## Social and Personal



When Health Is Wrong
The Pay Is Short
Getting ahead in this world calls for mental and physical forces kept upbuilt and in trim.

Often the food one eats "makes" or "breaks"-it depends upon the Kind of food. In many cases the daily dietary lacks certain essential elements for keeping brain and body at their best.
Over 18 years ago a food was perfected to offset

## this lac <br> Grape-Nuts

Made of whole wheat and malted barley this famous pure food supplies all the nutriment of the grains including their mineral salts-Phosphate of Potash, etc.-necessary for building brain, nerve and muscle.
Grape-Nuts has a delicious nut-like flavour; is always ready to eat-fresh, and crisp from the package; so thoroughly baked it is partially predigested.

Theusands "on the job" every day know
"There's a Reason" for Grape-Nuts
-sold by Grocers everywhere.

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Tomorrow's Program For Federation of Women's Clubs


Marguerite Flower HI

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A scientific food for health and long life It is now possible for the people of this count make darly use, in agreeable tablet form, of the very same food principles markaly are long lives of the
sible for the health and remarkably Bulgarians - who frequently live to be 125 years old. To the world of science it has long been e famous Bulgarian sour milk ferments are exceptional value to the health of humankind. On recently, however, has the correct and practical these principles been discovered and made sible to tone in
don
Intesti-Fermin Tablets Many Years ago it was detmonstrated that premature old ase is
aused lorgely by poisons and malignant batcria originating in the lower digestive tract and attack king every organ of the body. Throuph
research it was disocerd that certain helppul beaili containd in
Bulquaian sour riilk ferments would antack and destroy the becerial cusing these poisons
$\qquad$
$\qquad$ cultures of both the Becillus Bulagricas sind the $C$ Mystining element. It is perfectiy harmiess and may be wes with J. C. Perry, Salem, Oregon


Washington Junior High and South Salem Alumni lie at 7 to 7 Score


