

# Don't worry yourself into NERVOUS CONSTIPATION

*A serious chronic condition often starts with simple irregularity due to lack of bulk*

As you may know, the problem of constipation is particularly common among sensitive and intelligent people. For these are the folks who are especially vulnerable to the tensions of modern-day living.

And quite often, people like this tend to lose appetite in times of stress, or when they're under pressure. They just don't eat enough, or enough of the right foods, and this leads to irregularity due to lack of bulk in the diet.

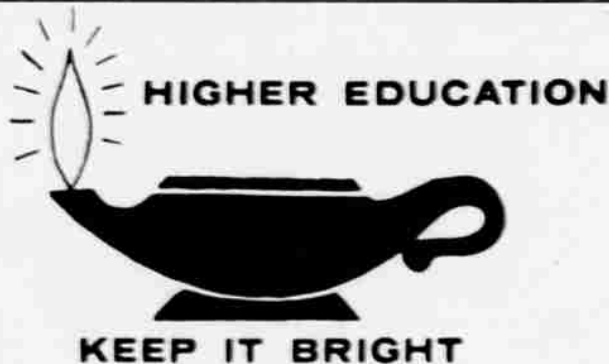
Fortunately for people like this, there is a good-tasting way to overcome this problem. A safe, gentle way. It's the Kellogg's All-Bran way. You



see, just a half-cup of Kellogg's All-Bran with milk provides all of the good bulk food needed for consistent regularity.

And that is why so many people have been able to find natural relief from constipation with this nutritious cereal food. Really, wouldn't you like to try Kellogg's All-Bran, too?

## Kellogg's ALL-BRAN



**AID TO HIGHER EDUCATION** When your children are ready for college, will college be ready for them?

## Doctors Tell Mothers Warts Should Be Removed

**New Compound Removes Common Warts Without Cutting or Burning**

New York, N.Y. (Special) ... Doctors know picking, scratching at warts may cause bleeding and infection. Now, science has developed a new compound, that removes common warts quickly and safely, without surgery or electrolysis.

This remarkable formula penetrates warts ... destroys their cells ... actually dissolves warts away. Tested by a leading New York skin clinic, this formula proved so effective, only one application a day

was needed ... proved so safe, it is now used for both children and adults. This new compound contains no mineral acids ... leaves no ugly scars.

Today, this compound is widely recommended for quick removal of troublesome warts. Known as Compound W\*, it is available without prescription, 98¢ at all drug counters. Compound W is guaranteed to remove common warts ... or money refunded. \*Trade Mark

## NAGGED BY BACKACHE?

— why put up with sluggish kidneys ... when relief is often so swift and easy to obtain?

Backache, dizziness, lack of energy, restlessness, getting up nights, may be caused by functionally sluggish kidneys, mild bladder irritation.

For 50 years people have found swift, effective relief with DeWITT'S PILLS. This famous diuretic stimulant: 1) flushes congestive waste material out of kidneys;

2) increases circulation of blood through the area; 3) reduces irritation of kidneys and bladder; 4) fights infection and resists reinfection.

You can see that DeWITT'S PILLS are at work when "the blue comes through." Get DeWITT'S PILLS today without prescription.

**De WITT'S PILLS... "the blue comes through"**

# A talk with a friend



Richard Kerr

EVEN AT dog-and-pony shows they introduce all the facts, so I guess I'm in order to give a brief explanation as to who I am and what I'm doing in this space. I have been an editor, a Marine sergeant, a judo instructor, a surveyor, and an advertising executive.

Not long ago, something happened that suggested a column like this might be in order.

An art director friend of mine, quite successful and with a great reputation, decided after 20 years of fine work in New York to move to California. It meant giving up all his business, fraternal, and neighborhood friends, selling his home and boat, and taking his children out of school. In effect, it meant starting life over in a strange place among strangers—for himself and his family.

He called to say he wanted to sit down and talk with me. "Believe it or not," said Fred, "this is the greatest change I've ever made in my life. I'm not looking for advice or counseling or anything like that. I'd just like to talk to a friend about it. I'm sort of proud and a little scared; but everybody's too busy to talk. They say, 'Good luck,' but just to sit quietly for an hour or two for a friendly talk seems a thing of the past."

Recently, Marlene Dietrich started a series of talks on a week-end radio program. When asked what she was going to talk about, she replied, "On life and love and anything I know anything about. Every human being is in need of talking to somebody. In this country, nobody has time. Everybody is rushing about. It seems that talking to a friend has gone out of style. Now you have to pay money to go out and talk to an analyst."

It is hard to believe that these statements were made in the same nation that was once famous for cracker-barrel conversation, hot-stove leagues, town meetings, and stage-coach inns.

Today the crackers come packed in handy boxes and you buy them in big stores with electric-eye doors and parking lots for 2,000 cars. The rocking chairs on the porches of the famous inns have gone to antique dealers and the guests are out enjoying "the new leisure." No longer do they respond to the invitation to "come up and set a spell." They are out water skiing and golfing.

Maybe as we lose our front porches we are losing a lot of the friendliness and cheerfulness that comes with a casual conversation.

Frequently you hear that the Art of Conversation is dead. But when I see conversation capitalized it reminds me of splendored drawing rooms where the gentlemen dip their cigars in brandy and discuss cartels, and the women all look like Eva Gabor.

How about old-fashioned kitchen-table talk where friends work out the worrisome details that make life such a problem?

How about neighborly front-porch talk where you discuss the pleasant bits of trivia that make life so enjoyable?

That's what this column will be all about. It will attempt to stir the embers of happy reminiscence, to look with wit, good humor, and confidence into the jet age; to discuss subjects informally and leisurely, as we would if you invited me to "come up and set a spell."

### COVER

The joy and beauty and spiritual serenity of Easter is reflected on today's cover, painted especially for Family Weekly by Chicago artist Arnie Kohn.

*Richard Kerr*

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