

## DOOR PRIZE LISTS ADDED TO BY GIFTS

Door prizes given absolutely free to guests at the Statesman cooking school today, Wednesday and Thursday, will include several 10 pound sacks of Fisher flour, the gift of the Fisher Flouring Mills Co.; coffee, tea, spices and extracts, the gift of A. Schilling & Co., of San Francisco; a tapestry table scarf by Kafoury's store; a flower vase for the car by Western Auto Supply Co., order for marcell by Model Beauty parlor; pair of silk hose, Central Shoe store; bottle of perfume by the Red Cross pharmacy.

A Calorie cook book by Patton's book store; silver crum remover by Hartman Brothers Jewelers; Sunfreeze ice cream by the Western Dairy Products Co.; cream by Marion Creamery Co., and, in addition, at least two of the dishes prepared each day in the course of her demonstration by Miss Dorothy Williams, in charge of the school.

## Tentative Plans Call for Review Of Style Models

Tentative plans have been made for a style show and model tea as a feature of the Wednesday afternoon program of the Statesman's great cooking school, being continued today, Wednesday and Thursday at the Elmore theatre. If these plans are completed, proper announcement will be made this afternoon from the Elmore stage.

In previous schools Miss Williams has found this feature to be of great appeal to guests. The plan is to attire young women in the modes of the moment for exhibition on the stage immediately after the close of the school proper for the day. After a brief promenade by the models Miss Williams serves a model afternoon tea on a table set "according to Hoyle" on the stage and in full view of the audience.

## BAKED ENTRIES TO BE SEEN THURSDAY

A great show of activity will be made at 370 State street on Thursday when entries in the big baking contest of the Statesman cooking school are brought in by housewives. The former location of the Cross market at this address has been selected for the display of the many expected entries, because of its central location and its adaptability to exhibition of cakes, pies and rolls.

An attractive window showing of prizes offered in the various divisions of the contest has been placed and it's attracting the attention of women folk.

Long tables will be in place in the store room and the Salem Woman's club will have committees at hand at 9 a. m. Thursday. Entries will be received until 1 p. m. At that hour judging will start. The judges will not have the names of contestants, but all entries will be labeled with numbers.

The two local judges named for the day are Mrs. T. W. Creech, in charge of home economics instruction in the Salem schools and Miss Janice Latimer, in charge of the home economics department at Willamette university. The third judge is to be an expert from out of the city.

How Pies Are Judged	
GENERAL APPEARANCE	10
TENDERNESS OF CRUST	40
EVENNESS OF BAKE	12
FLAVOR-AROMA	8
TASTE	30
TOTAL	100

When judges start their work in connection with the pie baking contest that will be a feature of the Thursday program of the Statesman cooking school they will have the above chart to guide them in picking winners for the many prizes offered. Tenderness of crust is to count 40 points in establishing winners. Taste will be valued at 30 points; evenness of bake, 12 points; general appearance, 10 points and flavor and aroma, 8 points.

## Visiting County Agent Speaker At Corn Exhibit

TURNER, Ore., Oct. 22.—(Special)—At the Grange corn exhibit Saturday those receiving prizes were Raymond Titus, Carl Duncan, Mrs. Mayro McKinney and W. T. Gulvin. W. McWhorter, county agent of Washington county, was the speaker of the day.

Mr. and Mrs. of Roseburg spent a few days visiting Turner relatives last week. Mrs. Elizabeth McKay returned with them having spent the last few weeks visiting her daughter and family.

Mr. and Mrs. Ray Baker, who were married last Sunday, left on Tuesday for their new home in Portland.

A farewell party for Mr. and Mrs. W. J. Gower was given by the members of the Christian church Tuesday night at their residence. They are moving to Newberg, where they formerly lived. Mrs. Margaret Duncan called on Turner friends Tuesday.

## SALLY'S SALLIES



A doubt in the mind is better than nothing at all.

None but religious bigots would accuse Hoover of bigotry.

## Joint Birthday Party Enjoyed

HUBBARD, Ore., Oct. 22.—(Special).—Miss Anna Knight and Miss Helen Paulson entertained their young friends with a joint birthday party held at the Paulson residence Friday night, October 19.

A delightful evening was spent playing games.

Many beautiful gifts were presented to each of the hostesses.

Dainty refreshments were served at 11 o'clock.

## Auto Hits Two Injuring Both

JEFFERSON, Ore., Oct. 22.—(Special).—Mrs. Clarence Libby and her son Aethel were injured when hit by an automobile while crossing a street in Albany Wednesday. Mrs. Libby's side was hurt and the car passed over Aethel's chest, inflicting serious injuries. Joanna Libby, who was with them, was not hit by the car.

