

A successful combination of books

and biscuits-such is life within the portals of the handsome new Lincoln

High school. Far be it from our grandfathers to associate a brown, flaky biscuit with a sex. profound book of learning, but as we

love to say, "times have changed."
And now the grandchildren of these same grandfathers are not only learning the art of cookery along with their other studies, but when the noon hour arrives they are served with their noon meal under the schoolhouse roof from variably trips off with a dish of salad one of those absolutely "down-to-theminute" American institutions—a cafe-

Like everything else about the new eauty, cleanliness and convenience. It uns the entire length of the basement, the distance being 400 feet. The cenwhere all the toothsome things are pre-On the east side of this is ouble dining room used exclusively or the girls, and the west side dining ms are for the special use of the

Crowd Pours In. The rooms have high ceilings, have

tables are furnished. Promptly on the stroke f of 12 the

take a tray and the necessary silver

to see the stuff again."

anything else. cause I'm not allowed to drink it at tial things.

with good things. The girls true to know I am feeling much better than their sex consume quantities of salad— when I was obliged to eat a cold lunch."

By Christine Terhune Herrick.

at the front door, answered briskly.

Two o'clock in the morning and

"Why, what could have happened to

"Yes, but I didn't suppose you'd stay forever. What under the sun kept you?"

Well, I hope that you men playing

ards and keeping wives awake till all

sours worrying for fear you'd been run down by an automobile or slugged on

itical part of the evening and you know

there it comes down to smoking and playing cards! If that's all your po-

litical parties do I don't wonder the

"Come, Frances," said Paul, with labored patience, "Don't let's talk any more. It's late and you're tired and nervous and in no state for argument.

We'll discuss these things some other

with it! No matter how I felt I'd know

How to Make

Better Cough Syrup than

You Can Buy

A Family Supply, Saving \$2 and Fully Gunranteed.

A full pint of cough syrup-as much as you could buy for \$2.50—can easily be made at home. You will find nothing that takes hold of an obstinate cough

more quickly, usually ending it inside of 24 hours. Excellent, too for croup, whooping cough, sore lungs, asthma, hearseness and other throat troubles.

Mix one pint of granulated sugar with

1/2 pint of warm water, and stir for 2 minutes. Put 21/2 ounces of Pinex (lifty cents' worth) in a piet bottle, then add the Sugar Syrup. It keeps perfectly.

lake a teaspoonful every one, two or

This is just laxative enough to help cure a cough. Also stimulates the appetite, which is usually upset by a cough.

The effect of pine and sugar syrup on

compound of Norway white pine extract,

rich in gualscol and all the natural healing pine elements. Other prepara-tions will not work in this formula.

three hours.

The taste is pleasant.

Feeling better has nothing to do

time, when you feel better.

untry when election day comes!"

me? I've only been up at the Four-

teenth Assembly District club. I told

was going there."

Paul, is that you?"

why is it that a crisp lettuce len, holding a spoonful of 'nobody-knows-what'

appeals so strongly to a woman? the girls and then nearly every tray in every respect, is topped with a piece of chocolate cake; has a brand new Even the little Japanese girls have ville and film novelties. chubby girl is invariably laden with a the Star theatre. cream soup, meat, potatoes, gravy and chocolate-in fact all of the things fat folks always love, while the little golden-haired, sylph-like creature in-

and a roll. It was ever thus ... The boys go in for the more substantial edibles. They are not hard to suit, they know instantly just what they high school the cafeteria is a model of want-the girls don't always-it is quantity, not kind or quality that concerns them, and how the boys love milk!

> Under Competent Management. Of the 1000 or more pupils enrolled in the school an average of 400 take ad- ficient. vantage of the school cafeteria. Many of these bring part of their lunch, their own sandwiches or some fruit and then add to it with something warm.

an abundance of windows, the walls are successful managers of the cafeteria an average 10c a day will pay for tinted a warm buff and the floors are and the excellence of the food, the libcovered, thus making them cleanly erallty of the servings and the neatness more, another less. nd healthful. Hardwood chairs and and general appetizing air of the place, combined with the surprisingly small prices charged, stamps them as thormgs may be heard in the halls, and oughly experienced and successful in in less time than it takes to tell it the their particular line. They have the cheap one can add a salad. A good sized roung people literally begin to pour assistance of seven young women and tomato and a cucumber sells for 50 into the cafeteria-a happy, hungry during the noon hour eight boys and the two, and these combined will make And for genuine absorbing interest a The pupils eat in two relays, a combetter subject could not be found than paratively small number coming down bread at least 35c. these boys and girls as they troop in, just before 12, thus facilitating matters. The instituting of the cafeteria in

