

LIGHTNING DECIDED

A special committee met in Proving to discuss preservation of the city's landmark, the largest tree in France. A 201-year-old cedar, it towered 100 feet and measured 30 feet in circumference. While the committee argued, a storm split the tree asunder.



I'M SOLD

It always works

Just do what hospitals do, and the doctors insist on. Use a good liquid laxative, and aid Nature to restore clocklike regularity without strain or ill effect.

A liquid can always be taken in gradually reduced doses. Reduced dosage is the real secret of relief from constipation.

Ask a doctor about this. Ask your druggist how very popular Dr. Caldwell's Syrup Pepsin has become. It gives the right kind of help, and right amount of help. Taking a little less each time, gives the bowels a chance to act of their own accord, until they are moving regularly and thoroughly without any help at all.

Dr. Caldwell's Syrup Pepsin contains senna and cascara—both natural laxatives that form no habit. The action is gentle, but sure. It will relieve any sluggishness or bilious condition due to constipation without upset.

RHEUMATISM

Free Trial Relief



Highly Magnified Acid Crystals

No matter how long you have suffered, try the medical discovery Rutozol, endorsed by 3,200 physicians and many thousands of former victims who now work, play and again enjoy life. Poison acid crystals carried by the blood into body tissues and joints cause the pain, swelling, stiffness of rheumatism, neuritis, sciatica, lumbago.

To dissolve and expel these acid crystals and so gain relief, write to Dept. 1, Matthews Laboratories, 121 W. 17th St., New York City for an absolutely Free Trial Treatment of Rutozol.

STOPPED-UP NOSTRILS

due to colds.

Use Mentholum to help open the nostrils and permit freer breathing.

MENTHOLATUM
Gives COMFORT Daily

If you prefer nose drops, or throat spray, call for the NEW MENTHOLATUM LIQUID in handy bottle with dropper

WNU-13

3-36

STOPS DANDRUFF

You need a medicine to really end Dandruff and the itching it causes. So stop experimenting. Use Glover's Mange Medicine and shampoo with Glover's Medicated Soap regularly. Start today! At all drug stores.

GLOVER'S
MANGE MEDICINE

TUCK A SMART BOW BENEATH THE CHIN

PATTERN 9601



9601

Surely no Junior Miss can resist the girlishness of this smart two-piece frock. Practical for school in a washable cotton tweed, or dressy enough for an evening date in one of the new metallic-shot wools, with velvet bow and belt. Isn't the cut of the shoulder line unusual? The blouse, with darts front and back, is separate, you know, so its pleated skirt may accompany many different blouses.

Pattern 9601 may be ordered only in sizes 10, 12, 14, 16 and 18. Size 12 requires 2 1/4 yards 54 inch fabric and 1/2 yard 5 inch ribbon. Complete diagrammed sew chart included.

SEND FIFTEEN CENTS in coins or stamps (coins preferred) for this pattern. Be sure to write plainly your NAME, ADDRESS, STYLE NUMBER and SIZE.

Send your order to The Sewing Circle Pattern Dept., 232 W. Eighteenth St., New York, N. Y.

The Ha-Ha Wall

A ha-ha wall is a barrier made by a retaining wall at a place where the ground level is changed. From the upper side this barrier or inclosure is invisible or hardly seen. According to French etymologists the name is from "ha!" an exclamation of surprise. The term appears as early as 1712 in Le Blond's "Gardening." "Through-views called ah-ah are openings to the very level of the walks having a large and deep ditch at the foot which surprises and makes one cry ah! ah! whence it takes its name."

Break up that COLD

Perhaps the surest way to prevent a cold from "catching hold" and getting worse is, at once, to Cleanse Internally. Do it the pleasant tea-cup way. Flush the system with a hot cup of Garfield Tea—the mild, easy-to-take liquid laxative. At drug-stores

GARFIELD TEA

A Few Spicy Dishes From the Old South

Seasoned Specialties of New Orleans, Famous for Cookery.

New Orleans has always been famous for its cookery. It has an individuality which it owes to both the Spanish and the French who settled in Louisiana. Although New Orleans is a great modern city, the architecture in the old section shows the mixed influence of its ancestry.

There are a number of famous restaurants in this old city where you will find specialties. Many of them are highly seasoned, some of them with herbs which are not used much in other parts of the country. You will enjoy the fine shrimps and the delicious crabs as well as the red snapper and the pompano. The gumbo and the jambalaya will give you a full meal in one dish.

Canapes a la Creole.

- 1 cup minced boiled ham
- 1 onion
- 1 clove garlic
- 1 tablespoon butter
- 1 tomato
- 1 green pepper
- 6 slices buttered toast
- 3/4 cup Parmesan cheese
- Salt
- Pepper
- Cayenne

Mince the onion and garlic and add with the ham to the butter, melted in a frying pan. Cook three minutes and add the tomato and green pepper, which have been chopped fine. Season, and cook the mixture until thick enough to spread on strips of buttered toast. Dredge with the grated cheese and bake five minutes in a hot oven (450 degrees F.), or place under the broiler for one minute. French toast may be used instead of the dry toast.

Neige a la Creme.

