

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 effectively, 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. FW-4, Kenilworth, N.J.

SARAKA "gentle help to regularity"

**DIABETIC
or DIETING?**

ask for
SARAKA D
the only SUGAR FREE
bulk stimulant laxative



Listerine stops bad breath 4 times better than tooth paste!

**Tooth paste is for your teeth—
Listerine is for your breath.**
Germs in the mouth cause most bad breath. You need an antiseptic to kill germs, and no tooth paste is antiseptic. So no tooth paste kills germs the way Listerine Antiseptic does... on contact, by millions.

**Listerine stops bad breath four
times better than tooth paste—
nothing stops bad breath as effectively
as the Listerine way.**

**Always reach for Listerine
after you brush your teeth.**

Reach for Listerine

... your No. 1 protection
against bad breath

DRIVE SAFELY

Announce Way To Help Drain All 8 Sinus Cavities Without Discomfort

**New decongestant tablet for sinus congestion sufferers
acts both to drain clogged sinus cavities
and relieve distressing head pain**

New York, N. Y. (Special) Announcement has been made of a new tablet development which has the remarkable ability to help drain clogged sinus cavities and thus relieve congestion and pressure. The headaches, pressure pains, stuffed-up head, nasal drip, clogged breathing—all the unrelenting symptoms the sinus sufferer knows so well—are attacked directly by improving drainage of the sinus areas.

Most remarkable of all is the fact that this is accomplished with extraordinary speed and without discomfort of any kind. This new tablet does its remarkable work internally, through the blood stream. It deposits into every drop of blood plasma a new medication which is carried to the sinus area, where it

shrinks the swollen doors to the sinus cavities and helps drain away the pain-causing pressure and congestion.

The shrinking substance in this new tablet has been so successful typically in promoting drainage of the sinus cavities that it is now prescribed more widely by doctors than any material for this purpose. This new medication is now available at drug counters without the need for a prescription under the name, Dristan® Decongestant Tablets. Dristan Tablets cost only 98¢ for a bottle of 24 tablets. Buy and use Dristan Tablets with the absolute guarantee that they will drain away pain-causing pressure and congestion of the sinus cavities, relieve the pain and distress, or purchase price will be refunded.

Junior Treasure Chest

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

Hula-Hoop Hurdle

Jane McHenry

Hang up in a wide doorway a hoop with a bell attached. Each player stands ten feet away and throws a bean bag through the hoop, trying to ring the bell. Make red mesh bean bags with a cellophane bag inside. Fill each cellophane bag with candy, or nuts if you wish. Tie firmly. This is fun for any party. If you use a Hula Hoop, give it as a prize to the one who rings the bell the most times in five tries.

WHAT ANIMAL IS IT?

Ruth Dixon

This cute model for a Teddy Bear lives in Australia. You will often find her at the top of a eucalyptus tree with her baby on her back. Sometimes, with her long toes, this lazy animal hangs from trees with her back downward. Sometimes, when her cub is just a baby, she carries it in her pouch. Later it takes a ride on her back. All day long the two snooze in the treetops.

The reason this animal lives only in Australia is because it lives only on eucalyptus (blue-gum) leaves and these trees belong to Australia. Except for a few roots that's all they eat. They never bother with drinking, either. The eucalyptus leaves soak up enough water for them.

Native Australians like to eat these animals and to wear their soft warm fur. Now it is against the law to do so.

COLORING CONTEST WINNERS—NEXT WEEK



Let's Draw a Tiger

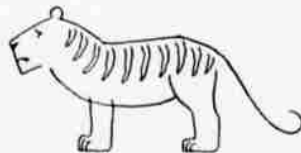
Ann Davidow



Upon the noble tiger's back
Are stripes of orange
And of black.



When you sketch a profile view,
His paws look square—
His head does, too.



He may look calm, but
underneath
Are hidden fearsome jaws and
teeth.



A tiger is no friend of ours
Unless he's safely back of bars!

THIS ANIMAL IS A _____
MY NAME _____ AGE _____
STREET _____ CITY _____
ZONE _____ STATE _____
MY NEWSPAPER IS _____

Rules for Contest

Guess the animal's name and color the picture neatly in its true colors. Send within one week to Ruth Dixon, Junior Treasure Chest, Family Weekly, P.O. Box 7740, Chicago 80, Ill. Be sure to send your name, age, and address with your page. Prizes will be awarded to two boys and two girls for the best entries. Try your luck! You may be a winner.