

## WOMAN WRITES SENSIBLY

Wants Clean Food Products, and Scores the State-ment of "Not Much Spitting"

Eleanor Baldwin, editing the "Women's Point of View" columns in the Telegram, writes both sensibly and entertainingly about the Chicago packing house scandals:

There is one very important feature of the inspection of the beef-packing industries of Chicago still left neglected, and from the very nature of it, it will probably continue so; and that is, the kind of meat that goes onto the family tables of the packers themselves. What the public wants to know is, whether Armour and Swift and all, permit on their tables "parts of carcasses affected with tuberculosis and lumpy jaw." The commission of investigation has reported that it is not necessary for the public health that all such carcasses be thrown away, but only those parts that show the diseased condition.

Now, the one thing needful to reassure the public on this point is to know if Armour and Swift and their families eat freely of this sort of meat. They are, or should be, authorized on this point, and if they allow it on their tables, why then the general public need not fear it. But who supposes they do?

They really ought to be called to the witness stand and made to testify on this point.

Contained in a summary of the report of the commission are these two items: "Conditions of hygiene and sanitation are very bad. Not much spitting goes on."

Of course, the food products prepared in the midst of the bad conditions are intended to go into the clean kitchens of millions of American homes.

Just take that last proposition and consider it. "Not much spitting goes

on." Imagine any "spitting" going on where foods are being prepared. In the city of Boston persons are liable to a fine of \$100 for spitting once in the street cars, and yet we are told calmly that "not much spitting goes on" in the midst of the preparation of food products for civilized human beings. Doesn't it actually stagger you?

What would be thought of a house-keeper who should admit that a little expectation went on in her kitchen? Yet what is the use of preventing it there if foods contaminated by this habit in the meat packing establishments are brought into it?

The ideal of the cleanest possible private kitchen is none too high for a place where any food product is prepared to be distributed throughout the kitchens, and from them to the dining tables of the land.

## Handling Products by Machinery.

Perhaps constant contact with carcasses of animals has a deadening effect upon the sensibilities of people; certainly there is the greatest possible contrast between the conditions that prevail in the dens of the meat packers and those to be found where some cereal products are prepared. For instance, there is a great establishment not far from Niagara Falls that makes two specialties out of wheat. Their food stuffs are not touched at all by human hands through the whole process of manufacture, and conditions in and about the establishment are said to be ideally sanitary and healthful for both employees and public.

There is one other great firm sending out another kind of cereal food in the form of biscuit or crackers and these are not handled at all from the beginning to the end of their prepara-

tion for the market in the neat packages in which they are at last retailed.

But to return for a moment to that summary of the commissioners' report and the consideration of "carcasses affected with tuberculosis." To put this matter of tuberculosis into plain terms—a tubercle is a little ulcer when at its worst, a putrid, running sore, whether on the lungs or elsewhere. As the blood circulates in all parts of an animal thus diseased it is practically impossible that any part of the carcass of such an animal should be free from the taint since the blood would certainly hold it in solution throughout the entire organism.

Suppose such creatures, since the packers cannot afford to throw them away, be put out to pasture where they can recover their health before being killed, or at least given the opportunity to do so; or isn't the public health worth the trouble this precaution would involve?

The movement for meatless diet could not have received a better impulse than these revelations of corruption, literal and figurative, have given it, and everywhere thinking caterers in public and private are turning their attention to the study of the preparation of non-meat foods.

## Among the "Diet Cranks."

How pleasant to turn from these loathsome details to the program of the Vegetarian Federal union of England, whose annual congress was held in London in June. The first thing on the program was the "annual dinner of the London Vegetarian association at the Holborn restaurant, Holborn." The program states that "there will be a small exhibit of the many vegetable foods throughout the congress, and it is to be hoped a flower show in connection with the Children's Realm."

Here is the work of the congress for Saturday, June 23. Doesn't it sound delightful and doesn't the whole miserable Chicago business show up blacker and more forbidding in contrast?

Saturday, June 23—

A visit to the Nest, Springfield Road, Clayton, at 3 p. m., to inspect the home carried out on vegetarian lines.

3:30 p. m.—Drills and songs by the children in the garden, if fine.

4 p. m.—Tea in garden, if fine.

4:30 p. m.—A little talk about the Nest by Major Asdell.

4:45 p. m.—Action songs and drills by the children. Collections in aid of the home.

I wish to thank some one unknown who sent me this program. It is one of the encouraging signs of the times, and there are many, many others, if we look for them.

