

Save now on this
 "His and Hers" Dental Care
 Offer!



LOOK FOR THIS DISPLAY AT DRUG COUNTERS!

You get 2 famous Dr. West's Germ-Fighters... they fight germs for up to 4 months in use... PLUS your choice of one of 3 leading dentifrices. Regular \$1.53 value for only \$1.29!

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No Nagging
 Backache Means a
 Good Night's Sleep

Nagging backache, headache, or muscular 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 restless, uncomfortable feeling.

If you are miserable and worn out because of these discomforts, Doan's Pills often help by their pain-relieving action, and by their soothing effect to ease bladder irritation, 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 drained-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!

YOU'D NEVER KNOW I HAD
PSORIASIS

For 24 years psoriasis sufferers have learned that Sirol tends to remove unsightly external crusts and scales. If lesions recur, light applications of Sirol help control them. Sirol won't stain clothing or bed linens. Offered on 2-weeks-satisfaction-or-money-refunded basis.



My thanks to

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 Dept. F.W.54 Santa Monica, Calif.
 Send for FREE booklet, written by physician.

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HELP

and fast!... for all first aid needs—burns, cuts, scrapes, chafing and diaper rash. You never know when you'll need it next! Always keep your First Aid Kit in a Jar on hand.



MEDICALLY APPROVED!

Your First Aid Kit in a Jar

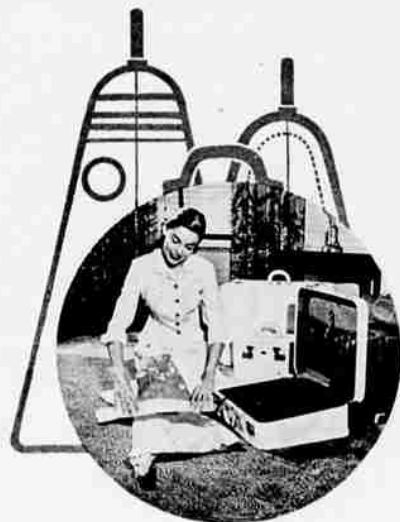
Vaseline is the reg. trade mark of Chesebrough-Pond's Inc.

**ARTHRITIC,
 RHEUMATIC
 PAINS**

If your pains of arthritis, rheumatism, bursitis, sciatica or muscular aches are severe... if they come back day after day... see your doctor. But, if your arthritic pains are moderate, annoying, cursory... just a real nuisance... you should try DOLCIN tablets. Easy-to-take, easy-to-buy, easy-on-you DOLCIN is the world's best-known, most widely-used product specially-made for fast relief of such pains. Try time-tested, medicinally-proved DOLCIN tablets whenever such pains occur.



Travel
 Light,
 Travel
 Bright



by Honoré Singer

YOU MAY NOT have an old kit bag in which to pack up your troubles, but an intelligent approach to choosing and packing your travel luggage will go a long way toward this end.

Some pieces are quite specialized, others are basic all-purpose cases around which to build a luggage wardrobe.

Consider your travel needs: the frequency with which you travel, the duration of your trips. Pullman and wardrobe cases, for example, are for longer trips. And on almost all trips, a supplementary case is essential. For a woman, this means a hatbox or train case; for a man, a brief case or attaché case.

Aside from the weight limitations on planes and trains, it's a nuisance to overload yourself. And since you may have to serve as your own porter, remember that two lightweight cases are easier to handle than one heavy one. Sufficient clothing for a long trip can be packed in a pullman case, an overnight bag, and a train case.

A lady's 24-inch case with hangers and a small overnight bag, fully packed, will come close to the 40 pounds allowed for domestic air travel. A man's medium-weight two-suit case, packed normally, will weigh about 35 pounds, leaving room for another small bag.

If yours is an auto trip, plan a "dry run." Decide which size cases you'll need, then put the empty bags in your car trunk and find the best way to fit them in. Keep a small case with overnight necessities on top so the car trunk needn't be completely unloaded at each stopover.

Now to pack! Omit all unessentials, and be sure everything you're taking will stand up well and do double duty. In other words, coordinate! Use garments of quick-drying synthetics wherever possible. Keep shoes to a minimum. For the ladies, a pair of low-heeled walking shoes, comfortable pumps, and sandals for dress will do it, except for special sports needs.

List the things you'll really need when you get there, then make a final packing list. Keep a copy in your suitcase as insurance against losing things when you're repacking.

Experienced travelers pack in layers—heavy things first, smaller pieces last. In addition to heavy garments, tuck underwear, towels, and extra socks in the bottom layers. The trick is to pack all your daily essentials so they can be reached without removing everything in the case.

Prevent crease marks by using a sheet of tissue paper, gathered into a roll, for each fold. Lingerie also may be used to pad the folds.

To fold dresses: place face down on flat surface, fold into thirds in a straight line from the middle of each shoulder to the hem; arrange sleeves in a "V"; then fold the dress to fit the bag.

To fold a jacket: button it and lay it face down on flat surface; arrange sleeves in a "V" across the back, smooth the shoulders, then fold the jacket across the middle—sleeves inside—and place it carefully in suitcase.

Shoes should be wrapped if packed with clothing. Old socks or transparent plastic bags are fine for this. Place so they'll be at the bottom when case is carried.

Hats, if crushable, should have special protection. Stuff crowns with tissue paper or soft scarves, lingerie, or socks. Place so they'll be at the top when bag is carried. Or use a hatbox into which you can also pack other lightweight items. There is available a special combination hat-and-shoe case.

Stuff men's socks in the shirt-collar rings. This not only saves space, but prevents collars from being crushed.

Cosmetics fit neatly into corners, but be sure to seal bottle caps with adhesive tape. For extra insurance against spilling, keep them in your beauty case or in a waterproof plastic bag.

One last bit of advice: to arrive there wrinkle-free, don't pack your bags too tightly. And have a wonderful time!