

STILL IT WASN'T SETTLED TOO MUCH FOR TENDERFOOT




## Why Try to Fool Your Stomach?

Some folks have an idea that if they eat big meals, their brains and bodies will be strong.

Strength and energy don't come from gorging the atomach, but depend upon eating the right kind of food.

For nourishment of brain and body, Nature abundantly supplies in her field grains the elements noeded.

The famous wheat and barley food

## Grape-Nuts

contains in splendid proportion all the nutriment of the grains, retaining the mineral salts-phosphate of potash, etc., stored under their outer coat, and which are especially necessary for keeping brain, nerves and muscle in working trim.

Grape-Nuts food is in the form of crisp, nut-like granules-delicious with cream or good milk-easy to digest-oconomical-

The perfect food for sound nourishmentl
"There's a Reason"

