Nebraska
JUNE IS MONTH OF OPEN DOOR Bxteen Pribonere will Be Relean
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## "Man-Power"

## and Food

## It is customary to measure the

The motive power of modern industry, science and business is measured Man-power.
Modern tests show that the average meat-eater, contrary to the former lief, cannot begin to generate the power possessed by those who abstain from flesh-eating. Training classes at one of our great universities composed of young men who took meat in their training diet which, they supposed, would increaso their strength, could not, for example, hold their arms horizontal for more than horizontal for more than an hour, with less pain and fatigue than the meat-eaters experienced in half that time.

This and similar scientific tests have opened up interesting and valuable re searches in the nourishment of body, brain and nerves.

One objection to the three-times-a-day flesh diet is the excess consumption "protein," which produces an over-balanced dietary-one in which the tissueforming element is greatly in excess of the hody needs. This results in a clogging which tends to form pric acid and other poisonous metter difficult to body, but If there is an excess of such poisonous material, as above explained, the blood is loaded with it and the brain nerves, and muscles do not receive "pure forth extra exertion to remove or destroy the poison.

## Grape-Nuts <br> FOOD

with cream contains protein for tissue-repairs and not in excess. The food is terilized by long baking; is partly predigested by changing a portion of the arch into dextrin and dextrose (grape-sugar) so that it is easily digested and uickiy absorbed.
Made of whole wheat and barley, Grape-Nuts contains all of the food ele ments of these cereals, including the phosphate of potash (grown in the grain) o rebuild worn out brain, nerve, and other tisuecells of the body. in he food,
rebuild worn-out brain, nerve, and other tissue-cells of the body.
In training for sport or business snccess, Grape-Nuts food for breakfast, with good cream, a soft boiled egg or two, some cooked fruit, all taken in moderaform" than any other dietary yet discovered or devised.

## "There's a Reason"

Postum Coreal Co., Ltd., Battle Creok, Mieh

# MICHELIN 

## Inner Tubes

For Michelin and all other Envelopes


The majority of motorists throughout the world are satisfied users of Michelin Inner Tubes.
They are the best judges. Ask them.


NEBRASKA-BUICK AUTO COMPANY, 1912 Farnam St., Omaha

| - FOR THURSDAY AND FRIDAY |  |  |
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## $\$ 500$ Reward!

For the arrest and conviction of the highwaymen who held up and robbed the crew of one of this company's cars at 10th and Valley Sts. on the night of May 15th. This company has a standing reward of $\$ 500$ for the arrest and conviction of anyone holding up and robbing its crews at any time.

> Omaha \& Council Bluffs Street Railway Co.

The Thing

