

Commander in Chief Of the Atlantic Fleet

The severing of diplomatic relations with Germany by President Wilson naturally attracted attention to our first line of defense—the United States navy.



ADMIRAL HENRY T. MAYO.

Charles. Admiral Henry T. Mayo, commander in chief, is one of the veterans of the navy and a student of naval warfare for forty-five years.

Smartly Said

Avoid being middleman in a fight unless you want to get bumps coming and going. Hard work will not always restore health, but it will make one forget that he is unhealthy.

Mother's Doll Story

The Kittens' School

There was once a mother cat who had a family of three kittens. They were nice rag doll kittens, you know, all made of gingham.

Things Worth Knowing

To clean saucepans thoroughly after cooking oatmeal fill them with boiling water, empty and then fill with cold water, and the oatmeal will almost fall away from the sides of the saucepan.

George Washington And Brother Jonathan

When General Washington, after being appointed commander of the army of the Revolutionary war, came to Massachusetts to organize his men and make preparations for the defense of his country he found the ammunition very scarce.

What Housewives Like to Know

A Winter Cozy

The handsome chinchilla coat here shown is built on queenly lines. It was posed by Miss Ruby De Remer.



Photo by American Press Association. CHINCHILLA COAT.

The skins are used effectively in tiers, and the garment is worn with a natty cap of the same fur, gorgeously pendant with taupe silk cord and tassels.

List of Supplies For

The Emergency Shelf

It is an excellent plan to stock up an emergency shelf for convenience when unexpected visitors appear. The following suggestions would fit any need or emergency which might come up:

- Meats, Canned.—Veal loaf, six cans; dried beef, six glasses; minced ham and deviled meat, six cans each. Fish, Canned.—Six cans each of choice, as salmon, sardines, lobster. Soups.—Six cans each, as tomatoes, clam chowder, consommé. (An egg poached in the latter is a good addition. Allow one egg to a person. This is especially nourishing for a sick person.) Vegetables.—Tomatoes, six cans; peas, six cans; corn, six cans; beans, three cans. Fruit.—Pineapple, six cans; figs and dates, six glasses each; peaches, six cans. Miscellaneous.—Jelly, pickles, chili sauce, peanut butter, extract of beef, bottle of good prepared salad dressing, grape juice, one can cocoa, tea, coffee, loaf sugar and a few cartons of package goods, gelatin and flavorings.

Care of the Skin

For either chapped hands, lips or complexion the very best and quickest remedy is camphor ice. The camphor is very healing. Two or three applications of the ice will bring immediate relief, whereas it may be necessary to use cold cream for a week or more without very good results.

THE TALK OF FRIENDS.

The mind never unbends itself so agreeably as in the conversation of a well chosen friend. There is indeed no blessing of life that is any way comparable to the enjoyment of a discreet and various friend.

Home Cookery

Liver on Casserole

One pound of liver (calf's or beef), eight slices of bacon, one large onion, one-half cupful of flour, salt and pepper. Cut the liver into slices one-half inch thick. Cover with boiling water and let stand for five minutes, drain and roll in flour well seasoned with pepper and salt.

Glazed Onions

Melt one-half cupful of butter in a saucepan, then put in as many peeled onions as will fit in without crowding. Move about until all are quite well coated with butter, sprinkle with tablespoonful of sugar, then pour over them a well flavored soup stock or dissolve a little beef extract in hot water and salt well.

Sausages With Mashed Potatoes

Separate and prick each sausage with a fork, put in a shallow pan, cover with boiling water and let cook slowly fifteen minutes. Drain off the water. Cook sausages a moment longer until beginning to brown. Fill the baking dish with creamy mashed potatoes. Arrange sausages in a row, side by side, on top of potatoes. Bake in a hot oven until sausages are well browned. Serve with cabbage salad.

