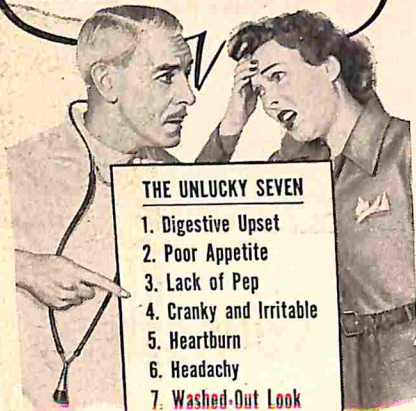


WHICH OF THE UNLUCKY SEVEN SYMPTOMS MAKES YOU SUFFER?



THE UNLUCKY SEVEN

1. Digestive Upset
2. Poor Appetite
3. Lack of Pep
4. Cranky and Irritable
5. Heartburn
6. Headachy
7. Washed-Out Look

ANY ONE MAY MEAN
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NO "LAXATIVE SENSATION"

No psyllium seeds! No milk of magnesia! No mineral oil! Saraka combines two of the most effective pure vegetable ingredients. One acts like needed high-residue foods... in concentrated form. The other gives gentle, thorough action!

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YOU MORE GENTLE, MORE
THOROUGH RELIEF!



49¢ for
twenty helpings

The Original Pure Vegetable

SARAKA

SO GENTLE AND PURE, SO THOROUGH AND SURE!

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Keep Your Shirt on, Fellow

This letter was written by
GARRETT MATTINGLY
to a young veteran sorely
disturbed about today's vol-
canic world. It contains the
author's well-considered advice
on the problems facing us all

DEAR BOB:

I am guessing, the same as you would be guessing, but I say there isn't going to be any war with Russia. Not soon anyway. You've started to take that degree, and a college degree can be a pretty important thing in your life. Stick with it.

What you say about quitting college for a job, and getting into the money while you have the chance, sounds confused to me. You admit that you'd feel a little ashamed to drop out now. You say you wouldn't think of doing so, if you could feel sure that a new war wouldn't come along to make nonsense of your plans. And you ask my advice. All right. I say, keep your shirt on, fellow, and buckle down to finish what you've started. No, you can't be absolutely sure there won't be another war. Certainty is more than you have a right to ask for. You just have to figure the odds and we had better, for the sake of peace, try to keep as calm as we can.

With the kind of stories the newspapers keep printing, and the kind of books that get published almost every week, keeping calm isn't always easy, I know. Just from the way the news is angled, anybody would say that we are a lot nearer to war with Russia right now than we were with Germany in 1939. And a good many people appear to be more enthusiastic about the idea than they were eight years ago. Some newspapers seem to take a good deal more trouble to dig up nasty stories about the Communists, than they ever did in the past to print what the Nazis were doing.

Not that there isn't a lot of truth, I expect, in most of the anti-Russian stories. And I don't mean to say that the situation isn't serious. When two big countries get to snarling at each other, it's always serious. I certainly don't mean, either, that we ought to back down and get out of the Russians' way. That not only wouldn't be the decent thing to

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