



It's up to me to keep my family fit with nutritious foods

Include in your daily menus "fitness foods"—that is our Nutritional Authorities' plea to every homemaker in America. High among these stand the whole grain foods. And the refreshing, nut-like flavor

of Nabisco Shredded Wheat—100% whole wheat in its most delicious form—makes it mighty easy to follow this important rule of nutrition. Here, too, is a good source of Vitamin B₁ as *Nature* provides it.



OUR HOME FRONT lies in the kitchens of American homes. When breakfast is built around Nabisco Shredded Wheat (with milk and peaches or other fruit), it brings better days for every one. Ask for it by the full name—Nabisco Shredded Wheat.



CHILDREN, TOO, CAN HELP. And they, also, need energy foods. Nabisco Shredded Wheat gives all of whole wheat's energy. It is, as well, a good source of Vitamin B₁ as *Nature* provides it—the vitamin that converts food into energy.

A good source of Vitamin B₁ as Nature provides it

U.S. NEEDS US STRONG

THIS TYPE OF FOOD IS AMONG THOSE RECOMMENDED IN THE NUTRITION FOOD RULES

EAT NUTRITIONAL FOOD

NABISCO SHREDDED WHEAT

Baked by NABISCO . . . NATIONAL BISCUIT COMPANY

The Time

(Continued from
inexplicable population
front recently had bec
Huge apartments now
jowl with ancient house
rickety and inflammable
bomb, and they would
fast. And beyond them,
were the piers and wha
material for Europe, fo
South Pacific. At least
South Pacific.

There was a ship there
beside one of the piers a
her riding lights. Wait
perhaps, to slide out an
voy somewhere and to h
He wondered what it w
aboard her, facing catast
ing across the black
working, eating, and sle
der the shadow of death
coming across the water
to escape the torpedo, a

HE TURNED from
telephone had not
final survey of the apar
rooms closed and under
inside; the drawn wir
sand, the stirrup pun
shovel, and asbestos gl
considered a part of the
Then he took off his h
hurting his head, and s
in the pantry, where th

Maybe Laura was ri
fool. He had become a
largely on impulse. It
their rare nights at hor
gone disgustedly to h
sheer loneliness he had
along the riverfront, a
with a white brassard
been standing at the
terly cold, and she h

Halliday had stoppe
ing to warn him that
he was to change the
life. He had merely st
idea?" he said curious

"Air warden, Mr. Ha
of trouble."

Halliday looked surp
you?" he said. "Or sh

The girl—she was li
—smiled. "I've seen
said. "You wouldn't b
very far away."

She was not pretty
She was too thin. But
honest and her smile
smiled now.

"We shine in your
know," she told him
did go up five dollars
apartment house was

Halliday felt uncon
his throat. "Sorry to
"I had no idea—"

"Oh, I got a five-d
It's all right." She, lo
der—do you mind
with me and back?
anywhere? I'm not s
on the waterfront. I
should be with me h

He walked with he
ter, and her short
her. But she laughe

"I'm all right," sh
old red flannels u
somebody has to do
Halliday smiled.

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