

TWO DAYS MORE, OCTOBER 14 and 15

CONTEST RULES ALLOW RETURN OF NO ENTRIES

Rules governing the baking contest which will close the four-day Capital Journal free cooking school on Friday are practically similar to the rules of last year's contest. Because of the size and value of the prizes offered both in the cake and pie contests, judges will be extremely careful in the examination of the entries. They promise the best cake will receive the all-white Hotpoint electric range and the very best pie will win for its maker the Premier electric vacuum cleaner. Other prizes will be awarded according to merit.

Entries in the contest must be delivered to the stage entrance of the Grand theatre on Court street between 10 a. m. and noon on Friday. Any man, woman, or girl, in Marion or Polk county, excepting professional cooks and employees of the Capital Journal and their families, or persons who have won a first or second prize from this school in past contests, may enter the prize contest.

Judging will be completed before the close of the last session of the school, Friday afternoon, and prizes will be announced immediately afterward. Cakes and pies entered will not be returned to the entrants but immediately after the judging they will be sold and the proceeds given to the Associated Charities. Prize winning cakes and pies will be displayed in a downtown window and will not be returned to the entrants. Anyone person may enter one article in each of the two divisions if so desired.

Cakes will be judged on the following basis: Taste 40 points, texture 30, general appearance 20, evenness of bake 12, and flavor and aroma 10 points. Pies will be judged under the same headings with general appearance counting 10 points, tenderness of crust 40, evenness of bake 12, flavor and aroma 8, taste 20 points.

OBSERVE BIRTHDAY

Jefferson, Or., Oct. 13.—Mr. and Mrs. L. R. Compton and daughters, Louise and Evelyn, of Senaside, Or., Mr. and Mrs. J. C. Cochran and Miss Helen Cochran and Frank Cochran of Albany, Mr. and Mrs. J. G. Lewis of Salem, J. M. Burnett of Canby were guests at the D. M. Burnett home Sunday, the occasion being to celebrate the birthday of D. M. Burnett. This is the first time the relatives have been together since last year when they met on a similar occasion.

JONES HAVE SON

Hazel Green, Or., Oct. 13.—Mr. and Mrs. Ferd Jones of Gates are receiving congratulations over the arrival at their home of a baby boy. Mr. Jones is principal of the Gates school. Mr. and Mrs. Jones were former teachers of Hazel Green.

Rules Governing Baking Contest

The rules are few and simple—here they are: Articles entered in this contest are to be baked at home in any kind of stove or range.

Any man, woman or girl in Marion or Polk county is entitled to enter this baking contest, except of course, professional cooks and employees of the Capital Journal and their families, or persons who have won a first or second prize from this school in past contests.

Fisher's flour and the other food products used in the cooking school are to be used by all entering this contest.

The contest is to be divided into two classes: Pie and Cake.

Any kind of pie and cake may be entered.

Any one person is entitled to enter one article in each of the two divisions, if they so desire.

All food entered is to be the property of the Capital Journal.

Please do NOT bring in your entry on a plate you wish to keep. POSITIVELY no plates can be returned.

The judging of the pies and cakes will be handled by a board of judges selected by the Capital Journal. In all cases their decisions will be final.

Prizes will be awarded the afternoon on which the cooking school closes, Friday, October 15th.

All entries must be delivered to the stage entrance (Court St.) of the Grand theatre between 10 A. M. and noon on Friday, October 15.

All food after it is judged and the prizes awarded will be sold and the proceeds given to the Associated Charities.

Prize winning cakes and pies will be displayed in a downtown window and will NOT be returned to the entrants.

A Little Chat About Hot Breads

(By Miss Bernice Lowen, Home Economist.)

Hot breads are so good for breakfast, for luncheon and the dainty biscuits served with marinated meats for luncheon, that I want you to have some of my recipes and some of my ideas, too, about making these hot breads.

The batter for these hot breads may be made thin enough to pour or thick enough to drop from a spoon, or soft doughs which can be handled lightly.

