

PROMINENT PEOPLE

NEW PRESIDENT OF CUBA



Gen. Jose Miguel Gomez, the liberal candidate, who has been elected president of Cuba, is 53 years of age and a native of Santa Clara province, where he has always enjoyed extraordinary popularity and influence. He participated in two great revolutions, in the first of which he reached the rank of major, and in the second that of major-general. He was one of the commissioners sent to Washington to advise as to a practical method for dissolving the revolutionary army.

Gen. Gomez was selected as governor of Santa Clara province by the government of intervention, and when his term expired he was elected governor as a republican or conservative. During his term in the gubernatorial chair he won a high reputation for ability and progressiveness. In May, 1905, the general was nominated for the presidency by the national liberal convention, but resigned his candidacy four months later, giving as his reason for this action that it was impossible to continue the campaign within the bounds of the law, and laying part of the blame on the United States, owing to the Platt amendment. An uprising in Cuba followed, which ended with the deposition of President Palma and the intervention of the United States.

In August, 1906, Gen. Gomez was arrested charged with conspiracy against the administration of the late President Palma, but he denied the allegation and was released from custody after a month's imprisonment.

In December of the same year Gov. Magoon appointed him secretary of a commission to revise the laws of Cuba. This included the drafting of an electoral law, defining the organization and functions of the judiciary, a civil service law, and also laws on such other subjects as may be referred to by the provisional governor.

Gen. Gomez was unanimously nominated for the presidency by the Miguelista convention which was held last March. The other faction of the liberal party, the Zayistas, nominated Alfredo Zayas, but later Senor Zayas resigned and the two factions formed a coalition, choosing Gen. Gomez as the presidential nominee and Senator Zayas for the vice-presidency.

SENT MORSE TO PRISON



District Attorney Henry L. Stimson, who prosecuted "Ice King" C. W. Morse and Bank President Curtis, securing convictions in both cases and sending the former to the penitentiary for 15 years, is one of the real trust-busting prosecutors of the country. Pretty nearly the first important work he did after his appointment by President Roosevelt in 1906 was the prosecution of the sugar trust, the first one begun against rebating. He secured a judgment against the big concern for \$158,000, four times larger than any other that has ever stood the test of an appeal. He also won the New York Central railroad in the case. Other notable cases tried by Stimson and won early in his official career were those against James Gordon Bennett and the New York Herald, and the one in which E. H. Harriman was compelled to answer after he had practically defied the law to reach him.

Before his appointment, Stimson was for six years in the firm of which the head was Elihu B. Root, present secretary of state. This fact may account in a large measure for his selection for his present position, but there can be no question that he has given an excellent reason for his appointment in his official career.

Born in New York 41 years ago, he was educated at Phillips Exeter academy, Yale college and the Harvard Law school.

BRINGS THANKS OF CHINA



Tang Shao Yi, the high commissioner of the Chinese empire to the United States, who came so many thousand miles to thank the United States government for remitting part of the Boxer indemnity, is one of the most brilliant and capable men of the Flowery Kingdom. In fact, he is American in many ways, having received his early education at Springfield, Mass. He arrived there in 1874, when 12 years old, became a guest of the family of E. C. Gardner, but later moved to Hartford, Conn., where he attended the high school, preparatory to his entrance into Columbia university at New York. He was attending that university, when he was recalled to China in 1881.

Tang Shao Yi is not only the bearer of letters and rare presents to President Roosevelt and other officials of the American government, as a token of China's esteem and gratitude, but he is commissioned to observe and absorb all he can concerning the financial and commercial systems of the United States, so that upon his return his country may profit by what he has learned.

After his education in this country, Tang Shao Yi was made manager of the imperial railways in North China and later became ambassador to Tibet, where he adjusted successfully a difference between England and China over the perpetual Tibetan question. Later he was made minister to England and then became mandarin of a Manchurian province, from which he was promoted to the board of foreign affairs.

At present Tang Shao Yi is director general of railways of the Chinese empire, high commissioner of customs and a member of the grand council which governs the nation.

