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## A Big Part of the World <br> 

not alone for its delicious, nut-like flavour, but more muscle building qualities.

Grape-Nuts supplies certain essential elements, abundantly stored in the field grains, but which are la aking in many goods. Especially is this true of
foods made from white flour, because in making white the larger part of the energizing mineral ele ments are thrown out in the milling process.

Made of whole wheat and malted barley, GrapeNuts supplies all the rich nourishment of the grains, is long baked and rendered quickly digestible, and
yields a big return of brain, nerve and muscle energy yields a big return of brain, nerve and muscle energy. Wherever you go you'll find Grape-Nuts,
"There's a Reason"
Sold by Grocers everywhere.

## Bowman's

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## In This Weekly House Cleaning Are Sterling Bargains





