WE EAT TOO MUCH IS BELIEF OF AN EXPERT

Mrs. Vaughn Advocates Simple Living and at the Same Time She Believes in Plenty.

QUALITY IS IMPORTANT IN PREPARING DISHES

Will Give Salem Women Valuable Suggestions About Lightening Household Duties.

Already the women of Salem are growing interested in The Capital Journal Cooking School to be conducted by Mrs. Kate B. Vaugn at the main auditorium at the Armory beginning next Monday. For six days Mrs. Vaughn will give the women of Salem some interesting information about cooking and eating. Mrs. Vaughn believes that most people are eating more than they need, that housekeeper and home maker which includes the man as well as the woman of the house has in many instances quite the wrong conception of the purpose of food, forgetting that it is fuel for the human engine and should not be fed without knowing its true burning capacity.

Believes in Quality.

Mrs. Vaughn will give to Salem women a list of simple menus, quite within the limits of the average housekeeper's purse. She will explain the food values of the different dishes, showing conclusively that it is all foolishness to have the table "groan under its weight of viands." This groaning is the echo from the tired woman who has prepared the meal and the tune is later taken up by the overworked stomachs which are trying to assimilate the food. Mrs. Vaughn's aim is to show how the housewife may feed her family well without overworking herself, or the digestive apparatus of the family. She will endeavor to prove that a woman con do her housework well and still have time and strength to keep abreast of her husband and children in the different topics of the day which are absorbing their interest and taking them further away from her and the kitchen.

Gives Away Cakes.

Mrs. Vaughn does not, however, confine herself wholly to plain, everyday cooking. She is famous for her cakes and salads, and women who entertain much or little, will be eager for her cake and dessert and salad recipes. She will show how to prepare these in inexpensive as well as costly methods, giving helpful hints to the mother, who desires to give a simple children's party and to a woman who is going to invite a few friends to an informal luncheon, as well as to the one who desires to entertain with an elaborate dinner party. She will not only give awey her cake recipes; she will give away her cakes too. Some fortunate woman will go home from the cooking school with one of Mrs. Vaughn's beautiful Flower Cakes, a cake with California roses, perhaps, blooming on the top, the roses made by Mrs. Vaughn's own hands, and Mrs. Vaughn is not a milliner either. Neither is she a Burbank, yet she can make blue roses and yellow asters. Her own taste runs to flowers in their natural color, however. She will probably produce some of the gargeous poppies for which the Western coast is famous, or if her audience desires, some of the flowers that grow "down south in Dixie," Mrs. Vaughn's native land. She makes Chrysanthemum salad too, a Cabbage salad which "blossoms as a rose." Poynsettas grow out of her beautiful Cucumber Aspic.

Does Not Put On Airs.

Most of Mrs. Vaughn's audience when privately interviewed as to their opinion of Mrs. Vaughn's methods of conducting the Capital Journal Cooking School say that it is her charming personality above everything else that has made the school the big success it is. The fact that Mrs. Vaughn does not "put on airs" nor talk "over their heads" seems to appeal particularly strong to the different members of the audience who have been turning out each day for the lecture-demonstration. "She is a real woman's woman" as one of her Spokane admirers states her opinion. "You could not have obtained a more efficient or charming expert to carry on your school.

Advice for Girls in Teens.

Mrs. Vaugn has a special message for the girls. She believes every one of them should aspire to having a home of her own, but she believes just practice on her husband, thereby endangering both of their digestions, at the time of her marriage instead of waiting until after marriage; that the young girl should know what to do and how to do it. The woman who says, "I never cooked a meal in my life" is not proud of the statement any more. She is learning how just as fast as she can. Mrs. Vaughn says that this indifference to household matters has almost, if not quite gone out of fashion and she gives a large share of credit to domestic science teaching. Women are coming more and more to look upon housekeeping as an art, differing from other arts perhaps, in that the personal element is stronger; the motive of love is not alone the love of art, but the love of these for whom the art is practiced.

SEATTLE WOMAN KILLED

[UNITED PRESS LEASED WIRE.]

