

tions, the Code protects your...
ment, guarantees—among
things—that your neighbors
turn their homes into motels
boardinghouses. And, by the
token, neither can you.

In New York, not long ago
homeowner converted his
into additional living quarters
ran afoul of a law common to
towns and cities: he'd created
multiple dwelling in a neigh-
hood zoned for single-family homes.
He was ordered to return the building
to its "original condition"
garage.

A telephone call to his local building
office would have saved
\$3000.

and Paradise

lieutenant, was sent to a base at
was the custom of the pilots to have
their planes. Dad, who comes from Florida
Florida Cracker," and asked his crew chief
e. The crew chief, a Californian, took
to work, and the next day there was
the plane. At first Dad was pleased
the base of the orange, in small print

—Contributed by Larry Wasserman

ough the Alps, an Englishman had
ring broke as he was making a tight
g into the nearest Swiss town, he
olls-Royce, Ltd., in England. The new
peared, replaced the spring, and the

no bill had come through from Rolls
sir records for "Swiss repair of broken
lost correct Rolls manager was on
ake, sir. There is no such thing

The food that has freed millions from harsh laxatives

Constipation caused by improper eating and lack of bulk can now be corrected safely

...y people who are bothered
constipation seem to think
the more unpleasant a remedy
the more effective it will be.

When they are off schedule, they
start to harsh laxative drugs. And
they are slaves to an expen-
sive habit that is hard to break.

The fact is, constipation is often
caused by lack of bulk in the foods
eaten. In these cases, laxative
drugs can bring only temporary
relief. They produce no bulk and
do nothing to correct the cause
of the trouble.

On the other hand, millions of
people have regained the regularity
of their bowels by eating a wholesome
whole bran food once a day. Its name
is Kellogg's All-Bran—a food that
works gently, pleasantly.

The reason is simple: Kellogg's
All-Bran is a whole bran cereal



and bran is nature's best bulk-
forming food. Just a half-cup of
Kellogg's All-Bran with milk each
day supplies all the bulk your sys-
tem needs for regularity.

If you'd like to overcome consti-
pation with a sensible food instead
of with pills or medicines, try eat-
ing Kellogg's All-Bran once a day
for 10 days. Just be sure you get
the original whole bran cereal—
Kellogg's All-Bran. It doesn't turn
mushy—stays crisp and appetiz-
ing in milk. And it has always been
America's overwhelming favorite.



For Prune All-Bran
see bottom on this package

1960 R.D.