Cleanliness and Careful Measuring Are First Requùsites-F au Feu, or Beef Broth, Is Delicious and Wholesome

## Mrs. Wilson

Answers Queries


Are you self-conscious because of a poor complexion


THE DUTIES OF A HOSTESS
ARE REALLY NOT SO HARD


## THE DISCOVERY OF"VITAMINES"

The study of beriberi and pellagra led to the discovery of a doroup of food essentials known as "vitamines."They are necessary to normal nutrition and to normal drowth. They are found in the whole wheat orain. In makino Shredaed Wheat Biscuit all the vitamines are retainedall the elements that are needed for building a perfect body.Two of these little loaves of baked whole wheat with milk or cream(or hot water) make a nourishing, satisfying meal for a few cents.


NAVY RETAIL STORE
OUTSIDE NAVY YARD GATE
Open from 9 A. M. to 4 P. M.

## Resinol $\theta$

