

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 effectively, 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.

SPECIAL OFFER: For generous week's supply send 10¢ to SARAKA, Dept. FW-3, Kenilworth, N.J.

SARAKA

"gentle help to regularity"

DIABETIC or DIETING?

ask for
SARAKA D
the only SUGAR FREE
bulk stimulant laxative

Drive Safely

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Mysterious aroma of Gypsy Fish Bait Oil Compounded makes small feeding fish wild through thousands of small organs covering their bodies. One potent drop on artificial or live bait draws in fresh or salt water whether you will fish with pole, cast, spin or troll. Really works. Only \$1.00 (1 for \$4.00). Cash orders postpaid. If C.O.D. postage extra. Drawn fish to your bait or money back. F.R.P. Handy large water resistant pouch with every bottle. Order from:

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GIVES MORE STRENGTH
- STAMINA - VIGOR -**
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VIOBIN MONTICELLO, ALABAMA
Refuse substitutes. Only Viobin proved effective.

Junior Treasure Chest

Edited by

MARJORIE BARROWS.

Editor of The Children's Hour

Balloon Bunt Relay Bill Ross

Have the players count off to form two teams and line up both teams single file. The first man on each team is given a balloon. At a signal they begin kicking their balloons across the room as fast as they can. Then they kick them back to their lines ready for the next player to do the same.

The balloon must not touch any part of the body except the feet and legs. If a player forgets and touches the balloon with his hands, he must go back to his line and start over. The team which finishes first is the winner.

Reversible Words Nancy Clinton

1. Read forward, **animals you play with.**
Read backward, **a stair.**
(Example: pets — step)
2. Read forward, **a number.**
Read backward, **something in which to catch fish.**
3. Read forward, **a cooking utensil.**
Read backward, **a short sleep.**
4. Read forward, **a stain.**
Read backward, **spring toys.**
5. Read forward, **a sweet potato.**
Read backward, **a spring month.**
6. Read forward, **a fastener.**
Read backward, **a pinch.**
7. Read forward, **gained a victory.**
Read backward, **the present time.**

8. Read forward, **a recompense.**
Read backward, **part of a bedroom chest.**

Answers:

1. pets—step 2. ten—net 3. pan—map
4. spot—tops 5. yam—May 6. pin—nip
7. now—how 8. reward—drawer

State of the Union Puzzle

Dixon Lewis



Across

2. Adjoining state on north (abbrev.)
5. When I play tag I'm often —
7. Adjoining state on the east (abbrev.)
8. Domestic bovine quadruped
9. What Dad may smoke
11. East Indies (abbrev.)
12. A type of electric lamp
14. United Nations (abbrev.)
15. Initials of Fridtjof Nansen, Arctic explorer and naturalist
17. Girls of this state are called —
20. A compliment you trade
22. We walk — and fro
23. Girl's nickname
24. We have — little time!
26. Brisk walk
28. A method of printing color and design on a fabric
30. What you cut your meat with
32. Colloquial name for something that grows in the ground in this state
35. French for word and
36. Adjoining state on the west (abbrev.)

38. Initials of Sidney Lanier, a famous poet of this state who wrote "The Marshes of Glynn"
42. Name of this state

Down

1. Overturn
3. East-southeast direction (abbrev.)
4. Southern state (abbrev.)
6. Fasten securely
8. Famous swamp in this state
10. Fir tree (lots in this state)
13. Beginning
16. Capital of this state
18. — last, you are here!
19. This state is famous for the value and quality of its — crop
21. Long Island (abbrev.)
25. Scrambled letters for BOG
27. A bone
29. The 1st and 15th letters of the alphabet
31. Adjoining this state on the south (abbrev.)
34. — this right?
37. Southern state (abbrev.)
39. Life Guard (abbrev.)
40. Queen's initials
41. Mother

Solution on p. 31

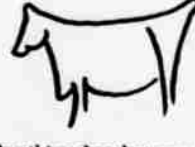
Let's Draw a Cow Ann Davidow



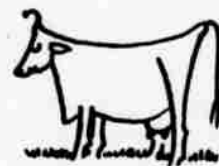
Have you ever noticed how
Extremely simple is the cow—



How quietly she always stands
Contented in the pasturelands,



And nothing does but graze
and chew
Or lift her lowing head to moo?



A cow so idle all the day
As idly gives her milk away.