Following is a good, confirmatory little window for this dissertation on foods, bad and good, taken from the Boston Globe:

A "diet crank" is Eustace Miles of London, who recently won the amateur tennis championship from the strenuous young Jay Gould—or rather held the championship against the American player. Miles won by sheer force of bodily fitness, by his remarkable system of dietetics.

The chief item of this system, it may be added, is a bland-looking substance called "proteid," which resembles the pap of early childhood, and upon a cupful of which Miles says he can do more work, and with less fatigue, than most people could on the most substantial of beef steaks, fortified by the ordinary vegetables and alcoholics.

Besides being tennis champion of the world, and holding all sorts of athletic medals for various other sports—such as football, cricket and "fives"—the revolutionist has to his credit some large accomplishments in the world of letters.

He seems, in fact, to be a very fair example of the old adage—a healthy mind in a healthy body; for his brain seems to be as nimble as his muscles, and the amount of work he can do in a given time is astonishing.

## Those Englishmen in Paris.

I see that two English railway companies in conjunction with those of France are offering increased facilities for cheap trips to Paris. It has now come to this that even a third-class passenger can spend his Saturday to Monday in Paris for \$1, or for 17 shillings, if he does not mind the longer sea route by Newhaven and Dieppe. It will be a good thing for both countries if these advantages are fully utilized on both sides of the channel. As many Englishmen are certain to avail themselves of this opportunity of cultivating an intimate cordiality, I take the opportunity of advising them to be very suspicious of gentlemanly strangers of their own nationality who may strike up an acquaintance with them in the French capital. An Englishman who is neither a stranger in Paris nor ignorant of the world relates how he was lately imposed upon a few days ago.

An Englishman, who professes himself unable to speak French, accosts a stranger in one of the boulevards, states that he has lost his way and asks to be directed to his hotel. He is so pleasant and plausible that the gentleman addressed takes some trouble to put him on his way. While they are looking for the hotel the stranger explains that he must leave Paris on the afternoon train, and then suddenly decides to make a purchase at a shop. It then appears that he has only a \$20 note in his possession, which leads, as naturally as possible, to the temporary loan of a small sum, pending an adjournment to the Credit Lyonnais for exchange.

The victim, being a little suspicious, keeps a close watch on his man till they get to the bank, where the note is changed. Just as the money is handed over, another Englishman jostles rudely against the victim and distracts his attention for a moment, while the first operator slips away. The victim turns to look after him and the confederate also escapes. The victim observes that he feels confident that almost anyone would have been done in precisely the same way as he was, as he was on his guard from the moment that the loan of the money was suggested. No doubt he is right in this. The moral is that you should never part with money to plausible strangers under any circumstances whatever.—London Truth.

## Baseball Players and Foot Racers!

Louis J. Kruger, ex-champion long-distance foot racer of Germany and Holland, writes, October 27, 1901:

"During my training of eight weeks' foot races at Salt Lake City, in April last, I used Ballard's Snow Liniment to my greatest satisfaction. Therefore, I highly recommend Snow Liniment to all who are troubled with sprains, bruises or rheumatism." 35c, 50c and \$1. Sold by D. J. Fry.

## CASTORIA.

Bears the Signature of *Chas. H. Fletcher*

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

## An Animal Story For Little Folks

## The Story the Moon Told

"I'll tell you a good one," said the moon to little Bill, as he looked in through his window one night after Bill had been tucked snugly into bed. "Wish you would," cried Bill eagerly. "Well," began the moon, with the usual manner of one about to tell a good story, "I was shining my brightest on the snow, which was as white as your sheets and more sparkling, doing my best to make a good night for the skaters on the pond and the lovers



GOT FROZEN FAST.

in the sleighing parties, when whom should I see but old Miss Speckletoe and Mr. Shanghai sitting on the top rail of the fence around the ten acre lot. They were as close to one another as they could get without taking off their coats, and I noticed that he had his arm around her."

"Arm?" interrogated Bill. "Well, I suppose I should say wing," said the moon, smiling. "And," he continued, "I heard him say to her: 'Oh, Miss Speckle, you are my tootsey wootsey! Tuk, tuk, tuk-aw!'"

"And she replied: 'How sweet of you! Tuk, tuk, tuk-aw-say-so.'"

"Didn't you laugh?" asked Bill. "Well, rather," said the moon, "for he said, 'I hope, dear, that your house-keeping bill will be as sweet and as small as your own when you present it to me.'"

