...MERICAN ALWAYS GFT HANE THE BEST

...all discussions on the price of ...the fact that the American peo... demand only the best cuts and ...the cheaper ones, which are ...ly nutritious, stands out prom...ly.

...fact is one of the rasons why ...is not cheaper, and if the peo... would be educated to realize the ...of it, and would buy accord... the price on all cuts would be... nearer equal and the high price would disappear.

...rge K. Holmes, chief of divi... of foreign markets, bureau of ...of the United States depart... of agriculture, prepared for ...ear book of the department a ...e on the peculiarities of con... in their systems of market... and among other things he ...out the mistake made by peo... of limited means on always se... the choice or most expensive ...of meat, when many of the un... cheaper parts of the animal ...ally or even more nutritious. ...ment was as follows:

...though epicureans admit and ...ts demonstrate that the neck ...are toothsome and nutritious ...the lowest price. In fact, ...would hardly be considered re... to ask the butcher for a ...of the neck. Perhaps a low or... of proficiency in the housewife's ...ing in the past gave to the neck ...its low place. The story might ...been different had the house... of former times possessed the ...housewife's ability to utilize ...in the making of attractive ...delicious dishes. The point of ...argument is that cheap cuts of ...carcass are as good as ex... pieces when judiciously se... and properly cooked.

...American butchers complain that ...average housewife has little ...ledge of the art of cooking. She ...not know how to make a tasty ...of the cheap grades of meat. ...therefore buys the best steaks, ...them on the prying pan or the ...and places them on the table ...she thinks they are properly ...On the other side of the At... the cuts are placed on a more ...footing, the demand for the ...cuts being more general. ...this side the laborer's wife is ...likely to order chops or steak ...to ask for brisket or neck, and ...consequence it pays big packers to ...barrels and barrels of brisket ...the cheaper cuts to England, ...in many cases our retail butch... will prefer to purchase more of ...portions from which he cuts the ...called "choice" cuts than to stock ...with the entire carcass and run ...risk of having a quantity of ...cuts left upon his hands.

...While the tenderloin has the ten... meat and is considered the ...delicate cut, it is not so juicy ...so well flavored as other por... less tender, and it is not nearly ...nutritious as parts that require ...cooking. Again, while this and ...sirloin costs more than any other ...it contains less nutritive value ...is found in the cheaper cuts.

...That it should be is one of the ...economies of nature. The class ...people who do the hardest labor, ...particularly those whose occupa... takes them much in the open air ...need the nourishing and sustain... qualities of the heavier meats. ...These are found in the less expensive ...in the meats which are rich ...juices, with bones heavy with ...marrow.

...Stews and braised meats, and ...steamed in their own juices, ...as pot-roasted meats, give the most nourishment and add to the physical strength. Teach the people this and the demand for the so-called "cheap cuts" will increase.

"The butcher's chance for selling the whole steer at a fair price would then be greater. Is it not to the advantage of the butchers to do their part in instructing the public on the point? The government has done a little in this direction; it should do more."

McGREGOR-BENSON WEDDING COMES AS SURPRISE

The marriage of Miss Harriet A. McGregor to Mr. Arthur A. Benson, which was solemnized at the home of the contracting parties at 463 South Capitol street at 8:30 o' clock Saturday evening, Rev. H. T. Babcock, of the First Presbyterian church, officiating, came with a suddenness which surprised friends and relatives. The wedding was a very quiet affair, only the relatives of the bride and groom being present, and was a complete surprise to their friends.

The two young people are well known in this city. Mr. Benson is the son of Judge Henry L. Benson, of Klamath Falls, and for several years past has held the position of deputy clerk of the supreme court. Miss McGregor has been employed during the past year as one of the leading salesladies in the firm of Joseph Meyers & Sons, and is one of Salem's most popular young women. Mr. and Mrs. Benson will live in the new home on Capitol street, which has been especially prepared for their occupancy.

COFFEE

Three-quarters of coffee is such that we can't touch it; we make five grades of the top quarter.

Your grocer returns your money if you don't like Schilling's Best: we pay him.

The Molding of Men.

So firmly fixed, so frequently flattered has been our belief in the perfection of our public school system that it comes as a shock to realize that this system, or rather its present condition, may be a source of devitalizing weakness.

