

A GREAT MAGAZINE for moneyconscious

needles & thread

ALL THE GREAT
NEW FASHIONS TO
KNIT & CROCHET:

For You...
For Your Children

Cuddly Toys
You Can Make
In A Jiffy

Super Quick
Great New
Afghan Designs

Special Bonus Section
DO-IT-YOURSELF
QUICKPOINT
DESIGNING GUIDE



Homemakers
Crochet... Knit... Sew
Everything to do and
save!
Beautiful Four Color
ON SALE AT YOUR
NEWSSTAND

YOU CAN Lose 7-15 lbs. or more AND BECOME 3 inches slimmer IN THE Shortest time

(WITHOUT DRUGS OR STARVATION DIET)

IF YOU WEAR Sauna Slimming Underwear FOR JUST 2 HOURS A DAY!

You could lose 7-15 pounds or more in days by means of this particularly healthy, amazingly successful and completely revolutionary plan—you can achieve reliable and continuous freedom from unsightly and unhealthy overweight.

The Eva Milar plan is a new, safe way to reduce for those who are serious about reducing and want to look and feel attractive again. Yet it is as easy as sitting in a sauna bath.

Women the world over have become SLENDER through SAUNA SLIMMING UNDERWEAR garments that are based on the scientifically acknowledged process of breaking down pads of unnecessary and excessive water.

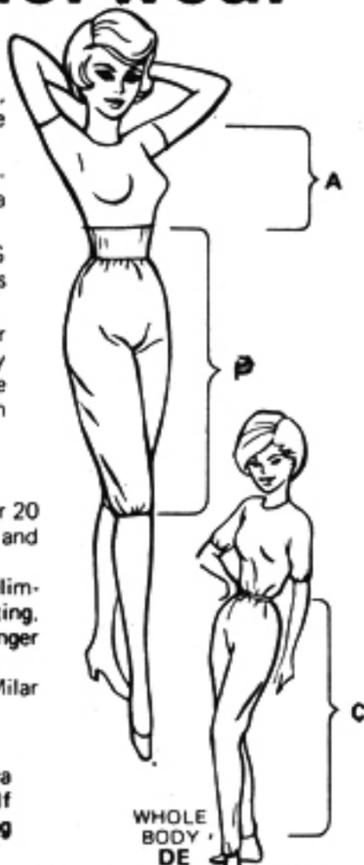
You just wear SAUNA SLIMMING UNDERWEAR around the house for an hour or two every day or at night while sleeping and follow the simple plan. Wear it invisibly under your clothing if you wish. You can achieve even better results if you exercise while wearing it. Or wear it while you are doing normal daily housework. You can take off inches in no time!

HERE IS WHAT SAUNA SLIMMING UNDERWEAR CAN DO FOR YOU

- Let you reduce around your waist, hips, thighs or all over. Five different garments to choose from, one for each problem area.
- Special quality materials made to go to work immediately. You could look slimmer in days.
- Durable, well fitting, long lasting.
- It actually helps freshen your skin too, so you can feel good again all over.
- Whether you need to lose 5 to 10 or 20 to 30 pounds, you decide when and where to do it.
- No extreme diet needed. You can eliminate that weak feeling from not eating.
- No harmful pills to put you in danger or depress you.

All this simply by following an Eva Milar plan.

Many people who had almost given up hope of losing weight have found the Eva Milar method the answer to their dreams. You can glow with health and self confidence again too. Send in for your SAUNA SLIMMING UNDERWEAR using the A, B, C, DE guide in the coupon below. Be sure to include your size.



WHOLE BODY DE

EVA MILAR SLIMMING WEAR / 7551 Melrose Ave, Los Angeles, Calif. 90046

Yes, I want to lose 7 to 15 pounds and more. Please send the Eva Milar Slimwear I have checked below: Dept. 7317

- A for chest and upper arms \$6.95
- B for waist, hips, thighs as far as knees \$9.25
- C for hips, thighs and legs right down to the feet \$8.95
- DE combined model for the whole body \$14.95

WOMEN—My present dress size is _____. MEN—My measurements are _____.
I enclose total of \$_____, payment in full. Add 50¢ for postage and handling. C.O.D. \$1.00 deposit enclosed.

Print Name _____
Address _____
City _____ State & Zip _____

GUARANTEE:

IF FOR ANY REASON
THE SAUNA SLIMMING
GARMENT AND PLAN
DO NOT DO EVERY
THING WE SAY —
SIMPLY RETURN IT
AND A REFUND WILL
BE SENT TO YOU
AT ONCE.

that if I had to wait for Susan to arrive I would probably begin eating one of these sinfully delicious but fattening goodies. Susan I noticed was sipping a diet soda with a piece of lemon in it.

"The no-sugar soda keeps me slender and doesn't hurt my teeth," she explained. "And the lemon is to ensure that I get some Vitamin C every day. You know, this is the first time I've lived away from home and it's awfully easy when you're tired and rushed to let your nutrition go way downhill."

"I learned how to take care of myself when I was a junior model in New York. Running from appointment to appointment, plus going to school, requires a lot of energy."

Susan looked as if she was loaded with energy this morning. "What happened to your plans for a big long nap?" I teased her.

Susan smiled, "It was such a lovely morning that I couldn't stay in bed very long, I just had to get outside and run around in the fresh air."

Susan certainly looked as if she was a girl who liked to have fun. Her brown hair was tied into pigtails and wrapped around in bright blue ribbons. She wore a purple ribbed sweater, lavender velour jeans and laced up boots. I couldn't help but compliment her.

"Being a model taught me a lot about clothes," Susan answered, "I really don't care that much about fashion, though. I like to get clothes that I feel comfortable in and that please me personally. It's just stupid to think that a fashion designer can know your own tastes better than you yourself do."

As we strolled outside toward the hip stores, I asked Susan what was most on my mind and what is probably most on yours, "What are your feelings about David, Susan. Do the two of you get on? Is he fun to be with at the studio?"

Susan's answer was immediate. "David turns me on," she giggled. Then she continued more seriously, "Please don't misunderstand me. David is a wonderful boy. He's marvelous to work with and he's marvelous to play with. We have loads of silly little gags that we like to play on the set of 'The Partridge Family' and they help to keep us laughing."

"Does that mean you and David have something serious between you?"

"Heavens, no," Susan exclaimed, "I like David tremendously as I've said but there isn't any romance going on. To begin with I'm only 18 and David is barely 20. We're not ready to marry anybody. I mean, I just told you that sometimes I have