

**Prolonging Our Lives**

The Chinese are credited with the discovery that it is cheaper to pay a physician to keep one well than to engage him after illness is established. In the former Celestial empire, therefore, the prosperous physician is the one with the smallest practice.

While the Chinese believe in stoking the human engine with a doctor's prescription as a preventative from sickness, here's what American dietitians say:

Plenty of fresh air, correct exercise, the proper amount of sleep and balanced meals which supply nourishing as well as digestible foods—and you won't need medicine.

Education in preventative hygiene is bringing about a great improvement in our present attitude towards health. Not only doctors and dietitians, but also intelligent laymen are telling us that our longevity and the use we make of our days are very much in our hands. A short life and a merry one has no advocates among the intelligent. Poor health is a handicap, for which the possessor holds a certain amount of responsibility.

It is interesting to note the great importance given to proper feeding. Today, the trained food economist and dietitian is expected to be able to plan a diet not only for the well but for the ailing. A step further is that every woman should know something about the relation of food to good health.

It is not necessary that every one should know just how many calories of food they need daily for their age, weight, height and occupation, for a simple, well balanced meal takes care of everybody's need. It would be well, however, if everyone would become familiar with the five classes of foods; namely, proteins, carbohydrates, fats, minerals and water.

The protein or muscle and tissue building foods are supplied in the form of eggs, meat, milk, cheese, beans, peas, lentils and nuts. These are interchangeable in the menu. Only one-fifth of the meal should be proteins, three-fifths carbohydrates or heat and energy producing foods. We obtain our carbohydrates in the form of starches and sugar. Fats giving us 2 1/2 times as much energy as carbohydrates should form one-fifth of the meal. Our fat source is our spread for bread, salad oils and fats from meats.

Mineral matter necessary for making bone, teeth, hair and nails, and also to keep the blood in good condition, is supplied in the form of greens, fresh fruits and vegetables. This class is often neglected, and instead we find people double or triple on the protein and carbohydrate. Water is as important a class as any, our system requiring about one quart a day.

To live longer, we must respect this wonderful mechanism of our physical structure. Do not overwork it with too little sleep and futile pleasures; neither should we become slothful from too little activity. We owe ourselves plenty of fresh air and food of the right sort and at proper intervals.

**Is This Your Waterloo?**

**SALAD DRESSING**

Not long ago a chef was heard to remark: "I always have excellent results in making mayonnaise with this oil, but if I use any other the dressing curdles." Do you think the fault was with the oil? Are you ever careless in

making mayonnaise, and do you find that one time it is rich and smooth and another time it will curdle?

There are certain fundamental rules which must be followed if you do not wish to have the mayonnaise vary in quality.

First, have all utensils cold.

Second, select only good materials, and have them cold.

Third, use a good recipe. Measure accurately and follow directions carefully.

Fourth, never guess at how much should be used.

**MAYONNAISE DRESSING**

- 1 teaspoon each mustard, salt and sugar.
- Few grains cayenne pepper
- Yolks of 2 eggs
- 2 tablespoons each vinegar and lemon juice
- 1 1/2 cup oil.

Mix dry ingredients, add egg yolks, and when well mixed add oil gradually, drop by drop at first and stir constantly. As the mixture thickens, thin with vinegar or lemon juice. Add oil and acid alternately until all is used, beating constantly.

All the ingredients should be kept cold while making this dressing. A good method to follow is to place bowl in which the dressing is being mixed in a pan of chopped ice.

**To Prepare Dinner at the Beach**

In selecting bacon for the picnic basket a high quality sliced bacon all wrapped and packed in the cardboard box will be easy to carry and to prepare. Let everyone help gather driftwood for the fire. Dig a shallow hole in the sand, place the potatoes for baking in this hole and build the fire over them. While spreading the dinner and broiling the bacon, the potatoes, which should be small, will bake. The strips of bacon may be broiled on long sticks held over the fire, each member of the party preparing his own bacon, or a frying pan can be used if preferred. If fresh fruit is carried, arrange in the center of the cover to form a centerpiece.

**Recipes**

**BROWNIES**

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 2 squares melted chocolate
- 1 cup flour
- 1 cup milk
- 1 teaspoon vanilla
- 1/2 cup nuts
- 1/2 teaspoon salt

Cream butter and sugar, add eggs, then add milk and dry ingredients alternately. Beat well. Bake 30 minutes in a very moderate oven. When cool frost one-third inch thick with chocolate fudge.

**ROLLED OATS COOKIES**

- 1/2 cup butter
- 1/2 cup lard
- 1 cup sugar
- 1 tablespoon milk
- 2 level-teaspoons Calumet Baking powder
- 1/4 teaspoon soda
- 1/2 teaspoon salt
- 2 cups flour
- 2 cups rolled oats
- 1 cup chopped raisins
- 1 cup chopped nuts (if desired).

