

CENTRAL PENNSYLVANIA NEWS

THIRD FIRE AT POWDER WORKS

Barrel House at Mt. Union Explosives Plant Destroyed Last Night

Special to the Telegraph. Mt. Union, Pa., Jan. 17.—The third fire within seven days is causing considerable discussion among citizens of town. The third fire occurred last night when the "Screen Barrel" house at the Aetna Explosives plant burned, causing considerable damage and probably necessitating a number of men being out of employment for some time. This was the only building of its kind at the powder plant and was at the head of the "Powder Line."

The cause given by the authorities is that it was started by a spark from a steel file. Friday night there was a fire and the cause given for it was a defective belt and the first fire, which caused probably \$100,000 damage, by letting the pipes in the Recovery building become too hot.

Some people seem to take a skeptical view because of the fact that the fires have occurred within one week's time and all along the "Powder Line" where a fire would cause most damage and throw most men out of employment. The authorities claim the fires are all accidental, but they are taking every precaution as to guards and careless workmen.



Would your skin stand this test? The bright lights of an evening gathering show up mercilessly the defects of a poor complexion. But the regular use of Resinol Soap makes it as easy to have a naturally beautiful skin as to cover up a poor one with cosmetics. It lessens the tendency to pimples, redness and roughness, and in a very short time the complexion usually becomes clear, fresh and lovely.

Resinol Soap

In severe or stubborn cases, Resinol Soap should be aided by a little Resinol Ointment. All druggists sell them. For trial free, write to Dept. 21-F, Resinol, Baltimore, Md.

A CLEAR COMPLEXION

Ruddy Cheeks—Sparkling Eyes—Most Women Can Have

Says Dr. Edwards, a Well-Known Ohio Physician. Dr. F. M. Edwards for 17 years treated scores of women for liver and bowel ailments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets, you will know them by their olive color. These tablets are wonder-workers on the liver and bowels, which cause normal action, carrying off the waste and poisonous matter that one's system collects. If you have a pale face, sallow look, dull eyes, pimples, coated tongue, headaches, a listless, no-good feeling, all out of sorts, inactive bowels, you take one of Dr. Edwards' Olive Tablets nightly for a time and note the pleasing results. Thousands of women as well as men, take Dr. Edwards' Olive Tablets now and then just to keep in the pink of condition. Dr. Edwards' Olive Tablets, the successful substitute for calomel—10c and 25c per box. All druggists. The Olive Tablet Company, Columbus, Ohio.

When Coal Clinkers

It's not always the fault of the coal—more often it's the lack of understanding your furnace or range drafts and using the wrong grades or sizes of fuel.

KELLEY'S COAL

will help remedy such faults because Kelley will assist you in determining the kind of coal you should burn to get best results and serve you the coal that will produce them.

H. M. Kelley & Co.

1 North Third Street Tenth and State Streets



TELEGRAPH WANT AD WILL SELL THAT AUTO

Brass Valves and Spigots Stolen From Pumping Station

Special to the Telegraph. Waynesboro, Pa., Jan. 17.—Thieves broke into the pumping house of the Western Maryland Railroad Company at Glen Afton Springs, near Pen Mar, last week and carried off a lot of brass valves and spigots, which were broken off of the machinery, and also paid a visit to the Washington Cliff Hotel at Pen Mar, owned by Mrs. Ella Finch, of Baltimore, and carried off a lot of brass spigots. George Pryor, a resident of Pen Mar, was apprehended with a basket filled with brass valves and spigots a short time after the robbery by Chief of Police Staley, of this place, and placed in the Chambersburg Jail. Pryor will be served with a warrant by an officer from Hagers-town, as the brass was stolen in Maryland.

\$150,000 Arcade Building to Be Erected at Waynesboro

Special to the Telegraph. Waynesboro, Pa., Jan. 17.—The arcade building at Waynesboro is to be even more of an architectural adornment and improvement to the borough than was contemplated recently. At a meeting of the stockholders on Saturday it was decided to make the building a four-story instead of a three-story structure. This will give a number of apartments on both the third and fourth floors and business places on the first and second floors. The theater to be erected in the rear of the arcade building will be built along with the front and both are expected to be completed at the same time. The cost of the arcade building will be about \$150,000.

