

Cottolene

"The Natural Shortening"

One-Egg Muffins or Quick Sally Lunn

One and one-half table-spoons melted Cottolene; one-half to one and three-quarters cup of milk; one egg; three cups sifted flour; three teaspoons baking powder; one scant teaspoon salt. Use more or less milk according to quality of flour. Sift baking powder and flour together and add butter, egg, sugar and milk.

Write us for a free copy of our real cook book "HOME HELPS." Address our general offices at Chicago.



Light, tasty muffins

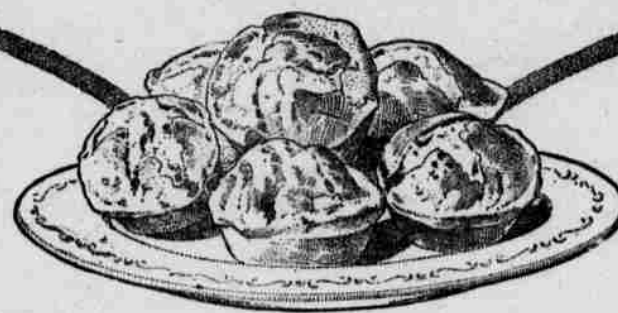
Next time you make muffins, try the Cottolene recipe printed at the left. Cottolene makes muffins that are light and tempting, with just the right, crispy crust, and the good flavor that makes you want more.

Food prepared with Cottolene is wholesome and easily digested. Whether you use it for shortening or frying, Cottolene will always produce the most pleasing results.

We put it up in pails of different sizes, to suit your convenience. Order a regular supply from your grocer.

THE W. K. FAIRBANK COMPANY

"Cottolene makes good cooking better"



Willamette Valley News

Stayton News

(Capital Journal Special Service) Stayton, Oct. 6.—Mrs. E. C. Townsend has gone to Roseville, Cal. for a visit. Fred Lockley, the well known Portland newspaper man, was here the other day in the interest of the eastern Oregon normal school. W. F. Ellis was in Stayton this week. Lee Tate returned from Salem Monday. A public reception is to be given Rev. E. B. Lochhart at the Methodist church Friday night this week. About 95 per cent of the legal voters here are registered. Mark Weatherford, candidate for congress, was in Stayton last Friday. Mr. and Mrs. Clyde Thomas of Jordan were in Stayton Monday. J. A. Richards of Mehama was here on business early in the week. A child was born last week to Mr. and Mrs. D. C. Davis. Mr. Davis is on the high school staff. Mrs. Bessie Fisher of Toronto, Canada, visited her relative, Mrs. H. A. Beauchamp, last week. Stanley Stutz is in Portland on business. Judge Kelly of Albany was in Stayton the other day. The Hamman stage is doing a big business these days. Loren Wilson left last Sunday morning for Garfield, Wash., where he will be for a couple of weeks. Mrs. Dora Shreve and family will soon move to Portland where she has purchased a hotel. Mrs. E. D. Alexander is home from a Junction City visit. Mr. and Mrs. Ben Gehlen are home in Stayton from a Rose City visit. Miss Gladys Hill was in Mill City this week. Mrs. M. J. Hendershott was in Salem recently. A new roof is being put on the Commercial hotel. No school this week on account of teachers' institute in Salem. A street meeting in the interest of the campaign against the brewers' amendment was held here Thursday conducted by A. E. Fitch of Albany, sent out by the business men of that city. The school fair begins today and from indications it will be a great success as those back of the movement have not spared themselves to arouse interest, with the result that the young people have worked with a will. It is expected

Remember This

Paris does not buy his Shoes like most shoemen do, by taking the word of the shoe salesman. When I buy shoes I know that they will give perfect satisfaction to the wearer. If you are tired of buying shoes try mine once; we carry three well known brands--The Keith's Konqueror, the Conqueror for young men; J. E. Tilt, the shoe made of real leather and Buckingham & Hecht genuine army shoes, which please everybody. About our shoe repairing ask your friend, he knows.

