

REGULARITY WITHOUT PILLS OR MEDICINES

Millions have eased away constipation with a good-tasting breakfast food

Corrects constipation due to lack of bulk

Has this happened to you? If you are bothered with constipation, have you fallen into a trap that may be both harmful and expensive?

Every time you get off schedule, do you seek relief with harsh laxative drugs—and find yourself taking pills or medicines in larger and larger doses?

It may come as a surprise to you that when constipation is caused by a lack of bulk in your diet (which is often the case), it can be corrected with a good-tasting cereal food.

This good-food way to safe, natural regularity is Kellogg's All-Bran—just a

half-cup of Kellogg's All-Bran once a day, with milk. There's a simple reason why Kellogg's All-Bran is so effective. It is whole bran—and bran is nature's best bulk-forming food. Even a small amount gives you all the bulk you need to stay on schedule.

If you'd like to ease away constipation this natural way, try eating Kellogg's All-Bran once a day for 10 days. But be sure that you get the original, appetizing All-Bran—Kellogg's All-Bran. It's America's favorite whole bran cereal by 3 to 1!



New NP-27® Treatment Kills Athlete's Foot Fungus Under Skin Surface—Even Penetrates Into Toenails

Promotes growth of healthy tissue, guards against infection coming back.

Latest laboratory tests prove NP-27 Liquid not only works under skin surface, but even penetrates into toenails to kill fungus where it breeds and spreads. Works in the vital under-surface skin layers where ordinary remedies cannot reach.

Using new NP-27 Liquid-Powder Treatment, doctors in two leading clinics found that Athlete's Foot, Ring Worm and other fungus infections, even stubborn cases, clear

up usually within two weeks—often in less than 7 days.

As part of Treatment, new NP-27 Medicated Powder dries the foot perspiration that helps fungus grow, eliminates surface fungus, deodorizes and soothes chafed skin, guards against re-infection.

New NP-27 Treatment guarantees effective relief, or full refund from druggist. Save on special introductory price. Regularly \$1.87, new NP-27 Liquid-Powder Treatment now for limited time only \$1.59.

**The *LIFE* you Save
May be Your *OWN***

PHOTO CREDITS

Page 2: Carl Bakal.
Page 4: Mickey Pallas.
Page 6: Mickey Pallas, UPI.

"MY BACK IS KILLING ME"

—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"

New Instant Action!

PULVEX Anti-Scratch FLEA POWDER

KILLS ALL FLEAS
including resistant varieties

STOPS DOG ITCH



Charlie was told to care for fishing gear. Neglect taught him something words couldn't.

MISTAKES (Continued)

EACH NEW INDEPENDENCE is something parents should look forward to as eagerly as the child does. Trouble results when the desire "not to lose my baby" conflicts. If it isn't safe to let a child go ahead quite as fast as he wants to, we must devise a compromise that will make him feel he is making some progress toward the longed-for recognition of his growing independence.

How the parents of Dennis, 11, handled the baby-sitting problem is a good example. They live in a big house set well back among many trees. They did not feel he should be left alone at night, but the very name baby-sitter disgusted Dennis. So his campaign against having a sitter became a pitched battle. His parents couldn't give in, but they eased the blow to his pride by presenting him with his own key on his 12th birthday so he could come and go as he pleased in the daytime.

This was a great lift to the insulted young man's feelings, but he still fought the idea of a baby-sitter at night. So they agreed to leave him alone one evening until a little after dark.

"He was mighty glad to see us," his father reported. "I hope we did right. We ended his arguments about the baby-sitter, but we risked making him timid in the dark."

At a certain point parents have to take some chances, and this is always hard for solicitous parents to do. But it is better to give a child freedom to learn through some small mistake than to hold him back when he feels ready for new responsibility and independence.

On the other hand, insistent pleading for some new privilege is by no means a sure sign that a child is ready to handle it.

We had a terrible time, on this score, with one of my grandsons about a bike when he was 10.

He is a bright, wiry, fast-moving boy, very competent and well-coordinated but also impetuous. His best friend is a bigger, huskier, but placid boy who lives on a level street with little traffic. My grandson's home

is on a hilly, heavily traveled road. His parents knew his life would be endangered on a bike. He insisted that what was fair for his friend was fair for him.

There were stormy pleadings, but this was a clear case where parents couldn't possibly be justified in letting him have this measure of independence, no matter how ready he felt. They held out until he had shown conclusively that he could be trusted in traffic.

We must be consistent in our protective restraints, yet nothing is gained by sticking to an arbitrary "No" simply because we have refused a child's request before hearing him out. But parents who give in with, "Oh well, go ahead! I'm tired of arguing," only make things twice as hard when it is necessary to oppose a child firmly, no matter how wildly he protests.

It is also important not to confuse honest mistakes of judgment with actual disobedience. A mistake usually carries its own built-in lesson, and nothing is gained by rubbing it in with "I told you so," or by some additional penalty.

Phil, 5, was left in the car while his mother went into a market. He knew he must not get out, but it seemed a kind idea to open the door for his dog, as long as he held tightly to the leash. His beloved pet promptly pulled the leash free, tangled with another dog, and was badly bitten. Here is a case where his mistake caused almost more sorrow than the child could bear—quite enough punishment in itself.

When a child learns by hard experience, we must see that it is without loss of self-respect and, above all, without feeling that his parents' love is withdrawn, even though their approval of his behavior and judgment may be.

Mistakes should not be excused entirely, but the child learns from them, safely and steadily, only if we let the results condemn the mistake—but never ourselves condemn the regretful child for an ambitious attempt by withdrawing our love and understanding.

In an early issue of *Family Weekly*, Mrs. Gruenberg will conclude her three-part series on independence with the article "When Boys and Girls Act Like Rebels."