SPRING MILLINERY
OF MANY PERIODS New French millinery for advance
spring fashlons slows the infuence spring fashlons shows the influenee
of various period styles，ancurding
to ceecont reports from the Paris of to recent reports from the Paris of：
fice of the Du Pont Style News
Service．Hats refleting the Flem． $2=2=$ matem
$=5=5$ sinlan trend，finding inspiration for in the Negus coiffure．

BOYS！GIRLS！ Read the Grape Nuts ad in another column of this paper and learn how
to Join the Dizzy Dean Winners and win valuable free prizes．－Adv．

Liking Our Duty It is not doing the thing we like to
do，that makes life blessed．Goethe

## GAS，GAS ALL

 THE TIME，CAN＇T EAT OR SLEEP

The gas on mystomach
Was so bad $I$ could no
eat or sleep．Even m
heart hut A friend sul eat or sleep．Even my
heart hurt．Ariend sum
gested Adlerika．The tig gested Adlerika．The firs
dose I took brought
relief．Now I eat as 1 mith sleep fine and never felt
better．${ }^{\text {and }}$ Mrs．Jas．Filler Adlerika acts an BOTH upper and act on the lower bowel only．Adlerika gives your system a thorough cleansing， bringing out old，poisonous matter that you would not believe was in your sys－ tem and that has been causing gas pains，sour stomach，nervousness and headaches for months．
Dr．H．L．Shoub，New York，reports：
＂In addition to intestinal cleansing， Adlerika greatly reduces bacteria Give your stomach and bowels a REAL cleansing with Adlerika and see how good you feel．Just one spoonful relieves by all druggists and drug departments．


FEMININE WEAKNESS


[^0]Comfortable Slip and Pantie Set Fashion Notes

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which lie fat？
A monshrinkable


No Need to Suffer ＂MorningSickness＂
＂Morning sickness＂－is caused by an
acid condition．To avoid it，acid must be offset by alkalis－such as magnesia Milnesia Wafers These mint－flavored，candy－like wafers are pure milk of magnesia in solid form－ the most pleasant way to take it．Each
wafer is approximately equal to a full adult wafer is approximately equal to a full adult
dose of liquid milk of magnesia．Chewed thoroughly，then swallowed，they correct acidity in the mouth and throughout the digestive system and insure quick，com plete elimination of the waste matters that cause gas，headaches，bloated feelings and Milnesia Wafers come in
Milnesia Wafers come in bottles of 20 and 48 ，at 35 c and 60 c respectively，and in
convenient tins for your handbag contain－ ing 12 at 20 c ．Each wafer is approximately one adult dose of milk of magnesia．All good drug stores sell and recommend them． Start using these delicious，effective anti－acid，gentiy laxative wafers today Professional samples sent free to registered physicians or dentists if request is mad
on professional letterhead．Solect Products


## Dict LEfiN saves the Pearls



BOYS！GIRLS！Join Dizzy Dean Winners！Get Valuable Prizes FREE！

Send top from one full－size Grape－Nuts package，with Mich．，for new membership to Grape－Nuts，Battle Creek trated catalog of 49 nifty free prizes certificate and illus like crisp，delicious Grape－Nutses．You＇ll winning flavor all its own．Econots it has a serve，too，for two tablespoonfuls，with varied nourishment thruit，provide more meal．（Offer expires Dec．31，1936．Gearty only in the U．S．A．）A Post Cereal．Good


Dirry Dean Winners Mombership Pin．Nees 1996
desien Dixyy Dean Winners Momberrithp the
design two－toned solid bronise with
Free for 1 Grape－Nuts package－top． Lucky Rabbir＇s Foot．Illustrated in cartoon abore． Lucky Rabbir＇s Foot．Illustrated in cartoon abore
Free for 2 Grape－Nuts package tops．
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Gnape－NUTs，Battie Creek，Mich
I enclose．
send me the item（s）checked below
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$\square \begin{aligned} & \text { Lucky Rabbits Foot } \\ & \text {（ } 2 \text { package－tops）．}\end{aligned}$



[^0]:    NEWS FLASH
    NEWS FLASH
    Stomach，Rectal and

    Colon Ailments treated without a hospital DR．DEAN CLINIC CALL OR WRITE FOR FREE BOOKLET Do it now－Do not wait | East Burnside and Grand Avenue |
    | :--- |
    | PORTLAND，ORE．Phone East 3918 | PORTLAND，ORE．Pbone East 3918