A. J. PARIS, Shoe Shop, 379 State Street, OPPOSITE THE SPA

Fruitland Items

(Capital Journal Special Service) Fruitland, Or., Oct. 5.—Wednesday morning a heavy frost did much damage to late gardens. Ice nearly a quarter of an inch thick formed on a watering tub. School began Monday with an enrollment of 28. On invitation of Miss Evans teacher at Auburn, the Fruitland school visited the school there Tuesday p. m. The school exhibit at the state fair, just closed, was on display. Our school including the teacher was much pleased, such exhibitions being educational. County Superintendent Smith was present, also an educator from Corvallis. Henry Smith a well known former resident now of Marion, made a business visit here Tuesday. The family of A. D. Anderson will soon vacate the house they have been occupying for some time in the past. Mr. Anderson has been looking at the vacant John V. Smith house on the corner across from the store but may locate on his own land north of the school house. Yes the Chinese pheasants are being speedily killed off by the army of greedy hunters. If there is a nuisance that ought to be abated it is the bird hunter with his pop gun and dog tramping over our fields and pastures. The birds are scarce around here and we can take care of all we have and need no help from non-resident hunters. The school house has had its yearly scrubbing and window cleaning and is now neat as a pin. There will be no school till Monday the 9th, as the teacher is attending the institute. Wednesday M. M. Hanson carried a 32 foot telegraph pole in his auto to Salem. The pole stuck out before and behind like an African's foot. Said pole is for a young Salem high school student who is studying wireless telegraphy and he wants the high pole to assist in his experimenting. Clarence Bolling threshed 23 bushels and 20 pounds of clover seed from acres. Mr. H. Edwards did about as well. Roy Short had 129 bushels. Much clover seed has been hulled in this community this fall. The price is good.

Cloverdale Items

(Capital Journal Special Service) Turner, Or., Oct. 6.—A heavy frost struck this part of the country last two nights. Mr. and Mrs. M. Fillet left here Sept. 27 for a visit to relatives in Wisconsin. They expect to be gone for a month. Mr. and Mrs. Baker are home again from Wheatland where they were working in the hops. Mr. and Mrs. Whitehead attended the state fair on Thursday and Saturday. Mrs. Geo. Farris visited the fair Saturday. F. A. Woods and family attended the state fair on Wednesday. Prune drying is slowly drawing to a close. P. A. Wood is filling his new silo. Mr. and Mrs. Whitehead spent last Sunday in Albany visiting relatives. Miss Rose Drager, Sybil and Helen Peetz, Gertrude Graybill and Everett Woods are attending high school in Turner this winter. Ted Whitehead and Miss Francis Morris will be united in wedlock on Wednesday evening at the home of the bride's parents, Joseph Morris. They will make their future home in Turner. Harley Robertson and Miss Nora Woods were married at F. A. Woods the bride's parents home, on Sunday afternoon. Rev. Mickey of Turner officiated. The young couple left for Salem that evening. They will be at home to their many friends in the new bun-

galow on the Arthur Edwards place in a few days. Only near relatives were present. Some who were present were Mr. and Mrs. B. E. Robertson, Mr. and Mrs. Arthur Robertson, Mr. and Mrs. F. A. Woods, Carl, Evert and Emery Woods and Mrs. Thomas. Mrs. Dezel of Surprise grange, lies very ill at her home, though last accounts were she was improving, her condition is yet very critical. Arthur Edwards of Surprise, grange had some of his fine stock at the fair and who some of the prizes.

Bethel Notes

(Capital Journal Special Service) Bethel, Or., Oct. 6.—Clover hulling is proceeding as rapidly as weather conditions will permit which is not very fast at present. There have been three machines here this week, however, and there are only a few small jobs left. Henry Rahmsen reports a yield of 15 bushels of clover seed from two acres. At the present market price their seed crop is worth over \$50 an acre. Pete Kufner had the misfortune to break the crankshaft of his engine last Sunday while hulling clover for Mr. Kirscher. There was a killing frost here last night which will doubtless make the dairymen anxious to get their corn crop in the silo as soon as possible. None of their silos here have been filled yet but Mr. Swales intends to fill his tomorrow. Mrs. D. M. Evans attended the Methodist conference at Lebanon last Sunday. Guy Johnston has his silo practically completed. H. B. Hoffman and M. Battalion are digging potatoes.

