Overland 83

This 1916 Overland is essentially the same as our 1915 Overland—the famous Model 80 that sold for \$1,075. It is the largest four cylinder Overland that will be produced this season. Demonstrations at our garage now. We're delivering them as fast as we can get them. Ask for specifications and literature.

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**HOLLAND GROWN BULBS**

Single Hyacinths (Red, White and Blue) . . . . . 50c doz. or 5c. each  
Single Hyacinths (Gertrude, L'Impensee, John) . . . . . \$1.00 doz. or 10c. each  
Roman Hyacinths (Pure White) . . . . . 50c. doz. or 5c. each  
Narcissus (Paper White Grandiflora) . . . . . 20c. doz. or 5c. for 3  
Narcissus (Golden Spur, Emperor Empress, Sir Watkin) . . . . . 50c. doz. or 5c. each  
Double Narcissus (Van Slon) . . . . . 50c. doz. or 5c. each  
Tulips (Assorted Colors) . . . . . 20c. doz. or 5c. for 3  
Freesia (Refraeta Alba) . . . . . 20c. doz. or 5c. for 3

MAIL ORDERS GIVEN PROMPT AND CAREFUL ATTENTION. Enclose Ten Cents Per Dozen Bulbs for Postage and Packing.

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**Executive Department**

**STATE OF NORTH CAROLINA.**

**A PROCLAMATION BY THE GOVERNOR.**

**Cutting Down On Advertising Is False Economy**

The merchant who wants to sustain his record of sales and exceed it knows that advertising will do it.

If you "draw in" on advertising, you are robbing Peter to pay Paul.

By the expenditure of a reasonable sum in the STAR you can bring into your store the new impetus of business from many families who otherwise don't see your advertising.

Ask the merchant who tried it.

**AUCTION SALE**

**One Carload Kentucky Mules and Horses**

**Will be Sold for the High Dollar at 17th and Dock Streets, Thursday Afternoon**

**October, 21st, at 2 O'clock**

**LUTES & TRUELOVE**

His Fortune Goes to Theosophical Cult.



**Mrs. Katherine Tingley.**

Already the fight for the possession of the fortune of the late A. G. Spalding, once a great baseball pitcher and manager and later, owner of sporting goods stores, has begun. For many years Mr. Spalding was a devotee of the peculiar Theosophical cult of Mrs. Katherine Tingley in Southern California. He and Lyman J. Gage, once Secretary of the Treasury, were the principal millionaires who had taken up Mrs. Tingley's ideas.

Alleging "undue influence" on the part of Mr. Spalding's second wife, Elizabeth Churchill Spalding, and Mrs. Tingley, head of the Universal Brotherhood and Theosophical Society at Point Loma, Cal., Keith Spalding, his will, began a legal action to break the tie.

Mr. Spalding died at Point Loma, Sept. 8, last, and it is alleged in the petition of the son that his father was in his right mind at the time of his death and had not been for some time previously.

The Spalding fortune is estimated at \$5,000,000. Mr. Spalding's second marriage took place in 1906.

Young Spalding alleges that at the time his father married Mrs. Elizabeth Churchill she was the intimate friend of Mrs. Katherine Tingley. He says the general belief was that Mrs.



A. G. Spalding.

Spalding was to be the successor of Mrs. Tingley at Point Loma.

It is alleged that the second Mrs. Spalding persuaded her husband to take up his residence on the grounds of the Theosophical institution. The object, it is alleged, was to alienate Mr. Spalding from his son.

Under the terms of the will Keith Spalding was to receive \$100,000. He has already received \$65,000 of this amount.

Albert Spalding, the adopted son, was to have received \$100,000, but it is alleged that he has only received \$1,000. All of the remainder of the estate was left to Mrs. Spalding.