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COMBAT INFECTION
PROMOTE HEALING

WITH STAINLESS

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Phenique**
LIQUID

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CAMPHO-PHENIQUE HELPS
PREVENT THEIR SPREAD
AND RE-INFECTION.

It's wonderful, too, for fever blisters, cold sores, gum boils, cuts and scratches, minor burns caused by book matches, hot cooking utensils, hot water or steam. Campho-Phenique relieves itching of insect bites, poison ivy, etc. Just apply Campho-Phenique next time and see how fast this pain-relieving antiseptic goes to work. And it doesn't stain the skin! Get a bottle today.



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2. Prevents Its Spread.
3. Stops Itching.
4. Promotes Rapid Healing.

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3. Send your name on the coupon below. Your Seven Day Trial packet of NULLO will be mailed free, postpaid.

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Feen-a-mint
THE CHEWING-GUM LAXATIVE

BEAUTY

The Lowdown On Legs

BY NAN CABOT

Lovely legs are glamorous assets, and Cyd Charisse proves it while testing her bath.



NEVER UNDERESTIMATE the power of your underpinnings! Shapely, well-groomed legs work a mountain of magic for a woman, even if she's a Plain Jane otherwise. After all, not many men fail to notice—and appreciate—a pair of trim ankles.

But your ankles aren't so trim? Then now's the time to do something about it!

Put a thick book near the wall and stand barefoot on the edge of it so your heels have no support. Balancing yourself against the wall, raise yourself to tiptoe, freeze for a few seconds, then slowly lower your heels as close to the ground as possible. Repeat this exercise several times.

It's a little difficult at first, but daily practice makes it easy and should give you prettier ankles. However, if your ankles are thick due to swelling, skip the exercise and consult your doctor. Incidentally, under any circumstances it's always a good idea to check with him before engaging in strenuous calisthenics.

Maybe your legs are the "toothpick" type—so thin that even your nylons bag and wrinkle. In this case, a well-balanced diet and proper rest are important, along with building-up exercises.

A very good "developer" goes like this: Sit on the floor and hug your knees up close to you, keeping your feet down flat. Now lift the heels as far as possible and immediately lower them. Twenty rounds of this get your calf muscles pumping. For another good workout, pose on one leg while leaning on a chair for support. Rise to tiptoe, then lower yourself slowly. Forty times is the magic number.

Of course, if you want to go all-out, take up cycling. It does wonders for underdeveloped legs.

Now for the problem of the "puckered"

thigh, that unsightly lumping underneath the skin that makes you wish the swimsuit season would never come. Both slim and overweight women are plagued by this, and persistent, vigorous exercise seems to be the only thing that helps. One of the best methods is the deep knee bend performed on tiptoe, with hands on hips and the spine and head held straight. Work up to the point where 25 a day won't faze you.

Somewhat less effective but still well worth the effort is the "leg stretch." Squat in front of a chair and place your arms on the seat. Stretch one leg as far to the side as you can, then resume the original position. Repeat with the other leg. The whole procedure should be done ten times a day. After a week or so, try it without support.

Some leg troubles aren't so easy to remedy. Varicose veins, for example. They're unattractive and sometimes painful, and the only person qualified to treat them is your doctor—the sooner the better.

Many women are bothered by tiny blue veins that "spider-web" over the leg. These usually result from poor circulation, so again exercise comes to the rescue. You can take it in the pleasurable forms of brisk walking or swimming or even dancing. If the veining is faint, nylons that are slightly thicker than average will help hide it; in Summer, camouflage with leg make-up.

Once your legs are beautifully in shape, make sure they're perfectly groomed. In this day and age, there's no excuse for fuzzy limbs, so choose your equipment—razor, depilatory, or electric clipper—and use it regularly. And since leg skin gets dry, too, cream it occasionally with body lotion.

These are the steps that lead to leg beauty. Follow them and you're well on your way to improving your whole appearance.

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