

**Let Princes Rule the World,
While We Mend Ourselves**

If you were one of the people who forgot to register, or if you are worried because you don't know about the Debts and the Polish Corridor this extract from the Golden Book Magazine will ease your mind: In short it is left only to princes to mend the world, whose commands find general obedience, and examples imitation. For all other men, they must take it as they find it; and good men enter into commerce with it, rather upon cautions of not being spoiled themselves, than upon hopes of mending the world. The bent of my thoughts shall be rather to mend myself than the world, which I reckon upon leaving much what I found it.—Sir William Temple.

Still Coughing?

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.

Even if other remedies have failed, don't be discouraged, your druggist is authorized to guarantee Creomulsion and to refund your money if you are not satisfied with results from the very first bottle. Get Creomulsion right now. (Adv.)

**DON'T SLEEP
ON LEFT SIDE,
AFFECTS HEART**

Gas Pressure May Cause Discomfort. Right Side Best

If you toss in bed and can't sleep on right side, try Adlerika. Just ONE dose relieves stomach GAS pressing on heart so you sleep soundly all night.

Adlerika acts on BOTH upper and lower bowels and brings out foul matter you would never believe was in your system. This old matter may have poisoned you for months and caused GAS, sour stomach, headache or nervousness.

Dr. H. L. Shoub, New York, reports: "In addition to intestinal cleansing, Adlerika greatly reduces bacteria and colon bacilli."

Mrs. Jas. Filler: "Gas on my stomach was so bad I could not eat or sleep. Even my heart hurt. The first dose of Adlerika brought me relief. Now I eat as I wish, sleep fine and never felt better."

Give your stomach and bowels a REAL cleansing with Adlerika and see how good you feel. Just ONE dose relieves GAS and chronic constipation. Sold by all druggists and drug departments.

Iron the Easy Way
with the **GENUINE INSTANT LIGHTING**
Coleman
SELF-HEATING **IRON**

The Coleman is a genuine instant lighting iron. All you have to do is turn a valve, strike a match and it lights instantly. You don't have to insert the match inside the iron—no burned fingers.

The Coleman heats in a jiffy; is quickly ready for use. Entire ironing surface is heated with point the hottest. Maintains its heat even for the fast worker. Entirely self-heating. Operates for 1/2 an hour. You do your ironing with less effort, in one-third less time. Be sure your next iron is the genuine Instant-Lighting Coleman. It's the iron every woman wants. It's a wonderful time and labor saver—nothing like it. The Coleman is the easy way to iron.

SEND POSTCARD for FREE Folder and Full Details.
THE COLEMAN LAMP AND STOVE CO.
Dept. WU15 Wichita, Kan.; Chicago, Ill.; Philadelphia, Pa.; Los Angeles, Calif. (3215 W)

WNU-13

8-36

STOMACH, RECTAL and COLON Ailments

STOMACH—Ulcers, Acidity, Indigestion.
RECTAL—Piles, Fissure, Fistula, Ulcers.
COLON—Colitis, Bloating, Gas, Constipation.

* No hospital surgical operation. No confinement. Write or call for FREE BOOKLET.

Dr. C. J. DEAN CLINIC
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Telephone 2-2412 • PORTLAND, OREGON

**Omelets Are Far From Extinct;
Food Expert Offers Two Recipes**

**Has Preference for Those
With Merits of Fluffy
and French Types.**

"Did you ever hear of an omelet? Or are they extinct? It is almost impossible to buy an omelet pan at a reasonable price today. Won't you give us some recipes for omelets? Perhaps you might awaken an interest and demand, and then, we might be able to buy a pan for a reasonable amount. Nothing is so delicious or so enjoyable as a good omelet, and there are so many varieties of them. They are nourishing, satisfying and economical."

The above letter was received by a well-known food expert, who answers as follows: First, about an omelet pan. I use a well tempered iron frying pan which can be bought at any hardware or house furnishing department, for a moderate price. The double omelet pans which I suppose the writer demands are not particularly popular as they are not necessary. They can be found, however, in aluminum at a large house furnishing department.

