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. Surial fantus of the Alleck...


Nothing Stops This Man ear mind, who brushes away obstacles, and r His is the joyous outlook on life.
Physical and mental conditions like these ome largely through proper eating-"Food

Now it is a fact-attested by food expertsthat the modern dietary is woefully lacking i the very elements that put success into a man
They are the mineral salts-Phosphate of ash, etc. While bread is almost wholly lacking

## Grape-Nuts <br> Made from whole wheat and barley, Grape-

 Nuts contains all the nutriment of the grain, in digested, is concentrated and has delicious taste. food helns build vigorous bodies and keen brains "There's a Reason"