ADDRESS BY BISHOP HOWARD

Special to the Telegraph. Anville, Pa., Jan. 17.—The Rev. Dr. A. T. Howard of Dayton, Ohio, bishop of the Mission District of the United Brethren in Christ Church, spoke at the United Brethren Church last night. Yesterday afternoon Bishop Howard gave a special lecture in the Hershey Auditorium at that place.

CUTTING 10-INCH ICE

Special to the Telegraph. Anville, Pa., Jan. 17.—C. G. Gollam, ice dealer in East Main street, has a number of men cutting ice on the waterworks' dam that measures 10 inches.

WHEAT CROP INJURED

Special to the Telegraph. Lewistown, Pa., Jan. 17.—Farmers in this section say the next season's wheat crop will be short owing to the changeable weather this winter—rain, sleet and hard freezes with no snow on the ground to protect the grain. The wheat fields show great patches of bare ground where the grain has been frozen out.

BOROUGH SALARIES FIXED

Special to the Telegraph. Hummelstown, Pa., Jan. 17.—At the meeting of the borough council the salary of the high constable was fixed at \$20 per month and he is required to furnish a bond to the amount of \$300. The wages of borough employes remain the same as before.

ENTERTAINED AT RUTHERFORD

Special to the Telegraph. Hummelstown, Pa., Jan. 17.—Rutherford Y. M. C. A., composed of Hummelstown and Harrisburg Philadelphians and Reading Railway men, will give a special entertainment and social evening at the annual meeting on Thursday evening, January 20, in the association hall.

W. C. T. U. TO MEET

Special to the Telegraph. Hummelstown, Pa., Jan. 17.—The W. C. T. U. will meet at the home of Mrs. Katharine Hummel on Tuesday afternoon, January 18, at 1:30 o'clock.

SURPRISE HOUSEWARMING

Special to the Telegraph. Hummelstown, Pa., Jan. 17.—Friends of Mr. and Mrs. Ralph House to the number of twenty-eight gave them a surprise housewarming in their new home in Poplar avenue last week. Mr. and Mrs. House were married a few weeks ago and have recently gone to housekeeping.

WARFEL-LUTTMAN WEDDING

Special to the Telegraph. Columbia, Pa., Jan. 17.—George Warfel and Miss Mabel Luttmann were married yesterday at the parsonage of Salome United Brethren Church. The Rev. F. H. Salsbaugh, pastor, performed the ceremony. The couple will reside in Columbia.

ADDRESS TO BIBLE CLASS

Special to the Telegraph. Columbia, Pa., Jan. 17.—George Stallman, a prominent businessman of York, delivered an address in Cookman Methodist Episcopal Church here, at a meeting held under the auspices of the H. S. Graybill Men's Bible Class.

FREIGHT TRAIN WRECKS WAGON

Farmer Levi Lantz Has Narrow Escape From Death at Williams Grove

Special to the Telegraph. Mechanicsburg, Pa., Jan. 17.—A narrow escape from death was made by Levi Lantz, a farmer, living several miles south of town on Saturday morning, when he went to the Williams Grove warehouse with a load of corn, drawn by two mules. While he was busy unloading the grain, a freight train steamed into the station and frightened the animals, which started to run. Before Mr. Lantz could pick up the lines, the mules dashed across the track, right in front of the incoming engine. They cleared the track, but the wagon was struck, hurled off to the side and turned completely over. Mr. Lantz, who was buried under an avalanche of corn, was dug out and taken to Dillsburg on the engine for treatment. It is thought he escaped serious injury. Nothing was left of the wagon but one wheel and corn was strewn everywhere.

Union Meeting of C. E. Societies at Mechanicsburg

Special to the Telegraph. Mechanicsburg, Pa., Jan. 17.—One of the most successful efforts toward unity in the churches was the union meeting of the various Christian Endeavor societies held last evening at the Methodist Episcopal church. Addresses from the following representatives were made: D. L. Snavely, of the Methodist Episcopal; J. Will Brandt, Presbyterian; George H. Ecker, Grace Evangelical; Miss Edith Feegley, St. Mark's Lutheran; James L. Young, Church of God; and Bruce Wister, St. Paul's Reformed. A special feature was an electric cross which was switched on during the singing by a quartet composed of the Rev. L. M. Dice, Dr. J. A. Kimbore, M. B. Ibach and Charles Berkelimer. Mrs. George W. Hershman sang a solo, entitled "Some Day." About 350 people were present, who were enthusiastic over the success of the meeting. The subject was "How to Work Together." The music was under the direction of Will Sigler, and a large orchestra assisted.

