WL.DOUGLAS WON'T COMPROMISE,





Now smoked by a million men who love a superior cigarette


MANY RUSSIAN REFUGEES
DIE AS STEAMERS SINK

Sure Relief FOR INDIGESTION (20) BELANS 6 Beli-ans BELLANS


 duct of War.

 Spohn's Distemper comprompound



## Are you among <br> these thousands?

$T$ HOUSANDS of people keep on -the food that enriches the blood, and trying, year after year, to build of certain elements required robbed fect nutrition.
If your food doesn't contain the mineral properties that go to build up is no other means by which you can get these vital elements.
uilds sound, healthy bodies.
Grape-Nuts is made from whole
wheat flour and malted barley-baked
for 20 hours, which develops the natfor rest or the grains and makes

And Grape-Nuts is perfectly deli-cious-served with milk or cream, or This is one reason why so many made into an appetizing pudding for ell-informed people eat Grape-Nuts dianer.
today, and give the family for your grocer

## Grape:Nuts

-the Body Builder

