

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

HARVEY WELLS WARNS AGAINST UNSOUND INSURANCE COMPANIES

So-called Accident Insurance Is Being Written by Un-licensed Companies

Insurance Commissioner Harvey Wells has issued a warning advising the citizens of this state to beware of the so-called accident and health associations operating under the name of Business Men or Traveling Men's association. He has received many complaints against such accident and health associations and stated that he has no authority over these unauthorized concerns who operate through the mail or through solicitors who are not licensed to transact business in this state. He stated that the only Traveling Men's associations legally authorized to transact this class of business are the Travelers' Protective Association of St. Louis, Missouri, United Commercial Travelers of Columbus, Ohio, and the railroad employees have an association known as the "Order of Railway Employees."

"Citizens who take out policies in any other business men's or traveling men's accident associations," said Mr. Wells, "must not look to this department for assistance for, in event of failure to pay a claim, it would be necessary for the members to take action in the state in which the association is organized and, further, many of them are on the assessment plan and the members have a contingent liability of which they are not usually aware."

"If any citizen is in doubt as to his policy, he should communicate with the office and we will advise him as to the reliability of the association or company he is insured in."

PRUNE PRICES ARE FIRM

There is a rather firm tone in the prune market, and while most of the buyers are unwilling to quote new crop contracts above 5 1/2 and 6c a

Ten Victor Records which should be in every home

Title	Artist	Number	Price
Brighten the Corner Where You Are (Gabriel) Homer Rodeheaver	Homer Rodeheaver	17783	10 40.75
I Walk With the King (Rowe-Ackley) Homer Rodeheaver	Homer Rodeheaver		
Wedding of the Winds Waltz (Hall) Pietro	Pietro	17865	10 .75
Estudiantina Waltz (Waldteufel) Pietro	Pietro		
My Laddie (Scotch Love Song) (Thayer) Alma Gluck	Alma Gluck	64183	10 1.00
Somewhere a Voice is Calling (Newton-Tate) John McCormack	John McCormack	64465	10 1.00
Poet and Peasant Overture—Part I (von Suppe) Concert Orchestra	Concert Orchestra	35569	12 1.25
Poet and Peasant Overture—Part II (von Suppe) Victor Concert Orchestra	Victor Concert Orchestra		
Cavatina (Raff) (Viola) Mischa Elman	Mischa Elman	74336	12 1.50
Carmen—Air de la fleur (Flower Song) (Bizet) In French Giovanni Martinelli	Giovanni Martinelli	74591	12 1.50
Dream Faces (Sweet Dreamland Faces) (W. M. Hutchinson) Clarence Whitehill	Clarence Whitehill	74451	12 1.50
Rigoletto—Caro nome (Dearest Name) (Verdi) In Italian Luisa Tetrazzini	Luisa Tetrazzini	88295	12 3.00
Dreams of Long Ago (Carroll-Carus) In English Enrico Caruso	Enrico Caruso	88576	12 3.00

You have only to hear these selections to appreciate how greatly they will add to your record collection.

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R. F. PETERS, Mgr.

621 Com'l St. Salem, Oregon

pruning for the three sizes, it is reported that as high as 6 1/2c has been offered by one buyer. Growers are showing no disposition to accept the prices offered at this time, and little contracting is therefore reported. For old crop prunes a number of small sales have been made recently around 7c a pound for most available sizes, but this better price was due to the fact that local growers needed the stock, and therefore were willing to pay the extreme limit. Prune crop conditions in the Pacific northwest continue badly mixed. Reports from Idaho are very conflicting, but it is not believed that the earlier reports of a total loss of the Gem state crop were rather premature and misleading. In the Willamette valley indications point to an average production, and a similar condition is reported in Clarke county, Washington.—Dallas Observer.

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.

CRIME IS DUE TO

(Continued from Page Six.)

Even women who keep hours on the smaller incomes will be interested in knowing how to make some of these fancy dishes

Better Foods Better Homes

Efficient Kitchen, Georgie B. Child, Whitecomb and Barrows
Planning and Furnishing the Home, Mary J. Quinn, Whitecomb & Barrows.
Furnishing the Home of Good Taste, Lucy H. Throop, Whitecomb & Barrows.

Table Service, Lucy G. Allen, Whitecomb & Barrows.

