

Study Food Values

Food provided for the family table deserves the careful thought of every housewife. Do you use thought when buying . baking powder?

The quality of cake, biscuits and all quickly raised flour foods depends largely upon the kind of baking powder used.

Royal Baking Powder is made from cream of tartar derived from grapes. It is absolutely pure and has proved its excellence for making food of finest quality and wholesomeness for generations.

Royal Baking Powder contains no alum nor phosphate,

ROYAL BAKING POWDER CC. New York

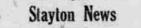
reg assisted him. P. R. Robinson was a Salem visitor

Pratum Items

(Capital Journal Special Service) Pratum, Dec. G.-S. J. Yates has re-turned from Canada with his new bride. The Pranklin Literary society held its regular meeting last Priday evening Two delates one by the junior members furnished the program for the evening. The paper by Mr. Urahane was very interesting and entertaining. The soci-

Monday

SCOTT'S



 Kniser kome Sunday in honor of R. F. Kniser. A large number of relatives and friends were present.
There will be a grange meeting at ten a. m. All Grangers are urged to attend as song by the society after which there was a debate on the question. "The meeting was opened by a song by the society after which there was a debate on the question. "Source of the solution of officers. Mrs. Harry K. Martin and daughter Ata, spent Saturday and Sonday at the two a formations for the affirmative. After thanksgiving in Shelbarn at Mrs. Russiel's parents' home.
Deant Chapann and wife were visit or at the John Tekenburg home Sunday evening. Harlau Hoffman was also a caller there.
Mrs. Wheeler, of Newport, proprietor of the Cliff Hoise there, was a value at the John Tekenburg home family spent. H. O. Taylor and family called at the Joss Martin home Sunday aftermood. Mr. and Mrs. A. P. Russell, who have been if to the past few weeks, are alse to be around again.
Perry Taylor butchered same horg Toosday. Harry Martin and John Teken, urg assisted him.
P. R. Robinson was a Salem visitor Kaiser, A large number of relatives and Auburn Literary society last Wednes-(Capital Journal Special Service.) Stayton, Ore., Dec. 6.-Ed Trask, of Lyons was in town last Saturday go ing and returning from Gervais. Several of the teachers of Mill, City who spent Thanksgiving in Salem and about there, passed through Stayton Sunday en route home. They visited Annexille friends Saturday night. Mis. Marsha Decker, who has been for some time in Portland is home again

Mrs. Builer Stout and child spent a

Mrs. Butler Stout and child spent a few days last week with her parents. Mr, and Mrs. Porter, on their place six miles from Sa'em, in Polk county. Miss Holder, who is the teacher at Pox Valley, visited Statton friends on Sunday. Her father who for some time was Western Union telegraph operator at Salem, is now located at Belling-hum.

Two children of Mrs. Snachenberg's, of Lyons, visited at the home of J. R. Gardner this week.

On Tuesday the snow fell heavily and clothed the ground with a deep carpet-

The Misses Hollister and Marshall, EMULSION the former's parents living in Salem, and the latter's at Gervais, visited the parental fireside for Thanksgiving. The nourish their nerves and increase their oung women are on the teaching staff

nourish their nerves and increase their energy. SCOTT'S is helping thousands-why not you?
sont a howne. Bloomanded, N. J. 19-23

Perfect Baking-No Germs

The first real improvement in oven construction in 50 years

Perfect baking-light-fresh-germless! No turning of pans-no dried-up roasts. The most particular baking browned evenly, top, bottom and sides in the patented fresh air oven of

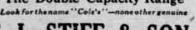
Cole's Hot Blast Range

Yourbaking madelight, 150° differences found fluffy and germless. between the front and backoventemperatures The minute spaces (of the cake, bread, etc.) are filled with the fresh, pure air put in circulation by Cole's Patented Fresh Air Oven. It is the only oven that gives perfect baking.

The Powerful

Circulation caused by Cole's venti-

lated oven equalizes the put one in your home today. "The Double Capacity Range"



L. STIFF & SON. Sole Agents for Salem **Corner Court and Liberty Streets**



100

of other ranges, and thoroughly distributes it in all parts of Cole's oven. This circulation heats every corner alike and gives perfect bak-

ing, browned evenly, top, bottom and sides. Cole's Hot Blast range has gained an enviable reputation among good bakers-