Recently the president of a great university spoke of the evil that has been done the minds and ideals of the young men of our nation by the almost universal monopolization by women of the function of educating our masculine youth. Our young men, during the most impressionable period of their lives, are taught almost exclusively by women. The man teacher is slowly becoming extinct.

Up to the age of 14 years the boy may be trained perhaps equally well by a man or woman. Beyond that age the boy usually becomes a negative to the influence of the average schoolmistress, and the teacher's efforts are usually annulled. At this period the young and plastic nature of the man-to-be requires, both in precept and example, the guidance of some strongly formative, virile mind, instruction, discipline and advice by men of worth and culture from the schools of life and learning. Well known is the usual boy's contempt for all that is girlish and ef-

New Notaries.

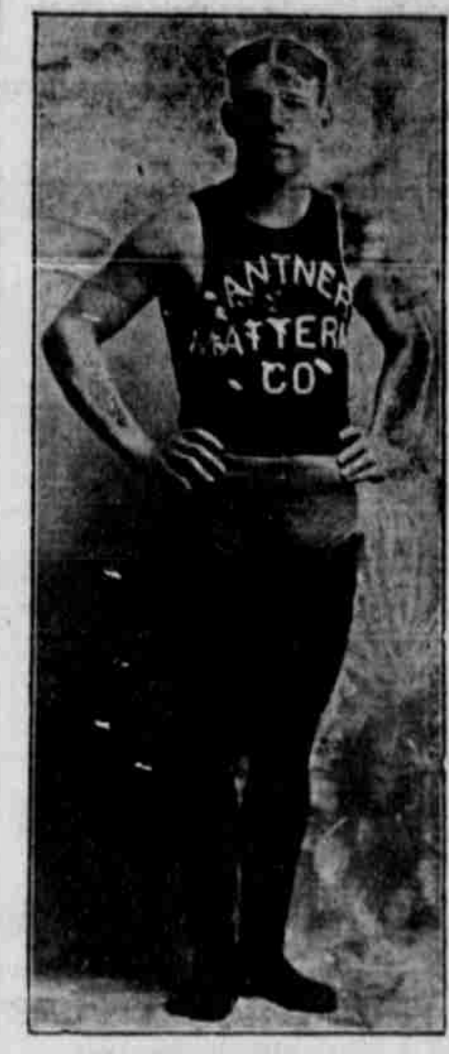
I. W. Hope, Vale; O. P. Hulse, Moro; Arthur Langguth, K. G. Staples, A. E. Otto, Henry St. Rayner, Portland.

AMERIACAN CARNIVAL COMPANY AT THE FAIR

There are five pay shows and every one clean, moral, interesting and amusing. The "Dixie Land" or South Before the War," consisting of eight colored performers, will please and amuse all its patrons. The Venetian glass blowers give a scientific exhibition of blowing and spinning and weaving glass and they show how common glass is made into various ornaments. Each person paying admission receives a glass souvenir. The "Crazy House" is where you enjoy a good hearty laugh and imagine you are going through space and looping the loop, an illusion without the aid of mirrors. "Omazo," the Australian Wild Girl, in her den of living reptiles is well worth seeing. The Electric theater featuring pictures of the Black Princess and many other amusing films gives entire satisfaction.

The shows will exhibit all this week. The free attraction of Kid Mangels, the boy wonder, diving 75 feet into a tank containing 36 inches of water, doing his sensational suicide high dive is free and takes place every night.

Join the crowd and remember the time and place, and enjoy yourself with innocent fun and amusement.



The Sensational Dive.

Every evening at 9:30 the sensational high dive will take place. The young man leaps off the top of the ladder backwards, turning a complete revolution, and alighting in a burning tank of gasoline. The shudders and creeps run down the spinal columns of the audience as he takes his leap for life, as nearly all these performers come to the final effort and end their careers a mangled mass of remains that the undertaker has to patch to gether the best he can.

SALEM MARKET.

Local Wholesale Market.

Eggs—25c.
Butter—Creamery, 32½c.
Cows—$3@3.50.
Hens—10c, young chickens 12c.
Local wheat—86c.
Oats—40c.
Barley—$22.50.
Flour—Hard wheat, $5; valley, $4.25.
Hay—Cheat, $10; clover, $9 per ton; timothy, $11@12.
Onions—$1.25 cwt.
Hops—1907 crop, 5@6c.
Cascara Bark—2½@3c.
Mohair—18c

Retail Market.

