



**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, and you need an antiseptic to kill germs.

Always reach for Listerine after you brush your teeth. 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 toothpaste—nothing stops bad breath as effectively as the Listerine way.

**Reach for Listerine**

... your No. 1 protection  
against bad breath

## PSORIASIS SUFFERERS

We have a "6" ingredient ointment and an internal tablet, a combination which is giving wonderful relief to a great many sufferers. It's proving so effective that it warrants a trial by all who have this ailment, and it's supplied on a 14-day home trial plan. Write for details to Canam Sales Co., Dept. 218B Rockport, Mass.

## 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 15 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!

With more than 2¼ billion  
people in the world, there's no need for  
anyone to be lonely.

# you're never really alone

by Dixie Willson

**D**UDLEY McCLUFF was young, healthy, and good-looking. But one spicy October day in New York, he climbed onto the ledge outside his hotel window and jumped 31 stories. His wallet contained \$8,000, a bankbook with a startling balance, and a note which said: "Life is too lonesome."

Indeed, life can be almost unbearably lonesome. Yet loneliness may afflict any one of us, and the case of Dudley McCluff certainly indicates that mere money is no preventive.

No, this malady of the mind is not due to your circumstances—but what you make of those circumstances. If you too suffer loneliness, don't blame what's around you, but what's inside you. Of course, loneliness comes in many forms and is met in as many ways.

At 18, Laura Delno was a real beauty, a Hippodrome show girl. She left the stage to marry a man whose love and companionship gave her complete happiness and security until he died two years ago. Left virtually destitute at 67, Laura moved into a small rooming house where she made salads and desserts in exchange for her board. Here is what she says:

"Frankly, I don't believe in lonesomeness. I just don't see how it is possible in a world where there is something to do or see or think about or work at every moment. In any case, I have to do without things which were once priceless to me, but that only makes me more grateful for the things I can still enjoy.

"On fine days, I plan some errand in town, no matter how small. That's my gamble on running into something or somebody who'll be a booster shot, and it never fails to happen.

"If it's some sort of formula you're after, the best I can do is to tell anybody who's lonesome to stop thinking about himself and take a good look around. That's the cure and all there is to it."

Another way to enliven quiet hours was devised by two spinster sisters living near Lancaster, Pa., and working in a factory 45 minutes away by bus. They conceived the idea of always taking separate seats in order to be able to talk with other people.

Two trips a day yielded four conversations which provided lively subject matter for the sisters in the evening and their hours never seemed long or empty.

As the last occupant of a home once busy with little boys growing up, Ernest Smith offered this advice: "My way of combating lonesomeness is to get busy at solving my most immediate problem. By the time you've licked a tough problem, you've forgotten all about being lonesome. And if you haven't any problem, the answer is even easier—get your mind busy with anything you're interested in. In other words, get busy—period!"

Harold Haley, in his 60s and living on a pension, has this formula for keeping life beautiful:



Is this man lonely? Not if his mind is busy absorbing new knowledge.