

## Stepping Stones Womanly Health

A woman's health is more precious than riches. To keep well and strong, there are special reasons why a woman should take extra care of herself at times when Nature makes unusual demands upon her strength and vitality.

For woman's peculiar ailments there is no remedy so true and tried as

## Beecham's Pills

This wonderful medicine has been a boon to women for over half a century. They dispel lassitude, low spirits, relieve headache and depression, operate the bowels and supply red corpuscles to the blood. Beecham's Pills fortify and beautify; bring back the appetite, improve the digestion, regulate the functions, clear the complexion, brighten the eyes, send the glow of health to the cheeks and

## Pave the Way to Happiness

Sold Everywhere in Boxes 25c

After you have tried "the new ones" you will come back to .

## SHREDDED WHEAT

The world's best cereal food. Not so heating as corn or oats, and much more nourishing and more easily digested.

Try a Biscuit with Milk or Cream or Fresh Fruits. . .

ALL GROCERS-13c. a carton, 2 for 25c.