MC 2035 POOR DOCUMENT



It's / True

"Speaking of the harmful effects of Baker's white bread, Dr. Edson Smith says: 'Baker's Bread is an abomination to the stomach. Its fine flour,

its yeast and its undextrinized starch makes it largely undigestible. Only the well-baked outer crust is fit to eat."-Rutledge Rutherford in National Food

Grape-Nuts

By building Grape-Nuts from the two greatest of food-grains-wheat and barley-and baking and rebaking it until the starchy parts were converted into dextrose (grape-sugar) or so thoroughly dextrinized

Grape-Nuts Digest Usually in About One hour

In the milling of white flour, nearly all the "vital" mineral salts of the grain (such as phosporus,

(White Bread requires about 31 hours for digestion)

lime, iron, sulphur, etc.) are thrown out with the bran-coat, just to make the flour look white and pretty.

These phosphates, or mineral salts, are positively demanded by Nature in order to build normal bod-ies, brains and nerves, and in their lack physicians find one great cause of impoverished blood, listlessness.

Grape-Nuts, on the other hand, retains ALL the vital phosphates so richly grown by Nature in wheat and barley, as well as ALL the other nutritive elements of the grains. It provides these well-balanced values

in a convenient, appetizing food, ready to est from the package, fresh, crisp, and untouched by human

"There's a Reason" for Grape-Nuts

Canadian Postum Cereal Co., Dtd., Windsor, Ont.

A ration of Grape-Nuts with regular meals supplies admirably what

Some 17 years ago there was originated a food designed to avoid the objectionable qualities of white

It established a standard of digestibility and food value hitherto unapproached in any cereal food.

This Letter Tells of Case Which Baffled Doctors-Cure Effected by Dr. Cha

Magazine, February, 1912.

This object was Attained-

as to require but little effort to digest.

nervous prostration, kidney disease, etc.

white bread lacks.

That food is

flour products.

Ise Pure Essence Mentho-Laxene-

Sure to Rejoice

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