Woman's Life and Love

The Heart Pirate





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Mrs. Wilson's Ideal Apple Recipes
Will Tempt the Tardiest Appetite Friday's Market Basket Is Full of Fruit-Also Brimming With

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| The Question Corner Today's Inquiries |  |
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DREAMLAND

Bobby Bouncer

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## Two Minutes of Optimism

For twenty hours this food is baked-one reason you like it-another reason why it digests so easily.

One of the important things in connection
with any cereal food is with any cereal food is to have it thor-
oughty baked or cooked. For baking or cooking changes the starch of the grains Grape-Nuts is the longest baked of all cereal foods. It is scientifically baked at
carefully regulated temperatures for 20 hours. This is one of the reasons why Grape-Nuts digests so easily; why it agrees
with many people who cannot take any with many people who cannot take any other form
A goodly part of Grape-Nuts is converted ilated by the system, and yield strength and energy. A further portion has partially undergone this change, while there remains sufficient unchanged cereal to strengthen the digestive organs. It is then in a condition
to meet the various requirements of the digestive system.
If you want to eat a most strengthening more readily, go to your grocer today and get a package of Grape-Nuts. Eat it with get a package of Grape-Nuts. Eat it with
stewed fruit or as a cereal with milk or cream; or make it into an appetizing pudding. Every member of the farnily will enjoy its delicious flavor and wholesomeness
Grape-Nuts-the Body Builder

