## The + Bee's-Home -Masazine - IPase

Milestones to a Girl's Heart
By DOROTHY DL


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For Rashes and liritations


Hot Baths Wind
Culiccuras Said
Poclowed by ligh
corro Ointment
rest and deep.
Samples Free by Mail $=2$
"The Root of All Evil" 臽 By Nell Brinkley

or Eve! She might
XELL BEINKIEY.

## Men and Women

Curiosity of Motion Illustrated How the Top of a Wheel Moves Twice as Fast as the Hub and Stops for an Instant at the Bottom

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## "Such

## Stomach Comfort"

is rarely known as that which comes to him who drops food follies and starts upon a diet of

## Shredded Wheat

the food that contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. These crisp little loaves of baked wheat contain the greatest amount of nutriment at lowest cost. Cut out heavy, expensive foods for a few days and try Shredded Wheat. Ready-cooked and ready-to-serve. A food for youngsters and grown-ups to work on, to play on, to live on.

Two Shredded Wheat Biscuits, heated in the oven to
restore crispness, served with hot milk or cream, make a complete, nourishing, astisfying meal
of five or six cents. Also delicious of five or six cents. Also delicious
with fruits. TRISCUIT is the Shredded Wheat Wafer, eaten a toast with butter or soft
cheese, or as a substitute for white flour bread or She Shredded Wheat
Niagara Falls, N. Y.

