



**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 B<sub>1</sub> 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 B<sub>1</sub> as *Nature* provides it—the vitamin that converts food into energy.

*A good source of Vitamin B<sub>1</sub> 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

**H**E 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, an  
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.

p74