

BETTER FOODS---BETTER HOMES

Sellers Kitcheneed



All ladies attending Mrs. Vaughn's lectures are especially requested to watch the place, the kitcheneed fills in the model kitchen.

Beyond a doubt the most practical and sanitary cabinet on the market.

SPECIAL FEATURES OF SELLERS KITCHENEED

Extra large china closet and cupboard compartment in upper section.

Sanitary disappearing curtain which rolls up out of the way.

Sanitary tiling, removable flour bin.

Large utensil cupboard in base. Rounded corners and dovetail construction.

Equipped with 12 piece set Sellers Special Glass Jars.

Furnished only with white on enamel interior upper section.

The Sellers Kitcheneed Mrs. Vaughn is using will be given away Saturday a. m. of this week. Get full particulars Tuesday.



Special Attention--Mrs. Housewife:

Your family wash by the NEW ELECTRIC PROCESS, insuring long life to fibre and colors, beautiful clear work and thorough disinfection. We are using every effort to produce Quality work at a price every one can afford to pay.

Remember we do a Special NO STARCH FAMILY WASH, all nicely washed and dried and all flat pieces ironed, 20 pounds 75c, no charge less than 75 cents, all over 20 pounds 4 cents per pound. This work is done much better and cheaper than it can be done at home and once tried you will always be a patron.

SALEM STEAM LAUNDRY
OLDEST--LARGEST--BEST
Phone 25

Buy your Table Linens here

During the Great June White Sale

Remember we carry the best Irish, Scotch and German Linens

STOCKTON



DRUGS and Useful Articles for the home.

If it is a severe burn apply Lino at once, 25c per box.
If it is flavoring extracts we have the best.
If it is tissue towels we have them.
If it is something we haven't mentioned in household necessities, we have it.
If you will give us a call we will convince you.

CENTRAL PHARMACY

A. B. Poole, 410 State Street. A. Jayner Woolport, Phone 276.

MRS. VAUGHN Uses Our Meats

THERE IS A REASON

We have the best kept shop in Salem; we use only the choicest stock for beef; our service is unexcelled in Salem. Pay us a visit and we will try to please.

E. C. Cross & Son



MRS. KATE VAUGHN, THE COOKERY EXPERT.

RECIPES GIVEN AWAY AT COMING LECTURES

Women Praise Mrs. Vaughn's Cooking, Dinner Dishes Up Tomorrow

Kitchen cabinet used by Mrs. Vaughn will be presented to some Salem housekeeper on Saturday morning. Program for Wednesday afternoon at 2:30. Subject: "Nutrition."

Menu: Dinner, cocktail D'Fruit, roast chicken in cooker, ome oysters, stuffed onions, rolls, combination salad, French dressing, chocolate balls (steamed), hot marshmallow sauce, mint sherbet (in fireless cooker).

Mrs. Vaughn suggests that housekeepers think over the following questions and see if their views accord with hers as given in her lecture tomorrow afternoon.

1. What is food--how far does it control health and efficiency?
 2. What care should I give my body so that it will reflect its good condition in an attractive appearance?
 3. What shall I teach my child regarding its body?
 4. What makes the home ideal?
 5. How much do I know of labor saving devices?
- The first meeting yesterday of the

Capital Journal Better Foods, Better Homes school at the Armory was a decided success.

Mayor Harley O. White opened the school by introducing Mrs. Vaughn to the large assembly of Salem housewives.

Some remarkably beautiful decorated cakes by Mrs. Vaughn were awarded at the close of the session. Similar cakes are to be given away each day.

An interesting feature of Mrs. Kate B. Vaughn's cookery course is the splendid collection of tested and approved recipes she gives her classes. The way Mrs. Vaughn handles her recipes and in fact her entire method of conducting the cookery class is heartily approved of by those who attend. It is always a troublesome matter to write down the recipes as dictated by the cookery teacher and the housewife frequently finds when she comes to use these recipes as she has copied them they do not turn out just right and she realizes too late that she has made some slight mistake in putting down a figure or has omitted one of the ingredients or in some way spoiled the recipe.

In Mrs. Vaughn's school all this difficulty is obviated by the cookery leaflet which she gives away to every woman who attends her school. Each day as the women enter the Armory they are presented with a copy of this leaflet. It contains the dishes Mrs. Vaughn demonstrate and when she begins to prepare a dish she simply calls attention to the number of the recipe in the leaflet and the housewife is absolutely certain when she goes home that she has a recipe exactly like the one used by the cookery teacher. Other recipes compiled by Mrs. Vaughn are published daily in the Capital Journal. There is one in today's column for an exceptionally fine orange cake which will interest Salem housewives.

Mrs. Vaughn points with pride to the fact that this is a woman's world and a woman's day. "Business men and manufacturers," she says, "must get cooperation of women. Housekeeping is coming into its own. We women have been keeping house too much as a matter of course and not getting the most out of it. Bankers have conven-

(Continued on Page Seven.)

THE SPA

Specializes on Pure Foods and Confections

Watch for Thursday Menu at

Mrs. Vaughn's Cooking School

THE SPA

Ice Cream will be used

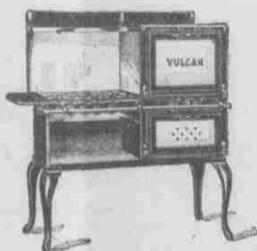
Thursday

MRS. VAUGHN IS USING

Cherry City Patent and Economy Flour

and also our Oregon Graham, in her demonstrations at the Armory this week. Make your next order include one of our brands--at all Grocers.

Cherry City Flouring Mills



Mrs. Vaughn Cooks With Gas.

Any Gas User Can Tell You Why

Ask the Woman who uses a Gas Range or

Phone 85

GAS WORKS



Edison New Diamond Disc

Shown and used to furnish music daily from 2.00 to 2.30 p. m., at Mrs. Vaughn's Lecture at

The Armory this week. All styles on display at

Geo. C. Will

432 State Street, Salem, Oregon

Mrs. Vaughn Uses

Only the best materials in her work--products she can personally recommend.

For that reason



Fleischman's Yeast

Meets her every requirement.

A complete line of labor saving.

Kitchen Ware and Cooking Utensils

Wm. Gahlsdorf

The Store of Housewares. 135 N. Liberty St.

F. W. WOOLWORTH CO. 5, 10, and 15c Store

New McGilchrist Bldg., State and Liberty Streets.

Hundreds of useful items for the housewife--Glassware, China, Crockery, Tin and Enamelware.

Nothing Over 15c--Why Pay More Satisfaction Guaranteed.

MRS. VAUGHN USES

MARION BUTTER and Products

In her Demonstrations

Made by the

Marion Creamery and Produce Co.