Now about the omelets themselves. In my past there were two types of omelets. The french, which has a delicious flavor and texture, but is not particularly tempting in appearance. And the fluffy which looks beautiful, but lacks flavor. Since a visit to Mont St. Michael, however, where I tasted the famous Poulard omelet and watched its making a number of times, I have been converted to omelets which have the merits of both the fluffy and the french.

I was told by Madame, the manager, that it could be made only over the coals of a wood fire in a long handled, copper pan. I have found, however, that it can be duplicated pretty well over a low gas flame. I, therefore, dare give you the recipe!

Quick Meal.

- Mock turtle soup
- Celery
- Sliced raw carrots
- Omelet with kidney stew
- Baked tomatoes
- Baked potatoes
- French pastry
- Coffee

Method of Preparation.

- Light oven
- Scrub potatoes and bake
- Prepare tomatoes
- Prepare celery and carrots
- Make kidney stew and bake tomatoes
- Make omelet
- Open can of soup and heat
- Make coffee

Poulard Omelet.

- 9 eggs
- Beat eggs until light and foamy. Melt the butter over a low heat, add the eggs and stir once. Continue cooking over a low heat, pushing back the edges and letting the liquid run into the bottom of the pan. There will be some foam remaining on the top. Increase the heat and shake the pan until the omelet loosens. Fold omelet in two with a spatula and slip onto a hot platter.

Kidney Stew.

- 1 large kidney
- 1 onion
- 1 tablespoon butter
- 1 1/2 tablespoons flour
- 1 1/2 cups kidney stock
- Salt, pepper
- 2 tablespoons sherry

Remove fat and sinews from kidney. Wash and place in a saucepan with enough water to cover. Allow it to come to a boil and then simmer for five minutes, until very tender. Remove kidney, saving the water in which it was cooked, and cut into small pieces. Slice onion and cook in butter in frying pan five minutes. Add flour, and when well blended add one and a half cups of the water in which the kidney was cooked, stirring constantly. Cook one minute. Season, add chopped kidney and sherry, reheat and serve.

French Omelet.

- 6 eggs
- 6 tablespoons water
- 1 tablespoon salt
- Pepper
- 2 tablespoons butter
- Beat the eggs slightly, add water and seasonings. Melt the butter in

a hot frying pan and pour in the mixture. Cook gently until edges set, then with a knife lift and let the liquid run underneath. Brown fold and turn onto a hot platter. For a fluffy omelet, beat the eggs separately and fold in the egg whites at the end.

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**Something Brand
New in Necklines**

PATTERN NO. 1784-B

An unusually clever and interesting yoke treatment, front and back, distinguishes this altogether lovely daytime frock. With the neck opening at the back, the V-shaped yoke extends over the shoulder and combines with a soft high neckline to give a new and flattering collar effect, equally fetching front and back.



1784-B

Full set-in sleeves drop gracefully to the wrist and the waist portion gathers to the yoke in the rear to provide essential fullness. A flaring panel, as fashion dictates, features an otherwise simple skirt which is dart-fitted at the back and a novelty belt adds a finishing touch.

Fashioned of soft silk, printed or plain, in amber or green or the always fashionable black, this striking all-occasion frock will add zest to your winter wardrobe and see you through the coming spring. It will wear well under a wrap and appear doubly attractive when the wrap or coat is removed.

Barbara Bell Pattern No. 1784-B is available in sizes 12, 14, 16, 18 and 20. Corresponding bust measurements 30, 32, 34, 36 and 38. Size 16 (34) requires 4 yards of 39-inch material. Every Barbara Bell Pattern includes an illustrated instruction guide which is easy to understand.

Barbara Bell Pattern No. 1784-B can be procured for fifteen cents. The Barbara Bell Pattern Book featuring winter designs is ready. Send fifteen cents today for your copy.

Send your order to The Sewing Circle Pattern Dept., 149 New Montgomery Ave., San Francisco, Calif.

