the captal journal



DOUBLE PREMIUM ALL OVER
THE STORE
FIRST
Anniversary
There are food qualities in wheat and barley which you are not acquainted with, if you have never eaten.

## (19) $\operatorname{cin}^{2}$

This food isn't a simple mixture. but is a scientific blend of these grains-designed to build and reinforce physical and mental well being Twenty hours bakind develops a wonderfully rich flavor and great ease of digestion.

Grape-Nuts needs no Sugar
Pontum Cereal Company, Battle Creek. Michigan

Salem Bank of Commerce


