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But-to do unusually good work of any kind, fitness of body and mind are required.

Food plays a big part in this matter-food that contains true nourishment. And true nourishmentelements which unfortunately are often lacking in the ordinary dietary-especially in white bread. These elements are phosphorus, iron, lime, sulphur, etc., stored by Nature in her field grains, and absolutely
necessary for building strong, vigorous bodies and necessary fo

## Grape-Nuts

-made of choice wheat and malted barley, affords all he nutriment of hese grains, including these importan

Grape-Nuts food is always fresh, crisp, sweet and ready to eat-with cream or milk.

Thousands have found that a ration of Grape Nuts each day makes for real progress towards the

"There's a Reason"

-sold by Grocers everywhere



Don't Persecute Your Bowels


BLACK
LEG

