



**Listerine stops
bad breath
4 times better
than
tooth paste!**

Tooth paste is for your teeth—
Listerine is for your breath. Germs
in the mouth cause most bad breath,
and you need an antiseptic to kill
germs.

Always reach for Listerine after
you brush your teeth. No tooth
paste is antiseptic, so no tooth paste
kills germs the way Listerine Antiseptic
does . . . on contact, by millions.

Listerine stops bad breath four
times better than toothpaste—noth-
ing stops bad breath as effectively
as the Listerine way.

Reach for Listerine

... your No. 1 protection
against bad breath

PSORIASIS SUFFERERS

We have a "6" ingredient ointment
and an internal tablet, a combina-
tion which is giving wonderful
relief to a great many sufferers. It's
proving so effective that it war-
rants a trial by all who have this
ailment, and it's supplied on a 14-
day home trial plan. Write for
details to Canam Sales Co., Dept.
218B Rockport, Mass.

No Nagging Backache Means a Good Night's Sleep

Nagging backache, headache, or muscu-
lar aches and pains may come on with
over-exertion, emotional upsets or day
to day stress and strain. And folks who
eat and drink unwisely sometimes suffer
mild bladder irritation... with that rest-
less, uncomfortable feeling.

If you are miserable and worn out be-
cause of these discomforts, Doan's Pills of-
ten help by their pain relieving action, by
their soothing effect to ease bladder ir-
ritation, and by their mild diuretic action
through the kidneys—tending to increase
the output of the 15 miles of kidney tubes.

So if nagging backache makes you feel
dragged-out, miserable, with restless,
sleepless nights, don't wait, try Doan's
Pills, get the same happy relief millions
have enjoyed for over 60 years. Ask for
new, large, economy size and save money.
Get Doan's Pills today!

With more than 2¾ billion
people in the world, there's no need for
anyone to be lonely.

you're never really alone

by Dixie Willson

DUDLEY McCLUFF was young, healthy, and good-
looking. But one spicy October day in New
York, he climbed onto the ledge outside his
hotel window and jumped 31 stories. His wallet
contained \$8,000, a bankbook with a startling balance,
and a note which said: "Life is too lonesome."
Indeed, life can be almost unbearably lonesome.
Yet loneliness may afflict any one of us, and the
case of Dudley McCluff certainly indicates
that mere money is no preventive.

No, this malady of the mind is not due to your
circumstances—but what you make of those
circumstances. If you too suffer loneliness, don't
blame what's around you, but what's inside you.
Of course, loneliness comes in many forms and is
met in as many ways.

At 18, Laura Delno was a real beauty, a Hippodrome
show girl. She left the stage to marry a man whose
love and companionship gave her complete happiness
and security until he died two years ago. Left
virtually destitute at 67, Laura moved into a small
rooming house where she made salads and desserts
in exchange for her board. Here is what she says:

"Frankly, I don't believe in lonesomeness. I just
don't see how it is possible in a world where there is
something to do or see or think about or
work at every moment. In any case, I have to do
without things which were once priceless to me,
but that only makes me more grateful for the
things I can still enjoy.

"On fine days, I plan some errand in town, no
matter how small. That's my gamble on running
into something or somebody who'll be a booster
shot, and it never fails to happen.

"If it's some sort of formula you're after, the best
I can do is to tell anybody who's lonesome to stop
thinking about himself and take a good look
around. That's the cure and all there is to it."

Another way to enliven quiet hours was devised by
two spinster sisters living near Lancaster, Pa., and
working in a factory 45 minutes away by bus. They
conceived the idea of always taking separate seats
in order to be able to talk with other people.

Two trips a day yielded four conversations which
provided lively subject matter for the sisters in the
evening and their hours never seemed long or empty.

As the last occupant of a home once busy with
little boys growing up, Ernest Smith offered this
advice: "My way of combating lonesomeness is to get
busy at solving my most immediate problem. By the
time you've licked a tough problem, you've
forgotten all about being lonesome. And if you
haven't any problem, the answer is even easier—get
your mind busy with anything you're interested
in. In other words, get busy—period!"

Harold Haley, in his 60s and living on a pension,
has this formula for keeping life beautiful:



Is this man lonely? Not if his mind is busy absorbing new knowledge.