While Tang Shao Yi for a time was an ardent progressive, he is now identified with those whose motto is "China for the Chinese." But those who know him best assert that this is simply diplomacy with him, that he firmly believes in progress and occidental civilization but he realizes that he can hope to bring it about only by degrees.

That his visit to this country means more than the mere presentation of a letter of thanks from the emperor, is thoroughly understood, and it is conceded that no man in the imperial government is better fitted, not only to master the intricacies of the American financial system but to adapt it to the peculiar conditions that exist in the Flowery Kingdom.

HOLDS TICKLISH POST



Count Paul Wolff-Meternich, German ambassador to the court of St. James, is a notable member of a little group of gentlemen in various parts of Europe at the present time whose sleep o' nights must be decidedly fitful and uncertain. They are the coterie of diplomats who stand between Europe and war, and whose every effort is being directed to the preservation of international peace with honor on the one hand and to the gentle stroking of the fur of peevish princes.

At the present moment the position of Count Wolff-Meternich is particularly delicate. The Kaiser has very excellent reasons for believing that France and Great Britain are upon very amicable terms just now. He has something more than a mere suspicion that France is in the position of the boy with a chip balanced invitingly on his shoulder and his fist doubled up. And he rather expects that once the fight starts England will be discovered backing up Jacques Bonhomme to the limit.

Wherefore, the position of the Kaiser's official representative at England's court is a ticklish one, and the chance that the Casablanca incident may be the spark dropped in dangerous proximity to the open powder magazine does not make for the dreamless slumber of Count Meternich.

The count has been stationed at the British court since 1901, and has a diplomatic career that has had opportunity to blossom out in half a dozen capitals from Paris to Cairo. He is a personal friend of the war lord and has accompanied him on many of his journeys and voyages.

How to Keep Young.

It is true that the neurophobia of the old has its cause in mental attitude rather than in physical decay. It is not that the mental power is less; but it is natural for a man to rely on the thinking he did in his twenties and to refuse to reopen questions he "settled" half a lifetime ago.

This atrophy of thought can be avoided if the danger is foreseen, and a man deliberately forms the habit of breaking thought-habits. It can be escaped if a man recognizes that he is borne on a stream of social chance

and that, instead of trusting to the perspective in which things appeared in his youth, he must look and look again.

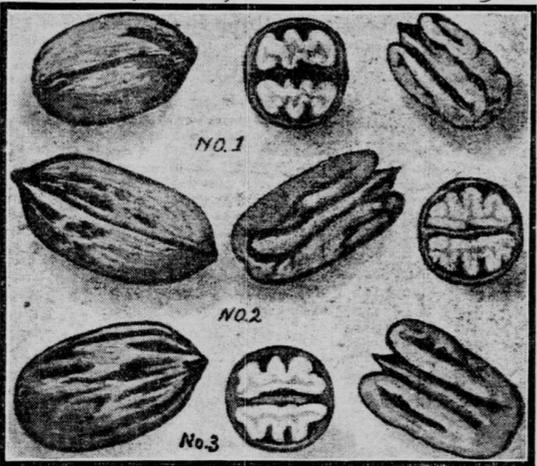
Then there are searchers, skilled in the advancement of knowledge, who never conclude their education, who become accustomed to disowning their yesterdays and building on to-morrows, who remain progressive throughout life, and in their riper years, rich in the garnered fruits of experience, they render the greatest service to society.—E. A. Ross, in "Social Psychology."

The NUTS POPULAR SEASON

DEMAND FOR THE DAINTY MEATS INCREASES WITH WINTER SEASON



PERCENTAGE COMPOSITION OF AN OILY NUT (WALNUT) AND A STARCHY NUT (CHESTNUT)



NO. 1 WOLFFORD, NO. 2 PRESIDENT, NO. 3 SOVEREIGN.