Baking powder is usually used as the leavening, although there are times when we wish to make a muffin of the darker flour, using molasses or sour milk when we would require a neutralizer for these ingredients and which would be soda. Soda should be sifted with the flour rather than being added to the sour milk or to the molasses, because action takes place as soon as the soda and the liquid are combined. Soda should be used with great care. Only one-half teaspoon is required for a cup of thick sour milk or with one cup of molasses. Any soda left after having acted as neutralizing the acid present in the liquid used, as the sour milk or molasses, has no leavening effect and will leave a bitter taste. Brown sugar may be used in making whole wheat muffins. In bran muffins, molasses is preferred. In corn bread no sugar, up to one or two eggs to the 2 cups

of flour. Two eggs make a naturally richer muffin.

Waffles

Sift flour and measure out 3 cups of soft wheat flour preferred. Add 4 teaspoons baking powder and 1/2 spoon salt. Add to this 1 1/4 cups of sweet milk, the yolks of 2 eggs, well beaten. Beat this thoroughly and then add 2 tablespoons of melted fat. Beat the mixture until bubbles come to the top of the dough. Then fold in the 2 egg whites stiffly beaten. Bake on a hot, ungreased waffle iron. Recipe makes 6 to 8, depending on size of iron.

Popovers

Beat 2 eggs slightly. Sift 2 cups flour, add 1/2 teaspoon salt, and add to the beaten eggs with 2 cups of sweet milk. Then add 2 tablespoons melted fat. Beat the entire mixture with egg beater until full of big bubbles. Fill hot, oiled pans two-thirds full of the mixture. Bake 20 minutes at 450 degrees and then reduce to 350 degrees and bake 15 minutes longer. Makes nine popovers.

Bran Muffins

Mix together 1 1/2 cups of white flour and 1/4 cup of bran, 5 teaspoons of baking powder and 1/2 teaspoon salt. Add 4 tablespoons molasses, 1 cup of milk, 1 well beaten egg and 4 tablespoons of melted fat. Bake in hot, well-oiled

muffin pans for 25 minutes at 450 degrees. Makes 12 muffins.

Cornbread

Sift together 3 cups of cornmeal and 1 teaspoon soda with 1 1/2 teaspoons of salt. Add 2 cups of thick sour milk, 2 whole eggs beaten then add 2 tablespoons of melted fat. Sugar from 1 to 4 tablespoons may be added if desired. A delightful addition to cornbread is to place a thin layer of tart apples

over the top of the dough after it has been put into the baking pan or muffin tin. Sprinkle a little cinnamon over the apples and dot with fat if desired. Also, if no sour milk is on hand, use sweet milk, omit the soda and use in its place 4 tablespoons of baking powder. Also 1 cup of white flour may be used in place of the 1 cup of cornmeal. Can be baked either in a flat pan or in muffin tin. Have

either pan or muffin tin heated and well oiled. Bake 20 to 25 minutes at 400 degrees.

BABY'S COLDS
are soon "aloped in the bud" without "doing" by use of **VICK'S VAPORUB**
Over 17 Millions Used Yearly

MISS LOWEN

INSISTS ON USING THE BEST

That Is Why She Selected



To Use In All Her Menues

You, too, should be particular in choosing your Butter for table and cooking use

"AT YOUR GROCER"

In the yellow carton

So Fast

Cook a hot breakfast now in 3 to 5 minutes



QUICK QUAKER cooks in less time than it takes you to prepare plain toast.

That means a hot, nourishing breakfast in a hurry.

It means an excellently balanced ration; combining protein, carbohydrates and vitamins—plus the "bulk" to make laxatives less often needed—cooked and served without muss or bother.

Why go on with less nourishing foods? Quaker Oats and milk is the dietetic urge of today. Start every day that way.

Your grocer has Quick Quaker—also Quaker Oats as you have always known them.

