

MRS. VAUGHN HAS MESSAGE FOR PARENTS; GOOD FOOD FOR CHILDREN HOBBY OF EXPERT



Mrs. Kate B. Vaughn.

When it is realized that Mrs. Kate B. Vaughn has a message for parents, who is to give a course of lectures on the science of child-feeding, and who has lectured on the Home-Making and Home-Making at the main auditorium of the army, has five healthy children of her own, it is not hard to believe that Mrs. Vaughn has a "hobby" which she has been by "and is enough to convince that Mrs. Vaughn has worked her hobby for the benefit of this charming family. Mrs. Vaughn says most earnestly that children must be well-fed, that good children must have good food; that the choice of a college for the grown-up boy or girl, is a matter of no greater moment than the choice of food for the boy or girl while he or she is growing up.

To Speak on Child Dietetics. People everywhere are awaking to the fact that the physical development is largely dependent on the child's food. Out of her own experience with a delicate young son, Mrs. Vaughn has evolved a lot of practical, workable

foods as will provide proper nourishment for the family as a whole. Mrs. Vaughn is always glad to talk before mother's club on this matter of the influence of food on the child's physical and mental welfare. She is so impressed with the importance of this great question, that she is at all times ready to tell what she has learned, through experience and exhaustive study. And yet Mrs. Vaughn feels that there is more to learn and for this reason, as much as any other, she welcomes the informal morning sessions, where the guests of the cooking schools cannot only ask questions, but tell how they have solved some of their difficulties, for the mutual benefit of Mrs. Vaughn and the other guests present.

Must Look to Their Laurels. Mrs. Vaughn believes mothers must take a wide and comprehensive view of these matters. Boys and girls are learning in school more about such things as hygiene and sanitation than their fathers and mothers ever dreamed of. Mrs. Vaughn says that mothers must not let these youngsters think she is "old fogey." To make a careful study of the child's needs and to meet these needs seems at first glance a herculean task, but Mrs. Vaughn has a way out of the difficulty, and Salem mothers are to have the benefit of it at the coming cooking school.

Housekeeping Clubs Organized. So great has been the interest in Mrs. Vaughn's work, and so lasting is the benefit of her culinary lecture-demonstrations, that in many towns where she has appeared, cooking schools have evolved into a permanent feature. Mothers' clubs, housekeepers' clubs, and cooking schools have been organized and put into operation to be carried on by the women of the town after Mrs. Vaughn has left. There is no over-estimating the value of this free course which the Capital Journal is to offer its feminine readers beginning next week, at the main auditorium of the army and no Salem woman can afford to miss one of them.

It is to feature quality throughout. There have been cooking schools before but this one is to be different. It will appeal to the woman who does her own work as well as to the one who has servants, to the country woman as well as to the city woman, to the girl at school and to the mother in the home.

Recipes to Be Published. To every woman attending the Capital Journal Free Cooking School Mrs. Vaughn will give a leaflet, with her picture on the front cover, showing her in her domestic science uniform, and containing a number of her favorite recipes. Besides these the Capital Journal will publish a number of her recipes each day the cooking school is in session, which will be altogether different from those in the leaflet. Further details concerning the school will be published tomorrow.

Will Give Extra Sessions. Mrs. Vaughn offers to be at the main auditorium of the army in the mornings next week by special appointment, to meet and advise any mothers who have questions to ask regarding the proper food for children. It is not Mrs. Vaughn's idea that special meals shall be prepared for special members of the family, thus increasing instead of lessening the work, but that women may know how to select and prepare such

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Hood's Sarsaparilla

Acts directly and peculiarly on the blood; purifies, enriches and revitalizes it, and in this way builds up the whole system. Take it. Get it today. In usual liquid form or in chocolate coated tablets called Sarsatabs.

prohibition as the wise and right way to deal with the liquor business, and loves it more than ever, and will never give it up, and it would be a foolhardy party who would propose the repeal of this law.

The garbled quotation attributed to ex-Governor Cobb was invented three years ago, and has been refuted again and again by that honorable gentleman, over his own signature. I have written him and hope to be able to get his reply to hand you before election.

The state election in Maine in 1910, bringing the Democratic party into power, was not run on the prohibition issue, nor was the question of how to deal with the liquor problem discussed by either party during that campaign. It was part of the great progressive "landslide" that swept all over New England. The unpopularity of Mr. Taft's reciprocity proposals had considerable to do with the defeat of the Republicans in Maine. During the long down-and-out years of Democratic dishonor in Maine they had promised, if ever they came to power, they would repeal the prohibition law. They kept their word and made the attempt, with the result that our indignant people hurled them from power at the very first opportunity and ratified the prohibition law, so it is likely to stay ratified as a very dangerous thing for any party to oppose or betray henceforth and forever. J. H. IRVINE, Pastor Jason Lee Memorial M. E. Church.

COLDS AFFECT THE KIDNEYS.

Many Salem People Have Found This to Be True.

