What the Hones are doing Young Woman's Christian Asso
tion Offers New Attractions. ctrcus crowd at local rooms


Once upon a time

## The Modern Business Man

Medern Conditions Demand a Modern Diet
Success in all undertakings depends upon, and cannot be secured with and a keen brain, and they cannot be kept healthy Sheri ionlve

## "Road to Wellville"

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## "There's a Reason"

for this claim. The manufacturers of Grape-Nuts keep in this food the valuable phosphate of potash which unites with albumen and water in the human digestive organs, and directly feeds the delicate brain and .
White bread lacks this important element, for the phosphate potash is in the brown cells of the wheat berry, and the white flou miller must throw it out, becanse it will not make white bread. Then loo, all the starch in Grape-Nuts is changed in its manufacture form of sugar, which is very easy of digestion.

This delicious food needs no cooking, It is ready nearly for in stant use, and makes a crisp, toothsome dish of decidedly unique flavour.

It possesses high value as a strength-making food, welcome alik hlete, brain-worker, and invalid.
"There's a Reason" for

