

WOMEN PAST 35 MAY LOOK OLD & TIRED

From Bladder "Weakness"
With Secondary Backache
and Nerve Tension

Are you one of the hundreds of thousands of sufferers who feel old, tired, worn out and depressed by losing sleep and worrying about getting up nights, due to common irritation of the kidneys, bladder and urinary passages? Does this condition cause frequent, urgent and painful daytime urination and sometimes result in backache? If so, you owe it to yourself to try New Improved Cystex at once.

OTHER SYMPTOMS

Common Kidney and Bladder Irritations which cause getting up nights may also cause strong, cloudy urine and sometimes result in secondary backache, headache and nervous tension.

OLD, TIRED, WORN OUT FEELING MAY RESULT

If frequent urination worries you, and hits you at the most embarrassing moments, you're bound to feel tense and nervous. Then if your sleep is disturbed by getting up nights and you can't get much rest and you wake up feeling tired and groggy—yes, you really begin to feel old. And if your back aches you feel grouchy—hard to get along with—and your work is a burden.

CAUSE OF IRRITATION

The cause of common Kidney and Bladder Irritation frequently arises from a germ called the colon bacillus, and non-specific germs resulting from colds, bad teeth and other causes. These germs can set up so much irritation in the kidneys, bladder and urinary passages that nature sends a warning through your nerves to your brain that help is needed. Heed this warning now and you may easily avoid many anxious, worrisome hours and days.

HOW CYSTEX HELPS

New Improved Cystex releases a gentle, soothing bacteriostat in acid urine to combat germs which may be causing irritation. This is like a gentle, mildly antiseptic, soothing bath for the kidneys, bladder and urinary passages. Cystex also contains two of the very best known analgesics for soothing, gentle pain relief of the discomforts due to common Kidney and Bladder Irritations. Thousands have been amazed to discover how quickly Cystex helped them to combat such irritations thus feel cleansed and refreshed, and because of lessened nerve tension able to sleep better and feel better, and stronger.

PRaised BY DRUGGISTS

Ask your doctor or pharmacist about Cystex. Either can tell you that the ingredients listed on the label are entirely pure, and effective for the purposes intended. So get Cystex from your druggist today and see how quickly it helps you.

Junior Treasure Chest

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



Cash on the Calendar

By Bess A. Lee

How much money could you make a week as a mail-order merchant? It all depends on how well you know your merchandise. Try this game and find out.

Paste or tack a discarded page from a large calendar on a piece of thin wood. Circle the numbers 5, 10, 15, 20, 25, and 30 with a red crayon. Drive a small nail or glass pushpin above each of these numbers.

Stand or hang the board against the wall. Give each player three fruit-jar rubbers to toss and a pencil and paper to keep score.

The players take turns tossing a ring, standing six feet from the board. The object is to throw the ring over the nail at one of the largest numbers to get the highest score.

When a player succeeds in ringing one of the circled numbers, he must name some item sold through a mail-order catalog, starting with the same letter as the day of the week above the number. He is allowed one minute to think of an item, and if he fails he loses the number. The same item cannot be named twice in the game.

When each player has had three turns, the rings are returned and the next round is played, using the second letter in the day of the week to start the item. The third letter is used for the next round. The letter U in the days of the week counts as a bonus letter. It stands for an unusually large order and no item need be named for it. The score is doubled on the number below it.

At the end of the third round, the players add up their scores. The one with the highest score has made the most money and is named the most successful merchant. A piggy bank would be a good prize to give.

Word Square

By Florence S. Moore

1.	2.	3.	4.
2.			
3.			
4.			

1. A body of water 3. Row of piano —
2. A region 4. Not hard

Answers: 1. Lake; 2. Area; 3. Keys; 4. Easy.

Know Your Mother Goose

By Lois Williams Stein

Which bird—

- Killed Cock Robin with his bow and arrow?
- Dug Cock Robin's grave?
- Along with 23 companions was baked in the king's pie?
- Wandered upstairs and downstairs and in my lady's chamber?
- Had a Dame who lost her shoe?

Answers: 1. Sparrow; 2. Owl; 3. Blackbird; 4. Goosey Gander; 5. Cockadoodle.

A Riddle!

What creature is more wonderful than a horse that can count?

Answer: A spelling bee.

Who Is the Mother?

By Ada B. Turner

Animals have different names for their mothers; the mother of a kitten is a cat. Name these animal mothers.

We call the mother of

- a fawn, a _____
- a polliwog, a _____ or _____
- a cygnet, a _____
- a lamb, a _____
- a keet, a _____
- a kid, a _____
- a parr, a _____
- a chicken, a _____
- a Joey, a _____
- a spat, an _____

Answers: 1. doe; 2. frog or toad; 3. swan; 4. ewe; 5. guinea; 6. nanny goat; 7. salmon; 8. hen; 9. kangaroo; 10. oyster.

Let's Draw Robins

By Ann Davidow



Draw these lines and circles. Do they perhaps suggest



A mother robin watching Her babies in the nest?



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