

INCREASED NUMBER CARRY HOME TABLE SUPPLIES

Market Baskets Become More Numerous in the Stores as Housewives Decide That Type of Marketing Is More Economical—Cost of Deliveries Is Paid By the Customers.

Styles change in marketing, too. Fifty years ago few stores delivered any article. They were in the selling not in the trucking business, they doubtless would have told anyone who suggested such an idea. But, in time as the number of stores increased and competition grew keener, some of the merchants, to attract customers to their stores, offered to deliver purchases.

This innovation proved very popular with the public, and soon other stores were forced to adopt the custom. At the start the idea was to deliver articles which could not be carried conveniently by the customers. But as time went on and the public flocked to the stores which delivered packages of any size, practically all merchants fell into line and gave the same service. A yeast cake, a spool of thread, or a handkerchief were

some of the articles bought for which a delivery was asked by the unthinking public. The demand for this sort of service grew greater, and, although merchants realized that the cost of their delivery system was getting out of all proportion, there seemed no way of remedying the matter.

Cash and Carry Stores.
About 10 years ago a group of grocers broke away from the orthodox plan and started what were known as carry stores. Prices which were cheaper than those in the regular stores attracted considerable trade, but not until the war upset the world and raised the cost of all commodities did the rank and file throng to these stores. Within recent years another type has started, called the self-serve, in which the customer waits on himself as well as carries home his purchases.

The popularity of these nonservice stores is due in part to the campaign which has been carried on by many agencies to educate the people to the fact that those who are willing to carry home their purchases can save money. One of the forces at work to cut down the cost of marketing, so the producer can obtain better returns and the consumer pay less than he does now for his commodities, is the Bureau of Markets of the United States Department of Agriculture.

Free Delivery a Misnomer.
This bureau points out that it is an absolute truism that there is no such thing as free delivery. It may be free in the sense that the customer does not make a separate payment for that item, but each delivery costs the merchant a definite sum and to cover this cost he must put a higher price on his commodities, and the customer pays, though indirectly, for the service.

Market baskets are in style nowadays, and it is one of the wholesome signs of the age that people are breaking away from the idea that a perfect lady or gentleman never carried a package. Now, they are carrying home not only food supplies but other articles as well. Where the cost of delivery has been eliminated from the stores' prices, persons so situated that they can take advantage of the fact and perform their own delivery services can often make appreciable prices.

"Checkers," Famous Melodrama, Opens at the Ray.
Today the world's most famous melodrama, come to the Ray theater for a showing of three days. "Checkers" is presented by William Fox, with an all-star cast seldom equaled in pictures. The picture abounds in thrilling scenes—for instance, the horse race is one of the best ever pictured. The fox hunt is another feature. The play contains much humor. The Ray will also show a Rolin comedy, in addition to the fourth episode of the thrilling German Sea Raider pictures, which show the actual sinking of merchant vessels before your very eyes.

HOW TO MAKE THE FOOD DOLLAR DO ITS DUTY

Do you know that you could actually overeat and still be undernourished, that people have been undernourished when eating as much or more food than was good for them? Do you know that many people do not have enough to eat who could be well nourished on the same amount of money if it were spent wisely? Do you know that the cheapest foods are also the most nourishing and healthful?

These are facts which we are just beginning to recognize due to the recent work of experts who have turned their attention to the study of food and its use by the body. They have found what foods are necessary for the maintenance of health and vigor. Their investigations have shown that many who were spending the most for food were actually undernourished. Why is this true?

The body requires certain minerals which are best supplied by milk, fresh vegetables, fruit, and whole cereals. Do you spend as much for milk as you do for meat? Do you pay as much for fresh vegetables and fruits as you do for meat? Most of us do not, but would if we followed the advice of the expert who have made a study of the subject. This would mean for most of us less meat and more milk, vegetables, and fruit. All of us should have milk every day to supply certain elements which the body needs and which are in milk. The minimum standard has been set as a quart a day for a child, and a pint a day for an adult. Do you have enough milk every day to supply this requirement to your family?

