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Do you know what constitutes a strong constitution?

To have sound, healthy nerves, completely under
control, digestive organs that control, digestive organs that are capable of absorbing Your general attitude is one of optimism and energy.

But an irritable disposition, frequent attacks of undigestion, and a languid depression, indicate your Po
Probably you are not eating the proper food. supplied to your system in elements are not being Grape-Nuts is the wholesome, delicious cereal
that promotes normal digestion, absorption and elimination, whereby nourishment is accomplished with out auto-intoxication. A mixture of energy-giving wheat and malted barley comprise the chief elementa
of Grape-Nuts. A dish at breakfast or lunch is an excellent, wholesome rule to follow.

You can order Grape-Nuts at any and every hotel,
restaurant, and lunch room; on dining cars, on lake restaurant, and lunch room; on dining cars, on lake boats and steamers; in every good grocery, large and
small, in every city, town or village in North America.

Grape-Nuts-the Body Builder "There's a Reason"

