

Simple Cross Stitch Towels Quickly Done



Pattern 1302

You'll enjoy doing these—they go so fast! You'll enjoy owning them—they're so effective! The simple cross stitch dishes contrast so well with the dainty flowers. Any bride-to-be would be delighted with a set of these—they'd certainly make an effective Fair donation. Lose no time, for you'll want to make a number of sets. Pattern 1302 contains a transfer pattern of six motifs averaging 4 1/2 by 8 inches; illustration of all stitches needed; color suggestions; material requirements.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle Needlecraft Dept., 82 Eighth Avenue, New York, N. Y.

Write plainly pattern number, your name and address.

SORE MUSCLES

MADE HER ACHE ALL OVER Feels like a new woman now



Why suffer with muscular pains of rheumatism, neuralgia, lumbago, or chest cold? Thousands say Hamlin's Wizard Oil brings quick relief to aching legs, arms, chest, neck, back. Just rub it on—rub it in. Makes the skin glow with warmth—muscles feel soothed—relief comes quick. 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

Mutual Understanding The greatest minds are not high-brow. You can understand every word they utter.

AT LAST A COUGH RELIEF—THAT ALSO SPEEDS RECOVERY

Remember the name! It's FOLEY'S HONEY & TAR! Double-acting. One set of ingredients quickly soothes, relieves tickling, hacking, coughing... coats irritated throat linings to keep you from coughing. Another set reaches the bronchial tubes, loosens phlegm, helps break up a cough due to a cold and speeds recovery. For quick relief and speeded-up recovery, ask your druggist for double-acting FOLEY'S HONEY & TAR. Ideal for children, too. Get a bottle today.

Hero Worshipers If one isn't his own hero, he makes his friend one.

WHAT BECAME OF YOUR HEADACHES?

She was "notorious" for her sick headaches. Finally a friend said, "Why don't you give NRS a trial?" With Nature's Remedy (NRS Tablets) she noted a thorough cleansing of poisonous wastes—a complete natural action that she had never experienced before. Yet so gentle and refreshing. Try NRS yourself. They are so fine for constipation, so useful in warding off colds, so-called "bilious spells" and other conditions caused by faulty elimination. Only 25c for box of 25 at any druggist.

MANGE SCABS BARE PATCHES RED SPOTS SORES

Mange in dogs is a serious skin disease and calls for prompt use of GLOVER'S MANGE MEDICINE. It relieves itching and irritation; kills the mange mites causing Sarcopic Mange; checks spread of the disease; stimulates hair growth on bare patches, destroys ticks and chiggers. Insist on GLOVER'S. At all druggists. GLOVER'S WORM MEDICINE is safe, sure. In capsules and liquid form for Roundworms; capsules for Tapeworms and Hookworms. FREE VETERINARY ADVICE on any animal problem. Please mention animal's age, breed and sex. FREE GUIDE—Write for it today. Address:

GLOVER'S Dept. 247, 462 Fourth Avenue, New York City

The Lifting Power of BENKE-WALKER PREPARATION 1st—A Better Position 2nd—Rapid Promotion 3rd—Larger Opportunities "Planning Your Future" will give you the details. Write today.

Benke-Walker BUSINESS COLLEGE 2 W. Salmon at 11th Avenue, Portland, Ore.

These Advertisements Give You Values

OREGON STATE NEWS OF GENERAL INTEREST

Brief Resume of Happenings of the Week Collected for Our Readers

Weston—Gould Bros. recently sold 30 tons of Netted Gems seed potatoes to a Yakima buyer. The price was \$30 a ton.

Salem—The federal government has purchased 45 cars of cauliflower in Oregon and recommendations have been made to continue the purchases for relief work.

Cove—The maritime strike resulted in the closing of two flouring mills here. As soon as vessels are available operations will continue as the mills have plenty of orders.

Salem—The state board of control pledged its support for a proposed \$300,000 tuberculosis hospital to be made a unit of the University of Oregon Medical school in Portland.

Salem—The state planning board will request an appropriation from the 1937 legislature for \$50,000 to be used to create a state department of geology and mineral industries.

Salem—Articles of incorporation were filed for the Oregon Commonwealth federation. The principles of the organization are apparently similar to the Washington organization.

Pendleton—Post office receipts for the first ten months of the year were sufficient to keep the local office in the first class as showned a tidy increase over the figures for the whole of 1935.

Bandon—A total of 728 families suffering direct and immediate loss from fires in Southwestern Oregon during the last of September and the first of October according to Red Cross officials.

Bonneville—Fair weather during October greatly speeded up construction at the dam and aided crews in setting a new top for amount of concrete poured, beating the best record of any month of last year.

Salem—A total of 128,846 tourists were registered in Oregon for the first ten months of the year exceeding the full 1936 total by more than 28,000. Tourists registered from every state but Maine, New Hampshire, and Delaware.

