Their Married Life"

## $\underbrace{}_{\begin{array}{r}\text { A Hot Dish } \\ \text { for a Cold Day }\end{array}}$

Your Winter overcoat will good if you do not develop a certain amount of natural warmth by eating a nutritious, body-building food. The best fuel for the human furnace is

## Shredded Wheat

every particle of these filmy shreds of baked whole wheat is digested and converted into
warm blood, good muscle and sound brain, Two of these Biscuits, served with hot milk, make a complete, nourishing meal full of warmth and strength
TRISCUIT is the Shredded Wheat Wafer,
eaten as a toast with butter or soft cheese, or as a substitute for white flour bread or
erackers.


Try Telegraph Want Ads. Try Telegraph Want Ads

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Time and Trial Prove
the unequalled value of Beecham's Pills as the
best corrective of aiiments of the digestive organs
so common-and the best preventive of lasting and so common-and the best preventive of lasting and
serious sickness so often resulting from defective or
irregular action of the stomach, liver or bowels.

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 An Invaluable Aid to Health


Endorse Campaign Against
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