Cooking School Instructor Stresses Importance of Balanced Meals

What's the difference between by the statements of George will ask her cooking classes next were present at the meeting. week in the Grand theater.

But we should not make light of a discussion on so worthy a sub- influence with the council," statject as food. The question as ed Mr. Engstrom. Miss Beyer states it, is what is the difference between an egg and a potato? According to her, anyone should understand the simple facts about foeds. She maintains that few know how lettuce differs from cide it." meat or beans from oranges. which sounds like a startling statement to us. Yet each kind has its special value to the body.

the food which we eat is the material of which it is built. If we are to have strong bodies, we must eat many kinds of food. A house is not built out of nails, neither can we be healthy on one kind of food such as meat or sugar. The choose the food such as meat or sugar. The meal planner must know how to choose the food combinations which her family needs. After the cooking school she will know more about balanced meals. than she ever did before. And she will know too, how to balance

The chief treasure of every family is health. The mother who gives her children health, gives them more than riches. Cookery is one of the most powerful forees in the world for giving pleasure and happiness. There is no pleasure and happiness without health and there is no health without good food well cooked.

Food makes the man, and we're actually made out of what we eat. What vocation can be more vital than that of the homemaker who is making human bodies? The formation of human health is as deserving of study-and hard study, too - as geography or gress mathematics. The destinies of nations, in fact, the destiny of the world is dependent on the kitchen. It is food, more than environment which makes or mars the individ-

According to Jeanette-Beyer, an artistiin the kitchen is always esteemen and always will be. She believes the household virtues are bound to continue. Not that a wobe a drauge in ne home but the woman who can both franslate Epicietus and make a pudding, who can write a Greek poem as well as embroider a handkerchief, will be the admired type in the future, as well as in the time of Johnson.

Miss Boyer especially requests paper since there were many reto print on her new programs. Then too, there will he many suggestions about the dishes prepared and about meat planning which her audience will wish to jot down along with their programs.

The programs which she has especially arranged for Salem are: Tuesday Cakes and French pastry desserts.

Wednesday- Salads and salad accompaniments. Thursday-Sunday night sup-

pers and luncheon dishes. Friday-Dinners for all occa-

Classes will start promptly each

-FRIDAY -AUDEVILLE 5 ACTS

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cans, a number of whom, however, vided for everyone, but it is best appear a bit lukewarm also to the that those who are hard of hearpresident's recommendations. ing come early to get front seats. lasted till mid-afternoon, when ad-

Comfortable seats will be pro-

WATER, LIGHT, POWER MATTER UP TO VOTERS ley, who for years served as a (Continued from Page 1.)

an elephant and an egg, might be by the statement and Carl Engstrom, the question which Miss Beyer members of the city council, who "The weight of the committee's

> recommendation would have a big "What this small number of

men believes has little to do with can, West Virginia, the task of the matter, I think," said T. A. investigating the reputed payment Livesley, mayor-elect. "Let the by Arthur R. Gould, Maine's new matter be put to a vote of the senator, of \$10,000 to a aCnadian people. They are the ones to de- official in connection with a rail-

In case the proposition is put rected yesterday by the senate on to popular vote, it will probably the motion of Senator Waish, dembe done at a special election to be ocrat, Montana. held soon after the first of the "The body." Jeanette Beyer year for deciding on a special tax before the house, provides, among actions, was reinstated by the maintains, "is like a house, and levy, it was indicated by Mr. other things, more than \$27,000,- board.

Several members present were about \$12,000,000 for the prohibi- tion of certain actions. of the opinion that the committee should report back to the council that it was divided on whether to

Members present at the meeting were F. G. Deckebach, chairmeal planner must know how to man, George C. Will, Watson Townsend, A. A. Lee, George Vick, E. B. Grabenhorst, August Huckestein, George Thompson, T. A. Livesley, T. M. Barr, Carl Engstrom.

Proposals to buy the water plant were first brought up at a mass meeting called by the mayor and engineers appointed by the city and the water company attempted to agree on a price to be

proposed. The two engineers could not agree, however, so it was agreed between the city and water com-pany to call in a third and adopt his recommendation as to price. The three engineers finally agreed on the price of \$792,000 for March 1, 1926.

LEADERS HOPE TO CLEAR WAY FOR NEW MEASURES (Continued from page 1.)

taxpayers. He left determination of which should be done to con-

Informally offering his tax reduction program. Representative Garner lost little time in challenging the president's position. His bill has the approval of Senator Simmons of North Carolina, recognized spokesman of the minority in the senate on revenue questiones and of democratic leaders

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It is a boon to those who suffer from troublesome night coughing.

A fine dependable medicine

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about four thirty, so that house, in both houses. It was referred to tion unit and the balance to finwives will have plenty of time to the ways and means committee, on ance coast guard warfare on rum prepare their evening meals at which Garner is the ranking dem- runners. ocrat. There it is expected to en-Three democratic members of

counter the opposition of republi- the appropriations, Representatives Gallivan, of Massachusetts ray, general passenger agent of York, declined to subscribe to the tire, January 1, 1927. He will be house are new building projects. prohibition fund provisions, while Today's session of the house two others-Tinkham of Massachusetts and Vare of Pennsylvania, both republicans, reserved the spect to the late Senator McKinright to oppose some of their fearepresentative. A committee was

OUSTED TEACHER RILED

LEGAL ACTION THREATENED AFTER SUSPENSION

EUGENE, Ore., Dec. 8 .- (AP) The Eugene school board today was threatened with suit by Clyde N. Johnston, attorney for R. G. Brown, ousted athletic coach, and the nine boys who were suspended recently for alleged insults to Principal Swan.

Johnston appeared before the board today and stated that if the boys and Brown are not reinstated legal action will be taken. One of The appropriation bill which got the boys, after apologizing for his Another boy was sus-000 for prohibition enforcement, pended today after an investiga-



journment was taken out of re-

Selection of a senate funeral

committee was announced at the

brief session after a resolution of

regret had been adopted. That

was all the business transacted in

the senate, although its elections

committee to a sub-committee,

headed by Senator Goff, republi-

road deal. The inquiry was di-

named to attend the funeral.

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Only because of its willingness wide telephone service, like that of and ability to lead the way in telephone development has the Bell the pathfinder and the pioneer. The System been able to provide Ameritelephone, as the modern American ca with a nation-wide, universal knows it, has been made possible by service that sets the standard for the doing of a multitude of things in the rest of the world.

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MURRAY TO RETIRE

QMAHA, Neb., Dec. 8 .- (AP) After 29 years service M. Mur-

succeeded by C. J. Collins, present general passenger agent of the system at Portland, Ore.

Medford-\$50,000 Presbyterian and Cullen and Griffin, of New the Union Pacific system, will re-church, and \$15,000 apartment



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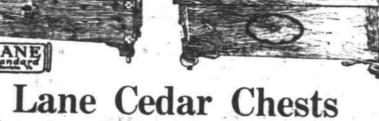
Home Christmas

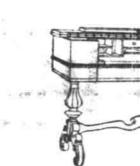


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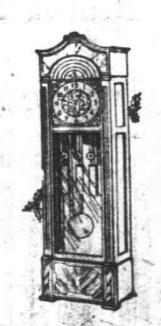
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