

To the Ladies of Salem

Have You Noticed

That Mrs. Kate B. Vaughn, the lecturer in the Capital Journal's Free School of Home Economics, uses

Royal Baking Powder

Teachers of cookery, and baking experts generally, use Royal Baking Powder because they know it can always be relied upon to make the finest and most wholesome food.

Experience has taught them that it is not economy to risk the loss of flour, shortening and eggs by the failure likely to result from the use of an inferior Baking Powder.

Royal Baking Powder Contains No Alum

Perfectly leavens and makes the food more delicious and wholesome



On account of the many inquiries regarding the recipes used by Mrs. Vaughn at the Capital Journal Home Economics School this week, arrangements have been made to supply without charge to out-of-town subscribers and others who have been unable to attend, the recipe leaflet distributed. Simply send request with your name and address to the Capital Journal is all that is necessary.

THIS COURSE SETS

(Continued from Page Six.)

Whitcomb and Barrows.
First Lesson in Food and Diet, Ellen H. Richards, Whitcomb & Barrows.
Nutritional Physiology, Percy G. Stiles.
Cost of Food, Ellen Richards, Whitcomb & Barrows.
Food and Household Management, Co., New York.
Food and Cookery for Sick and Convalescent, F. M. Farmer, Little, Brown & Company.

PROGRAM FOR THURSDAY

AFTERNOON.

Lecture Subject:

"Bread and Meat"

Menu

Round Steak with Spaghetti and Tomato Sauce, (in fireless cooker)
Boston Brown Bread in fireless cooker
Potato Salad Boiled Dressing
Pastry: Flake, tart paste, etc.
Lemon Filling Cream Filling
Baked Ice Cream.

Stuffed Onions.

Peel the onions, scoop out the portion in the center, parboil for 5 minutes. Turn upside down to drain. Fill with stuffing made of equal parts of minced nuts or meat and soft breadcrumbs and the onion taken from the center, chopped fine. Add salt, pepper and melted butter. Fill onion keeping foil and cover with criscoed breadcrumbs. Put in pan with one inch of water and bake until tender.

Mint Sherbet.

3-4 pound sugar, 1 quart water, 6 long stalks of mint, 4 lemons.
To the sugar add stalks of mint and crush with a wooden pestle. Pour on the cold water and lemon juice and after an hour strain and freeze, adding a little green color paste as the mixture is put in the freezer.

Chicken Salad with Almonds.

1 hen, 1-2 lb. almonds blanched, 3 stalks celery, cooked salad dressing.
Steam or stew chicken until tender having when ready to take from fire one quart or more of stock. Cut chicken and celery same size. Cut almonds lengthwise into two or three pieces. Mix lightly together and add enough cooked dressing to season well. Serve on lettuce with mayonnaise or some kind of dressing with whipped cream. Stuffed olives may be added.

1 box Knox gelatine, 1-2 pint cold water, 1 quart chicken stock, 1 small onion, salt, pepper, 6 hard boiled eggs (yolks).
Soak Knox gelatine in cold water for 15 minutes. Put chicken stock and onion on the fire, season to taste with salt and pepper and bring to a boil. Strain into dissolved gelatine. Pour in ring mold and just before it sets add yolks of boiled eggs which have been run through a ricer. When set fill center of ring with chicken salad. Garnish with cheese.

Cheese Pudding.
1 cupful breadcrumbs, 1-4 lb. grated cheese, 1 teaspoonful melted crisco, 1 teaspoonful salt, 1 cupful milk, 3 eggs.
Mix breadcrumbs, cheese, salt, crisco, and milk. Add eggs beaten until light. Pour in criscoed baking dish and bake 30 minutes in a moderate oven.

Pretty Wedding at Broadacres Last Sunday

(Capital Journal Special Service)
Hubbard, Or., June 7.—An unusually pretty wedding occurred Sunday June 4th was that of Miss Henrietta Baker and Mr. Azias Caswell Stevens at Valley View, the beautiful country home of the bride's parents, Mr. and Mrs. H. M. Baker, at Broadacres. The beautiful and impressive ring ceremony being performed by Rev. S. S. Mummy of Salem, in the living room which was a bower of Caroline Testout roses and ferns. The bride wore a gown of white silk crepe de chene and chiffon and carried an arm bouquet of bride roses tied with long streamers of green and white tulle. Miss Iris Healy of Salem was maid of honor and wore white silk and lace with light blue satin bodice and carried white and pink carnations and forget-me-nots. The bridegroom wore the conventional suit of black and was attended by Earl W. Nichols of Salem as best man. Before the ceremony Miss Frances Hrobetz sang, "Oh Promise Me," and Miss Laura Lashway presided at the piano. Charming in every detail was the sumptuous wedding supper served on the large veranda which was lavishly decorated with California poppies and yellow water lilies, as were the tables presided over by Mrs. M. Jermstad and Miss Caroline Hrubetz of Salem, and assisted by two little girls in white, pieces of the bride. The bride was the recipient of many beautiful and costly presents.
Miss Caroline Hrubetz caught the bride's bouquet.
Mr. and Mrs. Stevens left on the 8:30 Oregon Electric train amid a shower of rice and old shoes. After a short wedding trip they will be at home at Condon, Or. The best wishes of their many friends follow them to their new home.

