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A group of funmakers of the southern ice-bound wastes as Sir Douglas Mawson eaught them with the camera.
by Garrett p. serviss.




The Palm Beach Girl

Mrs. John E. King of Ne
gown she wore a few nighte ago in the Royal Ponciana Hotel at
Palm Beach. It created a genuine senantion by tu diaphanous





Helping Husbands to Success

## The Strongest Man in the World

is only a baby when he lies on his back and takes orders from a rebellious stomach and a trained nurse. The best food to coax back the digestive organs to natural vigor is

## Shredded Wheat

a food for invalids and athletes, for youngsters and grown-ups - contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. The delicate, porous shreds of baked wheat are retained and digested when the stomach rejects all other foods.

## Made in America <br> 

The Shredded Wheat Company

