

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. 106, Kenilworth, N. J.

SARAKA

"natural way to regularity"

DIABETIC or DIETING?

ask for
SARAKA D
the only SUGAR FREE
bulk laxative

When BLADDER IRRITATION

MAKES YOU NERVOUS

NEW YORK—Special: Thanks to new, scientific laboratory formulation, thousands of men and women now escape feeling old, tired, irritable and depressed from losing sleep and worrying about "Bladder Weakness"—(Getting Up Nights or Bed Wetting), due to common Kidney or Bladder Irritations, which often result in secondary Backache, Headache and Nervousness. In such cases New Improved Cystex usually gives quick, calming relief by combating irritating germs in acid urine; and by relaxing, analgesic pain relief. Over a billion Cystex tablets used—proves safety for young and old. Get Laboratory Tested and Certified Cystex at drugist today. See how much better you feel tomorrow. Money back guarantee.

For 3 Generations

RESINOL Has Faithfully
Relieved Itching, Helped
Clear Up His Family's Skin

"Three generations of my family have proved that RESINOL faithfully relieves itching, burning of pimples, piles or hemorrhoids, also promotes healing, helps clear up skin troubles such as rashes, dry eczema, chapping, chafing," writes Harry S. Shemming of Rochester, N. Y. Remember this—just ask your drugist for soothing,

RESINOL OINTMENT
and SOAP

And Forget Your Skin Distress!
FREE Samples. Resinol, FW14, Balto. 1, Md.



What Do I Spell?

Ad Lewis

My first is in down but never in out,
My next not in anger but just in a pout;
My third not in quite but surely in very,
My fourth not in fruit but in every berry;
Next once in a month but not in a year;
Then in the beyond but never right here;
Next not in always but always in never;
The last not in witty but still it's in clever.
If you can put all my letters together,
You'll see why I'm famous for wintry weather.

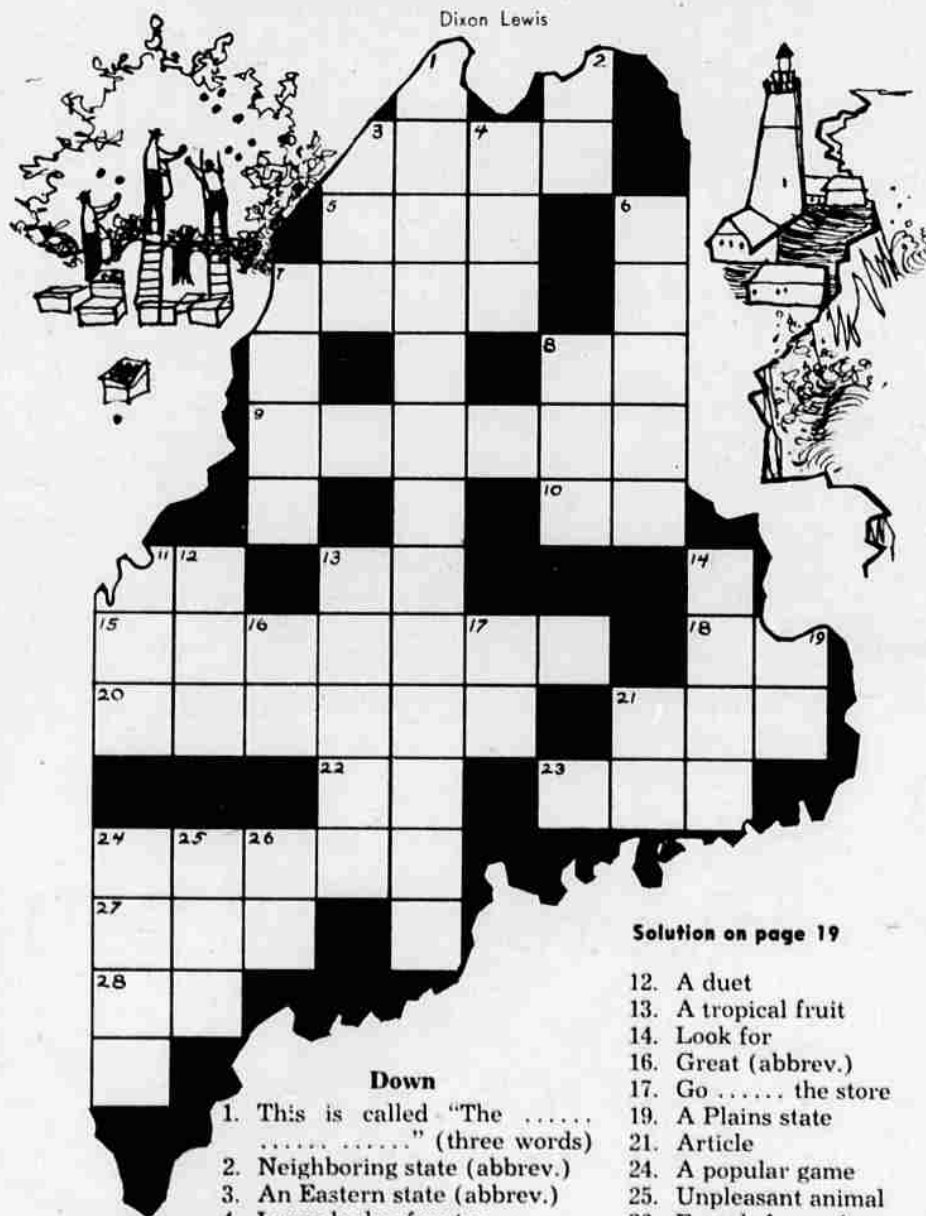
Answer: November

Junior Treasure Chest

Edited by MARJORIE BARROWS Editor of The Children's Hour

State of the Union

Dixon Lewis



Down

1. This is called "The (three words)
2. Neighboring state (abbrev.)
3. An Eastern state (abbrev.)
4. Large body of water
6. This state is located in the
7. Huff and
8. Beast of burden
11. The outline of this puzzle is a

Solution on page 19

12. A duet
13. A tropical fruit
14. Look for
16. Great (abbrev.)
17. Go the store
19. A Plains state
21. Article
24. A popular game
25. Unpleasant animal
26. French for and

Across

3. What you eat from
5. A direction (abbrev.)
7. An appeal
8. Arrival (abbrev.)

The Ship Is Sailing Here

Nat Bradford

Sit in a circle. Then one player jumps up and tosses a handkerchief at another player, saying, "The ship is sailing here, full of b....!"

The one who catches the handkerchief cries, "buttons!" or "bands" or "blackberries" or anything that begins with "b." He must name something quickly before the handkerchief tosser counts to three. Any other letter can be used, of course, and if it's "c," the answers could be "candy," "coffee," or "cats." The same words can't be used twice. If a player can't think up a new one in a hurry, he pays a forfeit. Play the game fast—it's fun!

Dog Tag

Jane McHenry

All the players form a circle except the one who is IT. He runs around the outside of the circle and taps someone as he goes by. The tapped person starts running in the opposite direction. When they meet face to face, they drop on all fours and say "Bow-wow!" to each other three times—then they jump up and try to beat each other to the empty space in the circle. The one who's left out is then IT. If you get tired of saying bow-wow, be ducks and quack!