

## DON'T LIE AWAKE AGAIN TONIGHT!

**SLEEP-EZE** Tablets help you fall asleep fast — keep you sleeping soundly all night. So safe you can get them *without prescription* because the **SLEEP-EZE** formula contains no barbiturates or other toxic, habit-forming drugs. That's why you wake up rested and refreshed eager to be up and doing! Get **SLEEP-EZE** Tablets today at any drug counter. Don't lie awake again tonight!

Just take

**Sleep-Eze**

and close your eyes

next thing you know,  
it's morning!



For  
the  
nose  
with  
a cold...

### feelable RELIEF IN SECONDS

... Coldene Nasal Spray is a new fast-acting formula. It opens up stuffed-up nose and dries sniffling of a cold, allergy or sinus passage congestion. Permits normal breathing in seconds.



**coldene** NASAL SPRAY

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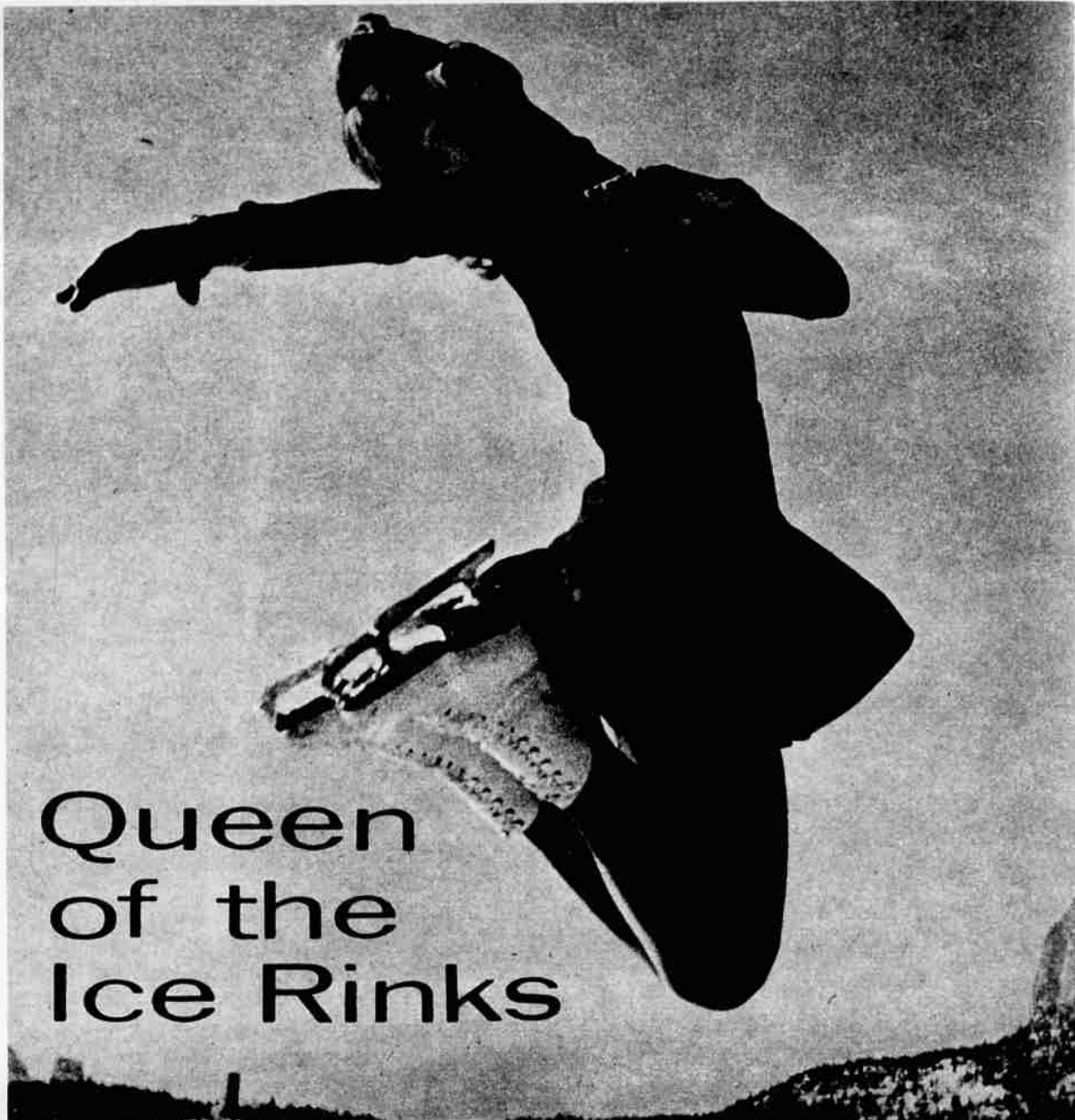
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# Queen of the Ice Rinks

**Sparkling Carol Heiss,  
19, is almost certain  
to retain her  
women's skating titles  
this season and go  
on to win the  
Olympic crown  
in 1960.**

by Dave Warner

**N**OT SINCE the storied days of Sonja Henie has anyone attained such prominence in the world of women's figure skating as has the reigning queen of the ice.

She's Carol Heiss, who at 19 is a seasoned veteran with as many trophies as famous athletes twice her age.

This little skating wizard from Ozone Park, Long Island, learned about competition when she was five, won her first medal at eight, swept every major title last year, and is a strong threat to repeat.

All of this has been accomplished despite a grueling schedule, sacrifice of normal teen-age fun, and family tragedy.

Here's a typical daily schedule for Miss Heiss: Rise at 5:30... prepare own breakfast... take subway to Manhattan... practice from 7 to 11:30... break for light lunch... take subway to Washington Square branch of New York University... attend classes until 3:30... work on library assignments after class...

practice skating from 5:30 to 7:45... study... be in bed by 11.

This routine is followed rigidly six days a week from October through March, except when Carol is competing.

"Sometimes I feel bushed when I get up in the morning," Carol admits. "When I do, I play a record I like, and things brighten up."

Does she ever feel she's missing anything because of her rigid routine?

"Not at all," says Carol. "This looks like a great sacrifice, and I suppose I do spend a lot of time skating. But you really have to love a sport to practice at least three hours a day. If you like it, you won't mind it. You may even practice longer."

"During a stretch in the Summer I catch up on other things I like to do, such as water skiing, tennis, horseback riding, dating, and dancing."

This Winter, during January and February, Carol will defend figure skating's