

High-Priced Meat
Blessing

A Little Fruit,
Adishof Grape-Nuts and Cream A Soft-Boiled Egg, Some Nice, Crisp Toas Cup of Well-made Postum Food Coffee

That's all, and you fee
and well-fed until lunch
then repeat,

And at night have a liberal meat
and vegetable dmner, with a Grape and vegetable dmner, witt
Nuts pudding for dessert. Such a diet will make a change in
our health and strength worth trial
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