

Its flavor and strength make it much more economical to use than



The Evening Chit-Chat By RUTH CAMERON

ots along cheerfully:

AMERICAN WOMAN BUILDS CHURCH NEAR VATICAN



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They Thrive on it

If there is any food that has in it ruddier cheeks or sturdier legs than Tillson's Rolled Oats, nobody knows what it is. It's the food that children thrive on.

An underlying principle of proper diet is that the food one takes should furnish to the body energy, and tissue in the ratio that the body consumes energy and tissue.

This ratio is 5 ½ parts energy to one part of tissue. Tillson's Oats provide that ratio more nearly than any other food except milk.

In giving children porridge it is a mistake to add a quantity of cream and sugar, because the dish is then too rich. Oats are most healthful when eaten with milk and asprinkle of salt, or possibly a small portion Oatmeal Gruel for Children

Your grocer has Tillson's. Two sizes—10c and 25c. Each 25c package contains

a handsome piece of Eng-lish Porcelain Tableware.