Bread and Bread Making, U. S. Bulletin 389, Atwater.

Technology of Bread, Wm. Jago.

The Spirit of Cookery, Thudium.

The Bakers' Book, Emil Braum.

PROGRAM FOR FRIDAY AFTERNOON

Lecture Subject:

"Establishing Health; Diet for Disease"

Menu:

Flaked Fish on Half Shell

Chon Paste

Cream Puffs

Chocolate Eclair

Delmonico Pudding

Oregon Cake

Iceing

Grapefruit salad

Boston Brown Bread.

1 1/2 cupfuls cream cornmeal, 1 1/2 cupfuls graham flour, 1 teaspoonful salt

1 1/2 teaspoonfuls soda, 3/4 cupful sorghum molasses, 1 1/2 cupfuls buttermilk, 1 tablespoonful melted crisco.

Sift together dry ingredients, add molasses, buttermilk and crisco. Put in one pound molds, well criscoed and steam in fireless cooker for three hours. Remove from cans while hot and place on wire trivet to cool.

Individual Lemon Pies.

Filling: 3 tablespoonfuls crisco, 3

eggs, 1 1/2 cupfuls sugar, 1 1/2 lemons, 1 1/2 cupfuls milk, 6 tablespoonfuls flour, 1 teaspoonful salt.

Cream crisco, beat egg yolk, add 3/4 cupful sugar to each mixture, then beat the two together. Add juice of 1 1/2 lemons and a small quantity of the grated rind. Stir milk into flour until smooth, add salt. Add this to first mixture. When thoroughly blended fold in whites of 3 eggs beaten dry.

Line 1 dozen individual tins with flake pastry. Pour in lemon filling, place in hot oven. Reduce heat when crust begins to brown and before the filling boils. Bake until firm in the center.

Chocolate Pie.

3/4 cupful flour, 2 cupfuls milk, 4 tablespoonfuls grated rind, 3/4 cupful sugar, 3 egg yolks, 1/2 teaspoonful salt, 1 teaspoonful vanilla, speck cinnamon. Mix flour with 1 cupful cold milk, scald remainder of milk, add to flour mixture and cook 20 minutes in double boiler. Melt the chocolate, add half the sugar and add to flour and milk. Beat egg yolks and add remaining sugar and salt. Pour cooked mixture over eggs, return to double boiler and cook few minutes. Pour into bak 1 pie crust, cover with meringue, brown in oven. Serve cold.

Sauce for Melba Tart.

To the juice from one can of fruit, add 1 cupful sugar and slice of lemon, boil until a thick syrup. To be used as a sauce on fruit tarts.

Boiled Salad Dressing.

1 cupful sugar, 1 tablespoonful salt, 1 teaspoonful mustard, 1 teaspoonful pepper, 1/4 teaspoonful paprika, 8 egg yolks, 1 cupful cream, 3 cupfuls vinegar, 3/4 cupful crisco.

Place in double boiler the dry ingredients, stirring well together. Beat in egg yolks until mixture is smooth. Stir in cream, mix well and let come to a boil. In another pan boil the vinegar and crisco. When boiling, pour over the egg mixture, stir well and boil until well mixed. Place in jars to keep cool.

Prigram, Friday 8th, 1916, in new Victor Victrola, sold by Geo. C. Will, Boheme, quartet, Act III—No. 96092
Hearts and Flowers, Intermezzo—No. 35342
Venitian Song, John McCormack—No. 64549
Millicent, Waltz, Hesitation—No. 35393
Cohen at the Telephone—No. 18029
From the Land of the Sky Blue Water, Evan Williams—No. 64516

COOKERY THEME OF FILM DRAMA

One girl in a thousand at Oregon of interest to Vaughn attendance.

Tomorrow and tomorrow night the Oregon theatre will show a pretty little domestic drama entitled "One Girl in a Thousand" with Beverly Bayne and Bryant Washburn in the leading parts. The ladies who are attending Mrs. Vaughn's lectures at the armory this week, especially the young or ones, should see this picture for it tells in a very graphic way how a young girl through a knowledge of cookery was able in time of adversity to support an invalid father and incidentally win a husband for herself.

This film will be a special added attraction to the regular Oregon program and will be shown only tonight and Friday night.