Hood River—Wooden, rock filled dams are being used in hopes to divert the channel of the mouth of Hood River in such a way as to cause a channel deep enough to permit river steamers to enter the river and land near the city.

Hood River—The delay of winter in setting in this year does have some advantage. The recent fall weather has been perfect for bringing fruit trees to a state of dormancy, probably eliminating the danger of damage from early frost.

Corvallis—A fourteen year old lad ran away from his home here recently and got a job in a Portland hotel. He went to a radio station and sang the song "I Can't Escape From You." His parents heard him, called police and brought about his detention.

Hood River—The first step in construction of the new Interstate Columbia river bridge—the pouring of concrete for the foundation of a pier at the north end—is completed. The bridge to replace the old wooden one was necessitated by the raising of the river level by the Bonneville Dam.

Portland—The preaching mission brought to light a good story. Two of the broadcasting stations required inspection of manuscripts before going on the air. One pulpiteer handed his prepared speech to a 17 year old girl at the broadcast station. She read a few sentences, fumbled through the rest of the pages and with a confused look on her face asked, "Is there any profanity in this?"

CRISIS IN CITY SCHOOLS Portland—The school term may be shortened to seven or eight months due to the defeat of the tax limitation amendment in the last election. The school board feels that the teachers should be paid in accordance to the job they are doing. If, however, their pay is cut the term may not be curtailed.

TEST CLARNO OIL WELL The Dalles—The Clarno basin oil well is to be cased to insure as complete a test as possible in order to determine its oil and gas production possibilities. The decision was reached after chemical analysis of gas issuing from the well showed it to contain the correct amount of ethane to identify it as petroleum gas. The shaft is now nearly 5000 feet deep.

Baker—One prophet of the last election was right anyway. Deputy County Clerk J. C. Sturgill of Baker predicted that 7358 votes would be cast in the coming election. The official count revealed exactly that number of ballots.

Astoria—The jurisdiction dispute between two labor unions which resulted in the fatal rioting of last March in which two loggers were killed has broken out anew. Crown-Willamette camps in Clatsop county were being picketed last week.

Ancient Mayas Kept Thanksgiving Day



WHEN football fans turn out for the Thanksgiving games they will perhaps realize that they are conforming with an old American custom, but do they know how old that custom is? asks a writer in the St. Louis Post-Dispatch.

Thanksgiving football games were instituted in America about 2000 B. C. The custom began among the ancient Mayas, who, although they did not eat mince pie or sit in concrete stadiums, did dine on turkey and did set aside a day on which they offered up the first fruits of the harvest season, feasted and played, or watched a ball game in a stone-walled enclosure.

The department of middle American research at Tulane university has discovered that the Mayan games were like ours in many respects. Just as fans today travel for miles to see the Thanksgiving games, so did our predecessors on this continent journey across the land, on foot or horseback, to Chichen-Itza, holy city of the Mayas, to view the holiday spectacle.

In his description of the Mayan game, Maurice Reis, on the staff of the department of middle American research at Tulane, says:

"As it began when Rome ruled the waves and Frenchmen wore bear skins as their Sunday best, football wasn't just football. That is, the ball wasn't kicked with the foot and the scores were produced by persuading the ball to pass through a perpendicular ring high on a stone wall."

When the thousands of pilgrims who came every year arrived at Chichen-Itza, they offered sacri-



The Ball Wasn't Kicked With the Foot in That Game.

aces to the earth gods in an impressive thanksgiving ceremony led by the ruler.

"The earth gods," says Alredo Barrera Vasquez, of the staffs of the Mexican National Museum and the National University of Mexico, who is of Maya descent, "are called the Four Bacabs and are represented as supporting the four corners of the earth. Each god has an appropriate color: red for the east where the sun rises, black for the west where it sinks into darkness, yellow for the warm south and white for the cold north. Yum K'ax, Lord of the Forest, resides at the center of the universe and is characterized by the colors blue and green."

The Thanksgiving ceremonies still take place in some parts of Mexico today, although most of the old customs are dominated by the Catholic influence.

The name of the principal god of the harvest is lost. However, we have many representations of him on ancient monuments. He is always depicted as being young and handsome, symbolic of life and growth. From his head grows maize instead of hair.

Pumpkin and Mince Pies Are Favorites



On Congeniality— Companionship, Plus Adjustments Is Far Better Than Loneliness

IN EVERY family, whether little or large, and however small or spacious the dwelling may be, there are times when conflicts arise because of unwanted contacts. Some special place may be desired above all others by one, or possibly two, in conference and a second or a third person coming in and wanting that particular room also is a cause of dissension. There may be no lack of affection between the people, but a temporary ruffling of personalities which is disturbing. When living quarters are congested, these occasions arise frequently, but they are not limited to such conditions. There are these convergencies, with their annoying discords, regardless of space, or the lack of it, and numbers of persons, or the fewness of them. It would appear to be partly a similarity of tastes as well as the popularity of the spot, whatever it is, that was an element of the magnetic force drawing the people together.

