

Household Questions

When making bread and butter pudding, sprinkle each slice of bread with grated coconut instead of currants, and strew some on the top. This will make a change from the ordinary pudding and will be found very tasty.

A stick of wax and a brush of oil will do much to take the curse off furniture scratches. The wax will fill in the scars and the oil will darken the wax.

When buying sheets always allow at least 10 inches on each side and top and bottom, as the bed will never stay neat with sheets that are too short.

To make chiffonade dressing mix one tablespoon chopped onion, two tablespoons chopped cooked beets, two tablespoons chopped sweet pickles and one hard-cooked egg, diced, to one-half cup of French dressing. This dressing is tasty to serve on head lettuce or diced vegetable salads.

Two Impressions of the Loveliest Things

A school teacher put this question to a group of children: "What are the loveliest things you know, persons not counted?"

Here is the list of one girl: The scrunch of dry leaves underfoot, the feel of clean clothes, climbing up hill and looking down, hot water bottle in bed.

Here is one boy's list: The feel of running, looking into deep clear water, a swallow flying, water being cut at the bow of a boat, an express train rushing, a builder's crane lifting something heavy, the mounted policeman's horse, the feel of a dive, a thrush singing.

PAIN IN BACK

NEARLY DROVE HER CRAZY Got Quick Relief By Rubbing



Muscles were so sore she could hardly touch them. Used Hamlin's Wizard Oil and found wonderful relief. Just rubbed it on and rubbed it in. Thousands say Hamlin's Wizard Oil works wonders for stiff, aching muscles. Why suffer? Get a bottle for speedy comfort. Pleasant odor. Will not stain clothes. At all druggists.

HAMLIN'S WIZARD OIL For MUSCULAR ACHES AND PAINS Due to RHEUMATISM-NEURALGIA-LUMBAGO-CHEST COLDS

Travels Alone One can leave human society and discard its rules, but he loses its protection.

A Three Days' Cough Is Your Danger Signal

No matter how many medicines you have tried for your cough, chest cold or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with anything less than Creomulsion, which goes right to the seat of the trouble to aid nature to soothe and heal the inflamed membranes as the germ-laden phlegm is loosened and expelled.

Have You Vision?

We can help you achieve your aim in life. "Planning Your Future" FREE ON REQUEST

Behnked Walker BUSINESS COLLEGE S. W. Salmon at 11th Avenue PORTLAND, OREGON

FOR CRACKED SKIN BLACKHEADS, PIMPLES get Cuticura-SOOTHES FAST HELPS HEAL

CUTICURA SOAP and OINTMENT

ADVICE TO WOMEN

Mrs. W. H. Seize of 2138 Humboldt St., Belingham, Wash., said: "Some time ago I had no strength. I would become tired easily. It was an effort for me to do anything. Dr. Fiere's Favorite Prescription improved my appetite and helped to build me up so that I felt fine, and housework became a pleasure instead of a burden." New size, tablets 30 cents.

OREGON STATE NEWS OF GENERAL INTEREST

Brief Resume of Happenings of the Week Collected for Our Readers

Prineville—Hunters agree that the present deer season has been one of the driest ever known in Central Oregon.

Pendleton—The fall term of the state supreme court for eastern Oregon opened with 11 cases on the docket.

Elgin—Surfacing of the Elgin-Tollgate highway started recently. This road connects Grande Ronde and Walla Walla valleys.

Grants Pass—Harvesting in the Rogue river valley was completed recently and packing plants have ceased operations for the 1936 season.

Reedsport—Smoke and fog interfering with navigation and considerable moss clogging nets is proving to be a severe handicap to commercial fishermen.

Gateway—The new state highway from The Dalles-California highway at Madras to Warm Springs has been completed, providing a much shorter route into this area.

Portland—The Geological Society of the Oregon country will make a field trip to the area near the Clarno oil well, three miles beyond the John Day bridge near Antelope.

Salem—Traffic fatalities for Oregon this year are much larger than last, 215 deaths for the first nine months as compared with 185 for the same period last year.

McMinnville—Business men will cooperate with Linfield college in a \$75,000 financial program to result in the construction of a new men's dormitory within two years.

The Dalles—Continued lack of rainfall this fall made the planting of winter wheat very much of a risk. Grain buyers and growers recently described the situation as desperate.

