CAN PHOTOGRAPH IN COLORS COTTON THAT RESISTS FIRE



Building
For Years to Come

thought erection of $m$ The own body and brain-but few give it. This building process requires certain essential food elements which, within the body, are converted into the kind of brain,

bone, nerve and muscle capable of enduring the severe

## Grape-Nuts

is scientifically made of whole wheat and malted bariey, and supplies, in splendid proportion, all the nutritive values of the grains, inclucing their vital mineral salts,
which are all-important for life and health, but lacking in much of the food that goes to make up the ordinary diet. A daily ration of Grape-Nuts food is good "buildsound health of years to come.
"There's a Reason"

## and time

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SUDDEN DEATH


