

DIET AND HEALTH SUBJECT OF TALK

Cooking School Instructor Stresses Importance of Balanced Meals

What's the difference between an elephant and an egg, might be the question which Miss Beyer will ask her cooking classes next week in the Grand theater.

But we should not make light of a discussion on so worthy a subject as food. The question as 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 foods. She maintains that few know how lettuce differs from meat or beans from oranges, which sounds like a startling statement to us. Yet each kind has its special value to the body.

"The body," Jeanette Beyer maintains, "is like a house, and 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 meal planner must know how to 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 them.

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 forces in the world for giving pleasure and happiness. There is no pleasure and happiness without health and life 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 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 individual.

According to Jeanette Beyer, an artist in the kitchen is always esteemed and always will be. She believes the household virtues are bound to continue. Not that a woman needs to be a drudge in her home, but the woman who can both translate Epictetus 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 Beyer, especially requests that everyone bring pencil and paper since there were many recipes which she didn't have room to print on her new programs. Then, too, there will be many suggestions about the dishes prepared and about meal 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 suppers and luncheon dishes. Friday—Dinners for all occasions.

Classes will start promptly each afternoon at two and last until

about four thirty, so that housewives will have plenty of time to prepare their evening meals at home.

Comfortable seats will be provided for everyone, but it is best that those who are hard of hearing come early to get front seats.

WATER, LIGHT, POWER MATTER UP TO VOTERS

(Continued from Page 1.)

by the statements of George Thompson and Carl Engstrom, members of the city council, who were present at the meeting.

"The weight of the committee's recommendation would have a big influence with the council," stated Mr. Engstrom.

"What this small number of men believes has little to do with the matter, I think," said T. A. Livesley, mayor-elect. "Let the matter be put to a vote of the people. They are the ones to decide it."

In case the proposition is put to popular vote, it will probably be done at a special election to be held soon after the first of the year for deciding on a special tax levy. It was indicated by Mr. Thompson.

Several members present were of the opinion that the committee should report back to the council that it was divided on whether to buy or not.

Members present at the meeting were F. G. Deckebach, chairman, 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 company 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.

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LEADERS HOPE TO CLEAR WAY FOR NEW MEASURES

(Continued from page 1.)

taxpayers. He left determination of which should be done to congress.

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 questions and of democratic leaders

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In both houses. It was referred to the ways and means committee, on which Garner is the ranking democrat. There it is expected to encounter the opposition of republicans, a number of whom, however, appear a bit lukewarm also to the president's recommendations.

Today's session of the house lasted till mid-afternoon, when adjournment was taken out of respect to the late Senator McKinley, who for years served as a representative. A committee was named to attend the funeral.

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 boys, after apologizing for his actions, was reinstated by the board. Another boy was suspended today after an investigation of certain actions.

The appropriation bill which got before the house, provides, among other things, more than \$27,000,000 for prohibition enforcement, about \$12,000,000 for the prohibi-



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MURRAY TO RETIRE

OMAHA, Neb., Dec. 8.—(AP)—After 29 years service M. Murray, general passenger agent of the Union Pacific system, will retire, January 1, 1927. He will be succeeded by C. J. Collins, present general passenger agent of the system at Portland, Ore.

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