Oats—$1.45.
Wheat—$1.05.
Eggs—30c.
Butter—Country, 30c; creamery, 35c.
Flour—Valley, $1.25 per sack; hard wheat, $1.40@1.45.
Bran—90c per sack, $30 per ton; shorts, $1.30 per sack.

Livestock.

Eggs—35c.
Stock hogs—$4.50.
Steers—3¼c.
Veal—5@7c.

Tropical Fruits.

Bananas—$6.50.
Oranges—$4.00.
Lemons—$5@6.

Portland Markets.

Poultry—Hens, 12c; ducks, 12@14c; pigeons, old $1 per dozen.
Millstuff—Bran, $26.
Flour—Valley, $1.20 per sack; hard wheat, $1.45.

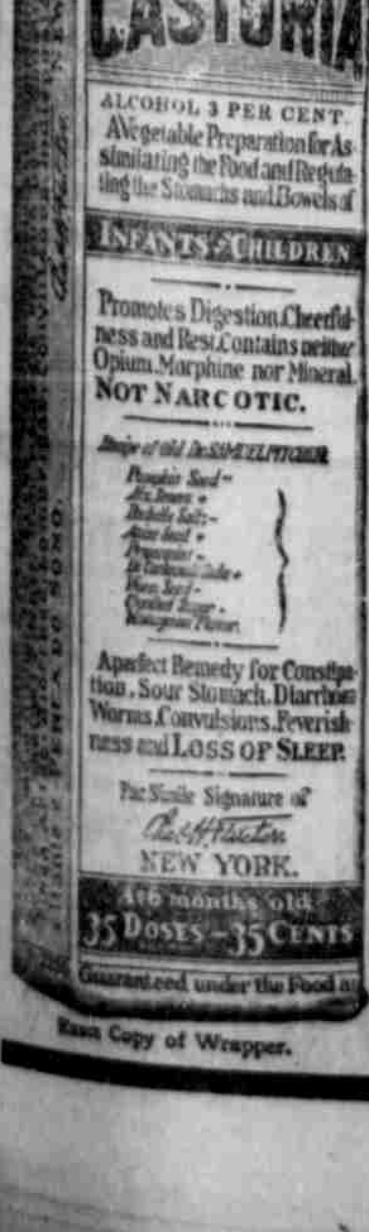
State Fair's Special Trains via Oregon Electrict Railway.

Special trains will leave Salem during fair week as follows:

a. m.	p. m.
6:05	1:45
9:05	3:28
10:15	5:30
11:05	6:00
	7:00
	8:30

All trains will stop at State street, Hood street and Highland avenue in addition to Mill street station to take on or let off passengers.

For further information apply to C. E. Albin, agent, phone 392; or G. F. Nevine, G. P. A., Portland. 9-14-1w.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

CLASSIFIED DEPARTMENT

Three Lines, Three Insertions, 25c.

FOR SALE

For Sale—Household furniture, corner Center and Front streets. Call between 9 and 12, or 2 and 5 o'clock. Joseph Meyers. 9-9-tf

For Sale—Fine Jersey heifer, seven months old. Inquire of Maggie P. Patterson, second house south of City View cemetery. 9-8-3t*

Splendid Opportunity—To secure established business. Only first-class restaurant on Coos Bay. Famous Smith's cafe, Marshfield for sale on account of dissolution of partnership. For full particulars address J. LeRoy Smith, Marshfield, Ore. 9-9-3t

For Sale—A house, barn and three lots; well and city water; all kinds of small fruit, 365 South 18th street. 9-10-3t*

For Sale—A good piano, a bargain. Take car to 24th street, third house from corner on Asylum avenue. 9-10-3t*

For Sale—One good team of horses; a choice of three teams. Gustav Mitzner, Route No. 3, Salem, Or. 9-11-1w*

For Sale—Half carload of couches, lounges and Davenports, from $2.50 up. The goods got wet at a fire in Portland. O. A. Chapel, 323 Center street, corner of Commercial. 9-11-tf

For Sale—18 head of Merino bucks, from the Minto stock, one of the oldest breeders of Merinos in Oregon. Price $10 per head. G. W. Eoff, Salem, Oregon, Route No. 6, Box 42. 9-11-1m*

BARGAINS IN REAL ESTATE.

