

Grape-Nuts and Milk- One of the few COMPLETE FOODS

WHEN you watch robust men and women at work or at play, does it ever occur to you that their strength and health are largely due to the kind of food they eat?

Grape-Nuts and milk supplies complete and balanced nourishment of the highest order. This delicious dish provides the valuable wheat and milk proteins; the "food minerals," phosphorus, iron and calcium; also the vitamins.

Because of its nutritive properties, its crisp texture, and its easy digestibility, Grape-Nuts is the best-balanced cereal food for young and old.

When used as an ingredient in other foods, it adds remarkable zest and valuable nutritive elements. Recipes will gladly be furnished on request

Grape-Nuts — THE BODY BUILDER

"There's a Reason"
Sold by Grocers Everywhere!

Made by Postum Cereal Company, Inc., Battle Creek, Mich.

Helpful Advice to Overworked Women

MRS. C. E. CHAPMAN
1920 ELM ST., NEW ALBANY, IND.

DAY in and day out, week in and week out the tired, over-worked housewife and mother toils on, sweeping, dusting, cooking, cleaning and mending. Is it any wonder that after a time a weakness, such as Mrs. Chapman had, develops and the wife and mother pays a toll in physical weakness and pain for her efforts of love, the natural result of overwork?

Women who find themselves afflicted with weakness, pain, headaches, backache, nervousness, irritability and melancholia will be interested in Mrs. Chapman's letter, and should realize that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is especially adapted to overcome such conditions.

Mrs. Chapman's Letter Reads as Follows:

NEW ALBANY, IND.—"I took Lydia E. Pinkham's Vegetable Compound for a weakness which many women have from over work, and from which I suffered for quite a while. I wasn't fit to do my work and my sister advised me to take this medicine. After the first few days the pains were not so severe as they had been and after taking a few bottles I am not bothered any more. I am doing my housework every day and highly recommend the Vegetable Compound to any woman suffering from female trouble. Only yesterday a friend called me on the 'phone and knowing what it did for me wanted to know what to ask for at the drug-store, as she meant to give it a trial."—MRS. C. E. CHAPMAN, 1920 Elm Street, New Albany, Indiana.

Another Case of Nervous Breakdown

MEMPHIS, TENN.—"Two years ago I was completely run-down, and my nerves were a wreck. I could not sweep a room without resting, I could not do any of my work except a little at a time and the doctor's medicine did not help me. One day some one threw a little book on to my porch and in it I read several testimonials of women who had been like myself. I went right out and got me a bottle of Lydia E. Pinkham's Vegetable Compound and before I had taken the whole of that bottle I knew it was helping me. I took six bottles and then in about three months I took two more. Now I am in perfect health. I do all my own work and could do more. I can truly say that I know Lydia E. Pinkham's Vegetable Compound gave me my health."—MRS. O. J. HINCKLEY, 318 Union Avenue, Memphis, Tenn.

Thousands of Women owe their health to

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.