Program Thursday, St. 1916, on Victor-Victrol, sold by Geo. C. Will.

The Piper of Pan, Emelio de Go-gorza No. 17748
Twilight, Venetian trio No. 17784
Cradle Song 1915, Julia Culp No. 17460
Lucia Sextette, Chi mi frena No. 70930
High Jinks, one step or trot No. 35376
Military, Minstrel No. 35274

Fruitland News

(Capital Journal Special Service)
Fruitland, June 7.—John V. Smith was taken to the Salem hospital last Saturday having a bad case of cancer. Once before he was afflicted with this but checked it temporarily.
Miss Jackson of Salem was a week end visitor of Miss Bessie Donaldson.
Mr. Latta is making some improvements on his house, adding a porch and enlarging the kitchen.
W. O. Whitam went to Mill City last Sunday where his son is working.
Several of the members of the Live Wire class in Sunday school had a picnic Sunday afternoon.
Miss Naomi Runner is in Salem this week attending commencement exercises of the Willamette University.

CONTEST ALL DECIDED

Chicago, June 6.—Contest decision by the republican national committee today had changed the number of votes in the republican convention necessary to nominate a presidential candidate for 483 to 495.
The committee eliminated the two District of Columbia delegates from the temporary roll and added two votes each for Hawaii, Porto Rico and the Philippines, making a total of 989 delegates in the convention.
All contests had been disposed of today.

Wiley's Big Project Ford Road and Industries

Marshfield, Or., June 7.—W. J. Wiley, of Portland and New York, is here offering the people of Coos Bay the largest project yet brought here. It involves the expenditure of more money than any enterprise along the coast. The first proposal is to finance a railroad between Roseburg and Coos Bay. He says the bonds will be furnished by the syndicate he represents. Mr. Wiley will visit Roseburg on his way to San Francisco, to arrange at that end for the railroad promotion.
Unlike some promoters, Mr. Wiley laid his cards on the table and said this is what he wants:
All the pony inlet tidelands, comprising probably 1000 acres; the Kinney property and parcels of it that were sold to Coke & Hollock; all the Simpson holdings on the peninsula, including the North Bend waterfront and mill; 1500 acres at Rocky Point, 1500 acres on South Slough, 900 acres on Coal Bank Inlet, 3000 acres of coal land tributary to Coos Bay, 20,000 to 40,000 acres of timber land contiguous to Coos Bay.
The corporation Mr. Wiley represents, he says will invest about \$12,000,000 in developments here within the next three to five years, outside the railroad cost. The industries they contemplate include sawmills, pulp and paper mills, a hydro-electric plant, by-products plants, creosoting plant, wood-enzyme manufacturing, shipyards, the purchase of a fleet of vessels, chemical works, tannin extracting plant, glass works, smelters, coal briquetting plant.
They propose also to take over the Coos Bay Water Company's system, and improve and extend it. They promise through Mr. Wiley to furnish employment for from 10,000 to 12,000 men.

ALKALI MAKES SOAP BAD FOR WASHING HAIR

Most soaps and prepared shampoos contain too much alkali, which is very irritating, as it dries the scalp and makes the hair brittle.
The best thing to use is just plain unperfumed coconut oil, for this is pure and entirely greaseless. It's very cheap, and beats the most expensive soaps or anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.
Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff.

Want Submarine Commander Punished

Washington, June 6.—The state department, it was learned today, within a few days will again ask Ambassador Gerard if he has learned what punishment was inflicted on the commander of the submarine that attacked the channel steamer Sussex.
The department today called Gerard, asking him for a report regarding "interviews" printed in Germany and purporting to have been given by him. In the interview Gerard was quoted as saying "peace is very near to the President's heart."
Officials said today that they believe the "interview" was unauthentic.

