

THE AWFUL PRICE YOU PAY FOR BEING NERVOUS

Read These Important Facts!
Quivering nerves can make you old, haggard, cranky—can make your life a nightmare of jealousy, self pity and "the blues."
Often such nervousness is due to female functional disorders. So take famous Lydia E. Pinkham's Vegetable Compound to help calm unstrung nerves and lessen functional "irregularities." For over 60 years relief-giving Pinkham's Compound has helped tens of thousands of grandmothers, mothers and daughters "in time of need." *Try it!*

Purchased Friends
Purchase not friends with gifts; when they cease to give, such will cease to love.—Fuller.

GAS SO BAD CROWDS HEART

"My bowels were so sluggish and my stomach so bad I was just miserable. Sometimes gas bloated me until it seemed to crowd my heart. I tried Adlerika. Oh, what relief. The first dose worked like magic. Adlerika removed the gas and waste matter and my stomach felt so good."—Mrs. S. A. McAmis. If gas in your stomach and bowels from constipation bloats you up, until you gasp for breath, take a tablespoonful of Adlerika and notice how the stomach GAS is relieved almost at once. Adlerika often moves the bowels in less than two hours. Adlerika is BOTH carminative and cathartic, containing five carminatives to warm and soothe the stomach and expel GAS, and three cathartics to clear the bowels and relieve intestinal nerve pressure.
Sold at all drug stores

Draft rioters in New York in 1863, resisting service in the Union army, held possession of the city for four days.

Send your film to us to be developed
2 PRINTS FROM EACH GOOD NEGATIVE 25¢
Better Pictures — Better Service — Better Price than you have ever had before. Send coin.
PORTLAND FILM CO. Box 4213 PORTLAND OREGON

Full Trust
I am the only one of my friends I can rely on.

NIGHT COUGHS DUE TO COLDS

Need More Than "Salve" To Quickly Relieve DISTRESS!
Before you go to bed rub your throat, chest and back with warming, soothing Musterole. You get such QUICK relief because Musterole is MORE than "just a salve." It's a marvelous stimulating "counter-irritant" which helps break up local congestion and pain due to colds. Its soothing vapors ease breathing.
Used by millions for over 30 years! 3 strengths: Regular, Children's (mild) and Extra Strong, 40¢. Hospital Size, \$3.00.



WNU-13 9-40

That Nagging Backache

May Warn of Disordered Kidney Action
Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.
You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.
Try Doan's Pills. Doan's help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!

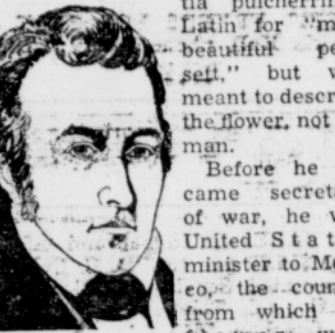
DOAN'S PILLS

"The Name Is Familiar"

FELIX B. STREYCKMANS and ELMO SCOTT WATSON

Poinsettia

THE poinsettia—that crimson flower so popular around Christmas time—was named for a man who was not a botanist but, of all things, one of our secretaries of war! He was Joel Robert Poinsett, seventeenth secretary of war, serving from 1837 to 1841 under President Van Buren. And the full name of the flower, by the way, is poinsettia pulcherrima.



Joel R. Poinsett

Latin for "most beautiful poinsettia," but was meant to describe the flower, not the man. Before he became secretary of war, he was United States minister to Mexico, the country from which the flower was brought to the United States. It had been called "Painted Leaf," and "Mexican Fire Plant." While in Mexico, Poinsett called the flower to the attention of botanists and imported some of the flowers to the United States. This is why, in searching for a scientific name for the flower, Poinsett was honored.

He was of Huguenot descent, the last of his family—if he hadn't fallen in love with the flower, he never would have had a chance to perpetuate the family name.

He was educated in England and traveled extensively. While in Russia, the czar offered him a commission in the army, which he declined. While an American goodwill emissary to Chile, the Spaniards seized several of our merchant ships. Poinsett organized a large force right on the spot, led them in an attack against the Spaniards and recaptured the ships.

The name is certainly more appropriate for the flower than the man.

A Maverick

SOMETHING that doesn't belong to anybody is called a maverick—especially if it's wandering around loose. The name was applied originally to cattle that were unbranded.

Samuel A. Maverick, an 1825 graduate of Yale, gave his name to the idea. Although he was one of the founders of Texas' independence and a member of the congress of the Republic of Texas in 1845 and had other signs of intelligence, he nevertheless had a reputation for allowing his cattle to wander around without being branded. So unusual was this practice that whenever cattle were "discovered" without brand-marks someone was almost certain to say, "They're probably Maverick's."

You have to be pretty well known to be referred to that way and must have a lot of cattle, too, and Samuel Maverick was well qualified on both counts. But after all, there is a limit to everything and it was unreasonable to assume that Maverick owned ALL the unbranded cattle. Cattle rustlers continued to refer to unbranded cattle as Maverick's but they soon meant that they were mavericks—without the capital letter and without that possessive apostrophe. That meant that the cattle merely were unbranded and, therefore, belonged to anybody.

(Released by Western Newspaper Union.)

Queen Marie's Heart

A gold urn in a monastery chapel overlooking the Black sea is the resting place of the heart of Queen Marie of Rumania.

Fashion Designed For Large Women

IT'S a button-front style (1902-B) which is one thing decidedly to recommend it, and this suave, simple dress has lots of other good points, too. It can be made with plain v-neckline and edged with bias fold. Or it can be made with a narrow roll collar as its only trimming. Sleeves are either short or three-quarter length. It's simple and unhampering enough for house wear.



in gingham, linen or chambray; also tailored enough for the street, in thin wool, flat crepe or small-figured print.

