



LEAP
LEAP
BOUNCE
BOUNCE
BOUND
BOUND
RACE
RACE
RUN
RUN
JUMP
JUMP
FOR
JOY

No more monthly blues! You'd never suspect this wasn't a run-of-the-mill, ordinary, active day. This girl uses Tampax internal sanitary protection.

So this day will be like any other day for her. Active. Carefree. And unhampered.

She'll do anything she likes. Run through a field leaping over streams. Pace a horse through the woods. Even go out twisting until dawn.

And she'll wear the same clothes she always does. Long, slim pants. Hip-hugging jeans. Or a shocking pink sheath.

Yes, this girl uses Tampax. And it's made this day no different from the rest.

Dress—Mr. Gee. Boots—Golo

TAMPAX®

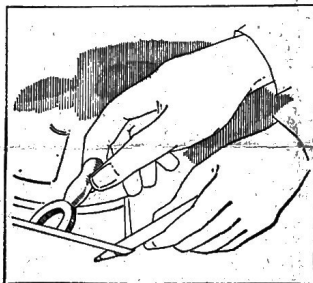
Internal Sanitary Protection

MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

TIPS TO KEEP YOUR TAPE RECORDER TROUBLE FREE

Good quality tape recorders these days are tough, reliable little machines designed to be almost foolproof. However they need a little help from their owners to make the best recordings. And like any machine, they need some good periodic maintenance. But upkeep is very easy, and these tips show just what to do.

Clearer recordings can be made if you first completely erase earlier recording from your tape. Your instruction manual tells you how to do this with the recording head, but you can do it much faster this way: with your recorder in the rewind cycle, loop the tape over a pen or pencil as shown and lightly hold a small magnet against the tape. To keep from scratching the tape, you can glue a piece of felt to the magnet.

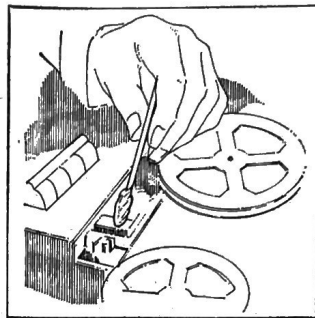


Dirty or dusty tape can cause poor sound, too. Clean your tapes with an ice cream bar stick wrapped in felt. Dip the felt pad in alcohol and squeeze it out almost dry. As the tape rewinds, hold the felt pad against the dull side of the tape. Turn the pad over occasionally and rinse it out now and then. To keep your tapes clean, store them in covered containers. 8mm movie reel cans make good tape containers.

The pressure pads (tiny squares of felt which press the tape against the recording heads) sometimes become glazed, resulting in a high-pitched squeal while recording or playing. You should replace the pads if this occurs, but as a temporary measure, you can try putting a trace of petroleum jelly on each pad with a cotton swab.

Mushy sound is invariably caused by an accumulation of dirt on the recording head of your machine. You should periodically clean the recording head, the tape guides, and the capstan drive unit with alcohol. Use a small cotton swab squeezed out almost dry. You

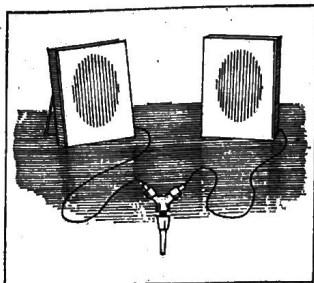
can also buy special solvents for this job, but alcohol works as well, and it's always as close as your medicine cabinet.



A head de-magnetizer is a simple, low-priced gadget that's well worth the few dollars you pay for it. The recording heads, tape guides, and capstan of your recorder pick up a little magnetism over a period of time, which causes crackling and other background noise. You plug in your de-magnetizer, hold it close to the metal parts, slowly withdraw it, and unplug it, and—presto—all residual magnetism is gone.

To record music from your record player or radio, you should make a pickup cord if you didn't get one with your recorder. This is just a cord that you plug into your recorder and your record player to record directly without using a microphone. Most record players have a built-in jack especially for this purpose, so all you have to do is put a plug on your cord to fit the jack, plus one on the other end to fit your recorder. You can also make a cord with alligator clips on one end to clip to the speaker leads of your radio or television for direct recordings. With this direct recording system, you eliminate any exterior noise that your microphone might pick up from other sources.

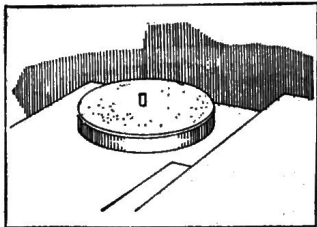
To record conversations, two microphones, even inexpensive models, are better than one. Your recorder needn't be a



stereo machine for this setup to work. Connect the two mikes with a Y connection, available in electronic stores. This way, you can separate the mikes in a group to pick up all voices at equal volume. Another tip: Children tend to "eat" the mike, so disconnect one mike and let your kids talk into it. Stand back a way with the "live" mike, and you'll get a better recording.

Overmodulation is a frequent cause of poor recordings. The recorder meter or "electric eye" on your recorder isn't a perfect instrument, so you should make some test recordings to find the best level for your programs. Turning down the bass on your record player helps, too.

Frequent tape breakage is often caused by undue looseness or slight misalignment in the tape reels. Rubber hold-down caps slipped over the top of the spindles keep the reels tight. Hardware stores often have small rubber leg tips that do the job. Felt disks under the reels help correct misalignment and cut down on reel noise, too.



A disturbing recorder hum might come from a very simple cause—if you have your machine sitting on a table top or other hard surface, that surface can act as a sounding board, amplifying the motor noise. Eliminate the noise by putting a sheet of heavy cardboard or a thin rubber pad under the recorder. Be sure there is ample ventilation under the recorder's case so it won't run hot.

Poor quality tape can make all your efforts at good maintenance and technique useless. Buy the best tape you can get. If in doubt, you can check the quality by examining it under a strong magnifying glass. Good tape has a smooth, unblemished surface. It's a good idea to check all your tape from time to time for scratches, too. If you find some, it's because there's roughness on your recorder head or the tape guides. This calls for immediate cleaning and possible replacement.