Cream butter and sugar, add eggs and milk. Mix all dry ingredients together thoroughly and mix well together. Combine liquid and dry. Drop on greased pans about one inch apart and bake in a moderate oven (350 degrees F.) for 12 minutes.

**BOILED DRESSING**

- Yolks 3 eggs beaten

- 1 teaspoon mustard
- 2 teaspoons salt
- 2 teaspoons paprika
- 3 tablespoons sugar
- 2 tablespoons melted shortening
- 1 cup evaporated milk
- 1 cup hot vinegar
- Whites 3 eggs beaten stiff

**Jelly That Didn't "Jell"**

When a batch of jelly has for some reason failed to set as firmly as one would like, there are still many uses for it. A glassful of soft fruit jelly in a punch supplies both sweetening and fruit flavor. A few spoonfuls of soft tart jelly beaten into whipped cream gives a delicious flavor. Tarts filled with the jelly and baked are good for dessert. The jelly can be used as a sauce for blanc mange, hot cakes or ice cream. It may be served with cream cheese or cottage cheese for lunch. With hot bread or in sandwiches the jelly is as useful as if it were firm, and for jelly roll or layer cake it is easier to spread than a stiff jelly. Mixed with coconut the jelly may add both to the flavor and appearance of the dish, says the United States department of agriculture.

**Delicious confections can be made of cubes of over-stiff jelly.**

By using toothpicks to sweet them they can be dipped into melted chocolate melted over hot water, and set on paraffin paper to harden. Special chocolate for candy-coating may be purchased in most grocery stores.

**The Principles in Cheese Cookery**

With cheese in such prominence in the dietary of the individual, the housewife will be anxious to acquaint herself with some of the outstanding points in relation to cookery and digestion of this most important product.

When cheese is first purchased, a few minutes should be taken to properly care for it. Wrap it either in oiled paper or in a wet tea towel and store it so as to avoid any possible contamination from strong flavors or odors.

Being a ready-to-eat product, cheese in cookery is heated merely to melt it and incorporate it with the rest of the mixture. This operation does not require high heat. And, too, being high in protein content, cheese must be cooked at a low temperature in order to attain a resulting product that will be easily digested. Therefore, in most made cheese dishes, the double boiler is employed. By this method of radiation, a cheese dish may be prepared without direct contact of high heat. If necessity demands a direct flame, the flame should be low and the time of cooking should be short.

American cheese serves many purposes. The effect of creamed cheese may be obtained by adding grated cheese to a small amount of cream. Cheese may be used in desserts. Its flavor is well liked

in pastries and in salads it is unsurpassed. Caution must be exercised in the adding of cheese to acid material. It is advisable in made dishes where cheese and milk are to be mixed with acid, as asetic in vinegar, to dilute the vinegar with water and then mix it with the flour which is generally used as a thickening agent in cheese dishes.

Cheese left over may be used in extending cheese flavor in vegetable dishes, mashed potatoes or in pastries. All unused cheese, if of sufficient amount, may be coated with paraffin and stored away for future use.

**Olives as a Summer Food**

One of the oldest forms of food is probably the olive. It has held a prominent place in the diet for the past 3,000 years and, with the many new preparations on the market today, is fast growing in popularity.

When picked green, the olive has a good food-value, however, in its true state it is found to be more nutritious. It contains about 50 per cent fat, 10 per cent carbohydrates and 3 per cent protein.

Olives are now put up pickled, in bottles, form one of the finest picnic relishes for summer and add zest to the entire luncheon.

In buying olives it is always advisable to buy the very best brands, for olives have a large range of grading and the better brands are choice, selected olives.

Olive oil is one of the best forms of edible fat and is readily assimilated by the system, producing heat and energy. Olives are one of the best forms of laxative food, and the oil they contain ranks high medicinally.

**Keeping Foods Cool Without Ice**

If no ice is available, food results can be obtained in some climates with an iceless refrigerator, which is described in a bulletin issued by the United States Department of Agriculture, or one of the earthenware devices in which air is cooled by the rapid evaporation of water. Foods may also be kept cool as well as hot in tight containers, such as fireless cookers and vacuum-jacketed bottles. These devices, of course, will not make the food cooler than it was when placed in them.

On some farms the cold water pumped from deep wells for the live stock may first be used to cool foods by running it through a suitable storage box, or a house or box may be built over a spring or a brook. Foods in tight containers may also be lowered into the cool air of the cistern or well, but if the water is used for drinking great care must be taken not

to let foods fall into it. Special wells or caves for the cool storage of foods are sometimes constructed.

