

## Full Food Value

## BELLEVUE NEEDS MORE HEL


cannot always be determined by chemical annalysis alone.
A "true food" contains tissue-building, heat and energy-making elements, and certain natural elemental salts-Phosphate of Potash, etc., in wheat and barley-without which new brain and body cells cannot be formed.

## That's why

## Grape-Nuts

is a "true food"-is more readily absorbed than any other-and is RETAINED BY WEAK STOMACHS when even water or milk is rejected!

PRACTICAL, PERSONAL TESTS are
of far greater worth than any laboratory estimate of Food Value, and the large number of extreme cases, wherein no other food could be retained, proves

## "There's a Reason"

## for

## Grape-Nuts



