## Social and Personal

aLINE THOMPSOA

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## Bouncing Health and Active Brain

come naturally with childhood, but in later years are usually the result of right living-

Proper Food Plays\|a Big Part
Many foods-especially those made from White Flour-are woefully deficient in certain mineral salts which are essential to life, health and happiness

To supply these vital mineral elements lacking in the usual daily diet, a food expe originated

## Grape-Nuts

This food, made of choice wheat and malted barley supplies all the nutriment of the grains, including the phosphate of potash, ete., required for the daily rebuilding of body and brain.

Grape-Nuts has a delicious, nut-like flavour-is ready to eat direct from the package with cream or good milk, and is complete nourishment.
"There's a Reason" for Grape-Nuts Sold by Grocers everywhere.





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