We tend as a nation to eat too refined food. We have a digestive apparatus which requires bulk for its best work, but our usual diet does not supply it. We feed our horses hay to give bulk to their diets, but we do not realize that we need the same things ourselves. This is another reason for the use of fresh vegetables and whole cereals. They are foods which give bulk to the diet. Spinach, cabbage, etc., contain a great deal of material which cannot be digested, which passes through the digestive tract and supplies mass, thus making the food move more easily, in the same way that the hay helps the horse in digestion and elimination of its food. Whole cereals are excellent for this purpose. They not only supply bulk, but have the effect of mildly scrubbing the walls of the digestive tract and stimulating them to action. Refined flours do not have this quality; they are concentrated foods. The bulk is supplied by the outer coats which are removed in the milling.

Keeping in mind these principles which will give us the right combination of foods for proper nourishment, what foods can we select which give us the most nourishment for our money?

Two general principles should be considered. Foods prepared in the home are usually cheaper than those prepared outside; also, the cheapest and simplest foods are the most nourishing.

Back yard gardens will supply fresh vegetables at a lower cost than will your grocer. The fruits and preserves canned at home will be less expensive than those canned at a factory. All home products will be less expensive in cash than those products which some one has been paid to prepare. We should buy our food in the simplest form and prepare and combine it ourselves. Dried spaghetti and a few tomatoes, cooked to much less expensive dish than the same preparation purchased ready to serve in a can.

There is an advantage in buying staples in large quantities. The grocer can afford to sell the goods for less because he turns over the stock with a minimum of handling and delivery. This is a profitable practice if storage space will permit. Soap should be bought for the year, because dry soap will last much longer than fresh soap which contains a good deal of moisture and so easily dissolves.

We could have eggs all winter at spring prices if we would buy a year's supply at the time they are lowest in price and preserve them in water glass, lime, or one of the other good preservatives now on the market. Eggs preserved in this way are just as good as cold storage eggs.

Dried fruits are cheaper and more nutritious than the fresh fruits available in winter and should be used throughout the winter season.

Whole cereals are the cheapest and best foundation for breakfast. Bulk goods from a clean grocery are just as good as packaged goods and far less expensive. Prepared breakfast foods give far less nourishment for the money than do the uncooked cereals.



Royal Welsh Lady Singers

Famous Company at Chautauqua Which Has Achieved Honors Before English Royalty



One of the biggest musical events of Chautauqua week comes on the fourth day in the appearance of the Royal Welsh Lady Singers and their distinguished conductress, Madame Hughes-Thomas, in two concerts. Shortly before leaving for their American tour, the Royal Welsh Lady Singers sang for the King and Queen in Windsor Castle. They were allowed but twenty minutes, but they remained an hour and a half, their majesties making frequent requests for the rendition of their favorite numbers. Upon the occasion of the King's visit at Cardiff, Wales, his Imperial Majesty, King George said: "Well, you Welsh people have beautiful voices. I have enjoyed your singing immensely. I must congratulate you, Madame Thomas, and your singers, on your excellent performance."

Butter, an expensive item just now, contains certain elements which are necessary for growth. Oleomargarine will take the place of butter in this way but the nut butters will not.

The less expensive meats if properly prepared have more flavor than the choice expensive cuts. Meats should be combined with other foods so as to extend the meat flavor. For example, the cooking of noodles, macaroni, rice, potatoes, and such foods in meat gravy, the serving of casserole dishes of meat and vegetables combined.

At this time of stress we should all be willing and anxious to do whatever is necessary to lower the living costs. Some things we can do for cooperation. This has become a crucial problem with many people today. Let us all work together to make the food dollar do its duty. We can do much if we are willing to take the time for careful buying and planning as well as for the carrying on in the home of as many processes of food preparation as practicable. The home product is best and cheapest. Department of Justice Consumers' Thrift Movement.

Where will the "Whirlwind" strike?

Constance Talmadge Leaves Rex Tonight.

Tonight will witness the final showings of the Constance Talmadge comedy at the Rex. During the past two days "Two Weeks" has made hundreds of Olympians laugh themselves silly. It seems that with each succeeding comedy Constance Talmadge becomes vastly better, this time it is no exception, hence a treat is in store. Tomorrow Taylor Homes comes to the Rex in "Nothing But Lies." The last time you were afforded the opportunity of seeing him it was in "Nothing But the Truth," his latest picture is the exact opposite.

For peculiar action, the "Whirlwind."