TWO PIONEERS ARE LAID TO REST IN ROSEBURG

Roseburg, Or., June 8.—J. P. Rice, Roseburg's oldest real estate man, father of the present mayor of the city, a pioneer of 1857 in Oregon, and a California "49er," was buried here Monday. He was 81 years of age when he died. He is survived by one daughter, Mrs. H. D. Graves, of this city; Napoleon Rice, present mayor, and Dexter Rice a local lawyer.

James Moore, a pioneer of 1854, and a veteran of the Indian wars in 1856-9 was buried Monday at the Oregon Soldiers' Home. Previous to his admittance to the home, two weeks ago, he lived at Canyonville. He was 82 years old. He is survived by three sons: William M. Moore, Canas alley; "Bud" Moore, Gladale; and Washington Moore, Canyonville.

MAY ENTER CHICAGO CONTESTS

W. J. Mulky, Manasoth high school's wonderful athlete who took first place in the running broad jump and in the javelin throw at the state meet at Eugene, has received an invitation to compete in the fifteenth annual national interscholastic field meet held under the auspices of the University of Chicago on Stagg field, June 16. Coach A. A. Stagg of the University of Chicago will be in charge of the meet, which is advertised as the biggest and best of its kind in the world. Mulky is at present making plans to attend.—Dallas Observer.

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HEALTH SAVING EFFORTS

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Wells Refuses License to Pacific Automobile Indemnity Exchange

Insurance Commissioner Harvey Wells refused to issue a license to the Pacific Automobile Indemnity Exchange of Los Angeles, an inter-insurance concern consisting of individuals known as "policyholders," to insure automobiles against fire, theft and liability. Mr. Wells is of the opinion that it is not sound underwriting to permit such concerns to assume additional obligations and he would not issue a license unless he was mandated and the court decided he was exceeding his authority.

The attorney for this indemnity exchange requested an opinion as to the interpretation of the law and Commissioner Wells requested advice from Attorney General Brown, who rendered an opinion today advising the commissioner that he is not authorized to issue a license for the transaction of all kinds of insurance as provided in the application offered by this concern. The application should only cover the kind of insurance designated in the statutes, which is against fire loss or other damage to their own property. The attorney general holds that this does not include liability insurance for damage to person or property of others.

Commissioner Wells stated today that this inter-insurance exchange would receive a license to conduct a fire business and theft and liability to its members only, and the attorney for the indemnity exchange will appeal to the supreme court for a decision as to whether the law grants authority to the commissioner to refuse this exchange the privilege of writing liability insurance.

ADVERTISED LETTERS

Advertised June 6, 1916.
Albert, Emma.
Baxter, Mr. John R.
Booth, Rev. Robt.
Bowling, Mr. Clarence.
Bosward, Mr. E. A. (2)
Clark, Mr. Elias Treat.
Cox, Miss Helen D.
Dotson, Mr. and Mrs. W. W.
Dougherty, Mrs. Jessie.
Dwan, Mr. J. M.
Forsyth, Mr. Tom.
Hawkins, Mr. Harry.
Jiams, Mrs. Martha.
Knaupp, Mrs. Rosa.
Kotsovos, George R.
Lake, Mr. Leslie (2).
McMillan, J.
Matthew, Mrs. Bessie.
Miniature Lbr. Co.
Moore Mill & Lbr. Co.
Needham, Earl.
Osborn, Mr. and Mrs. L. L.
Polson, Mr. Lisk.
Reed, Miss Grace.
Reisbach, Mr. M.
Shriber, Mrs. Blanche.
Speidel, Robt. and Sons.
Stowe, Miss Stella M.
Vinyard, Cleo.
Walker, Mr. Artie.
Young, Mr. Marlow.
Zlome, Mrs. Joseph.
AUGUST HUCKESTEIN, P. M.

MILLER VISITS CORVALLIS

(Capital Journal Special Service)
Oregon Agricultural College, Corvallis, June 7.—Frank J. Miller, grand master of the grand lodge A. F. and A. M. of Oregon, who is attending the 6th annual communication of the Masonic grand lodge at Albany was a Corvallis visitor yesterday. Mr. Miller came with a large number of Masonic delegates from various parts of the state. They attended commencement exercises in the morning and witnessed the graduation of more than 300 students. Later they inspected the various departments of the Agricultural college. The delegates expressed themselves as highly pleased with the results of this visit.

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