

Boy, I shouldn't let the lawn go another week! But the way my stomach feels . . .

Fred, what you need is Pepto-Bismol. Hospital tests prove it relieves upsets. Great for indigestion or nausea, too!



Pepto-Bismol works where soda, seltzers and "tummy-aids" fail! For upset stomach, indigestion, nausea, or diarrhea—Pepto-Bismol's special medicinal formula soothes with a gentle coating action. It works in both the stomach and the lower digestive tract—where soda and alkalizers never help. For children or adults, this wonderful pink liquid helps control simple diarrhea without constipating. Take Hospital Tested Pepto-Bismol* . . . and feel good again!



ITCHY RASH

Relieve Itching and Burning, Promote Healing with Super-Lanolated

RESINOL

Enjoy steak even with False Teeth

If false teeth slip or embarrass in any way—use new PERMA-GRIP Dental Plate Powder. Plates stay firm for hours! White, tasteless, won't "ball up". Get PERMA-GRIP at your favorite store.

BACKACHE getting you down?

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

Nagging backache can result in loss of sleep and energy. Often this misery is caused by sluggish kidneys and a mildly irritated bladder. These conditions can also cause restlessness, dizziness and trips to the bathroom during the night.

For 30 years, people have found swift, effective relief by using De WITT'S PILLS. This famous diuretic stimulant for the kidneys 1) flushes congestive waste material out

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

You don't have to wonder when De WITT'S PILLS are at work—you can see. When "the blue comes through" you know De WITT'S PILLS are already in action. Get De WITT'S PILLS today. No prescription needed.

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

Pain, Callouses, Burning at Ball of Foot?

Fastest Relief Ever Discovered!

LIKE WALKING ON CUSHIONS—that's the delightful sensation you experience with Dr. Scholl's Ball-O-Foot Cushion snugly nestled under the ball of your foot. The cushion—not you—absorbs shock of each step. Relieves pain, callouses, burning. Loops over toe—no adhesive. Made of soft, flesh color Latex Foam. Washable. Worn invisibly. Only \$1.00 pair. At Drug, Shoe, Dept., 5-10¢ Stores.



Dr. Scholl's BALL-O-FOOT Cushion

Now, THEN, for that trip to Hawaii—you are planning to go some day, aren't you?—you'll need to know only three things. How to eat poi (it's done with the fingers), how to dance the hulu (it's done with the hands), and, of course, how to ride a surfboard (it's done with the feet). You may, perhaps, prefer to confine your activities to eating and dancing, but the islands' favorite sport is not as difficult as it appears. Requirements, in fact, are relatively simple. First, choose a surfboard twice your size. Next, merely learn the three positions, prone, kneeling, and standing. Simple? Of course it is. Be sure to wear a bathing suit, though. Surfboards, from time to time, are unexplainably unstable.

Photos: Orlando from Three Lions



1 Surfboards, like skis, come in assorted sizes. The recommended length: at least twice your height.

How to Ride a Surfboard



And away we go! Waves start slowly at first, but become larger and trickier as they roll. Beginners must expect some

spills, but with practice you'll learn nuances of shifting your weight with the shifting waves. If not, try to enjoy the swim back.