

easy from then on, but it wasn't," David says realistically. "Then a friend told me: 'You only quit smoking one cigarette at a time.' Simple words, but they proved to be the truth."

Yes, for David Cassidy, will-power won out over habit—but not without a difficult fight. The sudden recognition, David says, that struck him that fateful morning had a more powerful impact than all the anti-smoking literature could ever have had. "Actually, I thought myself very scientific and actually read all the scare literature, hoping that it would scare me into quitting," David laughs. "When the father of a good friend of mine was undergoing lung surgery and failed to recover, I thought seriously about quitting, but thinking seriously about anything merely made me reach for a cigarette!"

David refers to battling the nicotine habit as "a small private war with yourself," and wisely states, "It's a private war with your body as the battlefield, and only you can find a campaign that will work. Usually, until some moment of realization hits you, you don't even realize there is a battle going on."

It was for this reason that David recognized the fact that he could never actively crusade against smoking. He remembered his own resentment when friends would proudly boast, 'I quit,' and also remembered how turned off he was to their claims. "I try to refrain from showing off about it around people who still smoke. That is because I know now that nothing anyone else says to you is going to have the slightest effect."

It was only a little over a year ago that David threw away that pack of cigarettes—but he considers it one of the major accomplishments in his entire life.

"Our lives are too valuable to ruin," David once remarked about the younger generation. And rather than crusade against one of our evils, David prefers, instead, to tell his own story about the habit that almost ruined his life.

But his habit could not have been broken without the psychological support of his step-mother, Shirley Jones. Father Jack, who enjoys his seclusion, often disappears for weekends to study scripts and read. David's real mother resides in New York. So, when David needs special comforting or extra help in studying his own Partridge Family scripts off the set, he finds it both comforting and convenient to turn to Shirley Jones for help. And you can be sure she was happy to fortify David's will-power during the days preceding his decision to like the habit, and to reassure the boy that he could carry out his decision. It was her added confidence in him that must have given David the added incentive to carry on.

It is possible that David Cassidy's doctor, when informing David of his gall bladder condition, warned David against smoking. Besides the possible cancer threat, it might have aggravated a diseased gall bladder, and hurt the young boy in other medical ways. And if the doctor did give David this unnecessary warning, you can bet David looked him straight in the eye, grinned that broad smile, and beamed, "I quit!"

See ABC's *The Partridge Family*.

you can LOSE 6-16 lbs. be 3 inches slimmer in just days

(without drugs or starvation diets)

by wearing ANITA JOYE'S SAUNA SLIMMERS



Yes, you could lose 6-16 lbs. or even more by means of this amazing revolutionary plan that has been so successful. You can healthfully and reliably achieve continuous freedom from unhealthy and unsightly overweight.

The Anita Joye plan is a safe, new way to reduce for those who are serious about wanting to look and feel attractive again. It's as easy as luxuriating in a Finnish 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.

All you have to do is wear Anita Joye's Sauna Slimmers around the house for an hour or two every day, or at night when asleep 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 inches off in no time!

HERE IS WHAT ANITA JOYE'S SAUNA SLIMMERS CAN DO FOR YOU

- Lets you reduce your waist, hips, thighs or all over. Four different garments to choose, 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 by following the Anita Joye Sauna Slimming Plan.

Many people who had almost given up hope of losing weight have found the Anita Joye 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, guide in the coupon below. Be sure to include your size.

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.

ANITA JOYE'S SLIMMERS, 7471 Melrose Ave., Los Angeles, California 90046
Yes, I want to lose 6-16 lbs. or more. Please send me the ANITA JOYE'S SLIMMERS I have checked below: Dept. 7627

- 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 _____

HUGE SALE!

12 CHILDREN'S DRESSES

FOR ONLY

\$3.95

FREE GIFT!
WITH EVERY ORDER!

WHY PAY MORE!
Children grow out of their clothes faster than they can wear them out! Now—on a money back guarantee—you can supply your child with a complete wardrobe for the PRICE OF ONE DRESS!

COLORFUL, WASHABLE, USED DRESSES IN ASSORTED SILK, WOOL, COTTON & RAYON—ALL IN READY TO WEAR CONDITION!

Act Now! Heavy demand for certain sizes may deplete our stock. If out of your size, to better serve you, we will send you 3 to 5 of our Better Dresses (Dry Cleaned & Pressed) of higher value at no additional cost.

RUSH YOUR ORDER TODAY!!

MAIL ORDER MART DEPT. C-16
175 W. 9th St., Bklyn, N. Y. 11231
Enclosed find \$1.00 deposit. I will pay postman C.O.D. balance Plus postage.

SIZES 1-6x .. \$3.95 SIZES 7-14 .. \$4.45

AGE	SIZE	PRICE

NAME _____
ADDRESS _____
CITY _____ STATE _____

Save C.O.D. fees—Send full payment plus \$1. postage.