Are you wretched in bad weather? Does every cold settle on your kidneys?

Does your back ache and become weak?

Are urinary passages irregular and distressing?

These symptoms are cause to suspect kidney weakness.

Weakened kidneys need quick help. Doan's Kidney Pills are especially prepared for weakened kidneys.

Salem people recommend them. J. H. Penton, 1415 Lee St., Salem, Oregon, says: "A cold settled on my kidneys causing pain through my back and loins. I knew that my kidneys were to blame and hearing several local citizens endorse Doan's Kidney Pills highly, I began using them. They were just what I needed to cure the pains and other kidney troubles. Whenever I have taken Doan's Kidney Pills since, a few doses have brought me relief."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

After years of talk and months of effort on the part of a few, the means of putting the loan sharks out of business, at least to a considerable extent, seem to have materialized. The effort deserves cordial approval and support. The loan shark is a leech on the body politic, without a single commendable quality or feature.

The most popular tea in tea drinking countries
Ridgways Tea
England's favorite for over 70 years

Carter's Knit Underwear

Once worn, always worn. Fine invisible ribbed underwear for women, misses and children, in cotton, wool and silk and wool mixed. A variety of styles to choose from. The dainty, well-clad woman will demand this underwear because of its practical fit, allowing freedom.

VESTS---TIGHTS---UNION SUITS
65c to \$1.50 65c to \$1.50 \$1.26 to \$3.95

Carter's Children's Underwear
35c to 75c; Pants 35c to 75c; Union Suits \$1 to \$1.35
DENNISON'S HALLOWE'EN LINE OF NOVELTIES

SUITS---COATS---DRESSES

November Ladies' Home Journals Are Here

QUALITY POPULAR
U.G. Shipley Company
MERCHANDISE 140 CITY STREET BETWEEN STATE & COURT PRICES

THE STORE THAT SAVES YOU MONEY

Our advantages in buying in carload lots for our FOUR STORES enables us to SAVE YOU MONEY. Our motto is: "Good Goods at Moderate Prices."

Our Crescent Range

Is a moderate priced stove, especially made for the coast trade. It is a supreme value, not alone as an ornament, but one of the most useful articles that can be put in the house. Its qualities for baking, quick heating and light consumption of fuel cannot be surpassed. We sell it on 30 days' approval. The factory guarantees it for 10 years. It will last 25.

Garnet Heaters

\$9.50

This is the heater that went into dozens of Salem homes in the last 30 days. It is worth considering. It is a quality stove. Cast top and bottom, also has a perforated removable sectional cast lining. Full nickel trimmed with a one-piece Blued Steel Body. It does not have to be blackened. It does not get red.

Calef Bros. HOME FURNISHERS
COR. COURT & HIGH STS. SALEM, ORE.

4 STORES Salem Portland in Oregon We sell for less because we buy for less 4 STORES Centralia Vancouver In Washington



Mount Crest Abbey Mausoleum

SALEM

This beautiful Mausoleum will be completed on or about December first.

You are invited to inspect the construction of this building in City View Cemetery.

SUBSCRIBE NOW

Plans and specifications on file in Salem office.

Portland Mausoleum Co.
Room 301 Hubbard building. Phone 239

THE OPEN FORUM

The Capital Journal invites public discussion in this department.—Let both sides of all matters be fully brought out—it is not the purpose of this newspaper to do the thinking for its readers.

MAN FROM MAINE TESTIFIES.

Editor Capital Journal: I find it impossible to keep silent when I read the utterly misleading articles in your Friday issue, under the caption "Maine's Fetich All But Fallen," and "Governor Cobb Condemns Prohibition." All my life has been spent in Maine, and I have first-hand information concerning things political, and the history of prohibition and its workings, and its present standing in that state. The prohibitory law was never so beloved or so firmly established in the constitution of the state and in the hearts of its people as at this moment. If ever the objector to prohibition had a chance with everything in their favor, and if ever its friends were put at a disadvantage, with every possible odds against them, it was in the recent attempt to repeal prohibition in that state, and yet the verdict was as conclusive that no party, whatever its creed on this subject, would dare to threaten prohibition with any hope of election or continuance in power in the old Pine Tree state. Maine believes in

MR. HENRY PECK AND HIS FAMILY AFFAIRS - - By Gross

HENRY JR. SAYS

WELL I'LL BE GOSH HANGED! JUST THE THING, FINE!

UNDERSTAND, I WANNA HANG IT RIGHT OVER THE PIANO.

70P AN' WITH THIS 10 DOLLAR FRAME AROUND IT, IT'S GONNA LOOK LIKE REAL CLASS.

HELLO DEAR, I GOT A LIL SURPRISE FER YOU IN THE PARLOR.

MY MOTHER'S PICTURE! ISN'T IT ELEGANT DEAR.

YES!

THAT "YES" OVER THERE DENOTES DEEP CHAGRIN. ON YES!

HENRY PECK JR.