for the menu is tempting and varied. giving the young people nourishing food much for tea, half a pound should last "No. I don't want any soup. My in proper environment at a nominal the same length of time. An excellent when I was a kiddle till I never want girls wandered up and down the streets and one half pound of tea for 24c. while eating their sandwich or apple "Gee, that smells good; yes, give me and many of them did not even bring will probably be consumed in two weeks, joined a one-night stand troupe, and some meat and gravy. O yes, and some that. Now all of that is done away while loc should cover the cost of The effect upon the capabilities with. "Haven't any ice cream today? Oh, of the students in their school work is dear and I just adore ice cream above already noticeable, the teachers claim- hominy, or any preferred kind. Half a of the sheriff in "The Round-Up ing that notably better work is done You just bet I want some coffee, be- as a result of a warm meal of substan-

The teachers take advantage of the leaves These are just a few of the things good things offered and one of them one may hear as the trays are slid slong said: "It isn't only a good thing for and the eye passes over the table heaped the pupils, it is a good thing for us. I

"Come, get into bed and go to sleep;

The club isn't worth it."

staved out so late and the

What They Quarreled About

Frances' voice descended timidly from down corruption! It makes me tired!"

"So I observe," said Paul, dryly.

Who else would it I'm sorry I

when I try to find out what you do ably know just how it is."

CARRIES GUN OF **FAMOUS OUTLAW**

"On Secret Service," a Kaybee tworeel production, is being shown at the People's theatre, together with several splendid comedies, and three A-1 musical turns. The People's announce as their coming Sunday feature one of the biggest productions yet seen in picturedom, being the filming of "Starbuck," Opie Reid's great novel. Patrons can also secure the book at the library and in this way read the book and then enjoy the film. At the Star theatre "Men Who Dare," a big prison subject of three full reels, showing the effect of the policy exploited by Governor West. This picture has been censored Chocolate is the favorite beverage of by the governor, and has his approval The Arcade theatre has a brand new list of attractions tothat's another stronghold of the fair day, including several splendid vaudecultivated their taste to the extent of three singing and musical turns prechocolate cake. The tray of the stout, sented at the People's and also two at

on Dollar a Day

By Elizabeth Lee.

In planning a table for two persons to cost \$1 per day-two full meals Nearly every tray bears the little bot- and a light lunch for one-I think \$3 tral portion is alloted to the kitchen, tie with a tumbler hooked over the top. per week will not be too much to spend for meat and fish. One pound of good table butter at 38c a pound should be suf-Supposing 15c a week were expended for fat for frying and similar purposes. This may be lard, any of the new substitutes for butter to be found nowadays. One dozen eggs Mr. and Mrs. F. P. Mattson are the at 30c a dozen will be needed, and on For instance, a nice cauliflower will be 20c, while to morrow the purchase may be 5c of few carrots. When the vegetable is eight girls assist at the serving tables, a nice little dish of salad. One quart of milk per day will cost 63c a week, and

Coffee and Sugar. and then begin to make their selections the school was for the sole purpose of weeks, and if one does not care very coffee may be bought for 30c a pound,

> This may be outmeal, the prepared breakfast foods, that Mr. Arbuckle would play the role pound of rice a week will be ample. Fifty cents for fruit, fresh or canned, Paris, Texas, sent a unique property will be well expended each week, which for his part-the big Colt's revolver leaves about 50c for sundries. Of formerly carried by Belle Starr, the course, one can change the list to suit famous woman outlaw, given to her by personal requirements. For instance, the notorious road agent and train robmacaroni and cheese could take the ber, Bill Dalton.

place of a saiad or a vegetable. A pound package of macaroni would make several dishes, while one quarter pound of grated cheese, costing 8c. I have found ample for three dishes. Probably if the dish were required for unch half the cheese might be neces-

that it's ridiculous for men to think they can accomplish anything worth vide a lunch for one, and a small helping for two at the beginning of talk about purifying politics and putting dinner,

Should Watch Sales.

