







 them one month the sore was gone
and the Itching stoped, and 1 nave




$\qquad$
 A woman's headachee are natural,
a man's are usually
acquired. CAREFUL DOCTOR
Preseribed Change of Food in
 of resorting to the usual list of medk sichans among the present gemeration
 $\xrightarrow{\text { Uerés an instance: }}$ Four years ago 1 was taken with stay on my tomanh so that 1 was on
the verze of starcation. Th beard of a doctor who had a sum
mer cotage near me-a
speclalise trorn N.
for him.
$\qquad$
 fuls. Then d beest three teaspoon my face, memory became clear, whery
betore everything seemed a blank. My So 1 steadfiy recovered.
"Now after a year on Grape:Nuts weigh 153 ibs. My people weve sur
prised at the way I grew feshy and Postum Co this food." Name given by vile," in pkgs.
"Theres a reason,"

"I HAVE NO ONE WITH ME BUT THE PEOPLE!"




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