- 4 egg whites
- 1/2 cup powdered sugar
- 1 pint cream
- 2 tablespoons vanilla or lemon extract
- 1/2 cup browned almonds

Whip the cream and set on ice. Beat the egg whites to a foam, add the sugar, and beat until the mixture becomes very stiff and glossy. Add the flavoring and fold in whipped cream. Place in small custard glasses or a large dish and sprinkle with chopped almonds, which have been blanched and browned in the oven. Serve very cold.

Creme de Marrons.

- 2 dozen french chestnuts
- 1 tablespoon butter
- 2 egg yolks
- 1 cup powdered sugar
- 2 cups milk

Roast the chestnuts, peel them, and pound until very fine. Blend with enough milk to make a thick paste

Add the wellbeaten yolks of the eggs and the butter. Beat well and add the powdered sugar. Scald the rest of the milk, add the other mixture, and cook in a double boiler 20 minutes. Pour into a dish and chill before serving.

Cabbage Gumbo.

- 1 small head of cabbage
- 1 slice ham
- 2 tablespoons fat
- 1 pound sausage meat
- 1 onion
- 1 pint milk
- Salt, pepper, cayenne
- 2 tablespoons flour
- 1 cup rice, boiled

Wash and chop the cabbage. Cut the ham into small pieces. Melt the fat, add the ham, and stir until it begins to brown. Add a chopped onion, the sausage meat, and the cabbage. Stir well and add enough water to prevent burning. Add the seasoning and cook thoroughly, stirring occasionally. When the cabbage is tender add the milk and the flour mixed with enough milk to make it smooth. Cook five minutes and serve with boiled rice.

Bouilli a la Marseillaise.

- 10 thin slices boiled beef (the bouilli)
- 12 small onions
- 2 tablespoons butter
- 2 tablespoons sugar
- 3 tablespoons flour
- 1 bay leaf
- 1 sprig thyme
- 1 slice lemon
- Salt
- Black pepper
- Cayenne
- 2 cups water
- 1/2 cup sliced mushrooms

Place the onions with the butter in a baking pan, sprinkle with the sugar, and bake until tender. Sprinkle with the flour and seasoning, add the water gradually, return to the oven, and cook until the gravy thickens. Add the beef and the mushrooms, cook ten minutes, and serve at once.

© Bell Syndicate.—WNU Service.

STOMACH, RECTAL and COLON Ailments

STOMACH—Ulcers, Acidity, Indigestion.
RECTAL—Piles, Fissure, Vaginitis, Leucorrhea.
COLON—Colitis, Bloating, Gas, Constipation.
• No hospital surgical operation. No confinement. Write or call for FREE BOOKLET.

Dr. C. J. DEAN CLINIC
Physician and Surgeon
N. E. Corner Burnside and Grand Avenue
Telephone E-4411 • PORTLAND, OREGON

When in the Northwest HEATHMAN HOTELS

In the hub of Portland, Oregon's shopping and theatrical center... these two splendid hostels offer you every comfort and luxury at extremely moderate cost.

BEST IN THE WEST

Portland's newest and finest hotels... located in the hub of the shopping and recreational district... are the unquestioned choice of experienced travelers.

HARRY E. HEATHMAN MANAGER



THE NEW HEATHMAN BROADWAY AT SALMON
THE HEATHMAN BROADWAY AT SALMON

PORTLAND OREGON

SORROW AND HAPPINESS

Sorrow with his pick mines the heart, but he is a cunning workman; he deepens the channels whereby happiness may enter, and hollows out new chambers for joy to abide in when he is gone.—M. Cholmondeley

The Man Who Knows

Whether the Remedy You are taking for Headaches, Neuralgia or Rheumatism Pains is SAFE is Your Doctor. Ask Him

Don't Entrust Your Own or Your Family's Well-Being to Unknown Preparations

BEFORE you take any preparation you don't know all about, for the relief of headaches; or the pains of rheumatism, neuritis or neuralgia, ask your doctor what he thinks about it—in comparison with Genuine Bayer Aspirin.

We say this because, before the discovery of Bayer Aspirin, most so-called "pain" remedies were advised against by physicians as being bad for the stomach; or, often, for the heart. And the discovery of Bayer Aspirin largely changed medical practice.

Countless thousands of people who have taken Bayer Aspirin year in and out without ill effect, have proved that the medical findings about its safety were correct.

Remember this: Genuine Bayer Aspirin is rated among the fastest methods yet discovered for the relief of headaches and all common pains... and safe for the average person to take regularly.

You can get real Bayer Aspirin at any drug store—simply by never asking for it by the name "aspirin" alone, but always saying BAYER ASPIRIN when you buy.

Bayer Aspirin



BEFORE BABY COMES

Elimination of Body Waste Is Doubly Important

In the crucial months before baby arrives it is vitally important that the body be rid of waste matter. Your intestines must function—regularly, completely without griping.

Why Physicians Recommend Milnesia Wafers

These mint-flavored, candy-like wafers are pure milk of magnesia in solid form—much pleasanter to take than liquid. Each 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 regular, complete elimination without pain or effort.

Milnesia Wafers come in bottles of 20 and 48, at 35c and 60c respectively, and in convenient tins for your handbag containing 12 at 20c. 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, gently laxative wafers today

Professional samples sent free to registered physicians or dentists if request is made on professional letterhead. Select Products, Inc., 4402 23rd St., Long Island City, N. Y.



35c & 60c bottles
•
20c tins

The Original Milk of Magnesia Wafers

Don't be Tormented by ITCHY, BURNING, SKIN relief follows the use of Resinol