Seattle, Wash., Oct. 23.—Mrs Jennie C. Frazer, wife of A. G. M. Frazer, who is secretary-treasure and manager of the Frazer-Patterson company, while riding horseback yesterday at Interlaken avenue and Lake Washington boulevard, was thrown violently to the ground. She sustained a fractured skull and died a short time after being taken to the Providence hospital.

WANT ROWELL TO RUN

[UNITED PRESS LEASED WIRE.]

Fresno, Cal., Oct. 23.—Chester Rowell, editor of the Fresno Republican, admitted yesterday that he had been urged by a group of progressive leaders to run for the United States senatorial nomination against Francis J. Heney, at the Progressive primary. Rowell said if he decided to make the race it would be a friendly contest with Heney to determine the progressive choice for the senate.

WHAT DYSPEPTICS SHOULD EAT

A Physician's Advice.

"Indigestion and practically all forms of stomach trouble are, nine times out of ten, due to acidity; therefore stomach sufferers should, whenever possible, avoid eating food that is acid in its nature, or which by chemical action in the stomach develops acidity. Unfortunately, such a rule eliminates most foods which are pleasant to the taste, as well as those which are rich in blood, flesh and nerve building properties. This is the reason why dyspeptics and stomach sufferers are usually so thin, emaciated and lacking in that vital energy which can only come from a well-fed body. For the benefit of those sufferers who have been obliged to exclude from their diet all starchy, sweet or fatty food, and are trying to keep up a miserable existence on gluten products I would suggest that you should try a meal of any food or foods which you may like, in moderate amount, taking immediately afterwards a teaspoonful of bisurated magnesia in a little hot or cold water. This will neutralize any acid which may be formed, and, instead of the usual feeling of uneasiness and fullness, you will find that your food agrees with you perfectly. Bisurated magnesia is doubtless the best food corrective and anticide known. It is not a medicine, and has no direct action on the stomach; but by neutralizing the acidity of the food contents, and thus removing the source of the acid irritation which inflames the delicate stomach lining, it does more than could possibly be done by any drug or medicine. As a physician I believe in the use of medicine whenever necessary, but I must admit that I cannot see the sense of dosing an inflamed stomach with drugs instead of getting rid of the acid—the cause of all the trouble. Get a little bisurated magnesia from your druggist, eat what you want at your next meal, take some of the bisurated magnesia as directed above, and see if I'm not right."

HOW TO SAVE YOUR EYES

TRY THIS FREE PRESCRIPTION.

Do your eyes give you trouble? Do you already wear eyeglasses or spectacles? Thousands of people wear these "windows" who might easily dispense with them. You may be one of these and it is your duty to save your eyes before it is too late. The eyes are neglected more than any other organ of the entire body. After you finish your day's work you sit down and rest your muscles, but how about your eyes? Do you rest them? You know you do not. You read or do something else that keeps your eyes busy; you work your eyes until you go to bed. That is why so many have strained eyes and finally other eye troubles that threaten partial or total blindness. Eyeglasses are merely crutches; they never cure. This free prescription which has benefited the eyes of so many may work equal wonders for you. Use it a short time. Would you like your eye troubles to disappear as if by magic? Try this prescription: Go to the nearest wide-awake drug store and get a bottle of Optona tablets; fill a two-ounce bottle with water, drop in one tablet and allow it to thoroughly dissolve. With this liquid bathe the eyes two to four times daily. Just note how quickly your eyes clear up and how soon the inflammation will disappear. Don't be afraid to use it; it is absolutely harmless. Many who are now blind might have saved their eyes had they started to care for them in time. This is a simple treatment but marvelously effective in multitudes of cases. Now that you have been warned don't delay a day, but do what you can to save your eyes and you will thank us as long as you live for publishing this prescription.

LONDON PRESS WANTS MINISTER SQUELCHED

[UNITED PRESS LEASED WIRE.]

London, Oct. 23.—Unless Foreign Secretary Sir Eward Grey is prompt in putting an extinguisher upon Sir Lionel Carden, English minister to Mexico, indications yesterday were that both of them will be in trouble.

