

## TYPEWRITERS <br>  <br>  <br> RESPLENDENT $\%$ 事 <br> Bundhar fiftoris <br> CARPETS <br> Specially designed, with beautiful harmonious colorings, they will undoubtedly add of the pleasure of you Hotel <br> HARDWick e, MAgee Co. <br> The correct answer to Mr.Edison's question: <br> "What is Grape:Nuts made of?"

| MINISTERS' COURSE | RATHENAU BULLET |
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cAnswered by the makers of Grape:Nuts

THIS is one of a number of questions which Mr. Edison is putting to 1 applicants for an important position in his organization. We are happy to learn the interest shown in the food, Grape-Nuts, by a man of such broad attainments as Mr. Edison.

There has never been any secret about what Grape-Nuts is made of. It has been on the market for 24 years, and practically everybodyknows its composition. But inasmuch as such a simple, everyday question as "When did Columbus discover America?" is often incorrectly answered, it may be well to take this opportunity to restate the following facts about Grape-Nuts

Grape-Nuts is a highly nourishing cereal food, made from a mixture of whole wheat flour, malted barley, salt and water. The mixture is raised by yeast, baked in loaves, then sliced, further baked, and then crushed into granules.

No food in the world is so thoroughly baked as Grape-Nuts. More than 20 hours are consumed in the various baking processes

As every diet expert knows, this long baking brings about conversion of the carbohydrate elements, developing dextrin, maltose and dextrose or grape-sugar-a form of sugar to which all starch elements must be changed before they can be assimilated by the system.

Grape-Nuts when eaten does not form a pasty mass difficult to digest-the 20-hours baking makes this delicious food easily digested by even those with the most delicate stomachs; and the character of the food requires thorough mastication.

Grape-Nuts is a well-balanced food for building bone, tooth and nerve structure. When combined with cream or milk, it is admittedly a complete food. You will find Grape-Nuts everywhere. At your grocer's, your club,

In America, where you don't find Grape-Nuts you won't find people.

Postum Cereal Co., Inc. Battle Creek, Michigan.

## Grape:Nuts