Quick Quaker

COLDS THAT DEVELOP INTO PNEUMONIA

Persistent coughs and colds lead to serious trouble. You can stop them now with Creomulsion, an emulsified creosote that is pleasant to take. Creomulsion is a new medical discovery with two-fold action; it soothes and heals the inflamed membranes and inhibits germ growth.

Of all known drugs, creosote is recognized by high medical authorities as one of the greatest healing agencies for persistent coughs and colds and other forms of throat troubles. Creomulsion contains, in addition to creosote, other healing elements which soothe and heal the infected membranes and stop the irritation and inflammation, while the creosote goes on to the stomach, is absorbed into the blood, attacks the seat of the trouble and checks the growth of the germs.

Creomulsion is guaranteed satisfactory in the treatment of persistent coughs and colds, bronchial asthma, bronchitis and other forms of respiratory diseases, and is excellent for building up the system after colds or flu. Money refunded if any cough or cold is not relieved after taking according to directions. Ask your druggist, (adv.).

Get at the real cause. That's what thousands of stomach sufferers are doing now. Instead of taking tonics, or trying to patch up a poor digestion, they are attacking the real cause of the ailment—clogged liver and disordered bowels.

Dr. Edwards' Olive Tablets arouse the liver in a soothing, healing way. When the liver and bowels are performing their natural functions, away goes indigestion and stomach trouble.

Have you a bad taste, coated tongue, poor appetite, a lazy, don't care feeling, no ambition or energy, trouble with undigested foods? Take Olive Tablets, the substitute for calomel.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil. Know them by their olive color. They do the work without gripping, cramps or pain. All druggists.

Take one or two at bedtime for quick relief. Eat what you like. 15c, 20c, 50c.—Adv.

EPISCOPAL GUILD MEETS AT EMMETTS

Woodburn, Or., Oct. 13.—St. Mary's Episcopal Guild held their regular meeting at the home of Mrs. E. G. Emmett yesterday. The report of the cooked food sale held last Saturday showed that a sum of \$16 was realized, which is to be used for the benefit of the church. Following the business meeting the afternoon was spent in sewing and refreshments were served by the hostess, assisted by Mrs. H. M. Austin. The officers of the guild are: Mrs. Frank Wolf, president; Mrs. Henry Miller, secretary, and Mrs. H. M. Austin, treasurer.

HAND IS POISONED

Silverton, Or., Oct. 13.—Henry Deggeler is recovering from a severe case of blood poisoning in his right hand from a wound received by a hammer of gun hitting him. The powder smoke and the hop sap on his hands, from his working in the hopyard, causing the infection. There was fear for awhile that he would lose part of his hand. Mr. Deggeler is machine operator for the Gem theater.

RALPH SIMMS HOME

Hubbard, Or., Oct. 13.—Ralph Simms, one of the Hubbard young men, a brother of Mrs. Levi Miller,

is visiting at the Miller home this week. The past summer he has been engaged in one of the Astoria fishing boats and this winter he expects to go back to his old position at the woolen mills in St. John.

STOMACH UPSET

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"Blend's Mah Friend" An All-Purpose Flour



All entries in the Cooking School Contest must be baked with

Fisher's BLEND BRAND FLOUR

never any variation



The demonstrator at the Cooking School uses Fisher's Blend Brand Flour exclusively, and her wonderful results justify her choice.

By using this every-purpose flour in your own kitchen for bread, cakes and pastry you are taking advantage of all that science and experience can do to produce the perfect Flour.

SIFT YOUR FLOUR—

Takes only a few minutes but it may make all the difference between success and failure.

as good for cakes and pastry as for bread

Miss Lowen, Economist of the Capital Journal Cooking School, Purchases All of Her Groceries At Busick's

"I must have good fresh groceries because only the best is acceptable to any cook who is really conscientious," said Miss Lowen this morning. "I understand that Busick's sell 'a world' of groceries and of course this means that their stocks must be fresh and clean—being replaced so often."

NOTE—

If more women would be as particular in selecting "good groceries" as they are in preparing them for the table many better meals would be served. The best cook in the world would make a failure without fresh, clean products.

BUSICK'S.