"But," said the moon, laughing, "they sat so long with their beaks together that they got frozen fast to one another, and when I set they were still on the rail. It doesn't pay to be too spoony. Good night."—St. Louis Post-Dispatch.

## Half a Billion Dollars in Hay.

Last year the product of our 39,000,000 acres of hayfields and meadows was 60,531,617 tons of hay, having a value to the farmers of \$516,000,000 in round numbers. Is this sufficient cause to congratulate ourselves? Let us look a little further into the dry subject of statistics. Through the latest producing states it was considered a good year. The average yield was one and one-half tons per acre and the average price \$5.50 a ton. Comparisons between widely separated states can not be fairly made; for instance, the high average of \$16 per ton in Rhode Island is not due to the superiority of the hay there, but the fact that the local supply satisfies but a small fraction of the market demand; whereas the low average price of \$4 per ton in South Dakota does not indicate inferior hay, but that the local market is so fully supplied that the price falls nearly, if not quite, to the actual cost of production. All this is very good for averages, but what is more to the point is how much does it cost to produce a ton of hay in the various states and how may we improve the quality and increase the profits?—Farming.

## Thin People.

Thin, scrawny, fleshless people are usually nervous, irritable, bilious and dyspeptic. Every change of weather affects them; if they happen to eat or drink anything containing disease germs, it develops at once, and they are the first subjects of any contagious disease coming in the neighborhood. Their life is a continual worry in their efforts to avoid exposure to damp and malarial atmosphere. People can gain from one to three pounds of solid healthy flesh per week by the use of Dr. Gunn's Blood and Nerve Tonic. It puts their system in condition to resist sickness. This Tonic is in tablet form, to be taken right after meals. Sold by all druggists for 75c per box or three boxes for \$2. It turns the food you eat into strong rich blood. This prevents and cures disease. People tell us who have used the Tonic that it cures them, then keeps them from getting sick afterward.

## CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

The Kind You Have Always Bought

## MARKET QUOTATIONS TODAY

"Make Salem a Good Home Market"

## Poultry—At Steiner's Market.

Eggs—Per dozen, 20c.

Chickens—10@11c.

Hens—12½c.

Ducks—10c.

## Poultry, Eggs, Etc.

Eggs—Per dozen, 19½c.

Butter—Retail—Country, 20c, city, 25c.

Hens—10½@11c.

Fryers—12½c.

Geese—6@7c.

Ducks—9c.

## Fruits, Vegetables, Etc.

Potatoes—15@20c.

Onions—2c.

## Tropical Fruits.

Bananas—5½c per pound.

Oranges—\$5.00.

Lemons—\$5.00@5.00.

## Live Stock Market.

Steers—3@3½c.

Cows—2½c.

Sheep—3c.

Dressed Veal—5c.

Stock Hogs—6c.

Fat Hogs—6½c.

## Grain and Feed.

Baled Clover—\$7.

Cheat—\$7.00.

Timothy—\$9@10.

Oats—42c.

Bran—\$19.50.

Shorts—\$21.00.

## Salem Flouring Mill.

Wheat—63c.

Flour—\$3.60.

## Portland Market.

Wheat—Club, 71@72c.

Valley—73c.

Bluestem—73c.

Oats—Choice white, \$31.00@32.

Millstuffs—Bran—\$17.

Hay—Timothy, \$11@12.50; AM

\$13.

Potatoes—40@50c.

Poultry—Average old hens,

12½c; mixed chickens, 11@12c; roosters, 9½c; chickens, 12@12½c.

keys, live, 14@16c; geese, live, 8½@9c; geese, dressed, per pound,

ducks, 14@16c; pigeons, \$1@1½.

squabs, \$1.75@2.

Pork—Dressed, 7@8c.

Beef—Dressed, 4½@5½c.

Mutton—Dressed, 5@6c.

Hops—Oregon, 1905, 10@11c.

Wool—Valley, coarse to medium,

@23½c; Eastern Oregon, 18@20c.

Butter—Fancy, 22½c; standard,

20c; stony, 13c.

Mohair—28@30c.

## RATES.

Newport, Yaquina Bay, Breitenbach  
Hot Springs From All S. P.  
and C. & E. Points.

On and after June 1, 1906, the Southern Pacific, in connection with the valleys & Eastern railroad from Portland to their lines to Newport, Yaquina, Detroit at very low rates, good for turn until October 10, 1906.

