

BETTER FOODS---BETTER HOMES

Sellers Kitcheneed



All ladies attending Mrs. Vaughn's lectures are especially requested to watch the place, the kitcheneed fills in the model kitchen.

Beyond a doubt the most practical and sanitary cabinet on the market.

SPECIAL FEATURES OF SELLERS KITCHENEED

Extra large china closet and cupboard compartment in upper section.

Sanitary disappearing curtain which rolls up out of the way.

Sanitary filling, removable flour bin.

Large utensil cupboard in base. Rounded corners and dovetail construction.

Equipped with 12 piece set Sellers Special Glass Jars.

Furnished only with white enamel interior upper section.

The Sellers Kitcheneed Mrs. Vaughn is using will be given away Saturday a. m. of this week. Get full particulars Tuesday.



Special Attention--Mrs. Housewife:

Your family wash by the NEW ELECTRIC PROCESS, insuring long life to fibre and colors, beautiful clear work and thorough disinfection. We are using every effort to produce Quality work at a price every one can afford to pay.

Remember we do a Special NO STARCH FAMILY WASH, all nicely washed and dried and all flat pieces ironed, 20 pounds 75c, no charge less than 75 cents, all over 20 pounds 4 cents per pound. This work is done much better and cheaper than it can be done at home and once tried you will always be a patron.

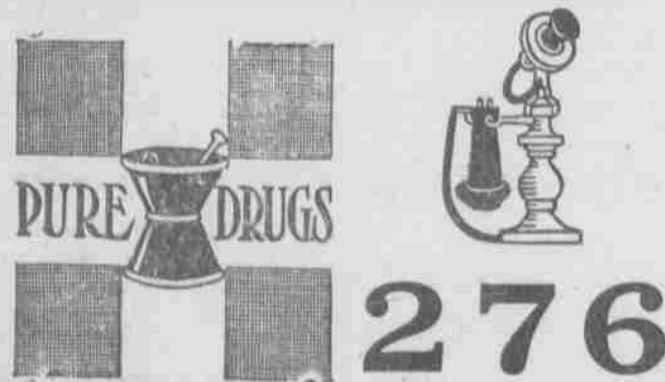
SALEM STEAM LAUNDRY
OLDEST--LARGEST--BEST
Phone 25

Buy your Table Linens here

During the
Great June White Sale

Remember we carry the best Irish, Scotch and German Linens

STOCKTON



DRUGS and Useful Articles for the home.

If it is a severe burn apply Lino at once, 25c per box.
If it is flavoring extracts we have the best.
If it is tissue towels we have them.
If it is something we haven't mentioned in household necessities, we have it.
If you will give us a call we will convince you.

CENTRAL PHARMACY

A. B. Poole, 410 State Street. A. Jayner Woolport, Phone 276.

MRS. VAUGHN Uses Our Meats

THERE IS A REASON

We have the best kept shop in Salem; we use only the choicest stock for beef; our service is unexcelled in Salem. Pay us a visit and we will try to please.

E. C. Cross & Son



MRS. KATE VAUGHN, THE COOKERY EXPERT.

THIS COURSE SETS WOMEN THINKING

Mrs. Vaughn Talks Tomorrow On the Substantials, Bread and Meat

Program for Thursday afternoon at 2:30. Subject: "Bread and Meat." Menu: Round steak with spaghetti and tomato sauce, (in fireless cooker) Boston brown bread (in fireless cook-

er), potato salad, boiled dressing, pastry: flake, tart paste, etc., lemon filling, cream filling, chocolate filling, baked ice cream.

The talks which are being given every afternoon this week in the armory are thought-provoking and contain much of real value to women in the home. It is the aim of Mrs. Vaughn in her lecture and cookery course to get women to put more thought into housekeeping and homemaking and get more enjoyment always. She suggests that before coming to the class tomorrow afternoon, women think over these questions and so be prepared for the talk she will give and if they care to do so, ask any questions that are in their minds or any other subjects pertaining to homemaking and the care of the family, especially along food lines:

1. What must I know of cooking

processes to be sure of uniformly satisfactory results?

2. How can I serve inexpensive foods so they will sharpen appetite of my family?

3. How far does the digestive process influence the selection of foods?

4. What do I really know of fuel?

5. What do I know of standardized oven temperature?

Exceptionally beautiful cakes are made by Mrs. Vaughn every day and are given away to members of her class.

In this as in every other line of her art, Mrs. Vaughn has improved herself since her former visit to Salem, and the cakes that she makes this year are greatly admired.

Many helpful thoughts are contained in Mrs. Vaughn's heart to heart talks. She believes that matrimony is founded not alone on sentiment but on business and sentiment combined. From day to day she tells how to serve delicious inexpensive foods and tomorrow the demonstration is particularly attractive along this line. There will be a round steak with spaghetti cooked in the cooker. Her said lesson is just the every day familiar potato salad but it will be a glorified potato salad as handled by Mrs. Vaughn. No dish is commonplace when prepared by this skilled artist.

Everyday women flock about her lecture platform to tell her how they admire the dishes she prepared and how much help they are receiving from her lectures and cookery lessons. Much helpful advice pertaining to happiness in the home is given from day to day. Mrs. Vaughn says that any woman has intelligence enough to play cards but that it takes a great deal more brains to care for families.

Tomorrow afternoon Mrs. Vaughn will invite the ladies of Salem into the mysteries of baked ice cream. Mrs. Vaughn states that any woman can make and serve this new helpful and delightful dessert in her own home. Come and see how it is done.

Better Foods and Better Homes Bibliography. Food and Nutrition, Bevers & Usher.

(Continued on Page Seven.)

THE SPA

Specializes on Pure Foods and Confections

Watch for Thursday Menu at Mrs. Vaughn's Cooking School

THE SPA

Ice Cream will be used Thursday

MRS. VAUGHN IS USING

Cherry City Patent and Economy Flour

and also our Oregon Graham, in her demonstrations at the Armory this week. Make your next order include one of our brands--at all Grocers.

Cherry City Flouring Mills



Mrs. Vaughn Cooks With Gas.

Any Gas User Can Tell You Why

Ask the Woman who uses a Gas Range or

Phone 85

GAS WORKS



Edison New Diamond Disc

Shown and used to furnish music daily from 2.00 to 2.30 p. m., at Mrs. Vaughn's Lecture at

The Armory this week. All styles on display at

Geo. C. Will

432 State Street, Salem, Oregon

Mrs. Vaughn Uses

Only the best materials in her work--products she can personally recommend.

For that reason



Fleischman's Yeast

Meets her every requirement.

A complete line of labor saving

Kitchen Ware and Cooking Utensils

Wm. Gahlsdorf

The Store of Housewares. 135 N. Liberty St.

F. W. WOOLWORTH CO. 5, 10, and 15c Store

New McGilchrist Bldg., State and Liberty Streets.

Hundreds of useful items for the housewife--Glassware, China, Crockery, Tin and Enamelware.

Nothing Over 15c--Why Pay More Satisfaction Guaranteed.

MRS. VAUGHN USES

MARION BUTTER and Products

In her Demonstrations

Made by the

Marion Creamery and Produce Co.