The constantly increasing consumption of nuts throughout the United States augurs well for a better appreciation of their food value. The time when nuts were considered merely as a luxury, or as something to be eaten out of hand at odd times, is rapidly passing away. In earlier days the native hickories, butternuts, walnuts, chestnuts, pecans, and many other nuts found in the United States were to be had in country regions for the gathering and were of no commercial importance. On the other hand, the English walnuts (to give them their most common name), almonds, coconuts, etc., brought from other countries, were relatively expensive luxuries.

Some nuts, like the native hazelnut and beechnut, still have practically no commercial value and, though palatable, are almost never offered for sale, doubtless because they are so small and difficult to gather in quantity. The chinquapin, a small nut allied to the chestnut, finds a limited sale in southern cities, but is doubtless seldom if ever seen in other markets. In general, however, conditions have changed and our principal native nuts are now staple market commodities and bring good prices. At the same time, owing to changes in market conditions, and to the growing of foreign nuts in quantity in this country, the price of the imported nuts has dropped so that they are well within the reach of the majority.

From available statistics it appears that in 1905 the total quantity of almonds, coconuts, Brazil nuts, filberts, peanuts, walnuts and other nuts, shelled and unshelled, imported into the United States was, in round numbers, \$6,228,000 pounds, with a value of \$6,138,000. In 1905 the total almond crop in California reached 4,200,000 pounds and the walnut crop 12,800,000 pounds. The richest yield of peanuts was reported from the southern states, chiefly Virginia, Georgia and Tennessee, and amounted to 225,000,000 pounds.

The total quantity of home-grown nuts, including both native and introduced varieties, must far exceed the quantities imported, but in the nature of the case no estimates of the total quantities gathered and eaten are procurable. When we consider the constantly increasing demand for nuts and the large quantity which we import from other countries, the possibilities of the industry for the American nut grower are obvious. As the use of nuts has increased, many persons have turned their attention to the growing of native and foreign nuts on a commercial scale. This work has been forwarded by the department of agriculture, through the bureau of plant industry, and by the California, Florida, Michigan and other agricultural experiment stations. With nuts, as with other crops, it has been found that by selection and breeding, improved varieties are obtainable, of larger size, better flavor, thinner shells, or other desirable characteristics.

The increased demand for nuts is due in the main to two causes, namely, a better appreciation of their appetizing qualities and the numerous ways in which they form a palatable addition to the diet of the average family, and, secondly, to their use by the vegetarians and persons of similar belief—a group small in proportion to the total population, but still fairly large numerically—who use nuts, and more particularly the peanut, as a substitute for meat and other nitrogenous and fatty foods.

Even a cursory examination of the journals devoted to cookery and other branches of home economics and of the various books which are published on the subject will show the fairly general use of nuts for making soups, for stuffing poultry, for nut butters, nut salads, cakes, salted nuts, and other dishes, and indeed several volumes devoted exclusively to nut cookery have been published.

Many special nut foods, such as malted nuts, meat substitutes, etc., have been devised and extensively advertised by the manufacturers for general use in the diet and for the special needs of vegetarians and fruitarians. It is said that some of these American nut products contain soy beans, but apparently the peanut plays a very important part in their composition. In either case, since the peanut, like the soy bean, is a legume, these preparations might more properly be compared with the bean cheese and other soy-bean products, so much used in China, Japan and other eastern countries, than with such nuts as the walnut, almond or cocconut.

The edible portion of nuts, with few exceptions, is very concentrated food, containing little water and much fat. In general, nuts are also rich in protein. Those ranking highest in this nutrient, the pignolia, a variety of pine nut imported from Spain, with 32.9 per cent, the peanut with 29.8 per cent, protein, surpass most ordinary animal or vegetable foods in this respect. The almond, beechnut, and pistachio, with 21.4 per cent, 21.8 per cent, and 22.6 per cent, respectively, compare favorably with dried legumes. The Brazil nut contains 17.4 per cent, protein, the filbert 15.5 per cent, the walnut 18.2 per cent, the hickory nut 15.4 per cent, the pinenut 14.6 per cent, the pecan 12.1 per cent, and the dry chestnut but 10.7 per cent. The dry acorn, fresh chestnut and cocconut, with 6.4, 6.4 and 6.6 per cent, respectively, are not as rich in protein as bread.

