

BETTER FOODS---BETTER HOMES

Ladies: Don't miss the Cooking School.

Mrs. Vaughn will have a surprise for some one Saturday Morning. Ask about the Kitcheneed, we sell it.



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.

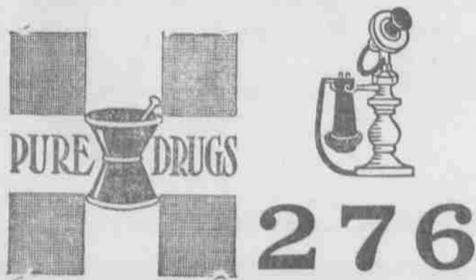
SALEM STEAM LAUNDRY
OLDEST--LARGEST--BEST
Phone 25

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. Tyner 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.

FIVE ESSENTIALS ARE NECESSARY FOR HOME

Give Real Thoughts to Habits of Children Says This Famous Cook

Program for Saturday morning 10:00 a. m.
Subject: "Resume."
Menu: Egg outlets, white sauce, fruit muffins, oatmeal cookies, tomato cheese

on toast, Hermits.
Mrs. Vaughn suggests that housekeepers think over the following questions and see if their views accord with hers as given in her lectures tomorrow morning?
1. How much thought have I given to the habits of my children?
2. What do I know of my own child?
3. Is the health affected by irregular habits of retiring, eating, exercise and bathing?
4. How much have I investigated school lunches? Man's lunch?
5. What can I do to save expense, time, anxiety in kitchen supplies and labor saving devices?
Local housewives have had the initiative in the matter of kitchen economy ever before them at the sessions of the

Capital Journal's Better Foods Better Homes school in the Armory this week. These lectures and cookery lessons have been a long step in the general movement for more scientific and more economical housewifery. Every phase of the homelife has been discussed helpfully in Mrs. Vaughn's course and she has given many recipes for a happy home.

Five essentials in the home are mentioned by her.

First, cooking, and in order to be good cooks, women should study the chemistry of foods, nutrition and dietetics.

Second, the care and feeding of children.

Third, investigation of market supply, meat markets and other sources from which food is obtained.

Fourth, clothes, which should never be extreme nor shabby and should express the personality of those who wear them.

Fifth, interior and exterior decorations which should be for use as well as beauty and should be a reflection of the real spirit of the home.

Mrs. Vaughn has taught that perfect efficiency in household management should be every woman's aim, and insists that a good kitchen equipment is as necessary as good tools in any other line of work. Woman should study the best way to perform all their household tasks, even how to do their laundry work successfully. In fact the whole field of homemaking and homekeeping offers a wide range of interesting subjects for study and Mrs. Vaughn has shown in her lecture course here that a woman may a good housekeeper and homemaker without feeling that her life is a narrow one and that her lot is that of the humble drudge.

Remember this is your last opportunity to hear Mrs. Vaughn. There will be no afternoon session. The Saturday session will be held in the morning. Doors will be opened at 9:30 and the lectures commence promptly at 10 o'clock.

Better Foods Better Homes Bibliography. Principles of Scientific Management. (Continued on Page Seven.)

THE SPA

Specializes on Pure Foods and Confections

Watch for Thursday Menu at Mrs. Vaughn's Cooking School

THE SPA

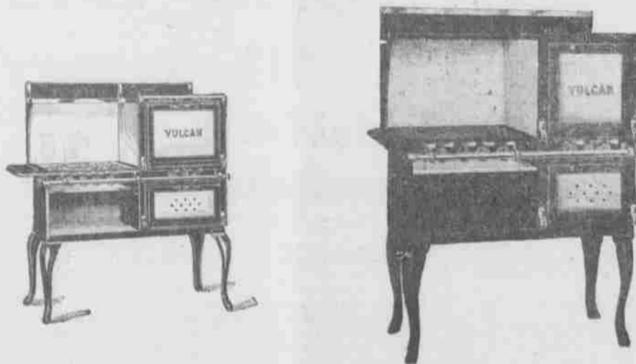
Ice Cream will be used Thursday

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



Every woman knows that a large part of her time is spent in the kitchen. Then why not make it the most pleasant room in the house. It is her workshop and should be as efficiently arranged as her husband's office or factory. It is a waste of time to split and carry wood, tend the fire and empty ashes when she can get fuel through a pipe and have it ready for instant use without any effort on her part, thus giving her time for other things.

Ask the woman who uses a gas range or phone 85.

GAS COMPANY



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.

FRESH STOCK OF

Spices, Baking Powders, Colorings, Extracts, Chocolates and Cocoas. Have Coffee Roasted Daily by one who knows how.

Wm. Gahlsdorf

The Store of Housewares

135 N. Liberty Street

Phone 67

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.