

Efficiency

## in Childhood

comes with proper training $-a$ most vital factor in which is right food.

If a child is to gain physically and expand mentally certain vital mineral elements-grown in the field grains-are imperative.

These elements, such as phosphate of potash etc., are lacking in many foods, but abundantly supplied in the famous pure food-

## Grape-Nuts

Made of whole wheat and malted barley, GrapeNuts with cream or good milk supplies well-balanced nourishment-not only builds up the growing child, but repairs daily the wear and tear of body and brain.

Grape-Nuts has a delicious nut-like flavour-is specially processed for easy digestion-and is always ready to eat direct from the package. Economical-convenient-and makes for efficiency.

## "There's a Reason" for Grape-Nuts

 Sold by Grocers everywhere.

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