



Relieve the
pressure pain of

Sore Muscles

If your muscles are stiff and sore from overexercise, here's fast relief.

Doctors will generally tell you that pain from overexertion may be largely caused by pressure. For fast relief rub on Absorbine Jr. You'll feel a welcome coolness when you first put it on . . . and as you rub it in, comforting warmth.

Why Absorbine Jr. gives fast relief: special medicinal ingredients in Absorbine Jr. go to work to dilate peripheral blood vessel walls making local blood flow speed up. This counters painful pressure. That's why you feel relief so quickly! Get Absorbine Jr. today.



W. F. Young, Inc.
Springfield, Mass.

Absorbine Jr.

IF YOU ARE ON THIS LIST...

- ☐ Nervous and tense
- ☐ Arthritic
- ☐ Heart trouble
- ☐ Invalid
- ☐ Middle-aged or elderly
- ☐ Pregnant or nursing
- ☐ High blood pressure

DON'T LET CONSTIPATION ADD TO YOUR WORRIES!

As distressing as constipation can be in "normal" people without special conditions or illnesses, chronic irregularity can be extremely aggravating—even dangerous—in some cases. If you are on the list, you've probably been cautioned already by your own physician, to avoid harsh laxatives and purgatives. Your doctor may have indicated concern about the "straining" that goes with constipation (particularly in cardiac, high blood pressure, and similar cases), and he may already have recommended SARAKA. SARAKA works naturally, effectively, the way nature intended your system to work—gently, smoothly, without stress or harshness. SARAKA is easy and pleasant to take, after meals or before bed. At your drug store or drug counter. **SPECIAL OFFER:** For generous week's supply send 10¢ to SARAKA, Dept. F, Kenilworth, N. J.

SARAKA

"natural way to regularity"

how to refinish your floors



Best protection for newly sanded wood is a penetrating seal that is easy to apply.



The sander should be used with the grain. Edger does the close work along the sides.



The polisher does the final job with wax.

WHEN you have that urge to fix up your home this Spring, look first to the floors. Underlying your basic ideas in more ways than one, refinishing floors brings out the quality in old woods, makes it easier to keep them attractive, lengthens their life, and thereby increases the value of your home.

The refinishing job can be an enjoyable, cooperative family project. And it needn't be expensive, because the three essential tools—sander, edger, and polisher—may be rented from your local hardware or housewares store at nominal cost.