Personal Power—

The capacity to plan and put into action ideas for success—requires "a sound mind in a sound body."

The famous wheat and barley food—

Grape-Nuts

(MADE IN CANADA)

is scientifically prepared for body and mind building -

"There's a Reason"

Sold by Grocers everywhere





The Original and only Genuine

Beware of Imitations Sold on the Merits

MINARD'S LINIMENT

