



Fresh Air and Natural Food

The most "natural" foods are the cereals.

These should be cooked at the factory in a clean and scientific manner to make them easily digestible.

Grape=Nuts

FOOD

Is made of wheat and barley, the greatest of all cereals, containing the tissue-building (proteids), energy-making (carbohydrates) elements; and *also* the "vital" phosphates (grown in the grains) which Nature requires for replacing the soft gray material of brain and nerve centres, worn away by Life's daily activities.

Follow the law of Old Mother Nature—eat Grape-Nuts and cream, and *give it to the children*, at least once a day.

"There's a Reason"