

Physicians endorse graham flour as most essential to health. This most wholesome of flour is especially beneficial at this time of the year when the system needs "bulky" food that digests well. The most pleasing way of enjoyingthis nutritious food is in the form of

# SWASTIKA GRAHAM CRACKERS 

Swastika Graham Crackers are pure and wholesome. They are made in the big, sunlit baking rooms of our sanitary plant... Fresh and crisp, they are packed in sanitary, mois. ture and dust proof packages and quickly come to you. They nourish the little ones and sustain the aged. The busy business man finds Swastika Graham Crackers and milk a splandid luncheon which increases his efficiency. As an every day article of food, they are economical and healthful. The tiniest toddler enjoys them and is benefitted by them. As a "bite between meals," school children relish them and derive real benefit from their inherent food value.

## In 10c and 25c Packages

All dealers supply them.
Look for the Swastika on the ends of each package before you buy
It is your guarantee of freshness.

## Pacific Coast Biscuit Company <br> PORTLAND, OREGON

