

## Clean Food

## Era

We are inclined to believe that some magazine writers in their anxiety to attract attention to themselves have overstated the case against the meat packers. by the people, of exactly what they are eating

We have always printed on each and every pkg. of

## Grape-Nuts

## Food

exactly what it is made of and the scores of visitors who pass through our works every day find the Pure Food Factories as clean and sweet as a maiden's fresh white apron. The food is thoroughly cooked in these factories from the choicest white wheat and barley, the sweet offering of the fields.

No food on earth gives the same sustaining power from meal to meal as Grape-Nuts.

BECAUSE-
The starchy parts of the wheat and barley are changed by moisture and heat to a form of sugar required by the human system and almost immediately absorbed without stress to the digestive machinery. And again, the certain elements in these grains are incorporated to insure rebuilding of the soft gray matter in the brain and nerve centres to fit one for the wearing work of the day. A dish of Grape-Nuts and Cream at each meal supplies the GO and you can feel it in a way that leaves no question. It is not stimulation but simply scientific feeding.

## "There's a Reason."

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## OVER $3 / 1 / 2$ FET LONG

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$\overrightarrow{10} \mathrm{~K}$
JUST WHAT YOU WANT ON SEA, FARM, RANCH OR IN THE SCHOOL

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