



"fine print." They vary from company to company, but many exclude payments for nervous illness or mental disorders, tuberculosis, routine pregnancy, accidents covered by workmen's compensation, Service-incurred injuries, etc.

Also, many of them expire at a certain age, perhaps 65, when you're more likely to develop a chronic illness that would fall into the catastrophe category. Others stop all payments at a certain stipulated period from the beginning of a major illness. And there are policies that can be cancelled by the company under certain conditions. For an extra premium, however, you can purchase a noncancellable policy, which you may find to be worth the added expense just for the peace of mind it offers.

Since there is no standardization of catastrophe-insurance policies, you will have to shop carefully to see which one offers you the most.

But if a major medical emergency should strike your family, you'll find that the time was well spent.



"I get discouraged, but then I remind myself that men don't marry women for their brains."



**WHAT MAKES THE DIFFERENCE?**

# VITAMIN SHORTAGE

**can make you feel  
and look older...  
can keep children from  
doing their best**

Vitamin Shortage can strike anybody at any age! And because meals alone often don't supply enough vitamins, it's much more common than you might think. So to prevent vitamin shortage, take ONE-A-DAY® (Brand) Multiple Vitamins. A single tablet daily supplies *all* the vitamins a child or adult normally needs to take. They help you feel, look and do your best, too.

For vitamins of finest quality and purity, insist on the one and only ONE-A-DAY (Brand) Multiple Vitamins. Start every day with ONE-A-DAY—an important "health habit" for every member of your family.

**to prevent  
vitamin shortage...  
take the vitamins that  
start in where  
meals leave off!**



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