**HOUSEHOLD HINTS**

- MENU HINT**
- Breakfast**  
Ripe Plums Prepared Cereal  
Waffles Syrup  
Buttered Toast Coffee
- Luncheon**  
Jellied Chicken Bouillon  
Fruit Salad Nut Sandwiches  
Milk or Tea Hermits
- Dinner**  
Vegetables in Casseroles  
Baking Powder Biscuits  
Salmon Salad  
Blackberry Pudding  
Tea or Coffee

**TODAY'S RECIPES**

**Waffles**—Mix together one pint flour and one pint milk to a smooth batter. Use sour milk if you have it on hand, adding one level teaspoon of baking soda to the pint of milk. Add a small cup of butter, barely melted, then the well beaten yolks of three eggs, next the beaten whites. If sweet milk is used add two teaspoons baking powder just before baking. Beat hard for two minutes, then cook in hot irons.

**Jellied Chicken Bouillon**—One tablespoon gelatin, one-fourth cup cold water, one-fourth cup boiling

water, one pint hot chicken soup, salt, chopped parsley. Highly season the broth from stewed chicken. If onion and celery root are cooked in the liquid additional flavor is added. Soak the gelatin in cold water for five minutes. Add the boiling water and stir until dissolved. When slightly cool add the chopped parsley and chill. Beat slightly with a fork and serve in bouillon cups with a slice of lemon.

**Fruit Salad**—Cut a medium

sized pineapple in cubes. Canned pineapple may be used if you have not the fresh fruit. Stone and half two cups of pomegranate cherries; slice one small banana and one orange cut in cubes. Sweeten to taste and serve on lettuce leaves with a dab of whipped cream and cream cheese balls rolled in nut meats.

**Vegetables in Casserole**—Wash, pare and slice six or seven potatoes, pare and dice one turnip, peel and slice one onion. Wash one-fourth rice (unglazed if you can get it). Have ready one cup cooked or canned peas and one cup cooked tomatoes. Arrange vegetables in alternate layers in a greased baking dish. Season one quart brown stock with one teaspoon salt, one-fourth teaspoon paprika and one-eighth teaspoon allspice. Pour stock over vegetables, cover and let cook in a slow oven for about three hours.

**Blackberry Pudding**—Cream three-fourths cup butter or substitute with one cup sugar, add four eggs well beaten, one cup of blackberry juice, three tablespoons cream and two and one-half cups of flour sifted with one teaspoon soda. Bake and serve with any preferred sauce. The whole berries may be used if you prefer them.

**MENU HINT**

- Breakfast**  
Cantaloupe Prepared Cereal  
Graham Toast Coffee
- Luncheon**  
Smoked Tongue (sliced thin)  
Carrots and Green Pea Salad  
Berry Muffins Iced Tea
- Dinner**  
Vegetable Casserole  
Graham Bread  
Macaroons  
Sliced Peaches with Whipped Cream  
Coffee

**TODAY'S RECIPES**

**Graham Bread**—One cup white flour to four cups Graham flour, one cake yeast, dissolved in one-half cup lukewarm water added to one cup scalded milk or water or half and half. One teaspoon salt, one tablespoon sugar, one tablespoon butter or lard. Stir in graham flour first, then white flour and knead until it does not stick. Put into pans to rise for baking. When light bake in a slow oven about an hour.

**Berry Muffins**—Three-fourths cup sugar, one cup milk, one-half cup butter (small), two eggs, two and one-half cups flour, two teaspoons baking powder. Flour one-half box berries and add. Bake in muffin tins.

**SUGGESTIONS**

Blood stains may be removed from fabric by soaking first in cold

water and salt, then washing in tepid water with soap, or in case of bad stains by an application of peroxide of hydrogen.

Iodine stains may be soaked in a weak solution of carbolic acid and water or in diluted ammonia water, and afterward washed out with tepid water and no soap.

When serving raw sliced onions pour boiling water on them and let stand a few minutes. Drain and pour over cold water to chill the onions. After it has stood a few minutes drain off and season with vinegar, salt, etc. This treatment takes out the strong taste and the onions are as sweet and mild as the Bermuda onions.

**TO REMOVE MILDEW**

Dipping fine white goods repeatedly in buttermilk will remove mildew successfully. The material should then be hung in the sun until the stain disappears.

A novelty for the picnic basket is the rolled sandwich. Take one loaf square sandwich bread (very fresh), sweet pickles about three inches long, mayonnaise dressing, cream of cheese with enough mayonnaise dressing to make the right consistency to spread. Remove with a sharp knife one crust the length of the loaf of bread. Cut slices of bread lengthwise as you did the first, making six or seven slices. Remove remaining crusts with scissors and spread with butter, then with filling. Lastly place a whole pickle across the end of each slice and roll bread as you would a jelly roll. Wrap in a wax paper, tie each roll separately and put in a tin can. Keep in a cool place. When ready to serve slice thin. Each roll makes from eight to ten sandwiches.

