

GETTING UP NIGHTS MAKES MANY FEEL OLD BEFORE THEIR TIME

**Thousands Discover Quick
Help For Backache, Nerve
Tension & Worry Second-
ary to Kidney Irritation**

Are you one of the hundreds of thousands of sufferers who feel old, tired, worn out and depressed by losing sleep and worrying about getting up nights, due to common irritation of the Kidneys, Bladder and Urinary Passages? Does this condition cause frequent, urgent and painful daytime urination and sometimes result in backache? If so, you owe it to yourself to try New Improved Cystex at once.

OTHER SYMPTOMS

Common Kidney and Bladder Irritations which cause getting up nights may also cause strong, cloudy urine and sometimes result in secondary Backache, Headache and Nervous Tension.

OLD, TIRED, WORN OUT FEELING MAY RESULT

If frequent urination worries you, and hits you at the most embarrassing moments, you're bound to feel tense and nervous. Then if your sleep is disturbed by getting up nights and you can't get much rest and you wake up feeling tired and groggy—yes, you really begin to feel old. And if your back aches you feel grouchy—hard to get along with—and your work is a burden.

CAUSE OF IRRITATION

The cause of common Kidney and Bladder Irritation frequently arises from a germ called the colon bacillus, and non-specific germs resulting from colds, bad teeth and other causes. These germs can set up so much irritation in the Kidneys, Bladder and Urinary Passages that nature sends a warning through your nerves to your brain that help is needed. Heed this warning now and you may easily avoid many anxious, worrisome hours and days.

HOW CYSTEX HELPS

New Improved Cystex releases a gentle, soothing bacteriostat in acid urine to combat germs which may be causing irritation. This is like a gentle, mildly antiseptic, soothing bath for the Kidneys, Bladder and Urinary Passages. Cystex also contains two of the very best known analgesics for soothing, gentle pain relief of the discomforts due to common Kidney and Bladder Irritations. Thousands have been amazed to discover how quickly Cystex helped them to combat such irritations thus feel cleansed and refreshed, and because of lessened nerve tension able to sleep better and feel better, and stronger.

PRaised BY DRUGGISTS

Ask your doctor or pharmacist about Cystex. Either can tell you that the ingredients listed on the label are entirely pure and effective for the purposes intended. So get Cystex from your druggist today and see how quickly it helps you.

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Junior TREASURE Chest

Edited by MARJORIE BARROWS, Editor of The Children's Hour

Puzzle By Hans Kreis



In this picture of a cowboy, find another cowboy, a young boy, and two horses.

Shoot the Tunnel By Ransom Moore

Ten boys make a line of players. Ten more make another line. All stand close to each other with feet wide apart. The first one in each line holds a ball.

A bystander shouts, "Shoot the ball!" The leader in each line then throws

the ball between his feet and the next boy's feet and so on down to the last boy in line, who runs with it to the head of the line and throws it the same way. This keeps on until each boy has been leader; the first line through wins.

Just for Fun By Maude E. Hallmer

1. How may five persons divide five cookies so that each one gets a cookie, yet one is on the plate?

2. If a man sent his son to college and paid \$1,000 a year to put him through, how much change might he get back?

3. If one horse is in a stock pen and one horse is running down the road, which horse is singing, "Don't Fence Me In"?

Answers:
one; a horse can't sing.
quarterback. 3. Neither plate with the cookie. 2. A. 1. The last person takes the

**Old-Time Train
By Clarence Biers**



Let's Draw a Hummingbird By Ann Davidow



In the summer have you seen
A ruby-throated bird of green
Stop above a daffodil
And sip the nectar through his bill,

Held by little wings that flutter
Faster than a camera shutter?
Their purring sound gives us the word
By which we know him, "Hummingbird."

(Reprinted by request)