

TUES. - WED.



DOUGLAS FAIRBANKS
"Say Young Fellow"
An AURICRAFT Player

-Also-

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THE CAPITAL JOURNAL
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FRANKLIN FARNUM
BLUEBIRD PHOTO-PLAYS

Coming to the Liberty theatre in "The Empty Club" a special production selected for bridge opening day.

Useful Recipes

Furnished by Mrs. Edith Wilson Roberts, who spoke at the Chautauque on food conservation, Saturday.

Wheatless Yeast Bread

Into 1 cup corn meal stir 1 cup cold water. Add 3 cups boiling water, boil 5 minutes, and cook in double boiler 25 minutes. Cool to lukewarm. Add 2 yeast cakes soaked in 1/2 cup lukewarm water. (If "starter" is used, reserve 2 cups water from the cornmeal mush and put in 2 1/2 cups liquid starter in place of the compressed yeast.) Add 2 teaspoons corn syrup, 2 teaspoons liquid fat, and 1 tablespoon salt. Beat in 1 cup barley or oat flour. Beat well and set to rise for two hours. Sift together two cups barley flour, 2 cups oat flour, and 1 cup cornstarch. Beat into the sponge with a strong spoon until it is a soft dough consistency. Put into pans.

For baking in a range put into a warm oven as for a rising oven, about 85 degrees Fahrenheit. Maintain this low temperature for 20 minutes, and then increase the temperature gradually to a low baking temperature. The baking from the time it goes into the oven should occupy 1 1/2 hours. If gas or electricity is used, put bread into oven, turn on heat very low, and continue as above. This recipe makes two loaves.

Corn Flour Drop Biscuit

1 1/2 cups liquid
2 2/3 cups corn flour
4 level teaspoons baking powder
1 teaspoon salt

Steamed Brown Bread

1 1/2 cups corn meal
1 1/2 cups barley flour
2 teaspoons baking powder
3/4 teaspoon ginger
1 teaspoon soda
1 1/2 cup sour milk
3/4 cup molasses
Sift the dry ingredients together and combine with the liquids, beat well and steam in well greased brown bread tin or baking powder cans 3 to 5 hours (according to size of tin). Better still bake in the fireless cooker and conserve fuel.

Raw Potato Griddle Cakes

Grind 4 good sized potatoes and 1 onion very fine through food chopper. Add 2 eggs, 1 teaspoon salt and just enough meal or substitute flour to bind. Bake like pancakes on a hot greased griddle, and serve with syrup, honey or apple sauce. These cakes require longer, slower baking than ordinary griddle cakes. Grated green corn may be substituted for the onion and potato, for a delicious mid-summer fruit treat.

Oatmeal Gems or "Hermits"

1 pound ground rolled oats
1 cup chopped nuts and raisins, (mix cut)
1 cup white corn syrup
2 level teaspoons baking powder
1/2 teaspoon salt
1 1/2 cups sweet milk
Flavoring to suit taste.
Mix well and bake either in a hot gem pan or muffins, or drop from spoon on greased tin as "hermits." Notice that this recipe contains no sugar and no fat save those furnished by the oats and the raisins, and by the nuts.

Corn Meal Gingerbread

1 cup corn meal
1 3/4 cups of barley flour or 1 1/2 cups ground rolled oats

NERVOUS PROSTRATION

May be Overcome by Lydia E. Pinkham's Vegetable Compound - This Letter Proves It.



West Philadelphia, Pa. - "During the thirty years I have been married, I have been in bad health and had several attacks of nervous prostration until it seemed as if the organs in my whole body were worn out. I was finally persuaded to try Lydia E. Pinkham's Vegetable Compound and it made a well woman of me. I can now do all my housework and advise all ailing women to try Lydia E. Pinkham's Vegetable Compound and I will guarantee they will derive great benefit from it." - Mrs. FRANK FITZGERALD, 25 N. 41st Street, West Philadelphia, Pa.

