

BREAK THE CHAIN LAXATIVE HABIT



**Millions find gentle, safe relief
with Kellogg's All-Bran and milk**

For irregularity caused by lack of bulk

Wouldn't you like to rid yourself of harsh laxative drugs and find a safe, gentle way to natural regularity?

You can, you know, because there is a way—a very delicious way—the Kellogg's All-Bran way. And every year more and more people discover that this good cereal food can do for them what laxative drugs never could.

Actually, there's a good reason why Kellogg's All-Bran works when laxative drugs don't. You see, one of the common causes of irregularity is lack of bulk in the diet. And laxative drugs which contain no bulk can do nothing to correct the cause of the trouble.

Kellogg's All-Bran, on the other hand, is a whole bran cereal. And since

bran is nature's best bulk-forming food, a half-cup of Kellogg's All-Bran with milk provides all of the good bulk food needed for consistent, natural regularity (Wonderful old-fashioned bran muffin flavor and good nutrition, too!)

If you would like to try this common-sense way to get back on schedule—without the use of harsh laxative drugs—we'd like to make this offer. Enjoy Kellogg's All-Bran with milk every day for 10 days. Then, if you are not completely satisfied, just return the empty carton to us. By return mail we'll send you double your money back and that's a promise from Kellogg's of Battle Creek.

AS YOU WERE SAYING...

**ya'll
come
back,
hear!**

THE SMALL TEXAS TOWN of West, near here, is a polyglot community where the pace is quiet and the easygoing residents seem to take all emergencies in stride. Each time I visit there I learn a new lesson.

The latest happened on a recent Sunday morning when the police chief delivered breakfast to his only prisoner, in on a minor charge. The prisoner inquired mildly whether he had to miss going to weekly church services because he was in jail.

The chief was slightly startled by the question, but only momentarily. Opening the cell door, he said, "I'll expect you back right after services."

As soon as church let out, the prisoner walked back into his cell and the chief, without a word, locked the door behind him.

—Thomas E. Turner, Waco, Tex.

**lucky
reader**

I KNOW A MAN who actually won one of those soap contests that offer fabulous prizes.

George Rawleigh of Paducah read about the contest in a Family Weekly ad. He correctly identified several scenic wonders of the world, then wrote a prize-winning statement about the soap. At first he thought his statement was "just so-so," but he was recently informed it won top prize of \$11,000.

The money came at a good time. Rawleigh is retired and he has undergone some major surgery and hospitalization.

—Harrison Brown, Paducah, Ky.

**dead
end!**

ONE EVENING, after our ladies' club meeting, I was chatting with a friend when another member came over to say that her husband was picking her up and it wouldn't be necessary for my friend to drive her home.

My friend seemed much relieved, and later explained, "I don't mind driving her home, but she lives so far out and the drive back is so dark and lonely. It goes past a cemetery and I'd hate to get a flat tire there."

"My goodness," I teased, "the people in the cemetery won't hurt you."

"No-o-o," she pondered, "but they won't help me either."

—Mrs. Marion Large, Trinidad, Colo.

We Pay \$10 for Your Letters. We welcome your views on any subject of general interest. If we print your letter, you will receive \$10. Letters must be signed, but names are withheld on request. We reserve the right to edit contributions. Letters cannot be returned. Address Letters Editor, Family Weekly, 179 N. Michigan Ave., Chicago 1, Ill.

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