Of the nuts here included the richest in fat is the pecan, with an average of 70.7 per cent, but seven other varieties—the Brazil nut, butternut, candlenut, filbert, hickory nut, pinenut and walnut—contain upward of 60 per cent. The almond, cocconut and pistachio yield between 50 and 60 per cent of this nutrient. In 13 of the varieties of nuts appearing in the foregoing table, half or more of the edible portion is fat or oil.

Only a few of the commonly used nuts yield any notable amounts of total carbohydrate matter, the dry chestnut, with 73 per cent, rating highest. Beechnuts, pinenuts and peanuts have about 18 per cent. The quantity of starch found is, with some exceptions, quite small, ranging from three per cent in the beechnut to 27 per cent in the chestnut.

GHANCE FOR PLAIN GIRLS

Business Men Put Ability Away Ahead of Good Looks.

"It is a great mistake to suppose that beauty cuts a big figure in the employment of stenographers," said a business man of large experience. "The 'pretty typewriter' is a stock phrase of the funny man and the comic papers of the present day, just as the 'pretty governess' was in the 40s and the 'pretty milliner' in the 60s, but as a matter of fact good looks are rather a detriment to a woman when applying for a position in an office, than otherwise. No one is likely to excel in more than one profession, and since being pretty is a profession in itself, the general feeling is that if a woman has succeeded in that she won't be good for much else. The chances are that her brain will be occupied with her pompadour and her highly polished nails, to the exclusion of more important things. Another reason why the pretty stenographer is at a discount is that most of

the large business houses employ a woman as head stenographer, and women are even more apt to look askance at a pretty face than men are. They are in the secret. They know how much—or how little—is apt to be behind it. So, all things considered, the girl with red hair and reckless stands a better chance than the beauty when it comes to seeking employment in a business office."

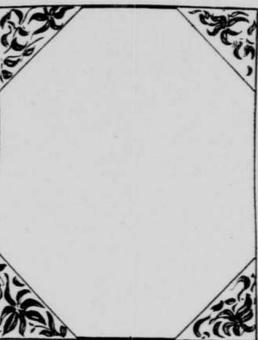
The Flagstaff Engineer.

Boston electrical engineering experts have issued a warning against the placing of flagstaves on skyscrapers and other tall structures. They declare that the danger from lightning is great and that all flagstaves must be removed from high buildings. If not there will be a catastrophe in the near future which will be appalling. They also insist on all high smokestacks and chimneys being equipped with "spiders," a new form of lightning conductor.—New York Tribune.

Novelties for Christmas Presents



Blotting Pad with Fancy Corners. Some sheets of white blotting paper laid on a piece of heavy cardboard cov-



ered with bright-colored wall paper or cretonne, make a pretty blotter. Corners of the double paper or cretonne keep the blotting paper in place.

Paper Owls. Comical paper owls are made of plain brown tissue paper, crinkled by passing through the hands a number of times. Stuff with wadding, and tie at each end. Cut one end in a point for the tail. Leave the other end wide and square for the head. Sew shoe



buttons on circles of yellow cloth outlined with black, for eyes. Attach the owls to a twig. Made in three sizes, the birds look like a little fam-

SPOILED BY A COOK

CHRISTMAS EXPERIENCE IN A WOMEN'S BOARDING HOUSE.

How a Famished Tableful Had to Wait for Their Turkey Until the Beligerent Female Could Be Coaxed from the Room.

"My most unpleasant and yet most comical experience of Christmas-keeping," said the concert singer, "dates back to the time when I lived for economy's sake in a home for working women. The cook we had was a good one, and so, when Christmas day came, we all felt assured that at one o'clock we should have our orthodox turkey-and-plum-pudding dinner.

"But one bottle of whisky, smuggled into a Christian kitchen, will upset the expectations of 30 hungry boarders. Just how many drinks the cook had that morning, I cannot say, but when dinner time came she was belligerently drunk. The turkey was as well roasted as though she had been sober, but what was that to the boarders in general, when she stood over it, carving-knife in hand, declaring that not a soul in that dining-room should have a mouthful of it but mamma and myself?