If you are looking for vacant lots or well improved property in this or other towns, or farms, large or small, for acsh or trade, why not save time and money and see Bechtel & Minton.

$600, HOUSE, 5 ROOMS, 2 LOTS $600.

$50 down, balance $10 per month. Why pay rent when you can get such a snap?

HERE'S ANOTHER ONE.

Cosy 5-room house, woodshed, young fruit trees, 1½ lots, 34-foot drove well, good water and pump—for a few days only $600.

$1800.

Modern house, 7 rooms, all wired for electricity; pantry, bath, toilet, washstand, wood fiber plaster, sewer, fruits, etc. This property will double in value in next five years.

We have several strictly modern homes close to business section.

FARMS FARMS FARMS

180 acres, $55 per acre; best in the valley.

200 acres, only $25 per acre; finest dairy farm.

80 acres on beautiful Howell prairie, $90 per acre.

Call and get our prices on farms; we have the best. See

BECHTEL & MINTON,
341 State Street, Bayne Bldg, R 7-8.

REAL ESTATE BARGAINS

Are you looking for a home? 10 acres, fine large house and barn, fine orchard, small fruits etc., good water, extra level, well located. Close in, one of the very best homes near Salem. Only $4000, for a few days.

10 acres 4½ miles from Salem on good road, good 6-room house, barn, etc., 6 acres in fruit. Will sell now for $2500.

We have lots from $80 to $1500 and they are going fast. Don't wait if you want one. We have fruit tracts, dairy ranches, wheat farms, farms and houses to rent, and houses to sell in any part of Salem. If you went a home or a farm, see us we can suit you. Also have $5000 to loan for a term of years on real estate. We have a fresh milk cow to sell.

A. C. SMITH & CO.
Room 9, over United States National Bank, Salem, Oregon.

BARGAINS.

A choice 40-acre tract; good orchard, 250 English walnuts, 1200 Loganberries, fine spring water running to house and barn; good big barn, fair house; 10 acres can be irrigated from spring. Lays fine. See me if you want a dandy home.

100 acres, large house and barn; 60 acres in cultivation, balance pasture and timber; fine spring water to house and barn; excellent place; stock goes with this. See it and get a fine home.

20 acres, 3 miles out; good improvements; house, barn, orchard, etc.; fine level black land; $4000.

My own home, 20 acres, with fine improvements; good house, barns, windmill, tank, milk house and buildings, etc.; Joe-dandy orchard, etc.; $7000.

5, 10, 20 and 40 acres well improved near town. Houses for rent and sale on installment.

Store room to rent, 16x40 or 32x50. money to loan on real estate; notary work; employment agency. Make your wants known and I think I can fit you out.

R. R. RYAN,
Cor. Commercial and Center Streets.

MISCELLANEOUS

Lost—A white and tan pointer; license tag 184. Return to 225 Twentieth street for reward. 9-12-tf

Frank E. Churchill—Representative of the Western Conservatory of Music of Chicago, in this city, will resume classes in piano, sight reading, harmony, theory, history, etc., on and after September 21. Lessons will be given in the home or at the studio, as preferred by the pupil. Studio rooms and 8 and 9, Opera House building. Residence phone 1100. 9-12-3t

Cement Work—Concrete walks, septic tanks, cement floors and foundations. Estimates furnished and all work guaranteed. J. P. Vetch, 328 Marion street. Phone 608. 9-10-tf

Rooms—Two rooms colored gentlemen preferred, 1320 N. Commercial street. Mrs. M. E. Broak. 9-10-3t*

Wenger & Cherrington—Pianos and Organs sold on easy terms; telephone 1187; 247 Commercial Street Salem, Oregon. tf

Salem Cash Market—The finest cuts of meats at the lowest prices. My phone 370, 247 S. Commercial St. P. W. Reyeltz, Prop. 7-21-tf

Help Furnished Free of Charge—By Latham Land Company, 478 State street, phone No. 149. Parties wanting help please call at office or phone us. Also have cows for sale.

