

Fashion Notes

Sapphire blue and gold make a striking color combination for an evening costume.

England has a drive for lower heels for women's shoes, including those for evening wear.

Buttons covered with the coat fabric are set from collar to hem to fasten a smart street coat.

Iridescent feather toques are much worn with cocktail and restaurant dinner costumes in Paris.

Gold touches continue to appear in the evening mode as the dress of solid lame becomes less popular.

Week's Supply of Postum Free

Read the offer made by the Postum Company in another part of this paper. They will send a full week's supply of health giving Postum free to anyone who writes for it.—Adv.

Less to Change

Don't have any more opinions than are necessary.

CONSTIPATED 30 YEARS



"For thirty years I had chronic constipation. Sometimes I did not go for four or five days. I also had awful gas bloating, headaches and pain in the back. Adlerika helped right away. Now I eat sausage, bananas, pie, anything I want and never felt better. I sleep soundly all night and enjoy life."—Mrs. Mabel Schott.

If you are suffering from constipation, sleeplessness, sour stomach, and gas bloating, there is quick relief for you in Adlerika. Many report action in 30 minutes after taking just one dose. Adlerika gives complete action, cleaning your bowel tract where ordinary laxatives do not even reach.

Dr. H. L. Shoub, New York, reports: "In addition to intestinal cleansing, Adlerika checks the growth of intestinal bacteria and colon bacilli."

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

WEAK WOMEN



Mrs. John Wright of 4th and Cedar Sts., Junction City, Ore., said: "A few years ago I had headaches and pains in my side, back and limbs. I started taking Dr. Pierce's Favorite Prescription and noticed a big change. My food seemed to be doing me more good. I soon felt strong and well again." Buy now! New size, tabs, 50c. Liquid \$1.00 and \$1.35.

Head COLDS

Put Mentholatum in the nostrils to relieve irritation and promote clear 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

10-36



NEWS FLASH

Stomach, Rectal and Colon Ailments cured without a hospital surgical operation.

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

Faith an Essential to Life, Business, Marriage, Friendship

Unless we have faith the ground shifts beneath our feet. We are as uncertain as if we stood, or built, upon quicksands. We are sunk. Unless we change to firmer foundation, life is a losing proposition. It is rid of security, of happiness, of confidence, of any welcoming future. So cling to faith even in the most adverse circumstances. It is a necessary support, and a heartening help to mind and spirit.

Faith is not confined to religious

Adorable Pantie Frock That Is Easy to Make



Here's an adorable frock for a two-to-ten-year-old, and one very easy for mother to make, too. It wears a young round-collared neckline, puffed sleeves for irresistible little girl charm, and roomy pleats for agile youngsters who want "free action." Printed percale would be ever so appealing and practical.

Pattern 2556 is available in sizes 2, 4, 6, 8 and 10. Size 6 takes 2 3/4 yards 36 inch fabric. Illustrated step-by-step sewing instructions included.

Send fifteen cents (15c) in coins or stamps (coins preferred) for this pattern. Write plainly name, address and style number. Be sure to state size.

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

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.)

experiences, although it is a fundamental of the spirit. Whatever the religion, whatever the church, faith is a necessary foundation; so true is this, that the word faith is frequently used in its stead. We often hear it said, "Of what faith is he?" meaning what church is he affiliated with. Yet the word is one of far broader meaning without losing any of its power or force. It is not segregated, but universal.

Business is built on faith. Faith in the supply, and faith in the delivery of orders. Business trust is founded on faith in the persons trusted, or in the companies with whom dealings are carried on. Without faith business would be shattered.

Marriage rests on faith of husband and wife. Without it wedded life is but a travesty. Destruction of the home is imminent. Happiness

flees. It is necessary for each person to be sufficiently adaptable to the other's likes and dislikes to learn to adjust to them if happiness is assured, but back of this there must exist an abiding faith.

Friendships are founded on faith. Acquaintances do not become friends without each person believes in the affection of the other, in the dependable reliance of the other. Friendships cease to exist when faith is gone.

Without faith in one's children, they are cramped in development. Without faith in one's own ability of accomplishment, success fades into failure. But in all aspects faith is not a phantom, a mirage, it is a firm foundation. The faith of a child in her mother, and a mother in her child is beautiful to see.