# Diet and Health

By Lulu Hunt Peters M.D.  
Author of "Diet and Health" and "Diet for Children"

**Dietetic Sins**  
YESTERDAY I gave you the foundation for your reducing diet. Please get the back paper if you missed it.

You should have this foundation for it will supply all the needs of your system except some of your energy needs, and your own fat will supply these. You will notice that I have allowed you bread or potatoes and milk? Perhaps you are alarmed, realizing that these foods are known as fattening foods. But let me tell you this: ANY food is fattening, or may be irritant, if it happens to be more than the system needs.

Weight for weight, some foods are much more fattening than others. Ah, yes! For instance, one ounce of oil (2 tablespoonfuls) is 40 times more fattening than one ounce of lettuce; for the calorie value of one ounce of oil is 209 C., and one ounce of lettuce is but 5 C. (Think of this when you use oily dressings on your salads.)

If you ask: Which is more fattening—100 C. of oil, or 100 C. of lettuce? the answer is that they are equally fattening. But, you see, to get 100 C. of oil, you would take but one tablespoonful, or a scant half-ounce, and to get 100 C. of lettuce, you would have to eat practically 20 ounces! The reason we have to have a unit such as the calorie for standardizing the energy value of foods is that we cannot standardize that value by bulk or weight.

You have often read in the advertisements of certain systems of reducing the following statement: "A noted scientist has made the wonderful discovery that certain foods in combination with certain other foods will actually consume fat!" That statement is false. There are no combinations of food that will "actually consume fat." I wish there were! Certain combinations are more fattening than others, yes, but simply because the foods combined are more fattening.

Most of us who are overweight have some particular dietetic sin. Excessive bread and butter, candy, nuts, and rich desserts are the most common of these sins. Tasting while cooking makes calories mount. What is your dietetic sin? Track it down.

Speaking of sins, I had better include something about alcoholic drinks. They do have energy or calorie value. The beer-drinking peoples are notoriously overweight.

Warning! Alcohol also acts as a drug if taken in more than very moderate amounts, and thus may nullify its action as an energy producer, and if taken daily even in moderate amounts, it is a direct irritant to the blood vessels and is one of the great causes of hardening of the arteries and subsequent high blood pressure. Alcohol can injure the germ-plasm and children born of drunken parents may be mentally as well as physically weak.

Approximate Caloric Values of Alcoholic Drinks (Adapted from Locke)

Distilled Liquors:  
Brandy 100 C. per ounce (2 tablespoonfuls)  
Gin 70 C. per ounce (2 tablespoonfuls)  
Pure Jamaica Rum 150 C. per ounce (2 tablespoonfuls)  
Whiskey 90 C. per ounce (2 tablespoonfuls)  
Liquors 135 C. per ounce (2 tablespoonfuls)

Wines and Ciders:  
Sour Wines 25 C. per ounce (2 tablespoonfuls)  
Sweet Wines 35-50 C. per ounce (2 tablespoonfuls)  
Ciders 12-15 C. per ounce (2 tablespoonfuls)  
Beers 15-22 C. per ounce (2 tablespoonfuls)

Tomorrow. Freak Reducing Diets.

**Schilling Products**  
have been selected exclusively for the

**Cooking School**  
Baking Powder  
Spices  
Extracts  
Coffee  
Tea

**Moneyback**  
Your grocer returns your money on any Schilling Product for any reason whatever. Your statement is enough. Don't return the goods.