"Vainly did the matron threaten and entreat. The determined cook was not to be disarmed. Mamma and I were bountifully helped, but the others sat and waited, wondering what would be the outcome of the trouble. Finally, the defeated matron came out of the kitchen, and with tears in her voice, said to me:

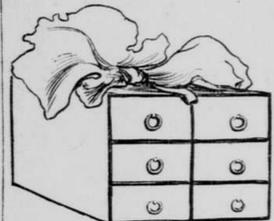
"I can do nothing with her. Will you go in and see what you can do?" "And so I went in, and in my most affable manner invited intoxicated Bridget to sit down and have a friendly cup of tea with myself. She complied, though with an eye still on the turkey. After we had had our tea, by exerting all of my arts and wiles I persuaded her to go up stairs and to bed. It was not until she was safely out of the kitchen that dinner was served to the other boarders.

"Of course the next day there was a bad quarter of an hour for that cook, one that ended with her 'getting her duds together and skipping.' Many, in fact, all of us, were ready to plead for her, knowing that she could not easily be replaced; but the matron was adamant, protesting that in her experience with the creature she had already forgiven her until seventy times seven, and she wasn't going to forgive her again. And I heard afterward that it was really a year or more before the woman was taken back again into that kitchen.

"Naturally, it was easier for the other boarders, who, you may be sure, resented that 'invasion of their wittles,' to forgive the cook than to make friends with mamma and me, and from that time on we were the most unpop-

ularly. An effect of plumage is gained by using dark water colors, marking all over the body.

Jewel Cabinet. An ingenious little article is a jewel basket, made of a square box, fitted with pill box drawers, each having a passe partout ring for a handle. It is



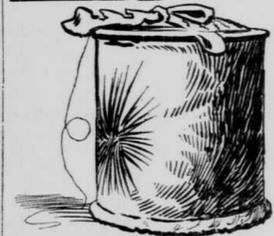
covered with pink or blue silk and is a dainty accessory for a dressing table.

Snap-Shot Album. This is made of heavy gray paper, with covers of gray cardboard or of



soft leather. It may be ornamented with any suitable quotation.

Box for Ball of Twine. Twine holders are circular boxes covered with leather or linen, in deep colors. Little match boxes that are very charming for men's tables are made of the ordinary match boxes that



come by the dozen, with a piece of stiffened velvet and a little gold paint along the edges, folded about it and glued in place to represent a little velvet book.

AFFECTING SIGHT.

Cook (to her friend)—The proposal that the widower made me was really very moving. He brought his four children with him, and they all knelt before me.

Diversion in the Country. "I visited E. R. Thomas and found him doing well after his motor accident," said a member of the Automobile Club of America. "Thomas, as usual, railed against our bad roads. 'He said that a friend who lived in the country had been to see him. 'The country is all right in the summer,' Thomas admitted, 'but in the fall and winter don't you find it dull?' 'Dull!' said the other. 'No, indeed. Why, out our way some motor car or other gets stuck in the mud every night.'"

Prefer Cash to Checks. The bank check has taken small hold as yet upon the citizens of Mexico, especially when amounts of less than \$1,000 are concerned. They consider it much easier to pay spot cash than to give a check for amounts of \$50 and \$100 and maintain with some amount of reason that a business deal can be put through with better advantage when the cash is in sight.

LIVING ADVERTISEMENT

Glow of Health Speaks for Postum. It requires no scientific training to discover whether coffee disagrees or not.

Simply stop it for a time and use Postum in place of it, then note the beneficial effects. The truth will appear. "Six years ago I was in a very bad condition," writes a Tenn. lady, "I suffered from indigestion, nervousness and insomnia.

"I was then an inveterate coffee drinker, but it was long before I could be persuaded that it was coffee that hurt me. Finally I decided to leave it off a few days and find out the truth.

