

Yana College Has Solved Problem of Cheap Living

and food for 23 cents a week, a wonderful record that has been established by Valparaiso university, Ind., thus putting to rest the idea that this is the highest cost of living.

The original solution to the problem, but in a quiet way, has thousands of students who are not required to pay for their food.

Courses: 1—Beef soup with croutons. 2—Roast beef with brown gravy, marshed potatoes, marshed turnips and sweet corn. 3—Combination salad. 4—Baked apple dumplings with milk and sugar. Sundries—Corn bread, wheat bread, cranberry sauce and coffee.

The cost of this dinner by courses was as follows:

Soup	\$ 1.19
Roast beef with brown gravy	18.55
Salad	3.15
Sweets—600 baked apple dumplings	6.10
Sundries—cornbread	3.66
Cranberry cause	7.00
50 pounds wheat bread	1.00
12 pounds butterine	1.50
6 pounds coffee	.66
16 gallons milk	2.00
Paper napkins	.25
Fixed charges at 1 cent per capita	5.00
Total cost of dinner	\$50.36
Receipts from 500 diners at 10 cents per capita	\$50.00
Five-Cent Supper	
A 5-cent supper for 750 persons, including 75 non-paying student helpers, consisted of baked potatoes, boiled rice, prunes, bread and butter, cookies, milk and tea. The cost:	
7 bu. large selected potatoes	\$ 3.00
40 pounds rice	2.40
40 pounds prunes	4.20
70 pounds sugar	3.50
200 pounds bread	4.00
20 pounds butterine	2.25
16 gallons milk	2.00
750 large sized cookies	3.75
1 pound tea	.35
Cost of material	\$25.45
Fixed charges	6.75
Total cost of supper	\$32.20
Receipts from 675 persons at 5 cents each	\$33.75
Profit	\$ 1.55

Explaining how the university can do what it is doing, Mr. Kennan says:

"The secret lies partly in management or as a Wall street banker expressed it, in 'brains,' and partly in the elimination of middlemen and the purchase of raw foodstuffs in large quantities. Vice President Kinsey, who controls the commissariat and largely direct the work of the university on its economic side, has given long and careful study to the problem of reducing the cost of living, and it is to his judgment and unremitting personal attention that the success that it has attained in furnishing good board at a low price. He not only makes all purchases and contracts, but supervises the work of cook, dining room he'pers and gardeners; devises and puts in practice small economies, such as saving and selling of table and kitchen leavings and refuse, the buying of sorted potatoes, or the cutting of bread in thin slices, and watches constantly the making out of menus, so as to have incessant change from meal to meal and from day to day.

"In the second place, the university eliminates all middlemen and buys by the ton or the carload from importers, jobbers or wholesale dealers.

"Such are the methods that enable the Valparaiso university to furnish excellent table board for 18 cents a day. Sixteen cents a day

is the cost of feeding a prisoner in the Oakland, Cal., jail, and 17 cents a day is appropriated for the food of a pauper in the San Francisco almshouse. At the recent meeting of the food congress in Paris Professor Landony stated that the sum spent for food by the average Parisian working woman was 20 to 25 working man 47 cents a day."

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the city of Toledo, county and state aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of the Hall's Catarrh Cure.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 1886.

(Seal.) A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY & CO., Toledo, O.

Sold by all druggists, 75c.

Take Hall's Family Pills for constipation.

HOUSE WORK



Thousands of American women in our homes are daily sacrificing their lives to duty.

In order to keep the home neat and pretty, the children well dressed and tidy, women overdo. A female weakness or displacement is often brought on and they suffer in silence, drifting along from bad to worse, knowing well that they ought to have help to overcome the pains and aches which daily make life a burden.

It is to these faithful women that

LYDIA E. PINKHAM'S VEGETABLE COMPOUND comes as a boon and a blessing, as it did to Mrs. F. Ellsworth, of Mayville, N. Y., and to Mrs. W. P. Boyd, of Beaver Falls, Pa., who say:

"I was not able to do my own work, owing to the female trouble from which I suffered. Lydia E. Pinkham's Vegetable Compound helped me wonderfully, and I am so well that I can do as big a day's work as I ever did. I wish every sick woman would try it."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

is the cost of feeding a prisoner in the Oakland, Cal., jail, and 17 cents a day is appropriated for the food of a pauper in the San Francisco almshouse. At the recent meeting of the food congress in Paris Professor Landony stated that the sum spent for food by the average Parisian working woman was 20 to 25 working man 47 cents a day."

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the city of Toledo, county and state aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of the Hall's Catarrh Cure.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 1886.

(Seal.) A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY & CO., Toledo, O.

Sold by all druggists, 75c.

Take Hall's Family Pills for constipation.

Notice to Contractors.

Notice is hereby given that sealed bids will be received by the City of Salem, at the office of the undersigned, at the City Hall, in Salem, Oregon, up to 10 o'clock a. m. March 18, 1908, for laying of sewers in the alleys of block 1, Central addition, and block 3, in Frickey's addition to the City of Salem, Oregon.

