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FEEL BETTER



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There is no miracle way to control one's weight. But, whatever reducing plan you choose, we suggest you also do this: between or before meals drink one envelope of Knox Unflavored Gelatine (about 5¢) in fruit or vegetable juice, bouillon or water.



This widely used high-protein, low-calorie "pick-up" helps make any reducing plan easier to live with. It safely helps ease between-meal hunger, curb over-eating and increase meal enjoyment.

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Ask your doctor about the **KNOX EAT-AND-REDUCE PLAN**

FREE . . . This 36-page book with the valuable Choice-of-Foods Chart has shown the way for more than 8 million people. A complete, authentic guide book to *lasting slimness*, which does away with calorie counting and "diet hunger," simplifies reducing on a safe, natural basis. This book is yours without charge. The coupon brings it to you.



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KNOX GELATINE,
Johnstown, N. Y., Box FW-19A
Please mail me my free copy of the 1959 edition of the Knox Eat-and-Reduce Plan Book.

NAME
ADDRESS

As You Were Saying...

a dog's best friend



IT WAS A BLIGHTED neighborhood. The children were dirty and rough, and their small hands clutched stones instead of toys. I felt timid about walking past them.

They also had a companion, a dog of huge proportions and doubtful ancestry. He was as wild as any of them, running, skidding, and bumping.

Suddenly fire engines tore up the street. The children scattered to watch in fascination, their shouts drowned by clanging bells and ear-splitting sirens. The dog slunk to the sidewalk and began howling, his ears shattered by the noise.

The tormented hound got the attention of one urchin, who lunged at him. I thought he was going to beat the dog, but instead, as a mother would soothe a sobbing child, the boy cupped his hands over his pal's ears to shut out the noise until the fire engines had gone.

I walked on. All that hurt was my conscience.

—Mrs. Alice B. Conner, Philadelphia, Pa.

food for thought



LIKE MANY TEEN-AGERS, I went through the period of reading questionable stories—just to see why they were questionable, I suppose. One day I was glibly defending them to the school librarian, who had questioned my selections.

"There's food for thought in all of them," I declared.

"Yes," she said quietly, "but I want my food from a clean plate, not a garbage can. If I have to wade through a sewer to get it, it won't be worth much."

The conversation ended on that note, but I've never forgotten it, and to this day it has been the standard for my reading habits.

—Mrs. Frances G. Dabney, Spartanburg, S. C.

a one-woman gang



AT THE UNIVERSITY of Texas years ago, a girl in my class was an excellent athlete. When I saw her play basketball, I commented that she had beautiful coordination. She explained she had once played with an expert during her high-school days.

Later I saw her at tennis and again marveled at her ability. She still insisted she was definitely inferior to the woman she had once opposed. On the golf course it was the same thing.

Finally I asked her, "What woman could possibly be better than you in so many sports?"

"Babe Didrikson," she said.

—Ethel Hale, Austin, Tex.

look again!



AS USUAL, I was raving to my Dad about my boy friend's good looks. He studied a photo my beau had just sent me, then said thoughtfully, "His good looks aren't important. The important thing is that he looks good."

I've never forgotten those wise words.

—Mrs. Ethel Scholzen, Racine, Wis.

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