

# BETTER FOODS---BETTER HOMES

## Ladies Attention

Clip the coupon below and bring it to our store and receive a regular \$1.65 "Wearever" 6-qt. Preserving Kettle for only 98c. This coupon good until June 17th.

Mrs. Vaughn will recommend "Wearever"

## Imperial Furniture Co.

**"WEAR-EVER" COUPON J-1**

Any store that sells Wear-Ever Aluminum may accept this coupon and use in payment for one "Wear-Ever" six quart Aluminum Kettle, which sells regularly for \$1.65, provided you present the coupon in person at store on or before June 17, 1916, and write on the coupon your name, address and date of purchase.

Name .....

Address .....

City .....

Date .....

The Aluminum Cooking Utensil Co.,  
New Kensington, Pa.

### 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.

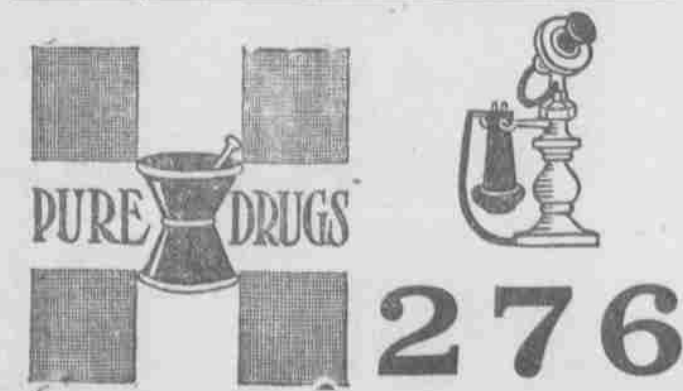
**SALEM STEAM LAUNDRY**  
OLDEST--LARGEST--BEST  
Phone 25

## 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. Tyner 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.

## CRIME IS DUE TO POOR FOOD SAYS MRS. VAUGHN

Adding: "God Never Made a Bad Boy"--Mroning Session Saturday

Program for Friday afternoon at 2:30  
Subject: "Establishing Health; Diet for Disease"  
Menu: Flaked fish on half shell, flat-

ing of potatoes, chow paste, cream puffs, chocolate eclairs, Delmonico pudding, "Oregon" apple cake, icing, grape fruit salad.

Mrs. Vaughn suggests that housekeepers think over the following questions and see if their views accord with hers as given in her lecture tomorrow:  
1. What are my main problems today regarding food?  
2. What kinds of food do the different members of the family need?  
3. How can we use cheaper cuts of meat to advantage?  
4. What food combinations are pleasing in meals?

Mrs. Kate Brew Vaughn, the wise mother who is lecturing every day at the Capital Journal Better Foods Better Homes school in the Armory, holds that God never made a bad boy or bad girl. "He gave us perfect seed," says

she, "and we take from it and put it into bad soil. Or we put it in good soil and surround it with the best and most sanitary conditions. The life results according to our treatment of it. Give your family an abundance of good food, sunshine and air. We spend about two-thirds of our time preparing food. If we give this task more intelligent thought we would spend less time and less money and there would be less need for the physicians' care in getting rid of waste."

Such heart searching thoughts as these are being presented from day to day in Mrs. Vaughn's Better Foods Better Homes lecture here, and large crowds of the best women of the city are thoroughly enjoying, digesting and profiting by these talks. Tomorrow Mrs. Vaughn will talk on establishing health through good food. Some information will be given to diet for disease, but she considers it far more important that people be kept well by good food than that special diets who are not well.

This afternoon this clever cookery teacher is preparing a round steak with spaghetti and tomato sauce in the fireless cooker and calls attention to the value of cheaper cuts of meat. She is also baking a loaf of brown bread in the cooker. The lesson in mixing this bread is particularly interesting and Mrs. Vaughn cites some particularly good reading on the subject of homemade bread which will be found in the books listed in today's paper. The recipe for the brown bread is published in this issue of the Capital Journal. Mrs. Vaughn gave particular attention to the study of pastry last summer at Columbia college and the lesson she is giving this afternoon in the making of fine pastry is much appreciated by the members of her class.

Tomorrow, just by way of variety, and because it is human nature to be interested in expensive things, although one cannot afford them, Mrs. Vaughn is going to demonstrate some dishes that are not on a par with those used in her previous cookery lessons so far as economy is concerned. They will all be especially delicious and beautiful and beautiful and for extra occasions.

(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



Every woman knows that a large part of her time is spent in the kitchen. Then why not make it the most pleasant room in the house. It is her workshop and should be as efficiently arranged as her husband's office or factory. It is a waste of time to split and carry wood, tend the fire and empty ashes when she can get fuel through a pipe and have it ready for instant use without any effort on her part, thus giving her time for other things.

Ask the woman who uses a gas range or phone 85.

## GAS COMPANY



## 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.

FRESH STOCK OF

Spices, Baking Powders, Colorings, Extracts, Chocolates and Coconuts. Have Coffee Roasted Daily by one who knows how.

## Wm. Gahlsdorf

The Store of Housewares

135 N. Liberty Street

Phone 67

## 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.