WILLAMETTE CLOSES EXERCISES TONIGHT

Unusually Interesting Program Featured Occasion —Banquet Tonight

The Willamette University commencement exercises will close with the alumni banquet at the Marion hotel last evening at 8 o'clock. The commencement oration was delivered by Rev. Luther B. Dyrrott of Portland to the graduating classes at the First Methodist church this morning at 10 o'clock.
The alumni association held its business meeting this afternoon.
The events occurring on the campus yesterday were of considerable interest. The first happening of importance was the news from the board of trustees that Willamette University was the possessor of a large pipe organ; the gift of the Taylor street M. E. church of Portland. Amelie A. Smith of Portland made the presentation speech to the board and they, accepting, at once began a subscription to raise the necessary funds to have it shipped to Salem. When it arrives it will be installed in the chapel in Waller hall, and next years chapel exercises will be much enriched by the addition of this large organ, the value of which is placed at \$2500. Dr. Frank Wilbur Chase, head of the music department, was greatly pleased on hearing that a pipe organ would be available for next year. Dr. Chase is an organist of note; he is president of the Oregon society of pipe organists.
At 1:30 yesterday the student feed was held on the campus, and a large crowd was present to help in the annihilation of the "good eats" that had been provided by the students for the occasion.
At 2 o'clock the crowd assembled in the chapel and several stunts were given by the classes. The first number was a short talk by Prof. J. O. Hall, who spoke about what the four words on the sundial should signify to the members of the class. This was followed by the class of '17 presenting a "take-off" on the seniors, showing one of their practices for a cashman glee. The next number was a baritone solo "Willamette's Glory," by Prof. Robert Walsh.
The last number was a representation of the faculty, by the class of '15. John Gary chairman of the exercises announced that the next number would be held in front of Eaton hall, where the class of '16 would unveil and present the sundial to the university.

Walter Gleiser, president of the class made the presentation speech and the Misses Mabel St. Pierre, Valada Hoxie, Laura and Ada Ross as the four muses; audacity, sagacity, charity and holiness unveiled the granite gift. The dial was sponsored by David Cook who cast wheat seed for truth, and water for purity upon it. In his speech, Gleiser stated that the dial was to be known as the James T. Matthews dial, in honor of Prof. Matthews.
The senior pageant which was given last evening was a success considering the difficulties that interfered with its staging.
The play was seen by a large crowd, it was estimated that over 1000 people were present.

SUFFRAGE BEATEN BY 5,000 IN IOWA

River Counties Rolled Up Big Majorities Against, and Overcame 3,000 Lead
Des Moines, Iowa, June 7.—Returns from 94 of the 99 counties in Iowa overthrew the estimates of yesterday that suffrage had won and votes for women appears in the discard today by about 5,000. The river towns rolled up majorities against suffrage which carried the day. The vote now shows for suffrage 139,253, against suffrage 144,996. For governor, Harding polled more votes than all the dry candidates combined, having in 85 counties 96,936, with Cosson following with 40,477; Allen 36,491 and Kuehnle 13,811.
Moore with 40,004 apparently is nominated for lieutenant governor against Hall of Des Moines with 38,792 and Brady 18,264.

Rushing New Sawmill Plant at Silverton

Silverton, Ore., June 7.—With a large crew of men at work, the new mill of the Silver Falls Timber company is fast assuming shape. The main building, that of the sawing department, is almost completed, and work on the other buildings has started. Three donkey engines and a mammoth scraper manned by a dozen men are making great headway on the 12-acre pond located at the rear of the main building. While work was somewhat delayed at the start, owing to the inclemency of the weather, the builders are making up for lost time and expect to complete the mill by September 1, as originally planned.

Spreading Salem's Fame

(American Press, N. Y.)
F. J. Ruppert, who has just been elected publicity manager for St. Paul's Episcopal church, Salem, Ore., is said to be the first man ever named by an Episcopal vestry to do this kind of work.
He is a newspaper man of long experience and intends to use both the news and advertising columns of the local newspapers for the announcements of the church's activities.

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Genuine Bristle Dauber Big Lamb's Wool Polisher Easily worth 50c. Sold to make the use of Shinola pleasant at 25c. With Shinola 35c.

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Contains No Injurious Material, Good for all Leathers, The Quick, Durable Shine. Accept no Substitute. If Dealer cannot supply you send to

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Is the Best On the Market

Insist on Your Grocer supplying you with Our Line

CAKES, PIES, PASTRY

Why Buy Bread Made in Portland? Our Payroll is Nearly \$1000 Per Month—Think this over.

Auction Sale! Special Notice

For Sale by Public Auction on Saturday, June 10th, 1916, at the People's Quick Exchange Auction Market, at 1:30 p. m., receiver's stock of Musical Instruments, consisting of Graphones, Disk and Cylinder Records, Violins, Mandolins, Guitars and Strings and many other things.

TERMS CASH.

F. N. WOODRY, Auctioneer
W. M. CHERINGTON, Receiver, Phone 511

Westacott & Thiesen Co. 425 State Street. Two Phones 830-840

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