

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"



If it weren't for brand names
You'd have to be a
home economist to
choose the food you want

You do 70% of your grocery shopping "sight unseen." The products are in packages. Only the label guides you.

Why don't you have to look inside each package? What makes you so sure you're getting what you pay for? In fact, what makes you sure about anything you buy?

Isn't it because you've learned the basic rule of sound buying:

**A good brand
is your best guarantee**

No matter what you buy, you know you can depend on a good brand. And so, you know you're right.

The more good brands you know, the surer you are. Get to know them in this magazine. They'll help you cut buying mistakes, get more for your money.

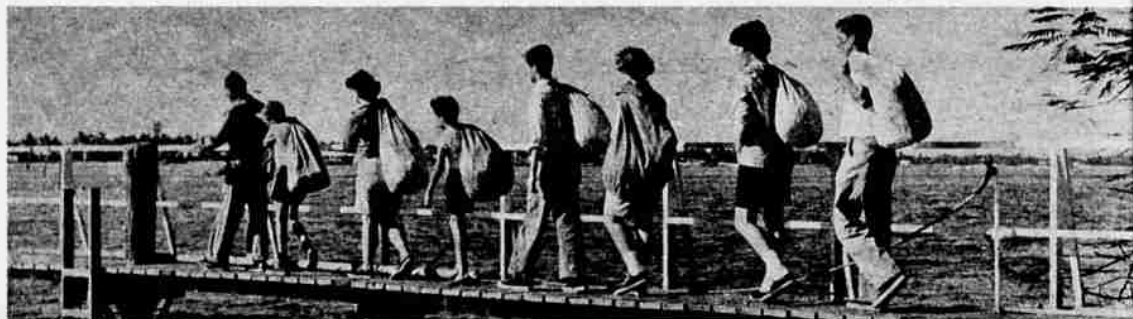
BRAND NAMES FOUNDATION
Incorporated
A Non-Profit Educational Foundation
37 West 57th St., New York 19, N. Y.

**A GOOD BRAND
IS YOUR BEST GUARANTEE**

Sailors Ho!

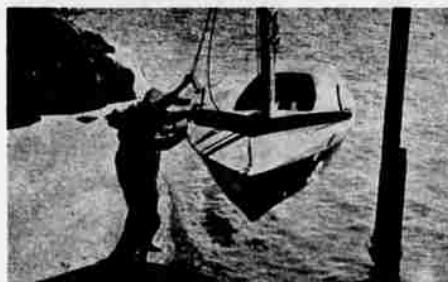


Young sailors learn sail and rigging principles in early lesson.



Ready to ship out: Capt. Wingerter leads young charges down to boats to apply knowledge learned in the classroom.

Photos: Hamilton from Globe



A small hoist helps to ease the boat into the water.



Students quickly learn how to make the boats ready.

MORE AND MORE Americans are taking to the water each year, and sailing is one of the lures. Students at the Graham-Eckles School in Palm Beach, Fla., even have a course in sailing and, needless to say, it's highly popular. The apprentice seamen learn the ways of the tides and the caprices of the wind, how to handle the sails and rigging, and the less pleasant chores like scraping and painting. On inclement days they bone up on meteorology and navigation, knots and splicing. But all the work is worth it for the fun of getting out on the water. Though the boats they use are small ones, the thrills are mighty big.



All shipshape, the amateur seamen get set for first race.