

## One Meal

## One Penny

Meat High, Teaches the People about Better Food for Less Money

One pound of Grape-Nuts contains more nourishment-that the system will absorb-than ten pounds of meat.

An experiment was tried by a man who found that by leaving off meat altogether at breakfast and Iunch, and taking in its place four heaping teaspoonfuls of Grape-Nuts with cream, he began to gain flesh and strength and before the full pound package was gone had gained four pounds in weight, whereas he had been losing on his meat diet.
for several years. For a long time I steadily ran down, was miserable, and everything ate caused distress. I fell away from 185 pounds to 150 . Somebody told me that if would change my diet and take Grape-Nuts food at two meals in the day, I would im-
prove. I made the experiment and in less than two weeks began to improve very rapidly. I discovered that a few teaspoonf uls of Grape-Nuts with cream would furnish more nourishment than quantities of meat. My improvement has continued until now
I weigh 195 pounds, which is a gain of about 45 pounds in five months, and I feel in magnificent condition.

Grape-Nuts is a crisp, dainty, delicious food, made of selected parts of wheat and barley, and scientifically treated in manufacture by moisture, time and heat-nature's way-to slowly and perfectly develop the diastase from the grain and transform the starch into a form of sugar in the most perfect manner. The small particles of phosphate of potash found in the certain parts of the cereals are retained, and these elements vitalize and nourish the brain and nerve centres throughout the body.

Grape-Nuts is a condensed food, and about four teaspoonfuls with cream is sufficient for the cereal part of a meal. It requires no cooking or preparation of any kind, and is ready for immediate use and suited to the laborer, athlete, brain-worker, epicure and invalid.

Try for breakfast, lunch or supper-some fruit, dish of Grape-Nuts with cream, a soft-cooked egg, some nice crisp toast, and a cup of woll-made Postum. You'll feel woll-fed, have energy plus, and know.
"There's a Reason" for

# Grape-Nuts 



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