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| XXXI-An Unpleasant Interview | Please Tell Me What to Do BC CxTHI |
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"A ONE-MAN WOMAN"


You may be Sane
in everything but eating-level-headed in business, but daily digging your grave with your teeth. You eat the wrong foods and ton much. Keep the body buoyant and the mind alert by eating

## Shredded Wheat

he food contains everything the buman brain-contains everything the buman
body needs. prepared in a digestible form. More nutritious
eggs and costs much less.

Two biscuits make a satsfyyng meal
Delicious with berries or ofer fruts


## The Willcox \& Gibbs

 Electric AutomaticAltomath, as you perhaps know, means that the tension auto matically adjusts itself whenever you change threads or goods from the lightest to heaviest or back again. Electric-this is the fectly quiet in operation and that will remain noiseless forever Imagine the enjoyment of owning this silent, finely built, portable sewing machine, which has no bobbins to wind, and which sews ree threads. You may buy it on casy pay

Willcox \& Gibbs Sewing Machine Co. 1709 Chestnut St., Philadelphia, Pa

