E THANK GOD FOR THINGS LIVING ON IN OUR HEARTS
${ }^{\circ} \mathrm{H}$

Please Tell Me What to Do

THE WOMAN'S EXCHANGE





Things to Know American Maid's Lament

Wintertime's Neckwear


LIFE-RENUE KAPNEK \& KAPNTEK WOMAKE SHE is saving money
every meal buying seery mont wuying odds and ends, and her
husband says the food has
never been sogoood before. She is using good mefore miacle
worker of cookeryAlsAUCE
And So They Were Married
CAKES AND COOKIES FOR BOYS AND GIRLS


## THE WAR HAS TAUGHT US

to save and to serve. Dont waste food or fuel. When you eat wheat be sure it is the whole wheat. It is all Food

## ShreddedWheat

is the whole wheat nothing wasted, nothing thrown away.Ready cook ed,ready-to-eat. Saves fuel,saves food,saves health. For any meal with milk or cream or fruits.

