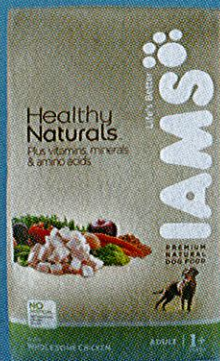
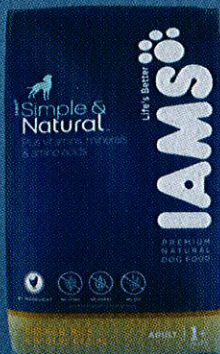


Iams® Naturals™

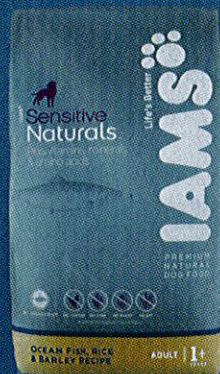
Just what your dog needs to stay healthy inside.



Healthy Naturals™
Natural Nutrition with ingredients you recognize like real chicken, wholesome grains, fruits, and vegetables.



New Iams Simple & Natural™
Simply made with our highest quality ingredients for 100% nutrition, naturally.



New Iams Sensitive Naturals™
Carefully designed with fish to limit ingredients that may cause itching and scratching.

I am more than just a dog
I am an Iams dog

AVAILABLE AT TARGET

Northwest Editor's picks

Takeout just got more interesting At these new Seattle restaurant to-go counters, you can get real meals in no time flat



POQUITOS

Its tiny, gorgeously tiled take-out counter redefines Mexican fast food. Standouts are the *ahogada torta*, with local pork braised in Tecate, and the deeply spiced yam and caramelized onion tacos. The counter shuts Friday afternoon for the weekend, but you can still get the full take-out menu from the restaurant. \$; 1000 E. Pike St.; 206/453-4216.



STOPSKY'S DELICATESSEN

You don't need a grandma called *bubby* to appreciate Mercer Island's new Jewish deli. Pick up the homemade pastrami and corned beef, bagels with schmear, killer pickles, and fresh rugelach. This being Seattle, even the coffee's good. \$; 3016 78th Ave. S.E.; 206/236-4564.



RUB WITH LOVE SHACK

Making dinner gets easier at Tom Douglas's new take-out shack next to his Seatown restaurant in Pike Place Market. Take home a spiced roasted chicken or a whole rolled *porchetta*, whip up a salad, and call it a day. \$\$; 2010 Western Ave.; 206/436-0390.



PORTLAND Run to this shop now

Sumptuous hand-knitted Mobius cowl scarves and wacky, ghoulish lipsticks get you in the fall spirit at East Portland's **Sword+Fern**, a home and art shop that is its own eccentric, beautiful universe. In her pocket-size studio within the store, owner Emily Baker fashions repurposed glass, calcified sea urchin spikes, and small salvaged car parts into one-of-a-kind jewelry. She brings other indie artists to the table too, displaying their kelp-patterned totes, exquisitely thin papier-mâché bowls, and vintage oddities like metal-framed landscape slides. Closed Sun; 811 E. Burnside St.; swordandfern.com