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## "I Feel Like A Real Day's Work"

Most men do have good digestion, steady nerves and a clear brain. Right living-particularly right eating-makes for energy and ambition.

The sound nourishment that gives "punch" to wade right into work is richly supplied by the field grains. But some grain foods are lacking in certain mineral elements which are all-important for physical and mental vigor.

## Grape-Nuts

-made of selected whole wheat and malted barley, furnishes one all the nutriment of the grain, including their vital mineral saltsphosphate of potash, etc.-necessary for the balanced rebuilding of body, brain and nerves.

Grape-Nuts is easily digested; has a-delicious nut-like flavour; is ready to eat direct from package; and with cream or good milk is a splendidly balanced food.

## "There's a Reason" for GRAPE-NUTS

Sold by Grocers Everywhere

When the Table Is Spoiled
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[^0]:    Jail Sentence Is Begun Day Following Arrest Room at Hotel.

