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For Summer
isn't beef, pork or mutton, but the true lifegiving meat of wheat

Warm weather calls for lighter diet, and a true grain food best answers every purpose of comfort and activity, not only for the business man but for everybody

## Grape-Nuts

with cream or good milk for breakfast ten days, then
take note. Such a breakfast puts one in fine fettle and

## 'There's a Reason"

like other cereals in that it affords the valuable phosphates of the grains necessary for the daily rebuilding of brain, nerve and muscle tissue.

## Economy, too, plays a part; and Grape-Nu

 convenient-ready to eat direct from the package