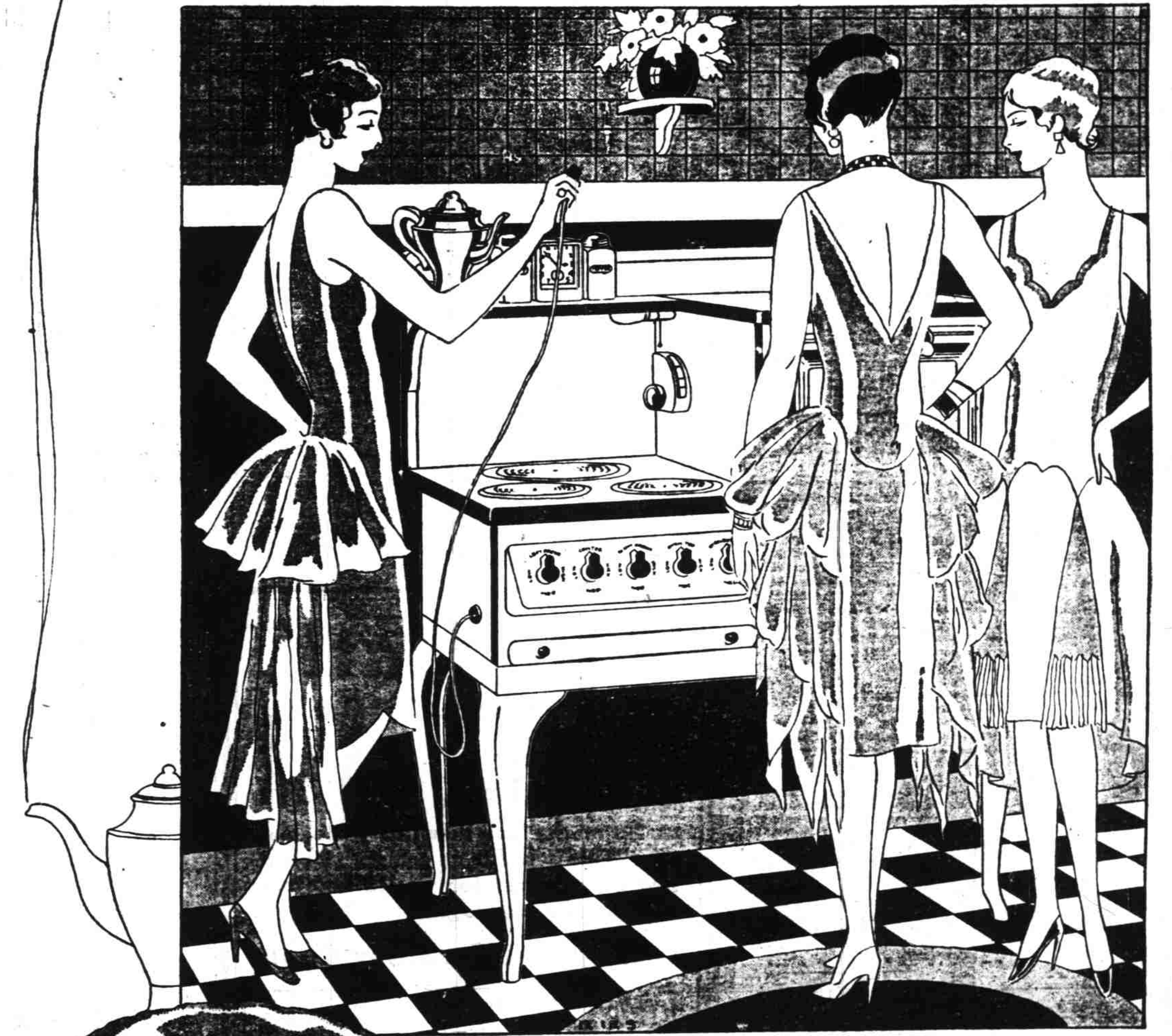
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# If you entertained your GUESTS in the KITCHEN



Imagine your guests trooping into your kitchen instead of your living room. How would you feel? Would your poise be shaken? Your savoir faire gone? Would you apologize for your "unblackened stove" . . . the vitiated, stuffy air . . . the sooty, unsightly pots and pans?

Not if you have an electric range! The Hotpoint is as easy to clean as a china plate! Pots and pans would be bright and shining . . . there's no soot to blacken them. The air would be fresh and pure.

Why not treat yourself as well as you would your guests? The kitchen is the heart of the home. In it the homemaker spends hours every day. Why not make her burdens lighter, pleasanter?

The new 1929 all-white porcelain enamel HOTPOINT ELECTRIC RANGE . . . built for speed . . . is available now at the lowest price ever offered on a range with all its luxurious attachments. See the SMOKELESS BROILER, UTILITY DRAWER, AUTOMATIC HEAT CONTROL, ELECTRIC LIGHT, 3-CUP PERCOLATOR, WHITE ENAMEL CLOCK, SALT AND PEPPER SHAKERS.

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SALEM, OREGON

THERE IS NO SUBSTITUTE FOR ELECTRICITY



## don't miss the Cooking School

Here is an opportunity to learn the latest in cooking and baking "wrinkles" that no woman should miss. Dorothy Williams, the expert demonstrator in charge, shows what she can do with a flour that's as good for cakes and pastry as for bread. She uses FISHER'S BLEND FLOUR exclusively.

**REMEMBER---**  
**Fisher's Blend Must Be Used  
In All Contest Entries**