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There We Differ
Men are "created equal" in rights; not in ability or opportunity.

**CROCHET AS PRETTY
AS IT IS PRACTICAL**

PATTERN 1119



Lovely, lacy richness lies in this choice peacock filet crochet chair back set that anyone can make—both easily and inexpensively—of durable string. The peacock, that most gorgeous of all birds, will add a decorative note to your home as well as protect your furniture. You'll find the large filet mesh goes very quickly. And you can also use the design for scarf ends.

Pattern 1119 comes to you with detailed directions and charts for making the set shown; an illustration of it and of the stitches needed; material requirements.

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

**Pride and Obstinacy Are
Hard Masters to Set Aside**

It is precisely the proudest and most obstinate men who are the most liable to shift their position and contradict themselves; every thing is easier to them than to face the simple fact that they have been thoroughly defeated, and must begin life anew.—George Elliot.

Dr. Pierce's Favorite Prescription makes weak women strong. No alcohol. Sold by druggists in tablets or liquid.—Adv.

Time for All Things

One who looks on the bright side when you want to grieve and grouch is a nuisance; and had better take himself off.



MENTHOLATUM
Gives COMFORT Daily

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

**Quick, Safe Relief
For Eyes Irritated
By Exposure
To Sun, Wind
and Dust**



WOMAN'S AILMENTS

Mrs. L. E. Dixon of 2819 Chestnut St., Everett, Wash., said: "I was weak and sickly when I was developing into womanhood. I lost weight, became irritable, had headaches and terrible cramps. I realized my system was becoming weaker each time and that a tonic was necessary. I tried Dr. Pierce's Favorite Prescription and it was not long until I was eating better and feeling better." New size, tablets 50c, liquid \$1.00 & \$1.35.

**Valor Is Stability of One's
Courage and of the Heart**

The estimate and valor of a man consists in the heart and in the will; there his true honor lies. Valor is stability, not of arms and legs, but of courage and the soul; it does not lie in the valor of our horse, nor of our arms, but in ourselves.

He that falls obstinate in his courage, if his legs fail him, fights upon his knees.—Montaigne.



OLD MOTHER HUBBARD
HAS FILLED HER BARE CUPBOARD WITH ONIONS AND STEAKS AND CHEESES; HER STOMACH FEELS GRAND SINCE SHE KEEPS TUMS ON HAND... SHE EATS WHAT SHE DARN WELL PLEASES!

**NO ALKALIES FOR
ACID INDIGESTION**

MILLIONS have found they do not need to drench their stomachs with strong, caustic alkalies. Physicians have said this habit often brings further acid indigestion. So much more safe and sensible to simply carry a roll of Tums in your pocket. Munch 3 or 4 after meals—or whenever troubled by heartburn, gas, sour stomach. Try them when you feel the effects of last night's party, or when you smoke too much. Tums contain a wonderful antacid which neutralizes acid in the stomach, but never over-alkalizes stomach or blood. As pleasant to eat as candy and only 10c at any drug store.



ROUGH SKIN

Don't be discouraged! Make up your mind to try and have the clear, fresh skin you admire in others! Thousands have found the secret in Cuticura treatments. So simple, too! The Soap soothes and cleanses—the Ointment relieves and helps to heal. You'll marvel at the difference Cuticura makes. Buy Cuticura at your druggist's. Soap 25c. Ointment 25c. FREE sample of each on request. Write "Cuticura," Dept. 9, Malden, Mass.

**No Need to Suffer
"Morning Sickness"**

"Morning sickness"—is caused by an acid condition. To avoid it, acid must be offset by alkalis—such as magnesia.

**Why Physicians Recommend
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 dose of liquid milk of magnesia. Chewed thoroughly, then swallowed, they correct acidity in the mouth and throughout the digestive system and insure quick, complete elimination of the waste matters that cause gas, headaches, bloated feelings and a dozen other discomforts.

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.

MILNESIA WAFERS
35c & 60c bottles
• 20c tins

The Original Milk of Magnesia Wafers