

INSECURITY



WAKE UP, Mary!



**It's a grand old world,
and you're missing it**

YOU'RE a pretty girl, Mary, and you're smart about most things. But you're just a bit stupid about yourself.

You love a good time—but you seldom have one. Evening after evening you sit at home alone.

You've met several grand men who seemed interested at first. They took you out once—and *that was that*.

WAKE UP, MARY!

USE MUM ON SANITARY NAPKINS
and know what complete freedom
from doubt and fear of this cause
of unpleasantness can really mean!



day. Start with Mum—and you'll come home as fresh as when you started.

Does not prevent natural perspiration.
Mum just prevents the objectionable part
of perspiration—the unpleasant odor—and
not the natural perspiration itself.

Don't let neglect of this part of personal
grooming cheat you of good times which
you were meant to have. The daily Mum
habit will keep you safe! Bristol-Myers Co.,
630 Fifth Ave., New York.

MUM TAKES THE ODOR OUT OF PERSPIRATION

MARRIED?—No reason to neglect stockings!



Husbands admire wives who keep their stockings perfect

Loose stockings add so much to your appearance. Don't let constant runs, rips, seams and wrinkles.

SAVE SLACKERY—Cut down on runs and wrinkles with Lux! Write to Lux Stockings Co., Dept. 10, Cambridge, Mass., for a free box of Lux—also good in U. S. and Canada only!

Let every die shatter that makes stockings do not wear. Colorfast coloring and warp with beautiful elastic stretchability!

CONSTANT RUNS
are unsightly and expensive—cut them down with LUX

for stockings





**1940's
CHARLES
ATLAS
AD**







Roots of Insecurity

- Instability in the home**
- Significant Loss**
- Dramatic Change**
- Personal Limitations**
- Personal Disposition and Temperament**



Roots of Insecurity

-Our culture and the pressure it puts on all of us to be young and beautiful

-Pride



Dear **insecurity,**

Do you have **any idea** how
tired I am of you? I know I've
made a place for you to stay in
my life ... **a comfy place, even ...**
but hear me now:

Scat!

I am a child of

God Almighty

In Him my worth is secure & sure.

He is now my comfy place. marydemuth.com