

BETTER FOODS---BETTER HOMES

Mrs. Vaughn Declared

Mrs. S. F. Lucas of 145 Miller street, the owner of the Kitcheneed Cabinet given away by the Imperial Furniture Company.

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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.

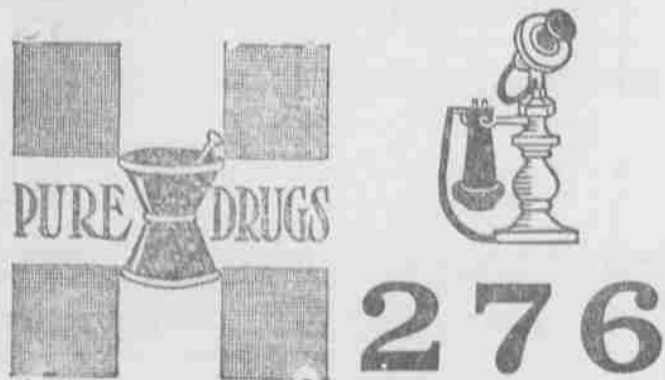
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THERE IS A REASON

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E. C. Cross & Son

Last Lesson Best---Salem Women Praise Mrs. Vaughn---Big Crowd Attends Closing Lesson---Better Foods Better Homes School Liked



Mrs. Vaughn who has taught for six days at the Capital Journal's Better Foods Better Homes school in the Armory, all sorts of interesting subjects to housewives and cooks, closed her engagement here today with the largest and most enthusiastic session of the entire course. Women have been strongly impressed with the fact that there is a reason for their being slaves in the home and yet Mrs. Vaughn has not advocated anything socialistic or radical. She believes that more can be done to emancipate women from the household drudgery by careful management and intelligent thought than by anything else under the sun. Educational circles in Salem have been interested in this Better Foods Better Homes course and pronounce it the best ever put on here. Mothers' clubs and other organizations of the city have endorsed Mrs. Vaughn's work from start to finish. They particularly liked the suggestions given today in regard to school luncheons for the children.

In connection with this talk Mrs.

Vaughn made several kinds of sandwiches the children like, that are wholesome and good for them. The tomato cheese on toast which she prepared was particularly delightful and the recipe for this is given in today's paper as is also that for peanut cookies, fruit muffins and egg waffles. Most of these gave some altogether new ideas and were highly appreciated by the members of Mrs. Vaughn's cookery classes.

These lessons are certain to have an influence for good in every home represented in Mrs. Vaughn's classes during the past week. Housewives who have listened to these lectures and cookery talks have gained a different sort of interest in the care of their homes and have come to look upon their work of homemaking as one into which they should put their very best efforts, both physically and mentally.

Omelet.
4 eggs, 1-2 teaspoonful salt, 1-16 teaspoonful pepper, pinch of paprika, 4 tablespoonfuls hot water or milk, 1-4 teaspoonful cream tartar, 1 1/2 table-

spoonful crisco.
Separate eggs and beat the yolks, add salt, pepper, paprika and gradually water on milk (water makes tender omelet). Beat whites until dry and stiff. Add cream of tartar and cut into the yolk mixture. Heat and brush with crisco the omelet pan and pour in the mixture. Place on range where it will cook slowly and evenly. When well puffed and delicately browned underneath, place omelet in center grate of oven to cook on top. When firm to touch, omelet is cooked. Fold and turn on hot platter. Garnish with sprigs of parsley.

Cocoa.
1 quart milk, 4 tablespoonfuls prepared cocoa, 4 tablespoonfuls sugar, 1 cupful boiling water.
Scald milk, mix the cocoa and sugar, add enough of the hot water to form a thin paste. Add the remainder of the water and boil one minute. Pour into the scalded milk and beat with an egg beater two minutes.

White Cake.
3 cupfuls flour, 3 teaspoonfuls baking powder, 1 teaspoonful salt, 1-2 cupful crisco, 1 1/2 cupfuls very fine sugar, 1-2 cupful strained orange juice, 1 tablespoonful grated orange rind, 1-2 cupful cold water, 1 teaspoonful orange extract, 5 egg whites.
Sift flour, baking powder and salt four times. Cream crisco and sugar, add orange juice and rind and alternate water and dry ingredients. Add extract. Lastly fold in whites of eggs. Bake in layer tins in oven 350 to 400 degrees, twenty-five minutes.

Cream Icing.
1-2 cupful sweet whipping cream--beat into this confectioner's sugar until it is a stiff paste, place bowl containing this paste over steam and stir until same melts, remove to table and flavor with Barnett's vanilla. Beat for few seconds and pour over cake. Co-

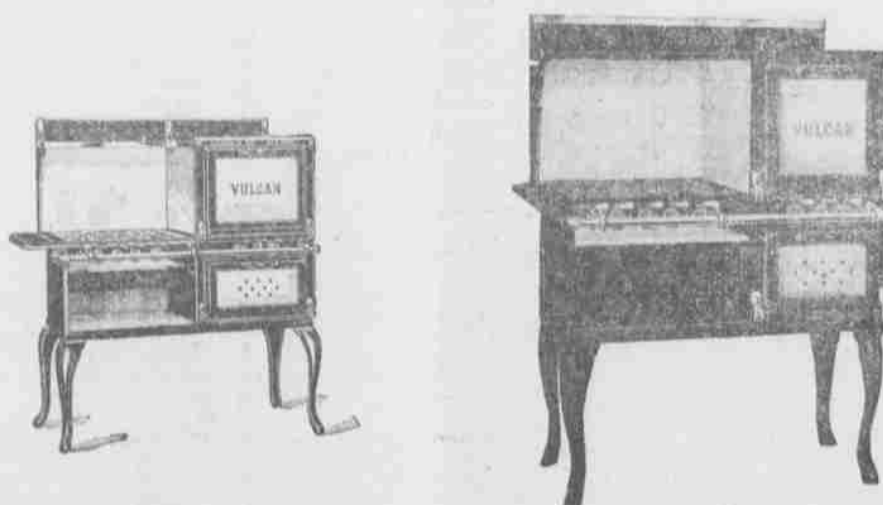
(Continued on Page Seven.)

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.

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The Armory this week. All styles on display at

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432 State Street, Salem, Oregon

Mrs. Vaughn Uses



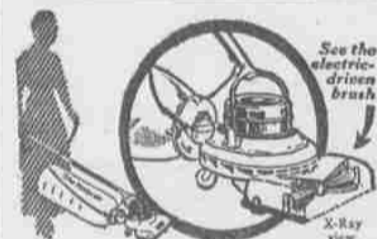
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