There are thousands of women everywhere in Mrs. Fitzgerald's condition, suffering from nervousness, backache, headaches, and other symptoms of a functional derangement. It was a grateful spirit for health restored which led her to write this letter so that other women may benefit from her experience and find health as she has done. For suggestions in regard to your condition write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 60 years experience is at your service.

1 teaspoon soda
3/4 teaspoon salt
2 teaspoons ginger
1 1/2 teaspoons cinnamon
1 cup sour milk
1 cup molasses
1 egg (may be omitted)
Sift together dry ingredients and combine with liquids and the egg. Beat well and bake in moderate oven. If a richer bread is desired add 1 cup seed raisins dredged in the flour, to the recipe.

Cottage Cheese Cakes
(A Hooverized old English recipe)
1 cup fresh curd
2 tablespoons syrup or honey
Yolks of two eggs
A grating of nutmeg
1 1/2 tablespoons melted fat
2 tablespoons sweet milk
1/3 cup dried currants or small raisins.
Line patty tins with any good substitute pastry crust and fill with the above mixture. Bake in a moderate oven about 20 minutes.

Cottage Cheese and Liver Salad
1 cup cottage cheese
1 cup cooked liver run through food chopper
1 cup mayonnaise dressing
1/3 cup chopped olives, olives, pimientos or green peppers.
Mix well, and serve on a leaf of lettuce.

Cottage Cheese and Nut Loaf
1 cup cottage cheese
1 cup chopped nut meats
1 cup bread crumbs
Juice 1/2 lemon
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons chopped onions
1 tablespoon fat.
Cook the onion in the fat with a little warm water until tender; add to the other ingredients, moistening the mixture with water or meat stock. Pour into a baking dish and brown in the oven. Cooked lima or other beans that have been run through a sieve may be used instead of the nut meats.

Tama's Pie
(Serves six)
Make a mush by stirring 2 cups corn meal and 1 and 1/2 teaspoons salt into 6 cups boiling water. Cook in double boiler 45 minutes.
1 onion (chopped or sliced)
1 teaspoon fat
1 teaspoon salt
1 pound hamburger steak
2 cups tomatoes
1/2 teaspoon cayenne pepper or 1 chopped (small) green pepper.
Cook the onion in the fat; add the hamburger and stir until red color disappears. Add the tomatoes, salt and pepper. Lay a well greased baking dish with a layer of the cornmeal mush. Add the seasoned meat and cover with the remaining mush. Bake 30 minutes.

Seageant Otto Kuben Tells of Life in Paris

Sergeant Otto F. Kuben, of Salem, is seeing life in "gay Paris". In a letter addressed to Mrs. C. F. Kuben, 1110 Eighteenth street, Salem, he writes as follows:
"I'm back in the big city. Have been transferred out of the air service into the the Aerial Armament Division and so was moved from Issoudun to Paris. Everything is fine and dandy, the weather is great and I'm feeling fine.
"I am temporarily in an office doing paper work but will not be here very long as I expect to be sent out soon. Yesterday had a talk with a boy from Albany, Oregon, who was passed at the front. He is going back today. I gave him a bunch of my smokes for the boys in the line. Tobacco is very scarce up there so I suppose they will have at least one good smoke.
"It was a great pleasure to me. The boy couldn't hardly thank me enough. Had he had a smoke for three months. We had an air raid here last night, but it didn't last long, about 30 minutes. I didn't get out of bed. These raids are a habit over here, but they seldom amount to anything. At any rate, we do not pay much attention to them, and most of the time when awakened, just roll over and go to sleep again."

