

IF YOU ARE ON THIS LIST...

- Nervous and tense
- Arthritic
- Heart trouble
- Invalid
- Middle-aged or elderly
- Pregnant or nursing
- High blood pressure

DON'T LET CONSTIPATION ADD TO YOUR WORRIES!

As distressing as constipation can be in "normal" people without special conditions or illnesses, chronic irregularity can be extremely aggravating—even dangerous—in some cases. If you are on the list, you've probably been cautioned already by your own physician, to avoid harsh laxatives and purgatives. Your doctor may have indicated concern about the "straining" that goes with constipation (particularly in cardiac, high blood pressure, and similar cases), and he may already have recommended SARAKA. SARAKA works naturally, effectively, the way nature intended your system to work—gently, smoothly, without stress or harshness. SARAKA is easy and pleasant to take, after meals or before bed. At your drug store or drug counter. For generous free sample, write to SARAKA, Dept. F-2, Kenilworth, N. J.

SARAKA "natural way to regularity"

How Government Hospital Stopped Athlete's Foot Itch!

Relieves itching torture instantly—
destroys fungi on contact!

At first sign of agonizing toe itch, use amazing Ting Medicated Cream! Tests by government hospital prove Ting brings relief three ways: (1) Instantly relieves itching and soothes sore, burning skin! (2) On 60-second contact, destroys fungi that cause Athlete's Foot! (3) Aids healing of cracked, peeling toes. Ting's "dry cream" formula dries quickly to an antiseptic powder that elings...continuing relief for hours! Greaseless, stainless. At all druggists. Only 79¢. Money back if not satisfied. ©1958 Pharma-Craft Corp.

IRRITATED EYELIDS?

● Bathe them with LAVOPTIK Eye Lotion. Promptly soothes. Also relieves inflamed, sore, burning, itching eyes, soothes tired eyes or money back. Insist on LAV-OP-TIK Eye Lotion. Depend on 45 years' success. Free Eye-cup included in package. All druggists.

Help Fill the MS

- Research
- Clinics
- Patient Aid



ITCHING
SUNBURN • POISON IVY
HEAT RASH • CHAFING
Relieve Itching and Burning, Promote
Healing with Super-Lanolated
RESINOL



Junior Treasure Chest

Walk On The Farm Clarence Biers



Stamping Balloons

Ragna Eskil

When inviting guests for this party, ask them each to bring some small gift, preferably an inexpensive funny one, gaily wrapped. Before the party the host or hostess inflates a balloon for each guest, but first she inserts a number (clipped from an old calendar) in each balloon, going from one to whatever number of people there will be. Duplicates of these numbers are placed on each gift and they are heaped on a table near the players. A balloon is passed to each one. The first player must stamp on the balloon till it bursts. It may take a few tries. Then he picks up the number that was inside it and matches it to the gift of that number.

Answers to Riddle Round-Up:

1. A man outstanding in his field.
2. If we weren't so fresh, we wouldn't be in this jam.
3. Young cow (Yung Kow!).

Answers to Graduation Plans:

1. nurse, 2. teacher, 3. lawyer, 4. doctor, 5. engineer, 6. butcher, 7. tailor, 8. postman, 9. sailor, 10. soldier.

Graduation Plans

Mabel Inglin

What will the June graduate be? Can you rearrange the scrambles below to spell out some well-known occupations?

1. snure
2. haectree
3. rawley
4. codrot
5. geernine
6. hurtbec
7. torail
8. mostnap
9. sorail
10. siderol

Make It Easy (For Girls Only)

Ida M. Pardue

Adver-Ties: Flaunt your school colors on your feet. Make a pair of yarn pom-poms in the school colors and tie one to each shoelace. **One Alone:** Wear that lone earring—screw-back or clip—at the neck of a sweater or blouse like a pin.

Tip Top: Give the plastic tips of your shoelaces a coat of bright nail polish—or paint them to match your costume with oil or show-card colors.

Give It a Pearl: Replace the buttons on a blouse or dress with small gold safety pins on which you have threaded some pearl beads.

Blast Off!

Mabel Inglin

The players sit in a circle with the "Sun" blindfolded in the center. Give each player the name of a planet or heavenly body. When the Sun calls out two planets, they change places as fast as they can, cutting across the inside or going around the outside of the circle to avoid being caught. If a player is caught, he's the new Sun. Or if the Sun beats a player to his place, the one left out becomes the Sun. Whenever the Sun yells "BLAST OFF!" all players change seats and the Sun tries to tag one.

Let's Draw a Koala Bear

Ann Davidow



Australia
Across the seas
Has lots of
Eucalyptus trees.



Where tiny
Koala bears abound
With furry ears
And noses round.



Mama Koala
Has a purse
Or pouch for baby
Where he'll nurse



Until he's old enough
To pack
Upon her shoulders
Pickaback.