

IF YOU ARE ON THIS LIST...

- Nervous and tense
- Arthritic
- Heart trouble
- Invalid
- Middle-aged or elderly
- Pregnant or nursing
- High blood pressure

DON'T LET CONSTIPATION ADD TO YOUR WORRIES!

As distressing as constipation can be in "normal" people without special conditions or illnesses, chronic irregularity can be extremely aggravating—even dangerous—in some cases. If you are on the list, you've probably been cautioned already by your own physician, to avoid harsh laxatives and purgatives. Your doctor may have indicated concern about the "straining" that goes with constipation (particularly in cardiac, high blood pressure, and similar cases), and he may already have recommended SARAKA. SARAKA works naturally, effectively, the way nature intended your system to work—gently, smoothly, without stress or harshness. SARAKA is easy and pleasant to take, after meals or before bed. At your drug store or drug counter.

SPECIAL OFFER: For generous week's supply send 10¢ to SARAKA, Dept. 106, Kenilworth, N. J.

SARAKA

"natural way to regularity"

DIABETIC or DIETING?

ask for
SARAKA D
the only SUGAR FREE
bulk laxative

FEET HURT?

Foot, Leg Pains often due to Weak Arch

The sure way to quick relief from tired, aching feet due to weak or fallen arches or flatfoot, is with Dr. Scholl's Arch Supports and exercise.

Cost as little as \$1.50 a pair. Expertly fitted at Shoe, Dept. Stores and Dr. Scholl's Foot Comfort Shops.



Dr. Scholl's ARCH SUPPORTS

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, by their soothing effect to ease bladder irritation, and by their mild diuretic action through the kidneys—tending to increase the output of the 16 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!



by Kay W. Levin

Art by Denise Giraud

WHEN RACHEL first arrived at the cottage, she looked around happily at all the wonderful hiding places and paths that needed exploring. The house was perched on a hill with a fine view of the ocean.

Holiday Storm



ball of sun started to sink into the water directly opposite her chair! Even big brother David was impressed, though he remarked later that it was the only time he ever had a chance at a second helping of chocolate pudding because his sister was too busy watching the sun disappear.

The next day it was hard to remember all the things she had liked so well. Rain clouds appeared early in the morning, and now at nap time her room was so dark and the thunder so loud that Rachel found herself wishing for her own little bed in the city. Even the noise of her six-year-old sister's breathing in the next bed failed to comfort her. Betsy always managed to get to sleep so quickly. Sometimes at night, when Rachel was ready to play the endless make-believe games they whispered across the room, it was always during the best part that Betsy seemed to fall fast asleep.

Today Betsy went to sleep even before the thunderstorm started, and Rachel didn't want to wake her as this, too, seemed scary. Nap time stretched out endlessly, and perspiration started dribbling down the back of her neck.

It was hard to lie with her hands covering her ears, but the noise was so loud. Once Rachel ventured to turn over in search of a cool place in bed, but a clap of thunder sent her scrambling back to the "safe" position of lying on her back with her hands over her ears and her eyes shut tight.

Rachel could hear the noise of her mother cleaning up the lunch dishes downstairs. This was comforting, but the distance was too great for her to call without waking Betsy.

David was away at a friend's house for lunch. Rachel wondered about that. Would David get wet? How would he get home in all the rain? Daddy had left after lunch to get him, and Daddy always knew what to do, but wouldn't even Daddy have trouble in this storm?

Back at home Rachel had a room of her own. It was not as much fun as sleeping with Betsy, but it gave her a place to hide her treasures, and a door to shut when she wanted to be alone to cry. But here—

It was hard not to cry, but she didn't want to be a "baby," as Betsy always called her when she cried. In spite of herself, Rachel gave one small snuffle, then another. Holding back the tears was such a job that she didn't hear Betsy's feet as they padded across the room to her bed.

"I can't sleep either," Betsy whispered. "I've been closing my eyes and wishing it would go away!"

A warm glow filled Rachel as she gratefully moved over to make room in her bed for her sister. It was reassuring to know that she was not the only one afraid. With a happy sigh, she took her hands from her ears and turned to face the cool wall.

The idea of living on an island excited her. The ferry ride, the drive through the strange countryside to the edge of the island by the lighthouse, and finally the discovery of her "own house" had been almost more excitement than a five-year-old girl could stand in one day.

It was a "tingly day," she told her father, but the best was yet to come. Supper was served before a picture window overlooking the ocean, and dessert and the sunset came at the same time! Rachel let out a chocolate-covered squeal of delight as the orange