Iron rust should be treated with lemon juice and salt. Dampen the stain with hot water, apply a coating of salt and wet it with lemon juice. Place in the sun. Repeat the process till the stain starts to fade, then rinse in ammonia solution, then in clear water.

Glue stains may be removed with vinegar.

second time it said to have admitted the attack and pleaded for mercy.

Fifty policemen from Kansas City armed with riot guns arrived at the hanging spot 15 minutes too late.

Mr. Cummins said that it would be useless to attempt an investigation.

**Public Sees Only Small Part of Developed Film**

LOS ANGELES—The footage in the film flashed upon the screen in the motion picture theater is but a fraction of the tremendous amounts used in its production. Thousands of feet of the narrow celluloid pass daily through the dark rooms and laboratories of motion picture studios that dot the vicinity of Los Angeles.

At one large production plant near here approximately 70,000 feet of film weekly or 40,000,000 feet yearly go through processes that result in the pictures which pass in review before millions to theater-goers throughout the world.

Although the audience sees, in a six-reel production, only about 6,000 feet of film, often as much as 150,000 to 400,000 feet are taken. Two cameras are trained on the scene being photographed while sometimes as many as five others are used in order that the scene may be taken from every possible angle and at different speeds.

Out of the mass of film developed, on each production, the cutting department and editorial workers select the "master" negative from which the release prints are made. These are printed by machine and placed on mammoth drums which revolve slowly through developing solutions. Hundreds of prints of the "master" negative are made and sent to all corners of the globe.

**NEGRO LYNCHED BY MOB OF OVER ONE THOUSAND**

(Continued from page 1)

The mob swarmed over the tracks and forced the train to come to a standstill and passengers crowded the steps and windows.

Witnesses said that as the negro was dragged through the streets he was asked twice if he had anything to say. The first time he replied in the negative, but the

Witnesses said that as the negro was dragged through the streets he was asked twice if he had anything to say. The first time he replied in the negative, but the

Witnesses said that as the negro was dragged through the streets he was asked twice if he had anything to say. The first time he replied in the negative, but the

Witnesses said that as the negro was dragged through the streets he was asked twice if he had anything to say. The first time he replied in the negative, but the

**Ask for KRAFT CHEESE**

At your dealers

**Span U. S. in Non-Stop Auto Trip**



Linton Wells (left) newspaperman, and Leigh Wade (right), one of the round-the-world fliers, are the first men to cross the United States in a non-stop (wheel and engine) automobile trip. They went from California to New York, 3,925 miles, in 163 hours, 50 minutes.

**EAT U. S. Government Inspected MEATS**

**Steusloff Bros. Market**  
Corner Court and Liberty Phone 1528

**Beef for Less**

Buy Beef While Other Meats Are so Scarce and High

Beef to Boil . . . . . 6c  
Beef to Roast . . . . . 10c  
Beef Stew . . . . . 8c  
Boneless Corned Beef 15c  
Hamburger . . . . . 10c

**McDOWELL MARKET**  
Where a dollar does its duty. Open until 8 p.m. Saturday evening  
Phone 1421—173 South Commercial

**Peerless Bakery**  
170 NORTH COMMERCIAL STREET

Our regular Prices of Bread,  
1 1/2 lb. loaf, 13c, 2 for 25c; 1 lb. loaf 9c, 3 for 25c  
Cookies, 2 dozen for 25c  
Butter Horns, 6 for 25c  
Apple Turnovers, 6 for 25c  
Cakes, all varieties 15c up to 50c  
Doughnuts, Cinnamon Rolls, Tea Sticks and Buns, per dozen 20c  
Pies 10c and 25c  
Milk, Bread, French and Rye Bread, 3 loaves 25c

We Serve Coffee and Lunches  
Try Our Krause's Candy

**Capital City Co-operative Creamery**  
Manufacturers of  
**BUTTERCUP BUTTER**

The best butter in Salem—made from the best selected cream—always uniformly good. Buy one pound and you'll have no other.

For Sale At All Grocers

**When You Pay**

More than "Midget Prices" for your Meats you are simply being reckless with your money. The prices quoted below are for prime quality Meats. For Saturday we offer:

Prime Tender STEAK	Fancy SIRLOIN STEAK
12 1-2c lb.	15c lb.

**SPECIAL FOR SATURDAY**

Pure Lard, No. 5 Pail	95c
Prime BEEF ROASTS	Freshly Ground HAMBURGER
12 1-2c lb.	10c lb.
Choice BOILING BEEF	Delicious FRANKFURTERS
8c lb.	15c lb.

**midget market**  
Originators of Low Prices  
351 State Street  
NOT IN THE COMBINE