Transient Dissension. It is true that instances are rare in which such trouble is more than a passing dissension. But this is enough to set the persons in bad humors for a few moments anyway, unless one or more of them has enough understanding of the situation to smooth others, or has a keen sense of humor, which sense is like oil to machinery in keeping things running without friction.

Congeniality. It should be remembered that congeniality is one cause for this convergence of persons. The same things are liked, the same impulses are present, and enjoyment and discord are both caused by much the same things. Each of these persons is drawn to the same things and to the same places, and so naturally meet in the same room in the home, or the identical spot. If there is the desire to be alone, resentment is stirred by the presence of another. It is at such times that tact and kindness are needed. I am assuming that love is not lacking. Without this essential element in home life, there will be discord anywhere and at any time, if not, indeed, at all times.

Loneliness. When harmony is desired, and clashes of temperaments of those caused by such things as are under discussion today, exist, it is well to bring oneself up with a round turn by thinking of the loneliness that would be felt if we did not have our family about us. During absences from home, or when one is left there when others are away, the realization of what it means to be alone and also together, creeps into the mind and it is warmed by the very thought of companionship of dear ones.

A Million \$1 Bills The United States bureau of engraving and printing says that 1,000,000 \$1 bills can be contained in 35 cubic feet when packed and wrapped by the bureau. To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Balancing the Chip A person easily insulted is one who cares too much about trifles.

Nice Thought Over the players' entrance to the center tennis court at Wimbledon, England, is a quotation from Kipling's "If." "If you can meet with triumph and disaster, and treat those two imposters just the same..."

EXPERT OPINION "I have won over 300 awards for baking and have used many brands of baking powder. I now use Clabber Girl, exclusively." Mrs. M. E. Ryerson Indiana State Fair Winner ONLY 10¢ Your Grocer Has It

CLABBER GIRL BAKING POWDER

TODAY THE DIONNE QUINS HAD QUAKER OATS

Famous doctors prove how to make children thrive. Young and Old, Alike, Need Vitamin B for Keeping Fit. Supplied in Quaker Oats. Nervousness, constipation, poor appetite, poor no age limits. They prey upon the energy of thousands when diets lack a sufficient amount of the precious Vitamin B so richly supplied by a Quaker Oats breakfast. So serve the whole family a bowl of Quaker Oats every morning. *Where poor condition is due to lack of Vitamin B

JOHN BECOMES A FIRST CLASS SCOUT!

Comic strip panels showing a man's journey to becoming a scout. Panel 1: "WHAT? YOUR BOY SCOUTS USE MY POND FOR THEIR SKATING RACES? I SHOULD SAY NOT! AND THAT'S FINAL!" Panel 2: "SAY... THAT SCOUTMASTER'S GOT A NERVE! HANG UP ON HIM! GO ON... BANG UP THE RECEIVER!" Panel 3: "WHY, JOHN... I'VE NEVER SEEN YOU ACT SO CROSS! YOU DIDN'T NEED TO TAKE THE POOR MAN'S HEAD OFF!" Panel 4: "THERE SHE GOES... NAGGING AGAIN! SHE KNOWS YOU SCARCELY SLEPT A WINK LAST NIGHT... BUT SHE DOESN'T CARE!" Panel 5: "WHAT IF I AM CROSS? YOU WOULD BE, TOO, IF YOU COULDN'T SLEEP... AND HAD MY HEADACHES AND INDIGESTION!" Panel 6: "WELL, YOU KNOW WHAT THE DOCTOR TOLD YOU! HE SAID YOU HAD COFFEE-NERVES!" Panel 7: "AW, TELL HER TO GO FLY A KITE! NO ONE BELIEVES THAT BUNK!" Panel 8: "YOU'D FEEL BETTER ALL AROUND IF YOU'D DO AS THE DOCTOR SAID... CUT OUT COFFEE FOR 30 DAYS AND SWITCH TO POSTUM!" Panel 9: "THAT'S A LOT OF ROT! BUT I'LL TRY IT... IF IT WILL HELP KEEP YOU QUIET!" Panel 10: "CURSES! THIS MEDDLING WOMAN KNOWS THAT POSTUM WILL DRIVE ME OUT!" Panel 11: "30 DAYS LATER YOUR HUSBAND IS CERTAINLY A JOLLY SOUL! HE'S HAVING THE TIME OF HIS LIFE!" Panel 12: "ISN'T IT WONDERFUL? SINCE HE SWITCHED TO POSTUM HE'S BEEN A DIFFERENT PERSON!"

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. COFF. 1936. G. F. COFF.