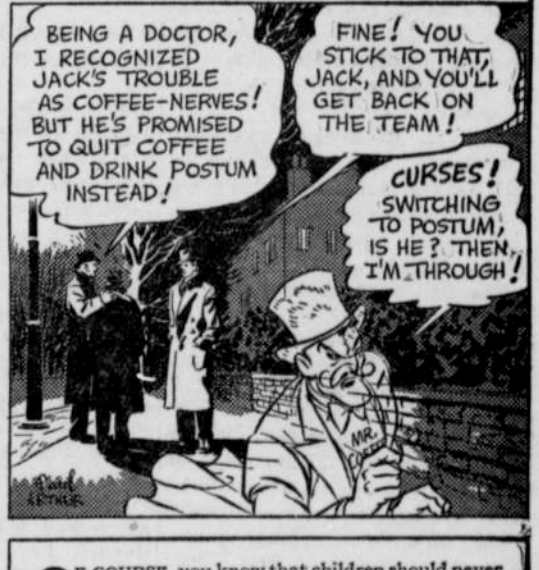
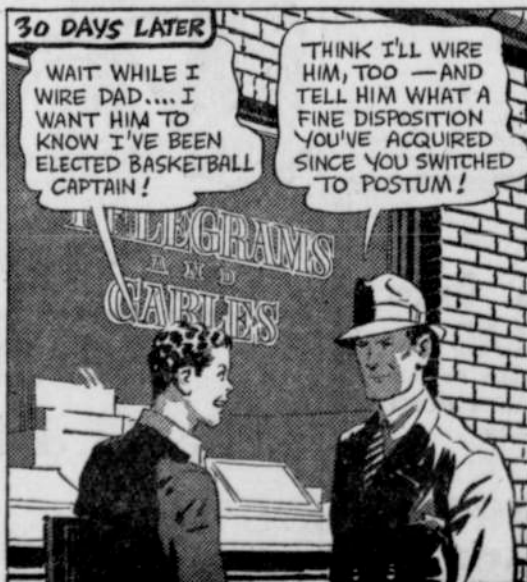
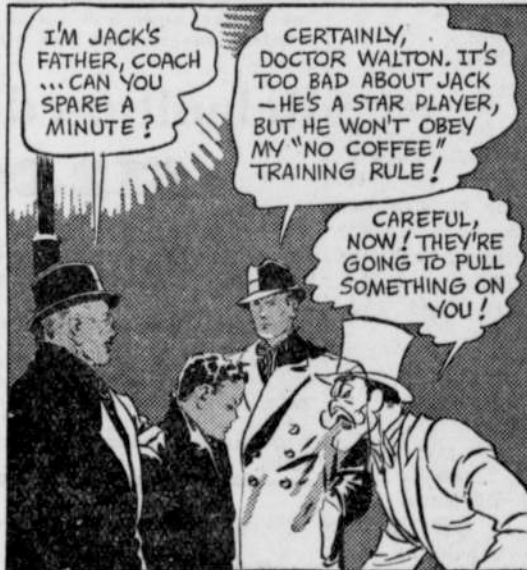
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Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

It Is Understood

If you mean it, you never express your sympathy awkwardly.

DAD GIVES A GOOD TIP



OF COURSE, you know that children should never drink coffee. But do you realize that the caffeine in coffee disagrees with many grown-ups, too?

If you are bothered by headaches or indigestion; or find it difficult to sleep soundly... caffeine may be to blame.

Isn't it worth while to try Postum for 30 days? Postum contains no caffeine. It is simply whole wheat and bran, roasted and slightly sweetened. It is easy to make, and costs less than one-half cent a cup. It's a delicious drink, too... 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 the coupon.

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GENERAL FOODS, Battle Creek, Mich. U. S. N. U.—3-7-36
Send me, without obligation, a week's supply of Postum.

Name _____
Street _____
City _____ State _____

Fill in completely, print name and address.
If you live in Canada, address: General Foods, Ltd.,
Cobourg, Ont. (Offer expires Dec. 31, 1936.)