Claxtar Items

(Capital Journal Special Service) Claxtar, Or., Oct. 6.—The marriage of William Arthur Matthes and Miss Paulina Wilma Barnick on Wednesday, October 4, while not unexpected by immediate friends, was a complete surprise to many. They are being showered with congratulations. Mr. Matthes is a successful young farmer. Miss Barnick a well-known Marion county teacher. Both are members of well-known families and have many friends here. Miss Gertrude Kelley, formerly of Portland, now of Claxtar, is bookkeeper and stenographer for the Business Men's Adjustment Firm, a collecting agency of Salem. Miss Kelley goes in on the Oregon Electric car daily, making her home with Claxtar relatives. She is an active member of the younger society set here, and her friends are glad to have her with them for the coming winter. A big get-together meeting is scheduled for Reynolds opera house for Saturday evening, October 7. The gathering is under the auspices of the Hayesville Tennis club and is a general "jolly up." Kaiser Bottom school begins October 9th.

Eola News Notes

(Capital Journal Special Service) Eola, Or., Oct. 6.—G. M. Stewart, of Eola, went to see the Round-Up at McMinnville. Dave Jacobsen has bought a new auto, trading in the new one, he bought this spring. Mr. and Mrs. Holman and daughter, Grace, went to the McMinnville Round-Up in their auto. Mrs. Scott and Miss Helen Litchfield, sisters of Mrs. Holman, went with the Holmans to McMinnville to the Round-Up. Mrs. Antrien has a bad leg. Her sister, Nola Moffitt, is staying with her for a few days. The Eola school began Monday. The Cromley Bros. are loading a car with new wheat for the Alberts company of Portland. The wheat was bought some time ago, but no car was available until now.

University Notes

Word was recently received by Karl Chapter of the Varsity book store that Paul T. Homan, son of former president Dr. Fletcher Homan and winner of the Oregon Rhodes scholarship four years ago, is now engaged in Y. M. C. A. work at Buena, India. He is associated with the expeditionary Christian forces which are operating in all warring nations at the present time under the general direction of John R. Mott, general secretary of the Y. M. C. A. Mr. Homan still has considerable work to complete at Oxford before he will be graduated. He was always a popular man while at Willamette, having been the greatest athlete ever enrolled in the university as well as editor of the Collegian during 1912-13. He was graduated from the college of liberal arts in 1914.

"The infinite meadows of heaven" were explored last evening by members of Professor Matthes class in general astronomy. I. L. McAdams, Salem's well known astronomer, kindly loaned his powerful Clark telescope for the evening that the class might gaze on the marvels of the moon and the planet Jupiter.

Members of Willamette's evergreen class of 1920 are experiencing considerable difficulty in organizing as a campus body. After much discussion, the constitution was dissected and brought into a tangible form yesterday noon. It will be adopted and class officers elected early next week. Phillip Bartholomew is now temporary president.

Although M. J. Whittner and son of Seattle have completed the task of stalling the new tractor pipe organ in Water chapel, the task of decoration at present is no mean one. Carpenters are busily engaged in panelling the bare spots in the alcove and it is hoped to have everything in readiness for the inaugural ceremonies of President Dooney, October 13.

Campus devotees of live wire activities were delighted to welcome Willis M. Bartlett, ex-president of the "W" club and all around athlete, back to Willamette yesterday afternoon. Mr. Bartlett spent his vacation in the wheat fields of eastern Washington, but was glad to leave the horsehaven country for the capital city and its attractions.

The enrollment is expected to be over 350 for this semester. Miss Benedict, the registrar, announced this morning. The total registration for all of the university schools and allied departments was 326 Monday and has materially increased since that time. All latecomers are subject to an added dollar fee for registration.

Flora Housel was recently elected president of the Lausanne hall club. She is to be assisted in her administrative duties by Fannie McKennon, vice president; Aileen Dunbar, secretary; Myrtle Smith, treasurer; Esther Cox, sergeant at arms.

Donations totalling \$150 have been recently made to the university library and the money used in purchasing some much needed books for departmental use. C. P. Bishop also presented a set of eight volumes entitled "The Masterpieces and the History of Literature."

