

# CONSTIPATION

affect you this way?

Tired and sluggish? Nervous, irritable, maybe from constipation due to lack of bulk? There's a safe, natural way to regularity—the Kellogg's All-Bran way.

A daily half-cup of Kellogg's All-Bran with milk gives you needed bulk for regularity—without habit-forming laxative drugs. Treats you to the wonderful flavor of bran, too. Put Kellogg's All-Bran on your shopping list, and overcome your constipation problems due to lack of bulk.



## Couldn't Wear Wedding Ring

Mrs. Kohler's Hands Were Red, Rough, Sore Until She Used RESINOL

"My hands were red, rough, so sore that I couldn't wear my wedding ring," writes Mrs. Ernest A. Kohler. "And my husband had many spots on his legs that were red and very itchy. We used salves of all sorts, some quite expensive, but they didn't help us. Now, after using RESINOL, my hands are ever so much better and so are the spots on my husband's legs. I'm wearing my ring again... We can't praise RESINOL enough! Remember this—quickly relieve sore, itching irritation of rough dry skin, eczema, rash, piles or hemorrhoids, chafing, chapping with soothing

Super-Lamolated  
**RESINOL** Medicinal OINTMENT  
And Forget Your Skin Distress!  
FREE Sample. Write Resinol, Dept. FW1, Balto. 1, Md.

## Improved powder grips False Teeth

Eat what you like, when you like, without slipping dentures. Improved PERMA-GRIP Dental Plate Powder holds false teeth firm for hours. White, tasteless, won't "ball up". At your favorite store.



## Feet Sore... Hot or Perspire?



You'll marvel how quickly Dr. Scholl's soothing, medicated Foot Powder relieves sore, tired, burning, perspiring, odorous, sensitive feet... how it eases new or tight shoes... helps prevent Athlete's Foot.

15¢, 40¢. Economy Size, 75¢.

**Dr. Scholl's FOOT POWDER**



### Post-Card Relay Maude E. Hallmer

If you have some post cards or Christmas cards, here's a relay race that's fun. Divide the players into two rows. Then stretch a rope across the yard or room. The first player in each line is given a picture post card and a clothes pin and at the word "Go!" runs to the line, hangs up the card, and goes back to his line, tagging the second player. This player runs to the rope, removes the card and takes it—and the clothes pin—back to the third player, who has to run and hang it up again. This continues all down the rows. The first line finished wins.

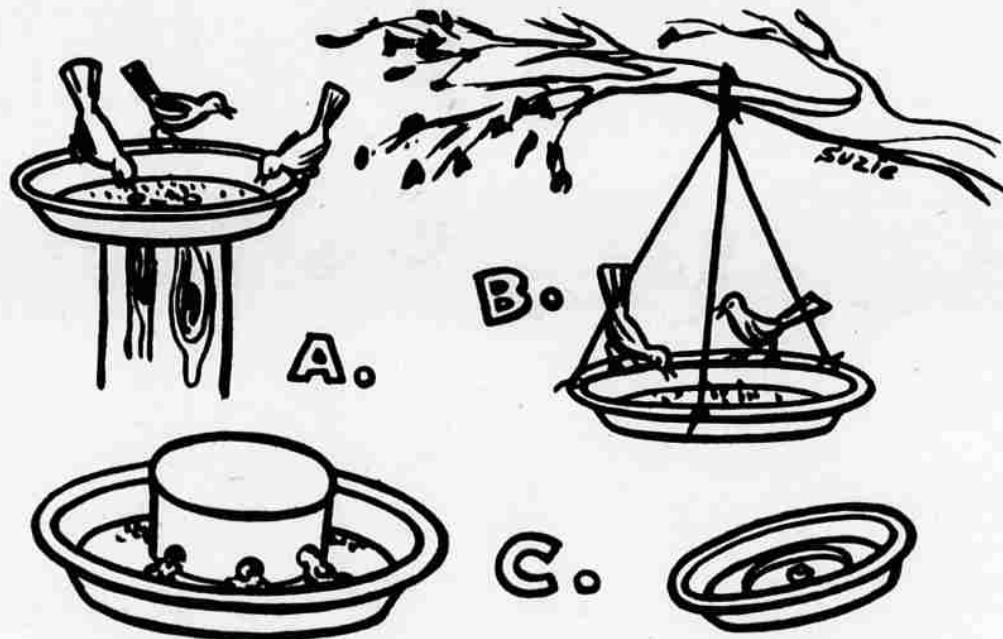
## Junior Treasure Chest

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

### Make a Christmas Book for Baby Julia Handy

If baby makes a shambles of his paper books, make him one that he can't tear. Here's how. Ask mother for some stiff cotton material from which you can cut four oblongs, measuring 9 x 14 inches. Place them on top of each other so the edges are even and fold like a book. Press the crease. Then open flat and sew down the crease with

a big needle and strong thread. Now you're ready to find some bright pictures to paste in the book. Look through old magazines for animals, houses, furniture, planes, toys, cars, pets, shoes, food—all things a small child will like—and paste just a few on each page. Children in hospitals would love these, too. Send them some you make!



## Bird Feeding Stations

Walter Eckart

This is the time of year to start making a bird feeding station.

When the snow begins to fly, our little feathered friends will have difficulty finding food, so you had better make your feeding station now.

One of the simplest kinds to make is shown in Figure A. Just take a metal pie plate and nail it to the top of a fence post or clothesline post. Use large-head nails, such as roofing nails. From time to time place some corn, cereal, or bread crumbs in it, and you will have birds around all Winter.

Another kind to make is the hanging type. With a nail, punch three holes in the rim of the pie plate and tie a piece of strong cord in each hole. Then hang the station from the branch of a tree, as shown in Figure B, and the birds

can get the food, but kitty can't possibly get the birds!

A more elaborate feeding station is the self-filling type. For this, besides the pie plate you will need an empty coffee can and cover, and a little nut and bolt. With a sharp nail, punch a hole in the center of the pie plate and also the center of the coffee-can cover. Now bolt the two together with the cover inside the pie plate. Punch some large holes around the top of the coffee can. See Figure C. Then fill the can with corn or cereal and put the bolted cover and pie plate back on the can. Now when you turn it over, the corn will spill out of the holes into the pie plate, and as the birds eat, more corn will spill out. You can hang the station as shown in Figure B.

### Riddle Roundup

1. What is it that can sing and has eight legs?
2. What is put on the table and cut but never eaten?
3. What is a Laplander?
4. What grows on paper and dies on water?
5. What must you break before using?
6. Why is SWIMS a most unusual word?

Answers: 1. A quartette. 2. A deck of cards. 3. A clumsy person on a crowd-ed bus. 4. A fire. 5. An egg. 6. It is the same upside-down as right-side up.

### The Snowman

Clarence Biers



INSIDE THE  
A LOOKED UNTIL HE FOUND  
OF A WORN-OUT  
AN OLD AND A

THEN HE WENT OUT WHERE THE WAS FALLING. AND IN 15 MINUTES, THERE WAS HAPPY