Concrete Work—Get my prices on sidewalks, curbs, septic tanks and cement work of any kind. All work guaranteed first-class. M Ward, 2378 Maple Ave., Highland. Phone 569. July24-tf.

Voget 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-?-tf

Gotts & Wenderoth—Fine wines liquors and cigars. We handle the celebrated Kellog gand Castle whiskies. Cool and refreshing beer constantly on draught. South Commercial street. 9-8-1yr

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. R. E. Edwards Meat Co.

The Home Seekers Information Bureau will place you in direct communication with owners of farms and city property. Chamber Commerce, Portland. 222 N. Commercial street, Salem Or. 7-21-tf

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.

WANTED

Wanted—A place to work for board and room by high school students. Communicate with J. M. Powers, superintendent city schools. Phone office, 446, residence 330. 9-12-2w

Wanted—At once, good boy to carry papers, one with pony preferred. Apply to Journal. 9-8-tf

Wanted—Italian prunes in any quantity, picked in firm condition, suitable for canning. Mutual Canning Company. 9-10-3t

Wanted to buy—A blacksmith shop with or without tools, in good location in city. Will buy the property at a reasonable price Address Fred Dupras, 235 Baraga avenue, Marquette, Mich. 8-18-tf.

Wanted—Money to loan. If you have money to loan on real estate at 6, 7 or 8 per cent, send it to me, as I have many applications for such loans. Bank references furnished on application. S. H. Gruber, 826 Board of Trade Bldg., Portland, Oregon. 9-9-1m*

Wanted—At once, a second cook at the Cottage Hotel. 9-11-3t

LIVERY AND FEED STABLES

Livery and Feed Stables—Old Postoffice Stables, at 254 Ferry street between Commercial and Front streets. Telephone 188. Some of the finest liveries in the city can be found here. Westacott & Johnson, props. 10-1-1yr.

Salem Fence Works

Headquarters for Woven Wire Fencing.

Poultry Netting, Pickets, Gates Malthoid Roofing, P. & D. Ready Roofing, Screen Doors and Adjustable Window Screens.

CHAS. D. MULLIGAN
Successor
WALTER MORLEY.
250 Court St. Salem. Ore

Concentration is of more value than the every day conversation.

FOR SALE

8-room house, pantry, woodshed, good well, good barn, chicken park, plenty of all kinds of fruit; 2 acres of land, carpet on floor and lots of other things goes with it. Prices, $2900.

For Sale.

300-acre farm east of Salem, 250 under plow, good large house, 2 barns, good well of water, good orchard, 56 acres in timber and pasture.

50 acres, 6 miles of Salem, good house and barn, good place. Price $3000.

20 acres all in cultivation, good house, barn. $2000.

40 acres in in cultivation and pasture, good house, good barn, new; 3 head of horses, 7 cows, several hogs, wagon, buggy, plow and all farming implements. Plenty of hay in barn, 2 wells on place. $4500.

J. C. SCHULZ,
134 N. Liberty.

LODGES.

Carpenters Union No. 1065—Local Union No. 1065 of Carpenters and Joiners of America meet every Saturday evening at 8:00 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. C.; E. 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. E. Lupton, C. C.; P. L. Frazier, Clerk.

Lincoln Annuity Union.—Sick, accident and pension insurance; $2,000,000 pledged; every claim paid Good agents wanted. J. H. O. Mongomery, supreme organizer, Box432 Salem, Oregon. R. R. Ryan, secretary, 546 State street.

SASH AND DOOR FACTORIES

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

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

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 98.

REAL ESTATE FOR SALE

NOTE THESE

Twenty-one acres, 1½ miles from Shaw, 1½ story house, barn, 17 acres prunes, all in bearing. If sold at once crop goes with place. Price $4375.

Fiftyfive acres on Howell Prairie, 7 miles from Salem, good 8-room house, good barn, 36 acres cleared, balance in timber and pasture, 20 acres in hops. Price $110 per acre.

City lots for sale cheap. Small amounts down, balance in monthly installments, no interest.

OLMSTED LAND CO.
373 STATE STREET.

House For Sale

ALL NEW
ALL MODERN
ALL COMPLETE

Five rooms, $1250. Our reasonable prices bring quick results. First come, first served.

Voget Lumber Co.
South Fourteenth and Oak.