Societu News
Now




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W HETHER for an appealing breakfast or for dainty luncheons or suppers, good toast is a
refinement of good bread-the one food of which 90 per cent is quickly and easily absorbed as nourishment.
One reason why users of Butter-Nut bread insist on getting it at their grocer's is
because they have found But-ter-Nut makes the most perfect tor-Nut.
toast
Because it is appetizing,
while losing none of the nourwhile losing none of the nourishment in the bread, loast is scription for delicate stomachs.


When ordering bread, be sure to ask for the loaf of WA flavor in its sanitary wrapper.

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THE UNITED STATES BAKERY Capacity- 15,000 Quality Loaves a Day Bakers of Franz HEALTH BREAD

## In the

Wrong Gear?
Does your heart-engine pound when you climb the stairs? It is a danger signal proper food and take rational daily exercise. Taking a hill "on high" is easy for the man who eats

## Shredded Wheat

Eat it for breakfast, for dinner, for
lunch. Shredded Wheat contains lunch. Shredded Wheat contains just enough carbohydrates and proteins to sustain the human body in
top-notch condition, also the mineral salts that are so necessary to life and normal growth.

Two Biscuits with milk or cream make
a complete, nourishing meal. Delicious with peaches, berries, raisins, prun
sliced bananas and other fruits.


Bluhill Pimento Cheese
Vegetable Soup
Bluhill Spreads Like Butter