The London press was almost a unit today in warning the English government against any policy which might cause even a shade of ill feeling in the United States. Sir Lionel's action in presenting his credentials to Provisional President Huerta just as the latter was receiving the American rebuke for assuming a dictatorship, was not approved here. His statement yesterday that the "United States does not understand conditions in Mexico" was roundly denounced.

"It cannot be denied," said the London Globe generally a bitterly anti-American paper, in an editorial, "that President Wilson has grounds for complaint against the British policy in Mexico.

BOOK ON FIRE DRILLS NOW BEING PREPARED

In compliance with a law passed by the last legislature State Superintendent of Public Instruction Churchill is preparing a book of instructions on fire drills in the schools, and he hopes to have it ready for distribution in the near future.

The law provides that every school that has 50 or more pupils shall hold monthly fire drills, and that it shall be incumbent upon the teachers to instruct them in these drills and other matters pertaining to fires at least once a month. Further it is provided that the state superintendent shall prepare the book of instructions and that each school shall be provided with copies.

People who go away for a change usually come back broke.

STATE SENATOR LESTER DEAD AT WARRENTON

[UNITED PRESS LEASED WIRE.]

Warrenton, Or. Oct. 23.—State Senator Charles F. Lester, one of Warrenton's foremost citizens, passed away Tuesday night at 6 o'clock. He was born September 3, 1862, in Ruch county, Indiana. At the age of 7 he moved to Berea, Ky., and graduated from Brea college in 1882. He operated a fruit cannery for one year, then went to Wisconsin, where he engaged in civil engineering. He came to Oregon at the age of 22.

Mr. Lester taught school in eastern Oregon for one year and then entered railroad engineering, later being chief engineer during the construction of the Astoria & South Coast railroad, and he continued in the service of the Astoria & Columbia River railroad, when that company purchased the local line. Later he was engaged in the lumber and logging business.

In 1891 Mr. Lester was married to Carrie Warren, daughter of P. C. Warren, of this city. In 1894 he was elected representative from Clatsop county to the Oregon legislature, and in 1910 was elected state senator. He was mayor of Warrenton for several years, and was also a member of the city council and the water commission, following the creation of the Port of Astoria, in January, 1910. He was appointed a commissioner of the Port by Governor Benson on February 9, 1910, and was elected to succeed himself by a large vote in 1912. His widow and only child, Warren Chauncey Lester, survive him. The burial will be in Ocean View cemetery Thursday afternoon.

A NEW PRINCIPLE IN COMPLEXION TREATMENT

(From Society World)

Most creams are injurious when used habitually. They clog the pores and eventually form a permanent, soggy, stifling film which interferes with eiml inative action and makes the skin sickly and pasty. There is an application—mercolized wax—which acts upon an entirely differenn principle. While it is perfectly harmless, it has the peculiar property of removing by absorption the dead and half-dead particles of scarf skin, as well as unhealthy matter in the pores. Thus it takes away from instead of adding to the complexion, different in this respect from cosmetics. The result is a perfectly natural and healthy young complexion. Mercolized wax, procurable at any drug store (one ounce is sufficient), is applied at night like cold cream and washed off in the morning.

The correct principle in the treatment of wrinkles is to tighten the skin, which naturally irons out the lines. A face bath, remarkably effective in this direction, may be made by dissolving 1 oz. powedered saxolite in 1-2 pint witch hazel.

TAX MEETING BEGINS.

[UNITED PRESS LEASED WIRE.]

