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## What every mother should know-

HE one subject nearest a
mother's heart is the welfare of her children. It is during childhood that their health is most important.
Weak, under-nourished children seldom develop into vigor ous, healthy men and women Malnutrition produces anemic constitutions, liable to many diseases. Food is the most important ractor in the
An interesting fact to every
mother in Americe is this: GrapeNuts, served with a complete food. Grape-Nuts is
the wholesome, delicious cerea made of whole wheat flour and tive mineral . It is rich in nutri strength and nourishment to the growing body tissues. Your children will thrive on it
Begin today to make Grape Nuts, with milk or cream, the regular breakfast dish-not only for the children, but for you and the others as well
Your grocer sells Grape-Nuts, the same delicious Grape-Nuts that is served in the leading hotel and restaurants of America
The cost of Grape-Nuts is little-because of the large num ber of dishes you can serve from one package.
Grape-Nuts - the Body Builder

Personal

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## Pauilineflerman <br> Millinery Importer <br> 519 South 8th Street

## Walking <br> Pumps

That are snug around he top even on th most slender foot

Our way of cleaning makes new Easter clothes unnecessary Sond your hast Sprin's clothes to us. Iaded or unsighty
them until we have seen Scores of people already have aved
money because they brou money heeause they brough in brightey aend freenenen up at arments.


##  <br> Cleaners $\mathscr{O}$ Djers

516 Race St. 1035 Chestnut St Mathot $64-20$