Salem—With the refusal of a recent request for a \$7000 loan on a ranch in Grant county, the land board reaffirmed its policy of limiting loans to \$5000 on farm property.

Salem—Word from the office of the state corporation commissioner reports that the number of corporations in the state is now about 10,000, a decrease of 2000 since 1932.

Portland—Thieves, like lightning, will strike twice in the same place. A cleaning establishment was broken into three times over a weekend recently. Nothing was found missing.

Tillamook — The comparatively poor luck of some fishermen is probably due to the fact that there are too many of them this year as the total pickups are about normal for the season.

Salem—The proposal to create a primitive area along the Rogue river is still being studied by the Oregon state planning board and no action will be taken until a thorough study has been made.

Beaverton—In order to give right of way to the Wolf Creek highway eighteen graves in the private burying ground of the pioneer family, Pointers, will be removed. The oldest grave dates back to 1876.

Bonneville Dam—President Roosevelt will soon receive a hand carved paper weight made from rock by a dam worker. The rock is taken from 50 feet below the dam foundation and will be carved as an Indian head.

Astoria—High school football took its toll here by claiming the life of Guy Boyington Jr., son of County Judge Boyington. The sixteen year old player died from septic poisoning from surface wounds received in football games.

Portland—Center line strips on principal paved highways, now in use in practically all states, originated in Multnomah county in 1917, according to Captain P. V. Vexford, head of the uniform division in the criminal department of Sheriff Martin D. Pratt's office.

Port Orford — A panther kitten was stoned into insensibility and captured by two men while they were examining mining claims near the McEbbel region. The animal revived and was held captive for a few days when it died either from injuries or improper diet.

ARSONISTS IN FORESTS Coquille—Set fires breaking out in the U. S. forest near Gold Beach have drawn the attention of federal investigators.

Three fires were discovered the weekend of October 24 but were put out before any damage was suffered. Forestry agents found traces of oil soaked rags.

Salem—Non-resident tourist stickers for 1937 will be informal for the purpose of giving tourists a feeling of warmer welcome. A new sticker bearing the words "Guest of Oregon" has been designed.

Astoria—Salmon packers here are interested in the possibilities of developing an Albacore fishing industry off the Oregon Coast, following reports that large schools of them have been sighted. The Albacore is a long finned, high grade tuna variety.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. HAROLD L. LUNDQUIST, Dean of the Moody Bible Institute of Chicago, © Western Newspaper Union.

Lesson for November 8 THE CHRISTIAN WARFARE

LESSON TEXT — Acts 19:8-12, 18-20; Ephesians 6:13-20. GOLDEN TEXT—Be strong in the Lord, and in the power of his might. Eph. 6:10. PRIMARY TOPIC—When Paul Preached in a Schoolhouse. JUNIOR TOPIC—In a Schoolhouse in Ephesus. INTERMEDIATE AND SENIOR TOPIC—Weapons of the Christian Soldier. YOUNG PEOPLE AND ADULT TOPIC—The Gospel Facing the Forces of Evil.

War, war! The whole world is war-conscious in our day. Nations are watching one another with suspicion, and in the meantime arming themselves for conflict. Hatred and suspicion are rife, and as long as sin rules the hearts of men we long in vain for peace, which cannot come until that day when the Prince of Peace himself shall reign.

Yet every Christian hopes and works for the peaceful solution of the nations' problems. Right thinking men do not want war between the peoples of the earth. But there is one warfare that we do seek to foster and promote. We encourage it, and as Christians make a holy resolve to battle to the end. That is the warfare against Satan and his hosts. As long as he rules in the hearts of men, and sin and wickedness are here, we say, "Fight on, my soul."

Christian life and service are presented in Scripture as a fight, and we do well to learn the methods and the weapons of this great spiritual conflict, not stressing a belligerent note of strife against one another, and particularly not between the divisions of God's army in the earth, but standing shoulder to shoulder in the battle against the Evil One.

Our lesson presents a picture of I. The Lord's Warrior (Acts 19:8-12).

Paul, who is now on his third missionary journey, comes again to Ephesus, the leading city of Asia Minor, and the center of the worship of the heathen goddess, Diana. He tarries there for about three years.