Escaloped Carrots and Potatoes

Fill a buttered baking dish with alternate layers of potatoes and carrots. Cover with a white sauce made as follows: Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, cook slowly and add two cups of milk, season with salt and pepper. When thick pour over the potatoes. Bake until the vegetables are done, if raw ones are used, or cooked vegetables may be used, requiring less time in the oven.

Carded Sweet Potatoes

Boil potatoes of uniform size until nearly tender. Peel under cold water, slice and roll each slice or half in melted butter, then in sugar and place in a buttered baking dish. When dish is full pour over the juice of one lemon, also any sugar or butter which may be left. Put in oven and bake until glazed—about thirty minutes.

Saute Smelts With Tartare Sauce

Roll the smelts in flour mixed with a very little cornmeal, salt and pepper; shake well and saute in a very little butter or pork fat. When brown on both sides serve on thin strips of toast with tartare sauce and slices of lemon.

Nut Pudding

One cupful of breadcrumbs, one cupful of chopped dates or figs, one cupful of milk, one cupful of chopped nut meats, one cupful of sugar, one egg, a pinch of salt. Mix well. Bake thirty minutes. Serve with lemon sauce.

THE TRUE LIFE.

Do the work that's nearest. Though it's dull at times, Helping when we meet them Lame dogs over streets; See in every hedge-row— Marks of angels' feet. Epics in every people Underneath our feet. —Charles Kingsley.

True Story of That Famous Hatchet



In the Arena of Sports

Joie Ray, Fastest of Runners

So far as the record book shows, Joie Ray of the Illinois Athletic club is the fastest mile and a half in the history of amateur track and field sports when he covered the distance in 6 minutes and 45 seconds for the Rodman Wanamaker trophy at the recent games of the Millrose Athletic association in Madison Square Garden, New York.



Photo by American Press Association. JOIE RAY.

The British Athletic association record is 6 minutes and 47.3 seconds, established by Alfred Shrubbs in 1908, and the Scotch record, 6 minutes and 42.5 seconds, set by A. J. Robertson in 1905.

Tommy Connell's mark of 6 minutes and 42.5 seconds was made while running in a three mile race at Bergen Point, N. J., in 1905.

Sharpshooting Basketops

Bill Hariden of the New York Giants caught seventy-seven men trying to steal bases last season and stood fourth on the list of catchers in the National league in cutting down base runners. Two Wings of Cincinnati were the leading sharpshooters, as he killed off 115 pilfering players.

Tener's Batting Plan

John K. Tener, president of the National league, has evolved what appears the best and most practical scheme for bringing about more batting. He would reduce the number of balls on which the batter may be passed from four to three, but at the same time would add an inch to the width of the plate.

Health Rules For Boys And Girls to Practice

Good health is most attractive. It is beauty for the young girl and strength for the young man. "Never yet," said a noted woman recently, "have I seen a hopelessly ugly man or woman who was in perfect health. It is the pale, wan cheek, the sunken eyes, the yellow, decayed teeth, the humped shoulders or the nervous, grouchy disposition that is always ugly and unattractive."

"The glow of health on the cheek, the sparkle in the eye, two rows of clean, sound teeth and a body carried firmly and four square to the winds, with health in the body and laughter in the soul—that is beauty and strength that endures, and it is worth working for."

The health rules of the Crusaders, a band of boys and girls interested not only in their own health, but also in the health of others, are here given and are recommended by the North Carolina state board of health to all boys and girls who would make of themselves attractive, useful men and women. They are:

- Always breathe fresh air. Never sleep, study, work nor play in a room without a window open. Take ten deep breaths every day. Eat nourishing food, and chew it thoroughly. Drink plenty of pure water, and use your own cup. Avoid food that is hard to digest, like heavy pie and cake and much candy. Never eat nor drink anything that weakens the body, like alcoholic drinks. Make sure that everything you put in your mouth is clean. Wash your hands always before eating, and bathe your whole body often. Clean your teeth every day. Have a regular time every day for attending to each need of your body. Exercise every day in the open air. Keep your shoulders straight. Do not smoke before you are grown up. Get a long night's sleep. Get up smiling. Keep your mind clean and cheerful.