The proposed work must be done in accordance with the plans and specification, which can be seen at the office of the City Recorder. The City of Salem reserves the right to reject any and all bids.

By order of Common Council.

W. A. MOORES, Recorder.

3-7-5t-dly

Proposals for Sealed Bids.

Bids for special road improvement in road districts No. 23, 24, 27 1/2, 28, 28 1/2, 30, 34, and 38, in Marion county, Oregon, will be received at the county judge's office until 10 a. m. the 14th day of March, 1908. Each bid must be accompanied by a bond signed by two or more freeholders, in double the amount of the bid, as sureties, made payable to Marion county for the faithful performance of the contract.

Specifications for said improvement can be seen at the county judge's office. Marion county commissioner's court reserves the right to reject any and all bids.

JOHN H. SCOTT, County Judge.

3-7-4t

The White House Restaurant
For a Regular
25c Dinner at 20c
They can't be beat
McGilchrist & Son
Proprietors.

329 COURT STREET.
Call and try them. Meals 15c. Board per week \$3.75, also furnished rooms very reasonable.

AT THE
Salem Restaurant MEALS 15c

ELITE HOTEL
Restaurant and hotel, on European plan. Meals at all hours on short order. Regular dinner 25 cents. Thirty newly finished furnished rooms.

E. ECKERLEN, Prop.
148 Commercial St.

HOTEL OREGON
Cor Seventh and Stark Sts.
Portland's New and Modern Hotel. Rates \$1 per day and up. European plan. Free Bus.

WRIGHT-DICKINSON HOTEL CO. Proprietors

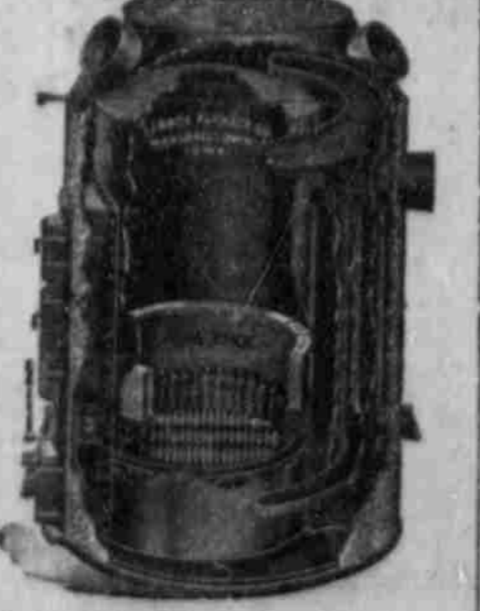
THE O. K. Store

GROCERIES THAT SPEAK
for themselves, as ours do need little praising. We might well be pardoned for being enthusiastic about them. But all we say is

GIVE US A TRIAL ORDER.
Once you do that we will not have to coax you for a second. Our Groceries will speak for themselves on your table. You'll be sorry you hadn't commenced trading here before.

A. A. ENGLEBART,
Twelfth Street near Woolen Mill
Phone 122.

TORRID ZONE FUNARCE



The above cut represents brick lined Torrid Zone Funarce. Guaranteed gas, smoke and dust proof. Economical and durable.

A. L. FRASER
258 STATE STREET.
Estimates furnished on heating

THE CLASSIFIED

FOR SALE
For Sale—Good stock and dairy ranches for sale at reasonable prices, with or without stock, some timber. Can also locate good government homesteads. L. F. Goin, Waldport, Or. 2-19-1m*

For Sale—Six-room house and barn, two acres of land, 60 or 70 Royal Ann cherry trees, also other fruit for family use. Price \$2500. Latham Land Company, over Portland General Electric Company. 2-4

For Sale—First-class carpet paper at this office; 25c for a big roll.

FOR RENT
For Rent—One ten-acre hay yard six acres of farming land, with house and outbuildings; one 5-acre tract of loganberries garden and orchard with house and outbuildings; one 16-acre hay yard with house and barn; to be rented all or separate. Located one mile north of Wauconda, on electric line. Enquire of E. M. Massey, 444 N. Winter st., Salem, or A. W. Nusom, Gervais, or phone Farm 59 or W. H. Egan, Gervais, Phone Farmers 36. 2-20-tf

DRAYMEN.
Cummins Bros. Transfer Company—All kinds of transfer work done. Furniture and pianos boxed ready for shipment. Prompt service is our motto. Stand and office at 253 South Commercial street. Phone 210. Residence Phone 968

Baggage and Express—B. N. White, general delivery to any part of the city on short notice. Stand in front of Barnett's restaurant, Commercial street. Phone 396. Residence phone 590. 2-14-tf

LIVERY AND FEED STABLES
Livery and Feed Stables—Old Post office Stables, at 254 Ferry street, between Commercial and Front streets. Telephone 188. Some of the finest liveries in the city can be found here. Dick Westcott, proprietor. 10-1-lyr

WANTED.
Wanted—A boy to work at the German bakery. Enquire at once, 12th and Chemeketa streets. 3-9-3t