A careful buyer may be able to save along in the rear. something out of her meat (though I am not writing for careful, "It might be burglars or anything at "I'm sorry if I was cross," said this time of night! Where have you Frances sleepily, a few moments later. "Only I didn't think you'd be away so "I'm sorry if I was cross," said experienced housekeepers) to buy a jar of jam or marmalade a week, or in fact, any other tasty delicacy her fancy calls for.

long and I got nervous and lonely."
"All right, dear. I won't do it again. A box of sardines opened for lunch will provide enough for making delicious "But I don't want you to give up the little sandwiches with a lettuce leaf, club," spoke Frances, suddenly wide which most men will relish better than awake. "I like to have you do political a sweet dessert now and again.

corever. What under the sun kept you?" things. I think it's fine when really in regard to flour the young house"We were having a political discusnice men try to clean up corruption and seeper will have the best results by
ston the early part of the evening and all that. It's only when you don't come using the prepared kind until she then some of us got to playing poker home until so late that I worry—and becomes more experienced.

And I didn't notice it was so late." home until so late that I worry—and becomes more experienced. that isn't just political work, now, is a trifle over the other kind of flour, but very little when one considers the cost "Not exactly. We get to talking and of good baking powder, and as there is then some one starts a game of pool or no chance of failure with the prepared of cards and we don't notice how the

dark corner will help to save the time goes by. But I'll try to recollect in the end. In buying canned goods only the re-"Don't be catty, Frances! The card blaming it all on the party and perhaps liable brands should be ordered, and if the said part of the evening and you know the district than lose her sleep."

| Don't be catty, Frances! The card blaming it all on the party and perhaps liable brands should be ordered, and if one watches the sales very often the tical part of the evening and you know the district than lose her sleep." prices are no higher than those asked "Not quite that," murmured Frances, for inferior goods. "I don't know anything of the sort! settling down among her pillows. "But since you've been interested in politics I dare say it's because I'm a mere

you seem to feel that the safety of the pattern of the club four or five nights a week, and the club four or five nights a week week. SEND INSTRUCTOR HERE

Washington, Nov. 7.—Captain Joseph F. Barnes of the field artillery will visit Los Angeles and Portland soon for the purpose of instructing militia field artillery organizations in those cities.

Fear Sometimes

darkness out of doors. peoples dat's brave." six word sentence.

Maclyn Arbuckle.

Maclyn Arbucle, who plays the role of "Slim" Hoover, the sheriff, in Klaw & Erlanger's production of "The Round-Up," which is the attraction at The A pound of coffee should last two Hellig theatre all this week, is a native Texan, and was educated to be a lawyer. He was admitted to the bar at Texarkana before he was 20 years of age, and, after nearly starving to death, en-Three and one half pounds of sugar deavoring to work up a practice, he

When the announcement was made old friend Colonel J. Shev. Williams of

From an Exchange. A weather beaten woman, dressed in up the street one Sunday morning, when down came a sudden shower. The woman had no umbrella, but quick as a flash she caught up her dress skirt and threw it over her hat.

"You'll get your ankles all wet, Maria," said her husband, who was coming

out the woman, as she hurried along, "I've had them the last 60 years, and I only got the hat yesterday.

To Remove Sallowness Blotches or Wrinkles

(From Family Physician.) Do you realize that just beneath that oarse, muddy or discolored complexion here's an exquisitely beautiful skin of outhful tint and delicacy? If you could only bring this complexion to the surface, discarding the old one! You can —in the easiest, simplest, most natural manner imaginable. Just get an ounce of ordinary mercolized wax at any drug of ordinary mercolized wax at any drug store, apply nightly like cold cream, removing it mornings with warm water. The wax assists nature by gradually taking off the lingering particles of dead and half dead surface skin causing no discomfort whatever. Ordinarily, it takes from a week to 10 days to complete the transformation. Cutaneous defects like pimples, biotches, liver spots, moth patches, freckles, of course disappear with the old skin. Nothing else that I know of will accomplish such wonderful results in so short a time. wonderful results in so short a time.
Fine lines and even the deeper wrinkles often appear at an early age. In such cases nothing is better than a face bath made by dissolving 1 oz. powdered saxolite in ½ pt. witch hazel. This is remarkably effective.—Adv.

Young Ladies' and Misses' Jockey Boots

In Patent Colt or Gunmetal Calf-(Button)

Sizes 8½ to 11; reg. \$2.50, Friday Spec'l \$1.95 Sizes 11½ to 2; reg. \$3.00, Friday Spec'l \$2.45 Ladies-Size 21/2 to 6; reg. \$3.50, Fri. Spec'l \$2.95

Double



Friday

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Medical Bldg.