GIRLS SEWING CLASSES

Special to the Telegraph. Mechanicsburg, Pa., Jan. 17.—A sewing class for girls in the public schools was formed on Friday afternoon under the auspices of the Woman's Club, by Mrs. R. H. Thomas, Jr., chairman of the public interest committee, who instructs at the Arch street building and Mrs. George Fulton, at the High School building. The classes meet regularly every Friday afternoon, and the greatest interest is shown by the pupils. Prizes are presented at the close of school, when public exercises are given and the work exhibited. Other members of the committee are Miss Rose Zug, Miss Marjorie Zug, Mrs. Robert A. De Frehn and Mrs. S. J. Zuyal. The classes started with the enrollment of 125 pupils.

SMOKEHOUSE BURNED

Special to the Telegraph. Dillsburg, Pa., Jan. 17.—On Friday afternoon a small building at the home of Harry Strayer in Carroll township, used to smoke meats, was destroyed by fire. Together with the building the meat of five hogs was burned, causing a loss of more than one hundred dollars.

DAUGHTERS INSTALL OFFICERS

Special to the Telegraph. Anville, Pa., Jan. 17.—Frances E. Willard Council, No. 54, Daughters of America, installed the following officers: Councilor, Mrs. Belle Horst; assistant vice-councilor, Mrs. Diamond; secretary, Miss Fannie Zearfoss; treasurer, Miss Edna Berry; financial secretary, Miss Ella Ault; outside sentinel, Mrs. Emma Sload; inside sentinel, Mrs. Elizabeth Kreider; warden, Miss Dora Zearfoss; guard, Mrs. Herrman Spangler; pianist, Miss Katherine Spangler.

FIRE AT ANNVILLE

Special to the Telegraph. Anville, Pa., Jan. 17.—An outbuilding belonging to Ad. Sheffy, hide dealer, located south of Main street, was partially destroyed by fire on Saturday afternoon. The loss will amount to about \$500.

FOODS THEY BUILD OR DESTROY

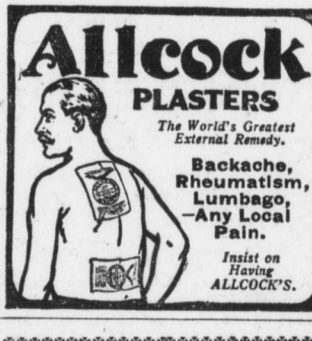
Amazing but Rarely Suspected Truths About the Things You Eat. (Copyright, 1916, by Alfred W. McCann.)

CHAPTER 7. Condemned prisoners fed on adulterated food were stricken with disease, but recovered when natural food was restored to them. Animals, human or dumb brutes, die when their food is wrong. We see what happens when some one kills another's chickens with bad food, but we do not know how to take away the darling of the home to whom will the grieving father and mother go for redress? The very number of food frauds makes it impossible for any one to say to the grand jury: "This particular food killed my little boy or girl." For months, perhaps for years, one is eating adulterated food. The substances to the child's diet of which her body could make no use. Her vitality was sapped by nature's efficient food, but she was not aware of it. She was not poisoned by any particular food. An inadequate combination of foods simply caused her vitality to lose its tone. Another food from another source, had been "processed" in a way that removed some of its most indispensable elements. In its debased state it robbed her little frame of the very materials which she required for growth. Slowly, month by month, the artificial combination of loaded, adulterated or artificial foods, wormed its cruel way to the dinner table and all the forces of nature were called in to battle with the unseen enemy of health and life.