Clerk-Carrier Examination.
The U. S. civil service commission announces an examination on June 26, 1920, to establish an eligible register from which selections may be made to fill vacancies as they may occur in the positions of clerk and carrier, postoffice service, Olympia, Washington. Salary, \$1000 per annum plus bonus for the fiscal year ending June 30, 1920.

All citizens of the United States who meet the requirements, both men and women, may enter this examination; appointing officers, however, have the legal right to specify the sex desired in requesting certification of eligibles. Age limits, 18 to 45 years on the date of the examination. Age limits do not apply to persons entitled to preference on account of military or naval service.

Information and application blank may be obtained by applying to Eu-

gene F. Canaday, local secretary, board of civil service examiners, Olympia, Wash.

The "Whirlwind" strikes 15 times.

THE BALANCED MEAL.

Thriftiness in using food demands the balanced meal. A balanced meal is one that contains representatives from each of the following food groups:

- Group 1. All fruits and vegetables valuable for the mineral salts which the contain, to build bone and teeth and to regulate body processes.
- Group 2. Protein food, such as meat, fish, milk, eggs, dried beans and peas, cheese, etc., for body building material.
- Group 3. Starchy foods such as cereals, breads, macaroni, rice, etc.
- Group 4. Sugary foods, such as honey, syrups, molasses, sugars, jams and jellies.
- Group 5. Fatty foods, such as butter, suet, lard and cooking oils.
- Group 6. Miscellaneous group—including all other substances as acids, flavors and the vitamins of growth, promoting factors of the diet. Vitamins are substances found in certain foods without which the body may live but may not grow or develop. We are sure to have these substances supplied if we provide plenty of egg yolk, milk, butter fat, green leaves and coarse grains.

A balanced meal is not complete without a certain amount of cellulose, frequently called indigestible plant fiber, or roughage—material that passes through the digestive tract without being acted upon by the digestive juices and that thus furnish bulk against which the intestinal muscles may exercise. The coarse fibre of fruits, vegetables and cereals is an example of this class of material.

Points in Planning the Balanced Meal.

1. Depend upon starchy foods for the larger part of each meal. They are the cheaper foods usually.
2. Never serve meat more than once a day, and in place of meat use frequently the meat substitutes as cheese, fish, beans, peas.
3. If you buy your produce do not spend more money for meat or its substitutes than for vegetables and fruit combined. If possible serve a fruit or vegetable with each meal.
4. Remember that all fats are valuable as a source of heat and energy. They should not be wasted, but should be used to increase the fuel value of meals lacking in fats.
5. Salads are refreshing and valuable because of their mineral salt and their dressing provides a means of introducing fats in.
6. Candy, jams, syrups, etc. should be considered as foods and eaten not between meals, but as part of the meal.

JUDGE ALDEN COMES WITH GREAT LECTURE

Massachusetts Jurist is of Mayflower Descent.

Judge George D. Alden of Massachusetts, a direct descendant of John Alden and Priscilla, is one of the lecturers of national prominence coming to Chautauqua this year. Formerly a prominent member of the bench in



Massachusetts, he is now one of America's leading lecturers. He has come to be regarded as one of the great powers for good in this country in the molding of public opinion and in the shaping of character.

With a fund of rare wit, absolute originality and a driving forcefulness that carries conviction, his lecture is a masterpiece of the platform.

VOLUME OF BUSINESS IN TOMATO MARKET

Tomato shipments have filled close to 15,000 cars with an estimated value of \$10,000,000 to \$20,000,000 yearly in recent seasons, according to the Bureau of Markets, United States Department of Agriculture. These were practically all of table stock. Two-thirds of the movement was from the five States: California, Florida, Texas, Tennessee, and New Jersey, which together have made average yearly shipment of over 10,000 cars the past three seasons. Only about one-third of the commercial table stock is shipped in carload lots. The canning crop is often six to ten times the volume of carlot shipments, and large quantities are used and sold near place of production. Acreage and crop yield have tended downward and prices have shown an upward trend in recent seasons.

The essentials in canning fruit and vegetables are these:

Fresh products, pure water, care, cleanliness, good jars, "live," standard rubber rings and sufficient heat to process the products thoroughly in the closed container.

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Last times to see CONSTANCE TALMADGE in "Two Weeks" With Conway Tearle WEDNESDAY-THURSDAY TAYLOR HOLMES In "Nothing But Lies" Fox News and Paramount Magazine.