Like a good tactician he began his campaign at a strategic point, the synagogue. He brought forward his God-given weapons, "reasoning and persuading." Some he won, others disbelieved — the sad fact which even this greatest of all preachers had to meet.

God attested his work by miracles. The soldier of the Lord does not go into battle alone. Nor does he fight in his own power. God gave him

II. A Mighty Conquest (vv. 18-20). When a man's profession of faith in Christ carries with it an open forsaking of his confessed misdeeds — a true change of life as well as a declaration of belief — there has been real dealing with God.

Notice, that they burned the bad books found in their homes, even though they were valued at thousands of dollars. Christian, how many books or magazines are there in your home now that minister only to the lowest in your nature? Oh, yes, they may be "literature," they may be in beautiful bindings; you may even read them "in the original," and regard the reading as cultural. But if they are bad books, are you ready to follow the Ephesians in destroying them?

Finally we have from Paul's letter to the Ephesians the glorious presentation of the Christian's

III. God-Given Weapons (Eph. 6:13-20). This is a familiar, but none the less rich and instructive, passage. We have space to note only that there are (1) five weapons of defense; namely, the girdle of truth, the breastplate of righteousness, the shoes of peace, the shield of faith, and the helmet of salvation, and (2) one mighty weapon of offense, the sword of the Spirit — the Word of God. A glorious and impenetrable armor and equipment for battle!

But it will do us not the slightest good unless we obey Paul's admonition and put it on. Christian, are you wearing and using "the whole armor of God"?

Judging From Appearance Men in general judge more from appearance than from reality. All men have eyes, but few have the gift of penetration. —Machiavelli.

God's Way The strength and the happiness of a man consists in finding out the way in which God is going, and going in that way, too.

Acts That Bring Results No act falls fruitless; none can tell how vast its power may be; nor what results, enfolded, dwell within it silently. —Bulwer.

A Friend Indeed Keep close to thy Best Friend, and He will refresh and cheer thee. —Spurgeon.

God's Holiness We must not only bless God for all his benefits: we must rejoice in his holiness. —McIntyre.

Wives, Know Yourselves! — Accurate Analysis Will Do Much to Overcome Difficulty in Wedded Life

SPEAKING on the question of trial marriages, a well known writer said, "There should be no need for trial when two people know their own abilities and have measured themselves accurately. Two people who understand themselves will never, I believe, have any difficulty living happily together after marriage."

That is a new slant on the question of success in marriage, supplements a woman writer of national fame. Not "know thy husband" — or "wife," but "know thyself!"

And, come to think of it, isn't most of the discontent and dissatisfaction in marriage traceable to ideas of ourselves — that may be misconceptions, no less than our illusions about the other person?

How many women's dissatisfaction with their husband has as its source the thought of all they gave up to marry him, all they "might have had" if they had married a certain other man?

How many women's discontent with the role of wife and mother springs from the thought of how much more fascinating pastimes they might have had if they had followed that career?

How many girl's impossible expectations of a fulltime lover and Prince Charming originates in an exaggerated notion of their own devastating beauty and charm?

If all discontented wives would look deeply into themselves, measure themselves, stop fooling themselves, many might discover that the other man they might have married is a self-nurtured illusion; that the career of their dreams is not a soft snap and a joy forever; but a grueling, exhausting job which might have worn them out if they had qualified for it, which they probably would have been unable to do; that they themselves are neither devastating beauties nor always charming, but women who are frequently disappointing and difficult to live with. They might discover and admit to themselves that they are greatly in debt to their husbands for many things that make life easier and better and more worthwhile — that they

would not get along so well without them. Then they might think more of doing their part of trying to make those husbands happy. And that effort on the part of one must inevitably go a long way toward a mutually happy and successful marriage. © Bell Syndicate.—WNU Service.

The Greatest Man

THE greatest man is he who chooses the right with the most invincible resolution; who resists the sorest temptation from within and without; who bears the heaviest burdens cheerfully; who is calmest in storms, and most fearless under menaces and frowns, whose reliance on truth, and virtue, and God, is most unflinching. —William Ellery Channing.

A man may be wrecked as is a ship. Conscience is an anchor. Terrible it is, but true, that like the anchor conscience may be carried away.

