## PLIVIIIG MILL <br> RESUMES WORK



 $\sqrt[4]{\square}$

Waterspar

 adit const you onty 100 if yout bring the coupon at the Coow dibe deer waer $\rightarrow 7$ Hoom turniturt to thit Hokt, or make your choice

 Eve boiling vater canper

 cosoing thoum docolive of udor bubeend dien quibly mexiab putitiony - wid hit jur puted


 ot amo, diear or or coimed Neller Hardmare \& Pa paint $\overline{C_{0}}$

Helping the Homemaker



#### Abstract






rout sleep

something before you go to bed
$\begin{aligned} & \text { Dooronan will tell Io that Approprate food for } \\ & \text { aight food eaten before }\end{aligned}$

- Iight food eatem before such ocasaions are hot or
ful sleep. jam sandwiches, small
This "prescription" is cakes or cookies, or ready-
particularly appropriate to-serve cereal with milk
for the man or woman who, and sweakened with sugars
due to hard work or ner- Good food promotes
$\begin{array}{ll}\text { at bedtime. } & \text { good health. } \\ \text { Institute }\end{array}$
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