Three-day tickets to Newport, Yaquina, good going Saturdays and turning Mondays are also on from all East Side points, Portland, Eugene, inclusive, and from all West Side points, enabling people to visit their families and spend Sunday at seashore.

Season tickets from all East Side points, Portland to Eugene, inclusive, and from all West Side points, are on sale to Detroit at very low rates with stop-over privileges at Mill City or any point east, enabling tourists to visit the Santiam and Breitenbach Hot Springs in the Cascade mountains which can be reached in one day.

Season tickets will be good for turn from all points until October 10. Three-day tickets will be good for Saturday and returning Monday only. Tickets from Portland and Eugene will be good for return via East or West Side at option of passenger. Tickets from Eugene and vicinity will be good going via the Cannon-Springfield branch if desired. Baggage on Newport tickets checked through to Newport; on Yaquina tickets to Yaquina only. Sunday excursions to Newport on the C. & E. begin June 10th or 17th, and run every Sunday thereafter, leaving Albany at 7:30 a. m., leave Corvallis 8 a. m.

S. P. trains connect with the C. & E. at Albany and Corvallis for Yaquina and Newport. Trains on the C. & E. for Detroit will leave Albany 7:30 a. m., enabling tourists to the Springs to reach there the same day. Trains from and to Corvallis connect with all East Side trains on the S. P.

Full information as to rates, excursions, etc., can be obtained on application to J. C. Mayo, Gen. Pass. Agent, C. & E. R. R., Albany; A. L. Craig, P. A., S. P. Co., Portland, or to S. P. or C. & E. agent. Rates from Salem to Newport, to Yaquina, \$4.50; three-day rate to Newport, \$3.00.

ORDER THE EVENING CAPITAL JOURNAL  
AND SECURE THE NEW 450 PAGE BOOKThe Destruction of  
San Francisco

BY EARTHQUAKE AND FIRE

By Charles Eugene Banks and Opie Read

## Special :: Memorial :: Volume

This edition will be eagerly sought after by millions of Americans who have demonstrated their sympathy in a substantial manner by cheerfully answering the call of the stricken, and giving money, food and clothing with a generosity truly American. Every city, town and village throughout the land is stretching forth its hands to help those in distress. Human hearts are beating today in every hamlet in the world for friends or relatives dead or dying in the ruins.

There never was a time in the history of the world when all eyes were turned to one city, as now they are toward the once great city of San Francisco.

Interest is at fever heat and there is a demand for this book, by all people, that makes it a duty and an honor to be the means of bringing it to them.

This book tells by pen and picture, the detailed story as gathered by writers on the grounds, of the awful calamity that befell San Francisco and the smaller cities of the Pacific coast, leaving hundreds of thousands homeless and at the mercy of their fellow men; of the loss of life and the destruction of property; the story of the disaster as told by the survivors; fighting fire with dynamite; murder and pillage by ghouls; food and water famine; army guarding survivors under martial law; the risks and noose the fate of ghouls; burial alive in tombs of fire; a city turned into an inferno of furnaces; hundreds insane; sympathy of nations; relief work of our people; contributions for the suffering from individuals, cities and congress; a nation's sympathy aroused.

## The Whole Story of the Disaster

AS A SIMILAR STORY WAS NEVER TOLD BEFORE—TO ALL OF WHICH IS ADDED

## THE APPALLING STORY OF VESUVIUS

IN ITS RECENT ERUPTIONS AND THE TERRIBLE DESTRUCTION OF LIFE AND PROPERTY, TOGETHER WITH DETAILED ACCOUNTS OF THE HISTORICAL VOLCANIC ERUPTIONS, SEISMIC WAVES AND THE FRIGHTFUL DISASTERS OF THE PAST, FORMING AN ENCYCLOPEDIA OF AUTHENTIC INFORMATION.

THIS IS THE BEST BOOK PUBLISHED ON THE TERRIBLE DISASTER OF APRIL 18-20. WE HAVE ARRANGED THAT OUR READERS GET THE FIRST EDITION, HANDSOMELY BOUND IN CLOTH WITH PHOTOGRAPHIC REPRODUCTION OF THE GREAT FIRE ON THE FRONT COVER. TWO DOLLARS PAID IN ADVANCE FOR THE DAILY OR WEEKLY CAPITAL JOURNAL AND 20 CENTS FOR POSTAGE BRINGS YOU THIS GREAT BOOK BY MAIL. THE FIRST EDITION IS LIMITED, SO SEND IN YOUR ORDER EARLY.

THE CAPITAL JOURNAL, HOFER BROS., Publishers.