

When Health is Wrong The Pay is Short
Getting ahead in this world calls for mental and physical forces kept upbuilt and in trim.
lepen the food one eats "maks" or "breaks" daily dietary lacks certain essential elements for keeping brain and body at their best.
his lack -

## Grape-Nuts

Made of whole wheat and malted barley this famous pure food supplies all the nutriment of the grains including their mineral salts-Phosphate of Potash, etc.-necessary for building brain, nerve and muscle.

Grape-Nuts has a delicious nut-like flavour; is always ready to eat -fresh, and crisp from the package; so thoroughly baked it is partially predigested.

Thousands "on the job" every day know
"There's a Reason" for Grape-Nuts

