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## White Bread Eaters

Beri-beri! What's That?

A recent press dispatch from Paris to the New York American quotes Thomas A. Edison as saying, that in France:

> They (the French) do not unbalance the wheat for the sake of appearance, but retain the glaten qualities in an extraordinary way. I think that most of the indigestion in America comes from the desire to make bresd look pretty, and in so doing, unbalancing the wheat, taking from it qualities most essential to nutrition and health.
"It has been found in countries where that dreaded disease known as beri-beri flourishes (Beri-beri is a fatal disense attacking the nerves and nerve centers) that in the process of polishing and whitening
rice, elements are taken from the food that, if allowed to remain and be fed to patients suffering from the disease, actually cures them."

In the making of white flour, the vital elements of the hard, outer coat of the wheat are "thrown away," because they darken the flour. Nerve starvation is a natural result.

No one can "beat" Old Mother Nature. She places in wheat and barley certain elements (Diastase, Potash, Lime, etc.) up under the outer shell. Diastase is the element which helps to transform or digest starch and make it usefml for the body. The Potash goes to rebuild the gray matter in the nerve cells.

## In the making of

## Grape-Nuts

these brain- and nerve-building elements are purposely preserved, among them the valuable Phosphate of Potash, (grown in the grain) the essential tissue salt of all gray nerve matter.

For growing children, for men and women who work with body and brain, there is no better food than Grape-Nuts.

Grape-Nuts contains all the meat of the wheat and barley from which it is made. A dish of GrapeNuts and cream is the cereal part of the daily morning meal of hundreds of thousands of people all over the world.

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