Inspiration Miscellany

Why They Never Get Ahead

One man says to another in an article in the American Magazine: "Bert," he said, speaking very slowly and impressively, "I've always made it a rule in business to accept resignations, and I'm going to accept yours. But I'm going to tell you something, and you can pass it on to Anderson with my compliments. You two young fellows are in the most dangerous position of any two young men I know. You have ability, too, damned much ability. If you had only a little, so that you had to sit tight and plug every minute, you'd be fairly safe. You'd move along up in business slowly, but surely, as the fellows ahead of you died off. But you two are brilliant. It's true you can get your fifty a week whenever you want it. And that's your danger. You will go rolling around collecting fifty a week here and fifty a week there, and you'll never stay long enough in one place to get seventy-five a week or a hundred a week or two hundred a week. Oh, I know your type! You may not give me credit for much sense now, but when I was your age I was exactly in your fix. And I want to tell you that if I hadn't taken myself by the neck and forced myself to stay put I'd still be collecting fifty a week as a reporter on some newspaper instead of pulling down thirty-one thousand, as I did last year. With just your brilliancy and no stability you're worth just about fifty a week. But it takes more than brilliancy to be worth a really big job."

The Power of Calm

A life whose resources are inexhaustible, whose power is resistless, ought to be a peaceful life. The strong soul is always a quiet soul. There is no surer proof of power than calm. The feeble physique sidgets and frets and is never at rest; it takes a strong man to hold still. A world-wrist can pound the piano; it is only the iron muscles of a Paderewski or a Hoffman that can touch the keys so softly that they only murmur as the music of a dream. "The music," says the pianist, "bring peace to the people." That is because the strength of the hills is in his also. "Get be filled with the strength of God and to know 'the peace of God, which passeth understanding.'"—Washington Gladden.

Father and Son

The father and son movement is one of the best and most sensible things we have heard of for a long time. That is because it proposes to strengthen the father through using natural manly instincts naturally. It is based on the deepest of human feelings—love. It goes about to remind fathers of something they may have forgotten and to tell boys something they may not have known. You can get at this better if you sit down and talk occasionally with some other father's boy. He will tell you things your own boy cannot. In his wifely earnestness you will discover that there are times when a boy has a real matter of grave importance to him that ends his father's duty to be bothered. It will make you stop and think as you realize that this little fellow couldn't come to any other conclusion than that his dad was indifferent. Fathers know better; fathers remember pretty well when they were boys, but they don't remember just how sensitive a boy is to the worst of rebuffs—that of being thought silly. Now, the boys need to be told this about their fathers, that they are not indifferent. But after all the biggest thing is to tell fathers, for it is their business to understand and theirs is the responsibility.—Milwaukee Journal.

Hope

It is necessary to hope, though hope should be always decided. For hope itself is happiness, and its frustration, however frequent, are yet less dreadful than its extinction.—Johnson.

Men Who Hadn't a Chance

The lives of the men who succeeded will tell how ambition is won: How straight, patient and firm. Have gained them a place in the sun; But holding along in the fur market, far back of the ones in advance. The failures are wealthy winners; "They're lucky. We hadn't a chance!" The men who have gambled to the summit Who shine in the heavens afar. The leaders in science and letters, The men who are better than par, Did not spend their minutes in sighing. That fortune might cast them a glance. They toiled when the others were groaning; "They're lucky. We hadn't a chance!" Oh, down by the market furnace, Or over the grimiest bench, Or slaving along in an office, Or sunk in the muddest trench, Be those who would rank with the highest. If only they'd strive to advance. Instead of repeating with failures: "They're lucky. We hadn't a chance!" "Albert J. Cook" in Milwaukee Chronicle-Telegraph.