## SPORTS




Dull LIST FORSAODBAG


## What is RISCO?

Crisco is the best, the cream of vegetable oil.
Crisco is all vegetable. It remains of ideal consistency and does not separate.
Crisco keeps sweet and pure indefinitely because the parts of the oil which turn rancid have been eliminated.

Crisco makes a richer cake than butter, because it is a richer fat. Crisco is 100 per cent pure fat; butter contains approximately one-fifth water, salt and curd.
Crisco makes fried foods more digestible, because Crisco itself is perfectly digestible.

Crisco is a real food fat. Animal lard, and fats to which stearine has been added require a longer time to digest, taxing the digestive machinery.

Try Crisco today. Grocers sell Crisco in ever increasing quantities. It costs less than half as much as butter.


New Cook Book Free


Recipe Department


Recipes as tried and tested by Mrs. Vaughn, at The
Capital Journal Cooking school, held at the Armory this The mator of oitering the jiorthwest
confereacee is still being discused with
a large majority of the students soem-


## FOSTER\&BAKER

Monopole mince meat (bulk) 20c per 1t, 2 for 35 c Red X mince meat (bulk) 15 c per $1 \mathrm{tb}, 2$ for 25 c English walnuts, large size, home grown, per it 25 c Head lettuce, celery, new figs, dates, cranberries,
honey. Old-fashioned lye homniy, fresh Saturday morning: home-made and made clean. Also fresh country sausage, a pure pork saunege. Phone us for satisfaction in groceries.
339 N. Commercial St. Telephone 259

Everybody is Talking
About the high cost of living. Why not buy your grocerien from a firm located out of the high rent district.
You get that benefit--no solicitors-nothing You get that benefit--no solicitors-mothing but good
goods, big values for money expended, and delivery made almost as soon as ordered. Can , and deivery much?

## C. M. EPPLEY

Phone Main 93.

