EIGHT Pagas


A Leading'
Food Expert
Grape-Nuts factories at Battle Creek, Mich., and after
inspecting both the wheat and flour said to the miller: ither. That wheat comes out of the rolls as honest and unrefined as it went in. Where did you ever make
flour before that retained the true mineral content of the grain?"
good many mills and In : have worked in tell you, I never made whole wheat flour like that until The truth is, white flour is wofully lacking in certain essential mineral elements which are thrown out in the
milling to make flour white and pretty, and its use freThe famous pure food

## Grape-Nuts

 is made of honest whole wheat and malted barley; andsupplies in splendid proportion all the brain- and nerve-
making, bone-and muscle-building elements of the field grains, including their mineral elements.
Rich, nut-like flavour, ease of serving, and quick
"There's a Reason" for Grape-Nuts

## FALT'S famous <br> Fresh Every Day <br> CRAWFISH <br> The Quelle Restaurant

How much does
good coffee add to
your breakfast pleas.
ure? How much does



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## Schilling's

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