HEALTH NOTES FOR AUGUST.









High-Priced Meat
may be a
Blessing

If it gives one the chavee to
hnow the tremendous value of
a completo change fo diet.
mon tra mitater
A Little Fruit,
Adishof Grape-Nuts andCruam A Soft-Boiled Egg, Some Nice, Crisp Toast, Cup of Well-made Postum Food Coffee.

That's all, and you feel
then repeat,
and vegetable dinner, with a GrapeNuts padding for demert.
such a dilet will make a change in
"There's a Reason."
Beed "Tho Roed to Wellvile," in pkgan

- News of Pennsylvania



## A terrible experience. How a Veteran was saved the Am How a Veteran Was Saved the A <br>   pou pou in pas leg aro been using s Fos <br>  <br>  <br>  <br>  <br> HICKS APUDIN <br> MPDUNHE CCONE HEADACHES <br> Nowp COLDS

WANTED
 Kienes that are to bo had for
asking are Seldom worth taking. A tool con answer ouestions that
moun be ashamed to ask

## Omichatara



