

Don't diet yourself into CONSTIPATION

As you may know, there's a good reason why folks who go on diets often have trouble with irregularity. For whenever you change your eating habits, and particularly when you eat less, you may not get enough good bulk food. And, of course, lack of bulk in the diet is one of the common causes of constipation.

But, fortunately for people who want to lose weight, there is a way to get back on schedule naturally—without going off your diet. A safe, delicious way. It's the Kellogg's All-Bran why.

You see, just a half-cup of Kellogg's All-Bran—only 95 calories—provides all of the good bulk you need for gentle, natural regularity.

So if you'd like to stay on a diet, and stay regular, too, try Kellogg's All-Bran with milk. It's America's favorite whole bran cereal, you know... now by 3 to 1!



SPECIAL OFFER TO Denture Wearers!

Get 5 trial-size packs, Dr. West's Insta-Clean® Liquid Denture Cleanser... plus lifetime denture bath. Mail 25¢ today!



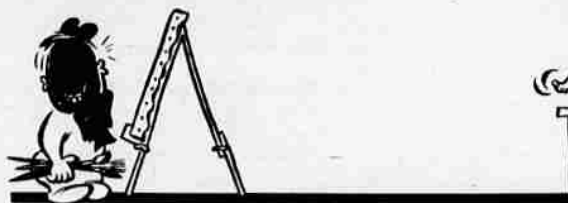
To prove to you that new Dr. West's INSTA-CLEAN Liquid Denture Cleanser will make your dentures actually cleaner than freshly-brushed natural teeth... IN LESS THAN 5 MINUTES... Dr. West's makes this Special Offer! For PROOF that penetrating, abrasive-free Dr. West's removes sticky film, tartar-forming bacteria, odor-breeding bacteria and tobacco stain better than any other cleanser you've ever used—mail 25¢ to WECO PRODUCTS Co., Dept. FW-53, 20 N. Wacker Dr., Chicago 6, Illinois.

Dr. WEST'S
INSTA-CLEAN
DENTURE
CLEANSER



69¢ at drug counters

INSTA-CLEAN is the trademark of Weco Products Co.



The Bare Fact

The reason why an artist likes
To paint a nude
Is not, as many people think,
Because he's lewd,
But just because no change of style
Can leave him vexed,
Since birthday suits aren't long one year
And short the next.

—Hal Chadwick

A carnival performer was riding a train through Ohio with his flock of trained pigeons when the conductor passed through the car. Rules, the latter explained, specifically forbade animals or birds from riding in passenger cars—they had to go, the pigeon trainer was told.

"These aren't just birds," the performer explained, aghast. "My pigeons are skilled entertainers, highly trained, most intelligent. They should be allowed to ride with me!"

The conductor was unconvinced. "Pigeons are pigeons," he said, "and either they go or you both go."

The trainer finally gave in. He opened the window and instructed his precious birds to leave. "But," he told the conductor, "when we get to Cleveland, your superiors will hear of this!" "Cleveland?" the conductor said. "This train is headed for Cincinnati." "Good heavens," the trainer cried. Then, leaning out the window, he called to the distant flock, "Cincinnati, fellows! Cincinnati!"

The hallmark for some families is traced by a three-year-old with a crayon.

—Frank O'Brien

The couple was writing letters when the husband suddenly stopped and looked worried. "What's the matter, dear?" asked the wife.

"Why, er—I had it on the tip of my tongue and now it's gone."

"Don't worry," she said. "Think hard, and it's bound to come back."

"Not this. It was a four-cent stamp!"

—Christian Herald

Pardon My Cheesy Appearance

He who eats pizza needs
Fool for luck or else he cheatsa.

—Francis O. Walsh

A little girl who lived in Connecticut with her parents went to visit Grandmother deep in Dixie for the first time. Proud Grandma, anxious to please the youngster, cooked all the traditional Southern dishes—particularly those famous hot biscuits.

One night, the old lady listened outside the door as the child said her prayers. "Dear Lord," she prayed, "give us this day our daily bread and, please, no more biscuits."

—A. W. Stinson

My Dinner-Party Partner

No power on earth,
I think, will hush her;
I feared a drip—
And got a gusher.

—Ken Kraft

At HOME and AWAY

by Bill Harrison



"Harvey, you haven't said a word all evening."



"Here's another little story I heard at the convention."



"No, you can't have a dime."



"The trouble with children today is, we give them too much."



"You know I'm not handy with tools."



"Well, I got it apart without any trouble."



"You'll have to carry out the garbage—my back, you know."



"Now watch closely, and I'll show you that flip again."