



Doctors know the TRUTH about laxatives—do you?

IN PROTECTING your health, the doctor makes no compromise with quality. Every drug or serum he uses must meet strict standards of purity and strength.

Even for a little thing like a laxative, the doctor has a definite set of requirements. Before giving a laxative his approval, he considers it from every angle to make sure that it meets his demands.

Read the specifications listed below. Will your laxative check on every point?

THE DOCTOR'S TEST OF A LAXATIVE:

- It should be dependable.
- It should be mild and gentle.
- It should be thorough.
- Its merit should be proved by the test of time.
- It should *not* form a habit.
- It should *not* over-act.
- It should *not* cause stomach pains.
- It should *not* nauseate, or upset digestion.

EX-LAX MEETS EVERY DEMAND

Go right down the list. Ex-Lax checks on every one of the above points. It meets the doctor's demands of a laxative fairly and fully. In fact, Ex-Lax is regarded with such confidence that many doctors use it in their own homes. Ex-Lax has literally millions of friends. It is the most widely-used laxative in the whole world.

LET EX-LAX PROVE ITS OWN CASE

Try Ex-Lax the next time you need a laxative. Let your own experience convince you of its many advantages. You will find that Ex-Lax is mild and gentle. You will find that it is *not* upsetting. You will find that it is completely effective. Moreover, you will appreciate the pleasant sense of well-being that follows such a thorough internal cleansing.

Your children, too, can share in these advantages. For the requirements set up by the doctor are *doubly important* to the sensitive system of a child.

Once you taste Ex-Lax, you'll say goodbye to harsh, nasty cathartics. Both youngsters and grown-ups are grateful for its delicious chocolate flavor. All drug stores have Ex-Lax in 10c and 25c sizes.

FREE If you prefer to try Ex-Lax at our expense, write for free sample to Ex-Lax, Dept. WH67, Box 170, Times-Plaza Sta., Brooklyn, N. Y.

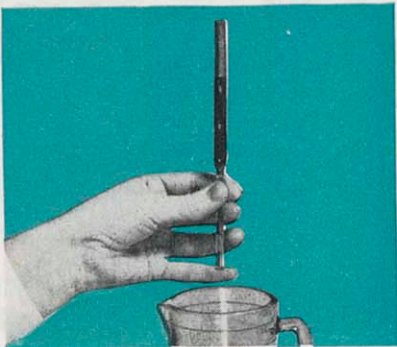
When Nature forgets —
remember
EX-LAX
THE ORIGINAL CHOCOLATED LAXATIVE

Keeping Posted

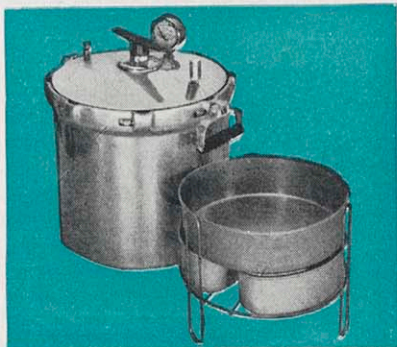
News from
The Home Service Center



IF YOUR family looks forward to homemade jams and jellies, canned fruits and vegetables from your garden's surplus, this is the month to inventory your supplies and equipment. A cherry seeder is a big help in preparing this juicy fruit; you can pit twenty quarts in an hour, so they do say. A sharp blow on the plunger pushes the pit into one dish and tosses the cherry into another—honestly!



"HOW much sugar shall I use in making jelly?" That depends on how much pectin the fruit juice contains. This simple device shows the amount of sugar required for any juice. It also shows when commercial pectin is needed. You fill the tube with the cool juice, then let it run through exactly one minute. A number at the level of the remaining liquid tells how much sugar to use.



AS OF course you know, the steam pressure cooker is a necessity for anyone who cans meats and non-acid vegetables at home. This one holds four quart jars or five pints. A simplified locking device makes it convenient to use. The cooker also makes short work of foods that ordinarily take hours to cook. It does a complete meal with ease. It is fine too for sterilizing the baby's bottle.

The June Poster, 3 cents; 6 consecutive copies of this monthly leaflet, 15 cents. Address Woman's Home Companion, Service Bureau, New York

"Snowy" says:



PHOTOGRAPHED FROM LIFE—NO. 8 OF A SERIES

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To make them ready for use, these famous sheets now come in the new laundry-saving package. Two sheets in sealed, dust-proof carton.

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Utica Percale—Percale sheets of utmost luxury with the feel of silk and the strength of linen.

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