Commercial expediency and a blind, heartless hunger for big gain sat by and looked on as the fight was waged for the child's life. The child had been supplied with poor lighting materials. The child's resistance was broken at last by the combined attack of unnatural and unsuspected adulterated foods. He sickened, he was racked, he caved in, and he was gone. There is no pathologist, no lawyer, no district attorney who can accuse the adulterated food. Let the truth be fully understood at the beginning. Before we can correct a single food fraud by law, we must bring the body of a dead child into the courtroom and say and prove to the jury: "This child was destroyed by this particular adulterated food." We will be on hand to testify the other way. The food fakers have been paying scientists for twenty-five years to testify in their behalf before judges and juries. I have listened to their testimony and have seen it fail, but the facts have rarely been reported to the public. Fear of advertising losses has silenced the voice of the scientist and the uplift magazine against them. Judges, confused by conflicting expert evidence, in numerous instances have imposed fines of \$5 upon writhes who have deliberately preserved milk with formaldehyde. Not a word of the heinous crime and the travesty of justice has leaked out to the public. Cases in which deadly wood alcohol formed the base of vanilla, lemon, and other flavoring extracts have been dismissed with a suspended sentence and not so much as a word of the uplift magazine against them. Confectioners who have used an arsenical preparation in the glaze with which their penny candies are coated have been let off with trifling rebukes and the public has been none the wiser.

Foods that kill mice, rabbits, and guinea-pigs are not "harmful" to the child in the law's eyes, because nobody is willing to feed a child on a steady diet of such things until it dies in order to produce the dead body in court as evidence of the truth. The law is not the remedy. Education alone will end the hideous assaults of greed and ignorance upon the health of our children. Those 3,000 chickens are going to be helpful to us in our consideration of the facts. Fortunately for us, when it is suggested that chickens are not human beings and that therefore, any deductions based on barnyard phenomena are unwarranted when applied to humanity, we are not confined to the barnyard for our facts. The same facts have been established hundreds of times, as you will soon learn, upon human beings. In Billibid prison, Philippine Islands, 1912, twenty-nine prisoners, under sentence of death, were fed exclusively on certain refined and denatured foods of a kind exclusively consumed in America for the purpose of determining what, if any, effect such diet would produce upon them. They quickly became anemic and developed serious diseases which will be described to you later on. Commenting on these experiments, R. P. Strong and R. C. Crowell stated: "These diseases developed owing to the absence of some substance or substances in the diet necessary for the normal physiological processes of the body. Without a supply of such substances in the food sickness results." Although the prisoners fed on the denatured diet mingled freely with the other prisoners, there was no tendency of the sick to spread outside of the group fed on the denatured food. When the denatured food was removed from the diet of the condemned men and natural, unrefined food restored to them they recovered promptly. These are the brief outlines of facts of which you will learn much in picturesque detail before we have proceeded far. They are cited here only for the purpose of anticipating the fact that a scientific you may have already asked: "What does chicken feeding demonstrate with respect to the health of the human animal?" Some day, depending entirely upon the rapidity with which the facts to be set down here are spread abroad, it will not be so difficult to bring the body of a dead child into a courtroom and say with evidence to the jury: "This child was destroyed by this particular adulterated food."

Recent Deaths in Central Pennsylvania. Special to the Telegraph. Reamstown. — Mrs. Malinda Zell, aged 75, one of the pioneer residents of this place, died Saturday after a short illness. Hairville. — Abram W. Meilinger, aged 72, died Saturday from pneumonia, after a short illness. He was one of the most prominent residents of this section. His wife, critically ill with the same disease and does not know of her husband's death. Four sons survive besides the wife. WOMAN'S ANKLE BROKEN. Special to the Telegraph. Enders, Pa., Jan. 17.—Mrs. Moses Enders, aged 75 years, fell while stepping from the rear door at her home on Friday and fractured her ankle. ADDITION TO TANNERY. Special to the Telegraph. Middleburg, Pa., Jan. 17.—The Middleburg Tannery has nearly completed the building of a large addition to the main building. This thriving industry is growing and the 100 employes are at work. BRICK COMPANY THRIVING. Special to the Telegraph. Middleburg, Pa., Jan. 17.—The Paxton Brick Company, located at Paxtonville, about 10 miles west of Middleburg is fast forging to the front. The plant was recently enlarged, and at this time cannot fill its orders. PIPEORGAN DEDICATED. Special to the Telegraph. Marietta, Pa., Jan. 17.—Memorial Presbyterian Church, of Lancaster, yesterday dedicated their handsome new pipe-organ. The service was in charge of the pastor, the Rev. Dr. H. H. Haring. MILL SUPERINTENDENT DIES. Special to the Telegraph. Columbia, Pa., Jan. 17.—Harvey H. Overdeer, superintendent of the welding department in the pipe mill of the Susquehanna Iron Company, died in the Columbia Hospital after a few weeks' illness from pneumonia, superinduced by a cold, which he contracted on Christmas night, when he was caught in a rainstorm while on his way home from church. He was 29 years old and a former resident of Middleburg. His wife and two children survive. MOCCASIN FACTORY AT HALIFAX. Special to the Telegraph. Halifax, Pa., Jan. 17.—This week J. C. Marsh will begin the manufacture of moccasins and soft-soled shoes in a second story. The machinery has been installed and at the outset there will be six machines. After E. Marsh has had some experience in the manufacture of shoes, has been engaged as superintendent. It is possible to manufacture 500 pairs daily with the present equipment. FIREMEN INSTALL OFFICERS. Special to the Telegraph. Halifax, Pa., Jan. 17.—At a regular meeting of the Halifax Fire Company, held in the old school building on Saturday evening, the following officers were installed: President, A. W. Dunkle; vice-president, H. S. Potter; secretary, John G. Miller; treasurer, P. F. Ferhoff; financial secretary, S. W. Koppenhaver; foreman, W. J. Jury; assistant foreman, H. E. Mattier. SKULL FRACTURED BY KICK. Special to the Telegraph. Marietta, Pa., Jan. 17.—Richard Altohouse, son of Wayne Altohouse, of Schoenck, was badly injured while warring with a pig. He was not recovered. The animal kicked him in the face, rendering him unconscious and fracturing his skull.



Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water. Says an inside bath, before breakfast, fast helps us look and feel clean, sweet, fresh. Sparkling and vivacious—merry, bright, alert—a good, clear skin and a natural, rosy, healthy complexion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anaemic-looking men, women and girls, with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere. An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach. Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance, awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.—Advertisement.

Make Skin Smooth

There is one safe, dependable treatment that relieves itching torture instantly and that cleanses and soothes the skin. Ask any druggist for a 25c bottle of Zemo and apply exactly alike in heavy dandruff, you will find that pimples, black heads, eczema, ringworm and similar skin troubles will disappear. Little zemo, the penetrating, satisfying liquid, is all that is needed, for it banishes all skin eruptions and makes the skin soft, smooth and healthy. Zemo, Cleveland.—Advertisement.

STOP COUGHING!!!

DEPTONOL. MADE IN A HEALTH RESORT. AT DRUG STORES—51c per BOTTLE. THE DEPTONOL CO. ATLANTIC CITY, N. J. E. Z. GROSS, 119 Market St., Harrisburg, Pa.

Thankful For Relief Remedy Brought Her

Says Fruitola and Traxo Possesses All the Merit That Is Claimed For It.



After completing the necessary treatment, Mrs. S. S. Cole, Lampasas, Texas, was so well pleased with the results that she wrote the Pinus laboratories as follows: "Fruitola and Traxo are all you claim. It removed a quantity of gall-stones and I feel sure it saved my life. I am well now and thankful to you for the great good your medicine has done me. Fruitola is a powerful lubricant for the intestinal organs and one dose is usually sufficient to clearly demonstrate its efficacy. It softens the congested masses, disintegrates the hardened particles that occasion so much suffering and expels the accumulated waste to the great relief of the patient. Following a dose of Fruitola, Traxo should be taken three or four times a day in order to rebuild and restore the system that has become weakened and run down from constant suffering. It is a splendid tonic, acting on the liver and stomach most beneficially. Fruitola and Traxo are prepared in the Pinus laboratories at Monticello, Ill., and arrangements have been made to supply them through representative druggists. In Harrisburg they can be obtained at Gorgas, the Drugist, 15 North Third street, P. R. R. Station.

FUNERAL OF MRS. WILLIAMS

Special to the Telegraph. Dillsburg, Pa., Jan. 17.—Funeral services for Mrs. John Williams, the oldest resident of the upper end of York county who died on Wednesday at the age of 92 years were held on Saturday afternoon. Services were conducted at the home by the Rev. J. H. Wolf, pastor of the Monaghan Presbyterian church.

SWINEFORD BANK OFFICERS

Special to the Telegraph. Middleburg, Pa., Jan. 17.—Swineford National Bank has elected the following officers and directors: President, G. M. Shindel; cashier, R. Kregor; assistant cashiers, L. E. G. Winesy and Harry Hummel. M. K. Schoch, James Magee, J. R. Kraeger, G. M. Shindel, A. H. Fish, R. W. Toder and Wilson Winesy were elected directors. The bank declared an 8 per cent. dividend and added \$10,000 to their surplus.