It has just the detailing you like, if you have size to consider—a bodice deftly gathered for correct bust fit, beneath a smooth shoulder-yoke, a slim-hipped skirt, and waistline drawn in by a sash bow or buckled belt. Everything about it is slenderizing as well as smart.

Barbara Bell Pattern No. 1902-B is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50, and 52. Size 38 requires 4 1/2 yards of 39-inch material without nap, with short sleeves; 4 3/4 yards with three-quarter, 3 1/2 yards braid or bias fold, or 1 1/2 yard contrast for collar.

For a pattern of this attractive model send 15 cents in coin, your name, address, style, number and size to The Sewing Circle Pattern Dept., Room 1324, 411 W. Wacker Dr., Chicago, Ill.

Fashion Notes

Newest hair-do calls for bangs. Cape costumes are smart this spring. Pastel hosiery matches pastel costumes.

Lingerie blouses feminize the new suits. Moderation of shoulder width is on the way.

New-looking lapel gadgets are smart jewelry.

The all-around pleated skirt is more popular than ever.

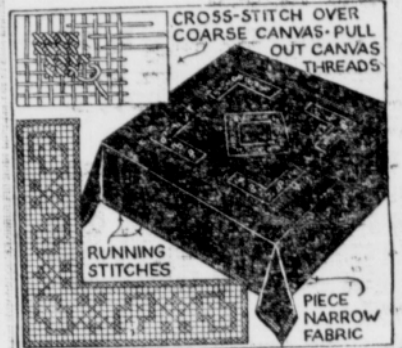
Flattery veils will give colorful note to the Easter bonnet.

Short boxy jackets that hang straight from the shoulder are new.

Watteau disks pose flat on forehead with streamers or snood at back.

HOW to SEW By RUTH WYETH SPEARS

CROSS-STITCH is combined here with plain running stitches to make a smart luncheon cloth that may be embroidered quickly in coarse white embroidery thread. The material may be broadcloth or other smooth-finish cotton. The color is a deep maroon and the white design is very effective on this background. Deep blue or



green are other fabric colors that are being used with white embroidery.

This cloth is made of two 1 1/2-yard lengths of 36-inch-wide material. Split one piece lengthwise through the center and join to the sides of the other piece by machine. The seams are covered by the rows of running stitches. You do not need a stamping pattern to make the cross-stitch design. Baste coarse open-mesh embroidery canvas over the material; then follow the design given here at the lower left. Repeat the cor-

ner of the design to make the four corners of the center square.

NOTE: There are 36 embroidery stitches illustrated in Mrs. Spears' Sewing Book 2; also several original designs for table covers; men's ties; mittens; hats; purses; Baby's bassinet; doll's wardrobe; five ways to mend fabrics. Ask for Book 2, enclosing 10 cents coin. Address Mrs. Spears, Drawer 10, Bedford Hills, New York.

Furry Fingerprints

The hair of no two species of animal is alike. If you take your fur to experts they will give a laboratory test and tell you the animal it came from, no matter how skillfully it has been dyed and treated.

Hairs that look alike to the human eye, even under a magnifying glass, are utterly different when cut through and a section fixed under the searching eye of the microscope. When this is done, the protective coverings given by nature to enable animals to endure heat or colds are revealed. In this way the expert differentiates even between animals closely related.

To Check Constipation Get at Its Cause!

If constipation has you down so you feel heavy, tired and doxy, it's time you did something about it. And something more than just taking a physic! You should get at the cause of the trouble.

If you eat the super-refined food most people eat, the chances are the difficulty is simple—you don't get enough "bulk." And "bulk" doesn't mean heavy food. It's a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines.

If this common form of constipation is your trouble, eat Kellogg's All-Bran regularly, and drink plenty of water. All-Bran isn't a medicine—it's a *crunchy, toasted cereal*. And it will help you not only to get regular but to keep regular. Made by Kellogg's in Battle Creek. If your condition is chronic, it is wise to consult a physician.

Strange Facts

18,300 Degrees Hot
Sooty Toppers
Living Submarine

The hottest man-made flame in existence is found in the atomic nitrogen electric arc and reaches a temperature of 18,300 degrees Fahrenheit. The heat is developed by the separation and recombination of the two atoms of each molecule of nitrogen as the gas flows through the arc at a pressure of 14,000 pounds per square inch.

The traditional headgear of chimney sweepers, members of one of the world's sootiest professions, is a formal silk hat.

The manufacture of explosives is so fraught with danger that the workmen are not even allowed to wear metal buttons for fear of a chance spark. Yet this industry, owing to its extreme safety precautions, has an accident frequency rate 38 per cent below the average for all industries.

Although a mammal, the hippopotamus is able to walk on the bottom of rivers and lakes and graze on the aquatic vegetation.—Collier's.

Cause for Hope

There is some hope of a man's conversion so long as he is capable of loving something besides himself.—Phillips.

Ours to Guide
Our thoughts and our conduct are our own.

62 SECONDS TO PORTLAND'S CITY CENTER
Close to Business, Theater, Shopping district... Garden surroundings
Spacious "View" rooms with bath or shower.
\$200 AND UP

St. Andrews hotel
S. W. BROADWAY AT COLUMBIA
PORTLAND

FOOLISH

It's foolish not to seek prompt relief from a cough due to a cold. Get Smith Bros. Cough Drops. Two kinds—Black or Menthol, 5¢.
Smith Bros. Cough Drops are the only drops containing VITAMIN A
Vitamin A (Carotene) raises the resistance of mucous membranes of nose and throat to cold infections, when lack of resistance is due to Vitamin A deficiency.

It Will Pay You to Patronize Advertisers of This Paper and to Confine Your Buying to Local Merchants as Nearly as Possible