Wanted—To buy horse, must weigh 1300 pounds. Prefer 1500-pound horse; age between 5 and 10 years old. Phone 74, or call at Salem Truck & Dray Company's office, Salem, Oregon. 3-6-1m

Wanted—A girl from 8 to 12 years old for companion, to make her home, or would adopt, if suited on both sides. Inquire at 479 State street. 3-7-3t*

PLUMBERS.
Theo. M. Barr—Plumbing, hot water and steam heating and tinning 164 Commercial street. Phone Main 192. 9-1-1yr

M. J. Petzel—Plumbing, steam and gas fitting. Successor to Knox & Murphy, 226 Commercial street. Phone Main 17.

MISCELLANEOUS.
Will Call and Pay Cash—For men's cast off cloth, broken watches and jewelry. We clean and press. High grade work. Phone 963. Sigourney, 483 State. 1-25-tf.

Notice—The undersigned will not be responsible for any debts contracted by anyone but himself. Geo. W. Gosser. 3-4-1w

Will the Party—Who borrowed a Snell bicycle from The Journal office about two weeks ago kindly return same, as the owner needs it. 1-10-tf

Voigt Lumber and Fuel Co.—Lumber, shingles, building material, wood and coal. Low prices and prompt deliveries. One block east of S. P. passenger depot. Phone 198. 7-2-tf

Butte & Wenderoth—Fine wines, liquors and cigars. We handle the celebrated Kellogg and Castle whiskeys. Cool and refreshing beer constantly on draught. South Commercial street. 9-3-1yr

Enlarged—Our meat market on East State street has been doubled in size and we are better prepared than ever to serve customers. Prompt service and the best of meats our motto. Call or phone 199. B. E. Edwards & Co.

BUTTERNUT BREAD.
It is worth more than any other bread yet the price is no higher. For sale at your grocers'. CALIFORNIA BAKERY, Thomas & Cooley, Props.

LODGES.
Carpenters Union No. 1085—Local Union No. 1065 of Carpenters and Joiners of America meet every Saturday evening at 7:30 p. m. in Hearst hall, 420 State St. A. W. Dennis, Rec. Sec.

Foresters of America—Court Sherwood Foresters, No. 19. Meets Saturday night in Holman hall, State street. Waldo Miller, C. R.; J. C. Perry, financial secretary.

Central Lodge No. 18, K. of P.—Castle Hall in Holman block, corner State and Liberty streets. Tuesday of each week at 7:30 p. m. Oscar Johnson, C. G.; H. H. Anderson, K. of R. and S.

Modern Woodmen of America—Oregon Cedar Camp No. 5246. Meets every Thursday evening at 8 o'clock in Holman hall. W. W. Hill, V. C.; F. A. Turner, clerk.

Woodmen of World—Meet every Friday night at 7:30, in Holman hall, O. L. Darling, C. C.; P. L. Fraser, Clerk.

Lincoln Annuity Union.—Sick, accident and pension insurance; \$2,000,000 pledged; every claim paid. Good agents wanted. J. H. C. Montgomery, supreme organizer, Box 432 Salem, Oregon. R. R. Ryan, secretary, 546 State street.

SASH AND DOOR FACTORIES.
Frank M. Brown.—Manufacturer of wash, doors, mouldings. All kinds of house finish and hard wood work. Front street, between State and Court. Make all complaints at the office.

Gold Dust Flour
Made by THE SYDNEY POWELL COMPANY, Sidney, Oregon. Made for family use. Ask your grocer for it. Bran and shorts always on hand.

P. B. Wallace AGENT

THE AVENUE
Creams, ices, cigars and confections. Corner of Seventeenth and Asylum avenues. N. C. Baker, proprietor

Strong and Healthy Poultry



If you feed Coulon's Improved Mash Egg Food
Your hens will be cackling over fresh laid eggs, three times as many as they would lay without this food. You will help yourselves and help us if you do your buying in our line from us.

Good literature on poultry raising free.

TILLSON & CO.
151 HIGH ST. Phone 139.

PERFECT PRINTING PLATES
IN ONE OR MANY COLORS
LARGEST FACILITIES IN THE WEST FOR THE PRODUCTION OF HIGH GRADE WORK
RATES AS LOW AS EASTERN HOUSES

HICKS CHATTEN ENGRAVING CO.
24 1/2 ALBANY, PORTLAND, ORE.

HOLLISTERS Rocky Mountain Tea Nuggets
A Busy Mollies for Busy People. Bring Golden Health and Renewed Vigor. A specific for Constipation, Indigestion, Liver and Kidney Troubles, Rheumatism, Intestinal Blood, Bad Breath, Stomach Disorders, Headaches and Neuritis. It's Rocky Mountain Tea in tablet form. It costs a lot less than any other. HOLLISTERS Tea Nuggets, Madison, Wis. GOLDEN NUGGETS FOR SALLOW PEOPLE

CASTORIA

Kind You Have Always Bought, and which has been used for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bearing the Signature of
Charles H. Fletcher.
The Kind You Have Always Bought
In Use For Over 30 Years.

THE CASTORIA COMPANY, 27 NASSAU STREET, NEW YORK CITY.