Buffalo, Oct. 23.—Under the auspices of the Nationa Tax Association, governors, tax economists and business men today convened in the seventh annual meeting of the organization. The sessions will continue through Saturday. The sessions opened today with the president of the association, Prof. A. R. Seligman, noted author and authority on taxation, presiding. Among important subjects discussed will be "Taxation of Mines," "Forest Taxation" and "Taxation of Public Service Corporations." Some of the prominent speakers are: E. E. Woodbury, former chairman and, and T. F. Byrnes, president of the state board of tax commissioners of this state; ex-Justice of the Supreme Court R. J. LeBeeuf; Adelbert Moot, of Buffalo; J. E. Davis, commissioner of corporations of Washington, D. C.; C. B. Pierce, chairman of the New Jersey special tax commission; State Tax Commissioners T. E. Lyons, of Wisconsin; D. M. Link, of Indiana; J. Frank Adams, of Colorado; C. M. Zander, of Arizona; Professor Johnson, of New York University; Raper, University, North Carolina; Lockhart, Ohio State University; Fairlie, University, of Illinois; Bullock, Harvard, and Fairchild, of Yale.

A Skin of Beauty is a Joy Forever

DR. T. FELIX GOURAUD'S ORIENTAL CREAM OR MAGICAL BEAUTIFIER

PURIFIES as well as beautifies the skin. No other cosmetic will do it. Removes Tan, Pimples, Freckles, Moth Patches, Rash, and Skin Diseases, and every blemish on beauty, and defies detection. It has stood the test of 60 years, and is so harmless we taste it to be sure it is properly made. Accept no counterfeit of similar name. Dr. L. A. Sayre said to a lady of the haut-ton (a patient): "As you ladies will use them, I recommend 'Gouraud's Cream' as the least harmful of all the skin preparations." For sale by all druggists and Fancy Goods Dealers in the United States, Canada and Europe.

FERD. T. HOPKINS, Prop., 37 Great Jones Street New York

MASONS GATHERING.

[UNITED PRESS LEASED WIRE.]

New York, Oct. 23.—Twenty-third degree Masons and Masons of lower degree gathered here today from all sections of the United States and from countries across the seas to attend the opening sessions of the celebrated centennial reunion of the Ancient Accepted Scottish rite bodies of the Valley of New York, and the organization of the Supreme Council A. A. S. R. for the Northern Masonic jurisdiction, U. S. A., August 5, 1813. The celebration will continue throughout tomorrow.

Perhaps the only good use to which that new Arctic continent could be put by Russia would be to send all its rulers up there permanently.

Women's Suits and Coats at greatly reduced prices

Broken sizes of Suits in Serges, Ratines, Diagonal Mixtures, and Novelty Suitings--all at greatly reduced prices

Women's and Misses' Coats

in all the New Fall Models---here you will find just the coat you desire. ONE OF A KIND assorted into two lots.

Special $12.50 and $15.00

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

THE LADIES HOME JOURNAL PATTERNS

NOSTRILS AND HEAD STOPPED UP FROM COLDS? TRY MY CATARRH BALM

Instantly Clears Air Passages; You Breathe Freely; Dull Headache Goes; Nasty Catarrhal Discharge Stops.

Try "Ely's Cream Balm."

Get a small bottle anyway, just to try it—apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the catarrh, cold-in-head or catarrhal sore throat will be gone.

End such misery now! Get the small bottle of "Ely's Cream Balm" at any drug store. This sweet, fragrant balm dissolves by the heat of the nostrils; penetrates and heals the inflamed, swollen membranes which lines the nose head and throat; clears the air passages and stoppes nasty discharges and a feeling of cleansing, soothing relief comes immediately.

Don't lay awake tonight struggling for breath, with head stuffed; nostrils closed, hawking and blowing. Catarrh or cold, with its running nose, foul mucous dropping into the throat, and raw dryness is distressing but truly needless.

Put your faith—just once—in "Ely's Cream Balm" and your cold or catarrh will surely disappear.

Why Drink Water When You Can Get Salem Beer?

The Most Popular Beverage on the Pacific Coast

Salem Bottled Beer is brewed in one of the most modern plants on the Pacific Coast. It is aged in steel glass-lined tanks. It is conveyed by modern pipe line system direct to the bottle house, bottled under pressure and never comes in contact with the air from the time it leaves the fermenting tank until the bottle is opened by the consumer. Therefore the consumer is absolutely assured a beer of ideal effervescence, snap and purity. A trial will surely convince you. Get it from your local dealer or send order to the

Salem Brewery Association

Salem, Oregon

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

HENRY JR. SAYS