Mine Rescue Methods More than 963,000 persons have been trained in first-aid and mine-rescue methods under the supervision of the safety division of the bureau of mines. Since the establishment of this service such training is estimated to have saved 665 lives.

44 AWARDS AT ONE STATE FAIR! THE record of one exhibitor who has used many brands but who now uses CLABBER GIRL, exclusively. ONLY 10¢ Your Grocer Has It CLABBER GIRL BAKING POWDER

QUAKER OATS FOR DIONNE QUINS World-Famous Youngsters Eat It Every Day Vitamin B in Quaker Oats Promotes Good Appetite, Healthy Nerves and System

BOB JOINS THE RANGERS!

Comic strip panels showing Bob's journey to becoming a ranger. Bob: "I'M STILL CONSIDERING YOU FOR THAT JOB AS FOREST RANGER, BOB... BUT THESE THINGS TAKE TIME, YOU KNOW!" Mr. Coffee: "AW—THAT'S WHAT YOU SAID BEFORE! SAY 'YES' OR 'NO', CAN'T YOU, AND BE DONE WITH IT?" Bob: "HE'S STALLING! HE KNOWS HE DOESN'T NEED ANY MORE MEN — HE'S GOT TWO RANGERS NOW FOR EVERY TREE!" Mr. Coffee: "WELL, I'M DOING ALL I CAN FOR YOU, BOB — YOU'LL JUST HAVE TO BE PATIENT." Bob: "HOW CAN I BE PATIENT WHEN MY HEAD ACHES ALL THE TIME? I HAVEN'T HAD A GOOD NIGHT'S SLEEP FOR A WEEK! TELL HIM HIS HEAD WOULD ACHES, TOO — IF HE EVER TRIED TO THINK! BUT HE'S BEEN SOUND ASLEEP FOR YEARS!" Mr. Coffee: "WELL, IF YOU WANT TO BE A FOREST RANGER, BOB, YOU'D BETTER DO AS THE DOCTOR ADVISED — THEN SEE ME AGAIN ABOUT THAT JOB!" Bob: "OH, ALL RIGHT — I'LL TRY IT! I CAN'T FEEL ANY WORSE!" Mr. Coffee: "CURSES! IF HE'S SWITCHING TO POSTUM — IT'S ME FOR THE TALL TIMBER!" Bob: "THAT DOESN'T SOUND LIKE YOU WERE PHYSICALLY QUALIFIED FOR THIS JOB, BOB — WHAT DOES YOUR DOCTOR SAY?" Mr. Coffee: "AW—HE SAID I'VE GOT COFFEE-NERVES! TOLD ME TO CUT OUT COFFEE AND SWITCH TO POSTUM FOR 30 DAYS — WHAT BUNK!" Bob: "ASK THIS CLUCK WHAT HAPPENED TO THE RULES THEY HIRED HIM!" Mr. Coffee: "30 DAYS LATER" Bob: "I'M STARTING YOU OUT IN THE TOUGHEST RANGE ON THE RESERVE, BOB! I KNOW YOU'LL MAKE GOOD!" Mr. Coffee: "THANKS FOR GIVING ME THE CHANCE, CHIEF! I FEEL UP TO ANYTHING — SINCE I SWITCHED TO POSTUM!"

Of course, children should never drink coffee. And many grown-ups, too, find that the caffeine in coffee disagrees with them. If you have headaches or indigestion or can't sleep soundly... try Postum. It contains no caffeine. It is simply whole wheat and bran, roasted and slightly sweetened.

You may miss coffee at first, but after 30 days you'll love Postum for its own rich, satisfying flavor. Postum comes in two forms—Postum Cereal, the kind you boil, and Instant Postum, made instantly in the cup. Either way it is easy to make, delicious, economical, and may prove a real help. A product of General Foods.

FREE—Let us send you your first week's supply of Postum free! Simply mail coupon. COPR. 1936, G. F. CORP.

GENERAL FOODS, Battle Creek, Mich. WFO 11-7-A. Send me, without obligation, a week's supply of Instant Postum Postum Cereal (check kind you prefer). Name: Street: City: State: Fill in completely, print name and address. If you live in — address: General Foods, Ltd., Cobourg, Ont. (Offer expires July 1, 1937.)