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

In New York, not long a homeowner converted his g into additional living quarter ran afoul of a law common to towns and cities: he'd creat multiple dwelling in a neighbood zoned for single-family he he was ordered to return the hing to its "original condition garage.

A telephone call to his local being office would have saved

\$3000.

d Pudice

lieutenant, was sent to a base at Arwas the custom of the pilots to having planes. Dad, who comes from Florida Cracker," and asked his cree. The crew chief, a Californian, too to to work, and the next day there we the plane. At first Dad was please the base of the orange, in small prince.

-Contributed by Larry War

ough the Alps, an Englishman had being broke as he was making a tigg into the nearest Swiss town, he olls-Royce, Ltd., in England. The nepeared, replaced the spring, and

no bill had come through from Ro ir records for "Swiss repair of brok ost correct Rolls manager was on take, sir. There is no such thing

The food that has freed illions from harsh laxatives

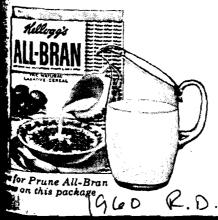
Constipation caused by improper eating nd lack of bulk can now be corrected safely

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

to harsh laxative drugs. And they are slaves to an expenhabit that is hard to break. It fact is, constipation is oftened by lack of bulk in the foods teat. In these cases, laxative can bring only temporary. They produce no bulk and nothing to correct the cause trouble.

the other hand, millions of have regained the regularity with by eating a wholesome food once a day. Its name logg's All-Bran—a food that swork gently, pleasantly.

reason is simple: Kellogg's an 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 system needs for regularity.

If you'd like to overcome constipation with a sensible food instead of with pills or medicines, try eating 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 appetizing in milk. And it has always been America's overwhelming favorite.