Polk County Grand Jury Finds True Bills

(Capital Journal Special Service) Dallas, Or., Oct. 6.—The grand jury which has been in session this week in connection with the Polk county circuit court yesterday returned several indictments, finished their labors and were discharged by the judge. The most important of these indictments was the one charging Weldon Black with manslaughter, in causing the death of C. S. Hatch on the streets of Dallas about three weeks ago. At the time of the accident Mr. Hatch was crossing the street at the intersection of Main and Washington streets and Mr. Black was going east on Washington street disregarding the traffic laws and made a wrong turn at the corner and before he could stop his automobile had struck Mr. Hatch, knocking him to the pavement. The injured man lived for about five minutes after being struck by the machine. Immediately after the return of the indictment Mr. Black was arrested by Sheriff Orr and taken before Judge H. H. Belt where he pleaded not guilty and his bond was fixed at \$300. H. G. Black and S. M. Ray, two Dallas business men went on Mr. Black's bond. Among the other indictments returned by the grand jury are several for the alleged violation of the prohibition law and one for driving an automobile while intoxicated.

Commercial Club Meets

The regular meeting of the Dallas Commercial club was held Thursday night in the club rooms. Several mat-

ters of importance were taken up and discussed among which was the canneries proposition. A majority of the members of the club think that now is the time to begin to look into the proposition of locating a cannery here for next season and everything possible to secure one for this community will be done by the Commercial club. Last spring the club sent W. V. Fuller and P. J. Coad to Chehalis, Washington, to look over a cannery situated there and they brought back such a favorable report that the club has from time to time taken up the matter and are endeavoring to secure the interest of the farmers in a co-operative plant. A suitable site has been offered for such a plant at a very reasonable price and the only thing that now remains to be done is to secure the co-operation of fruit growers and farmers.

Woodmen To Go To Salem

A large body of Woodmen of the World will go to Salem next Wednesday evening to attend a district gathering and listen to addresses by supreme officers of the order. It is the intention of the Dallas lodge to hire a special train for the occasion.

Chamberlain Here October 19. United States Senator George E. Chamberlain will address a large democratic gathering in this city on October 19th. Mr. Chamberlain has but recently returned to Oregon from Washington, D. C., and will make an appeal to the people for the re-election of President Wilson.

\$10,000,000
What would you do with it?
See "The Grip of Evil"
BIG THEATRE
Tues. - Wed., Oct. 10-11



Today - Tomorrow
OWEN MOORE
and
Marquerite Courtot
in
ROLLING STONES
Pathe Weekly
YE LIBERTY

DO YOU WANT TO BE PHYSICALLY EFFICIENT?

Youth in Face and Figure-- Vitality and Energy

The World has no need today for those who grow old or are tired and weary.

YOU MUST BE PHYSICALLY EFFICIENT TO ADVANCE EITHER IN BUSINESS OR SOCIALLY. IT MAKES NO DIFFERENCE WHAT YOUR OCCUPATION, HOW THIN OR HOW FAT, YOUNG OR OLD, I CAN BUILD YOU UP AND ROUND YOU OUT, OR REDUCE YOU TO YOUR NORMAL WEIGHT.

No Drugs--Nature's Way

MY GUARANTEE IS POSITIVE--IF I FAIL TO DO ALL I CLAIM, THEN MY SERVICES ARE ABSOLUTELY FREE.

Write today for my wonderful booklet on Physical Efficiency and what it means.

MAYBERT VON DOLSON, Dept. A, Eureka, Calif.

HIPPODROME

Vaudeville

6 BIG ACTS 6

Every Sunday, Starting October 8

GRAND Theatre

St. Louis News

(Capital Journal Special Service) St. Louis, Or., Oct. 6.—A lot of shooting done around here last Sunday, hunters turned out plentiful but the birds were very scarce. Clarence Canard joined the marines last week and his friends were shocked when they heard about it; he expects to be away 5 years. Fred Kents is the proud possessor of a new automobile. The St. Louis school will commence next Monday. Evergreen berry picking is still going on in this neighborhood.

TODAY and TOMORROW

W. S. HART

NO RAISE IN PRICES



Strongest Western Face in the World

THE CAPTIVE GOD

Added Attractions--Keystone Comedy--Vaudeville--No Raise in Prices

Oregon Theatre

Home of the Best

Vaudeville

and WILLIAM RUSSELL

"SOUL MATES"
A gripping drama of love and finance

MONKEY PICTURES
A big laugh for the children

TODAY - TOMORROW

BLIGH THEATRE