GETTING A START
nathaniel c. ${ }^{\text {By }}$. Fowler, Jr.
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## Curative Value <br> In Food?

Recalling that $\mathbf{9 0} \%$ of disease results from errors in diet, then foods properly prescribed by the physician can justly be said to have curative value."

One of the errors in the diet of many people is the use of foods robbed of the balance of body, brain and nerves. The result is a long list of ills, including nervou prostration, kidney trouble, constipation, rickets in childreh, and so on.

Twenty years ago a whole wheat and barley food, containing ail the nutriment of the grain, including the price

## Grape-Nuts <br> ,

Another physician says:

## Nearly half the year my breakfast consists of a dish of Grape-Nuts, one or two eggs, or fruit. I RECOM- MEND IT TO MY PATIENTS CONSTANTLY, and invariably with good results."

This wholesome food not only builds sturdy health and strength, but fortifies the system against disease. Ready-to-eat, nourishing, economical, delicious -
"There's a Reason" for Grape-Nuts

