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## For Five Years

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## 891 Million Bushels Harvested

## How Much Wasted?

Last year's wheat crop in the U.S. was a record yield, surpassing all expectations All of the nourishment of this enormous crop should go into food for mankind, but much of it will be wasted.

In making white flour and many foods, the outer, or bran coat of the wheat is discarded. This bran-coat contains vital mineral salts, iron for the blood, lime for the eeth and bones, phosphate of potash for the brain and nerves, etc., etc., all absolutely necessary to health.

## neral elements are retained in making <br> Grape-Nuts

About three-quarters of a million bushels of selected wheat are used by the factories of the Postum Cereal Company, and none of the nutriment of this wheat s wasted

Grape-Nuts is made from wheat and malted barley. The food comes ready
"There's a Reason" for Grape-Nuts