SUNDAY SCHOOL OFFICERS

Halifax, Pa., Jan. 17.—Bethel Union Sunday school of Matamoras elected the following officers for the year: Superintendent, C. I. Glace; assistant superintendent, Lewis Frank; secretary, Martin Boyman; assistant secretary, Martin Kietzer; treasurer, Caroline Chubb; organist, Miss Ivy Hoffman; assistant organist, Miss Susan Wagner; librarians, Pauline Sweigard and Esther Wagner; janitor, Martin Keiter.

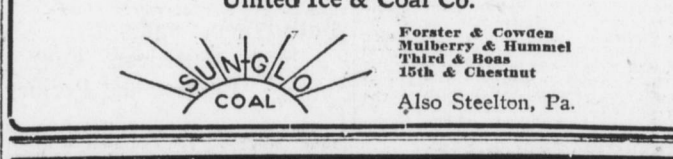
ASK FOR and GET HORLICK'S THE ORIGINAL MALTED MILK. Cheap substitutes cost YOU same price. FLORIDA TOUR Personally Conducted. From Baltimore, Friday, February 18, 7 P. M., 8-day trip, including necessary expenses \$50. Meals and room on steamer, hotels, auto trips, etc. Grand opportunity to visit "Land of Sunshine and Flowers and Regret" sailings to Savannah and Jacksonville every Tuesday and Friday. Send for itinerary and particulars. MERCHANTS AND MINERS TRANS. CO. W. P. Turner, G. P. ... Consult any ticket or touring agent.

BELLANS Absolutely Removes Indigestion. One package proves it. 25c at all druggists.

Try Telegraph Want Ads

Ventilate Your Rooms

Don't expect to have warm and comfortable rooms when you do not open the windows to let in fresh air. The heat from your furnace cannot circulate through a room filled with stagnant air. Even in the coldest weather the rooms should be thrown open every morning for at least 10 minutes. Instead of your house getting cooler with the fresh air, you will find it will heat much more quickly than without the ventilation. United Ice & Coal Co. Forster & Cowden Mulberry & Hummel Third & Hoop 16th & Chestnut Also Steelton, Pa.



The Name

—despite the fact that it is a good one—did not make King Oscar the famous nickel smoke it is to-day. IT WAS THE UNVARYING QUALITY OF THE TOBACCO USED, YEAR AFTER YEAR, THAT MADE THE NAME FAMOUS. Why, as soon as a man feels the desire for a good nickel smoke he unconsciously thinks of King Oscar 5c Cigars.

King Oscar 5c Cigars

When a man's thirsty—he thinks of water. When he's hungry—he eats, When he wants a smoke—he thinks of King Oscar 5c Cigars.

Regularly Good For 24 Years

CLIP THIS COUPON FOR The American Government AND The Panama Canal

By FREDERIC J. HASKIN. The Books That Show Uncle Sam at Work. The Harrisburg Telegraph

HOW TO GET THESE TWO BOOKS FOR 88-CENTS — Cut this coupon from this paper, present it at our office with 25 cents, to cover the cost of production and distribution, and the set is yours. Fifteen cents extra by mail. SOME FACTS ABOUT THESE BOOKS — Both are the same size and bound exactly alike in heavy cloth. Each has about 400 pages printed on fine book paper. Both are profusely illustrated with official engravings, drawings and maps. TO OUR READERS — We are distributing these patriotic books solely because of their great educational merit and our belief that they should be in every American home.

For Mental and Physical Efficiency

there must be efficiency in digestion—but first, and more important, the food must possess sound nourishment.

In this respect no food supplies in more splendid proportion, all the nutritive elements of the field grains and is at the same time so fully processed for easy, quick digestion as

Grape-Nuts

This famous pure food, made of whole wheat and malted barley, retains the vital mineral salts of the grains—so lacking in many foods—but all-important in building brain, nerve and muscle.

There's a wonderful return of mental and physical vigor for the small tax upon the stomach in the digestion of Grape-Nuts.

"There's a Reason"

Sold by Grocers everywhere.