Is a Disease

the story of the "little boy," who for are compelled to handle, or in some the first time slept out of doors. It other odd nook, was fun enough, this new experience, as later, everything was quiet and there suaded that they are in danger of meet-were only the sounds of the night—an ing one, and those who do believe in ing the moon dolefully a long way off is nothing about a "ghost" to be afraid -the little fellow began to lose his of. courage and to wish that he were in a

He could not sleep, and when he spoke his voice trembled a little, but he was a plete list of all the things in this world, philosopher in miniature, in spite of all and not of this world, that people are this, so, turning to his mother, who lay afraid of. We have many historic inbeside him, he said: "Let's talk about stances of the fear of cats. The fear

live to be a very old man, but nothing Second to this, in its general applicathat he can ever say will contain more tion, is the fear of snakes. wisdom in a smaller space than this I have friends who have so great a "Let's talk about peoples dat's brave."

ness, or the sounds of the night, per- either. haps, but it is safe to say that there is

dread-something you would not do though great inducements were offered you to get you to overcome your fear. There are some people who are afraid of germs, who look for germs in every possible place, and who make their own lives miserable for fear that, accidentally, they may find a germ in their A writer in a recent publication tells drinking cup, on the money that they

The fear of ghosts has to a large degree given place to this fear of germs. long as there were lights and people Today people may generally be ranged about and sounds with which he was into two classes: Those who don't befamiliar. But, when an hour or two lieve in ghosts and who couldn't be perowl hooting in the treetops-a dog bay- ghosts and who are satisfied that there

In regard to germs, however, the more real house, tucked up in a real bed, with they learn about the character of the the knowledge that the doors were se- little microbes and their habits of incurely locked between him and the festing the most unlikely places, the more this fear grows in their minds. It would be interesting to read a com-

of rats and mice is still inherent in al-It is possible that this youngster may most every feminine member of society.

dread of heights that practically nothing could tempt them to ascend to the top "How many of us could learn a most of a skyscraper, and it is only with the valuable lesson from this suggestion. greatest self-control that they can re-Almost without an exception these hu- strain the desire to throw themselves man beings are afraid of something, out of a high window, yet not all these What are you afraid of? Not the dark- persons are delicate, nervous women,

Like all other habits, such inordinate something that makes your heart beat fears may be cured, for they are really faster, if not actually palpitate with diseases of the imagination. And the

only way to cure them is to follow the advice of the little philosopher who felt the fear of the dark creeping upon

"Let's talk about peoples dat's brave," he said, and that is precisely what we must do-talk and think and act in such a way as to force ourselves to overcome the fear that has taken possession of our mind. We can discipline ourselves to get the better of any habit. It is all a question of the will. To the strong will nothing is impossible.

Every Man to His Trade. From Woman's Home Companion. Mrs. Newly Wedd-Is this the taxi-

lermist? Man on the Telephone-Yes, ma'am. Mrs. N. Wedd-You stuff birds, don't

Man-We sure do, ma'am.

Mrs. N. Wedd-Well, how much would ou charge to come up here and stuff the turkey we're going to have for Thanksgiving dinner? I myself don't know how,





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purchase now, and WE WILL LAY IT ASIDE FOR YOU UNTIL the HOLIDAYS.

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ited with her in "Calif with."

how used by thousands of the states and Canthroughout the United States and United S A guaranty of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggest has Pinex, or will get it for you. If not, send to The Pinex Co., Ft. Wayne, Ind. leigh is Mrs. Harry L. Gilffith, the Pines is fully guaranteed by Laue Leigh's slater Miss Sophie Fugel, also Davis Drug Co. (distributors), Portland, has a role in "California."



PIANIST DESCENDANT

OF MUSICAL FAMILY

Leslie Lyigh, who takes the part of 'allfornia" in the operatta of ame at the Orphenin, is a planist of olinchee in the concert world. She oncertized here as a phenomenal girl the inflamed membranes is well known. planist more than 10 years ago. Miss Pinex is the most valuable concentrated Leigh was born in San Francisco and is planist more than 10 years ago. Miss a descendant of a musical family. Her annt was a court singer. The vaudeville prima donna gained her first stage experience with the Jesse Shirley Stock The Pinex and Sugar Syrup recipe is company, with which she appeared as now used by thousands of housewives plantst playing the accompaniment to Orpheum circuit was prima donna at the Hippodrome in New York for two the Follies Bergere. In real life Miss

OUR FIRST FRIDAY SPECIAL