CLOSING OUT SHOES

THE BIG SALE CONTINUES ALL THIS WEEK

Closing Out Thousands of Short Lines and All Summer Footwear--Including an Enormous Line of Tennis Shoes And Elk Bals. All White Shoes, Pumps and Oxfords Must Go--At Wholesale Cost

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BAREFOOT SANDALS--

Ladies' and Boys' \$3.00 Sandals, tan leather or rubber soles go at\$1.95
Misses and Youths \$2.00 Sandals, tan, best leather, now go at\$1.35
Children's \$1.50 Sandals, all sizes, tan good soles, go at95c

MEN'S WORK SHOES--

Men's tan and black work shoes, \$5.00, grades to close out\$2.95
Men's \$6.00 tan and black work shoes, best leather, heavy soles, to close out\$3.95
Men's tan and black Elk Bals, \$3.50 grades to close out\$2.65
\$5.00 Harvest Bals, Rubber Soles to close out\$2.95

MEN'S DRESS SHOES--

Men's \$5.00 Dress Shoes, black only, button and lace, to close out\$2.95
Men's \$6.00 dress shoes, black, button and lace, full lines, go at\$4.95
All white patent and kil pumps, regular \$5.00 and \$6.00 grades, go at\$3.95

LADIES' PUMPS AND OXFORDS--

All white patent and kid, \$4.00 and \$5.00 pumps most all sizes, to go at\$2.95
Full line of Ladies' Strap Kid Pumps, all sizes regular \$4.00 to go at\$2.95
Ladies' \$6.00 and \$7.00 Oxfords, tan, black, to close out\$4.95

TENNIS SHOES--

Men's regulation \$1.50 white and black tennis shoes to close out at95c
Ladies' and Boys' white and black tennis shoes, \$1.25 grades, to close out75c
Children's 90c white and black tennis shoes to close out at65c
Children's Moccasins, lace for out-door wear to close out65c, 75c and 95c

LADIES' WHITE SHOES--

All \$3.50 and \$4.00 white canvas and duck shoes to close out at\$2.95
All \$5.00 white linen shoes, lace only, high and low heels go at\$3.95
All \$6.00 and \$7.00 white Reinskin shoes, lace, only high and low heels, go at\$4.95
All \$12.00 white kid and ivory shoes, broken sizes to close out at\$9.95

LADIES' SHOES--

\$4.00 and \$5.00 broken lines, button and lace shoes, to close out at\$2.95
\$5 and \$6 broken lines button and lace shoes to close out\$3.95
Ladies' Gray Novelty Shoes, broken lines \$9.00 grades\$6.95
Ladies' Champaign and Two-Tone \$9.00 grades to close out at\$6.95

BOYS' SHOES--

Boys' \$3.00 shoes, button and lace, broken lines to close out at\$1.95
Boys' \$4.00 shoes, broken lines, button and lace, black\$2.95
Boys' \$5.00 shoes, broken lines, button and lace, black, to close out\$3.95
Boys' \$4.00 Oxfords, button and lace, black and tan, broken sizes, to close out\$2.95

BROKEN LINES HANAN SHOES--

Ladies' Hanan pumps, regular \$8.00 and \$9.00 grades to close out\$4.95
Ladies' broken lines, \$12.00 button shoes, black and tan, to close out\$5.95
Men's Broken Lines, Hanan shoes, black, and lace \$12.00 grades, go at\$9.95

RUBBER HEEL DAY EACH WEDNESDAY. We put on new live rubber heels, regular 50c. at 1-225c

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- White Canvas Lace French Heels, \$4 grade for \$2.95
- Fine White Canvas Lace, \$4.50 value for\$3.85
- Fine White Canvas Lace, \$4.50 value for\$3.69
- Finest White Fabric Lace, best grade\$4.85
- Fine White Nubuck French Heels, \$7.00 grade. \$4.95
- White Canvas, 2 strap slippers\$2.45
- White Canvas, 1 button twip strap pump.\$2.85
- White canvas, 1 strap, low heels\$2.35
- White canvas, 1 strap, low heels\$1.65
- White canvas, plain pumps, low heels.\$2.65

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LOGICAL WINNERS IF RACE CONTINUES--ALTHOUGH BOSTON IS IN FIRST PLACE EXPERTS PREDICT THAT IF THE PRESENT RACE CONTINUES, CLEVELAND WILL EVENTUALLY WIN THE FLAG. THE PITCHING STAFF OF MORTON, COVELESKI, BAGBY AND COUMBE IS CONSIDERED THE STRONGEST IN THE LEAGUE

JOURNAL WANT ADS SELL