"The first morning I left off coffee I had a raging headache, so I decided I must have something to take the place of coffee." (The headache was caused by the reaction of the coffee drug—caffeine.)

"Having heard of Postum through a friend who used it, I bought a package and tried it. I did not like it at first but after I learned how to make it right, according to directions on package, I would not change back to coffee for anything.

"When I began to use Postum I weighed only 117 lbs. Now I weigh 170 and as I have not taken any tonic in that time I can only attribute my recovery of good health to the use of Postum in place of coffee.

"My husband says I am a living advertisement for Postum. I am glad to be the means of inducing my many friends to use Postum, too."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

WAS VERY FULLY OCCUPIED.

Situation in Which Bibulous Irishman Had His Hands Full.

Some one asked George B. Cortel, you, secretary of the treasury, if he intended becoming a candidate for governor of New York. Now, Mr. Cortel, you had an especial aversion for leading questions, so he answered by telling the following story:

Two Irishmen celebrated St. Patrick's day and started home together, but became separated. Finally they discovered themselves hugging lamp posts on opposite sides of the street.

"How are ye, Pat?" called Mike.

"Fair," says Pat. "How are ye?"

"I dunno," says Mike. "Come over and see."

"I can't come," says Pat.

"Why can't ye?" says Mike.

"I've got me hands full shytain' where I am," says Pat.—N. Y. Herald.

BAD ITCHING HUMOR.

Limbs Below the Knees Were Raw—Feet Swollen—Sleep Broken—Cured in 2 Days by Cuticura.

"Some two months ago I had a humor break out on my limbs below my knees. They came to look like raw beefsteak, all red, and no one knows how they itched and burned. They were so swollen that I could not get my shoes on for a week or more. I used five or six different remedies and got no help, only when applying them the burning was worse and the itching less. For two or three weeks the suffering was intense and during that time I did not sleep an hour at a time. Then one morning I tried a bit of Cuticura. From the moment it touched me the itching was gone and I have not felt a bit of it since. The swelling went down and in two days I had my shoes on and was about as usual. George B. Farley, 50 South State St., Concord, N. H., May 14, 1907."

The Criminal Face.

In an address to the Ethnological society of England on the right method of dealing with crime and criminals, Sir Robert Anderson, late chief of the criminal investigation department at Scotland Yard, referring to the so-called criminal type of face, said that on one occasion when Max Nordau visited him he put before him two photographs which were so covered that only the faces were visible. One was that of Dr. Temple, then archbishop of Canterbury, and the other that of Raymond, the prince of criminals of his time. The archbishop's face, said Sir Robert, when in repose had an expression which might almost be termed sinister. Raymond had a remarkably kindly, intelligent face. Max Nordau, who was told that one of the two photographs was that of a prominent English public man, would not express any opinion as to the types.



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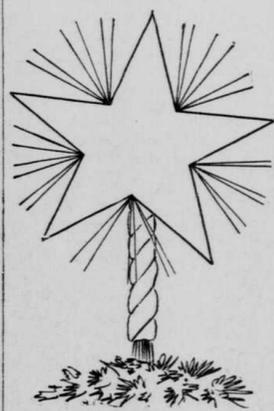
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TOP STAR FOR THE CHRISTMAS TREE

Cut out of a piece of cardboard the form of a five-pointed star five inches long. Cover with gold leaf or silver leaf. For the rays of light take about



15 broom straws, dip them in gold or silver paint and paste them back of the star in bunches of three. Take a piece of writing paper, roll it into a stiff roll, fasten one end to a twig and paste the other end at the back of the star. The star may then be arranged at the top of the tree.

Doing Up the Gifts.

A new way of doing up gifts which will please all, and particularly delight the children, is to use white tissue paper for wrappers, and, instead of tying with ribbon, fasten the paper in place by using small seals over the edges where they are folded down. The seals come specially for the purpose and are decorated with tiny sprays of holly. If you are sending off a Christmas box put a layer of white tissue paper or white cotton on top of the packages and over this sprigs of holly or mistletoe.