

New facts on Constipation

New scientific findings show that—after 40—tension and worry frequently lead to improper eating which may result in constipation due to lack of bulk.

A daily half-cup of Kellogg's All-Bran with milk ends this kind of irregularity the safe, natural way... no habit-forming laxative drugs! Good tasting and nutritious, too—Kellogg's All-Bran.



Plagued Day And Night with Bladder Discomfort?

Unwise eating or drinking may be a source of mild, but annoying bladder irritations—making you feel restless, tense, and uncomfortable. And if restless nights, with nagging backache, headache or muscular aches and pains due to over-exertion, strain or emotional upset, are adding to your misery—don't wait—try Doan's Pills.

Doan's Pills act 3 ways for speedy relief. 1—They have a soothing effect on bladder irritations. 2—A fast pain-relieving action on nagging backache, headaches, muscular aches and pains. 3—A wonderfully mild diuretic action thru the kidneys, tending to increase the output of the 15 miles of kidney tubes. So, get the same happy relief millions have enjoyed for over 60 years. New, large, economy size saves money. Get Doan's Pills today!



**MULTIPLE
SCLEROSIS
Patients
need help
GIVE NOW
MS HOPE CHEST**



ASK YOUR MECHANIC TO INSTALL **FILTO-REG**

FUEL PRESSURE REGULATOR
Recommended by carburetor specialists for new and used cars. Only \$7.95 plus installation. Sold by Auto Service Depts. and Garages. Satisfactory Guaranteed.
MAKES GASOLINE ENGINES RUN BETTER!

Fan Away!

Net Bradford

First, make your fans out of heavy paper. They should be an oblong shape, pleated, and fastened at one end with some string. Next, cut up some three-inch squares of tissue paper. Then each player lines up at the starting line with his fan and his tissue square, on which he has written his name. Make the finish line some distance from the starting line. At the words, "Fan away!" all the players start off, fanning their slips. Each tries to get his to the finish line first.



Junior Treasure Chest

Edited by MARJORIE BARROWS, Editor of The Children's Hour

Back-to-School Scramble Rhyme

Bill Ross

This is a back-to-school puzzle song. What do you think I took along? Unscramble the mixed-up words and see The list of things that went with me.

A lurre, some toen obkos and slipnec, too.

In a bright red aesc with my new skboo.

A blue tin chunl orb with two danshiwces inside;

Ookscie, kilm, and an elppa. And tied

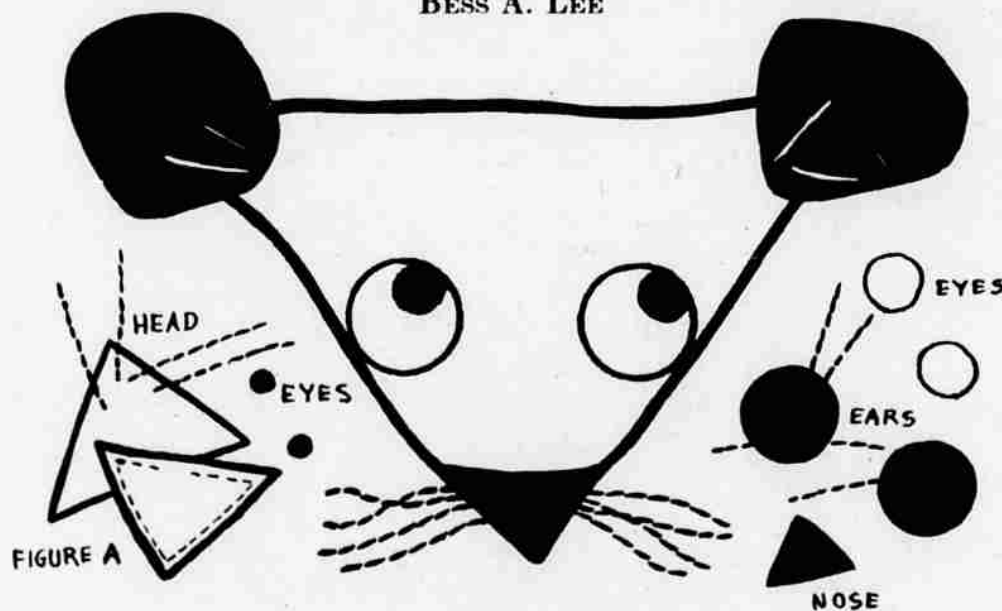
In a bag on the back of my bike

Is a saeb labl to use at recess if we like.

Answers: Ruler, notebook, pencils, case, books, lunchbox, sandwich, cookies, milk, apple, baseball.

LET'S MAKE A BEAN BAG

BESS A. LEE



Here is a pert and mischievous-looking little mouse, who is sometimes so easy (but often very hard) to catch. He doesn't mind being caught by one ear or a whisker and is always ready to play. First, cut a pattern out of paper for each part. Cut two triangles that measure five-and-one-half inches on all sides for the head, two circles two-and-one-half inches in diameter for ears, two more circles about one-and-one-fourth inches in diameter for eyes, and a triangular nose about one-and-one-half inches long that will fit over the tip of the triangle. Pin the paper patterns onto the cloth and cut. Cut the two triangles out of gray flannel or felt or other heavy gray cotton material. Cut the nose of black felt and the eyes of white; then cut two small black circles for the pupils of the eyes. Sew these onto the eyes and then stitch the eyes onto one of the triangles in the proper position. Place the nose at the tip of the triangle and stitch down with black thread. Put this triangle on top of the other one, right sides down, and sew them together around the edge, leaving a small opening at the top through which to pour the beans, as in Figure A. After the seams are sewn, spread them apart and flatten them out with your fingernail, then turn the triangles right side out again. If felt is used, you can whip the triangles together on the right side. Make two small tucks in each ear and sew them onto the front of the head at the corners. Be sure to fasten them securely. Fill the bag with navy beans and sew up the opening at the top of the head. Then, with heavy black thread or yarn, make a small stitch at the side of the face, pull the thread through the stitch and cut it off about one-and-one-half inches from the face. Repeat several times on each side to form whiskers.

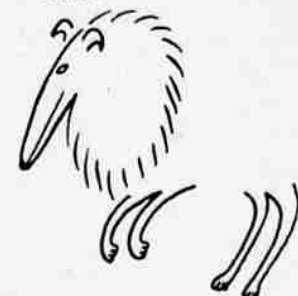
Let's Draw a Collie

Ann Davidow

Lass, the collie, likes to nuzzle With her long and pointed muzzle.



Draw her mane and dainty ears, Her almond eyes like ladies' tears.



No dog than Lass is any faster To her feet when comes the master.



She wags her tail, a thrashing plume. Lass, the collie, fills the room.