RANEY MAY BE CHECKMATED BY OTTAWA

Doubtful If Province Can Interfere With Rights of Charter.

TO BE TESTED IN COURTS

American Government Grants Temporary Suspension To Hasten Action.

TORONTO, Aug. 17.—What the Ontario attorney-general's answer will be to the latest move of the "beer runners" on the Essex border has not been disclosed by Mr. Raney, as he is out of town, but officers of his department express the opinion that he has been checkmated in his effort to stop the flow of wet goods to the United States. Raney had introduced the expedient of seizing shipments of liquor not consigned by common carriers, assuming at the same time that shipments going forward in the regular channels would be seized by the United States authorities.

May Have No Power.

Since, however, the exporters have secured federal incorporation as exporters with warehouse rights and authority to carry on business as carriers and forwarders, it is doubtful, in the opinion of the legal advisers of the Ontario department, whether the province can interfere.

Said an official of the department today: "I do not know, of course, what Mr. Raney will do, but if the latest move bars us from action, then the responsibility is, with the Dominion and not the province. The Dominion has definite powers that we cannot question."

TEMPORARY SUSPENSION.

WASHINGTON, Aug. 17.—Temporary suspension of the customs ban prohibiting intoxicating liquors from one foreign country to another to move across the United States was announced tonight by Secretary Mellon.

"In view of the injunctions granted at Detroit and at New York," Mr. Mellon said, "requiring the collector of customs to continue to permit the transportation and exportation entries for liquors in bond, the treasury department has deemed it advisable temporarily to suspend its order regarding such shipmtnts. Accordingly, and until otherwise advised, the collectors of customs will permit intoxicating liquors shipped from a foreign country to move over the territory of the United States when the destination of such liquors is another foreign country.

Want Quick Action.

"This has been done so as to avoid the unnecessary multiplication of litigation, and in order that the important questions involved may be speedily and finally determined by the court."

Shipments of liquor from a foreign point of origin by way of this country to a foreign destination were held by Attorney-General Palmer in an opinion to be a violation of the prohibition laws. After hearing protests by Canadian shippers against the ruling, Attorney-General Daugherty upheld the opinion and early in July customs regulations were promulgated by the treasury forbidding the in-transit shipment of intoxicating beverages across the country.

TRAM STRIKE SETTLED.

LONDON, Aug. 16.—Canadian Press.—Reuter's Cape Town correspondent cables that the Durban tramways strike—which has lasted nine weeks—has been settled on the basis of the men resuming work on pre-strike pay and conditions, the war bonus they then received not to be reduced before the end of this year.

Results of Examinations for Kindergarten Primary Teachers

TORONTO, Aug. 17.—The department of education announces the results of the summer course conducted by it for kindergarten-primary teachers at London.

The following teachers have successfully completed the two prescribed summer courses and have been granted interim kindergarten-primary certificates valid in a kindergarten-primary or a first term, or for the position of assistant to a kindergarten director, or as provisional director in a kindergarten form:

Dora L. Bassett, Vena A. Chalk, Letura A. Crow, Anna G. Dundass, Myrtle G. Elliott, Mildred Green, Mabel E. Hodgson, Eunice B. Hyatt, Mabel Ketchabaum, Evelyn M. Little, Alice MacLean, Mrs. Alma MacLean, Vera M. MacPherson, Dorothy M. McGraw, Eva M. McLachlan, Byrl McWhinney, Helen M. Mason, Bessie W. Montgomery, Louise Park, Effie M. Polley, Stella Richardson, Olive M. Taylor, Mabel G. Williams, Verna M. Wright.

The following teachers have successfully completed one of the prescribed summer courses and are qualified for one year for the position of assistant in a kindergaten-primary class:

LONDON—Helen M. Barbour, Myrtle E. Barons, Earldeen M. Blonde, Hazel W. Bodkin, Mildred R. Bradley, Gertrude M. Brien, Mabel A. Brindsen, Charlotte S. Buttery, Vera C. Buttery, Effie D. Campbell, Clara E. Carroll, Grace A. Chalmers, Mabel J. Chalmers, Maude A. Coke, Mary A. Coulter, Maud Crawford, Bessie L. Cummford, Teresa P. Curran, Maud Cuthbertson, Almeda Finkbeiner, Marjorie Fisher, Myrtle L. Gartly, Grace F. A. Godwin, Inez J. Grant, Ivah E. Ingrouille, Jean A. Hall, Florence M. Hand, Mrs. Fannie C. Haygart, Muriel M. M. Hogarth, Lois M. Holmes, Eleanor Hurley, Mrs. Clara E. Hurst, Nina Kelly Ursula Kelly (Sister M. Ursula), Inez A. Kerr, Edith Kratz, Euphemia W. McCallum, Mabel R. McClure, Annie M. McIntyre, Clara W. McQuillan, Edith Messerschmid, Margaret I. Middleditch, Elsie Mosley, Isabella Murdie, Annie E. Murphy, Marion A. Murray, Christene G. Nicoll, Cora Parker, Jennie I. Parker, Aradath E. Pope, Charlotte Sheeley, Gladys E. Shrapnell, Marion G. Snell, Elsie M. Teskey, Hazel M. Thomson, Hazel M. Thorne, Marjorie G. Tolhurst, Edna A. Weld, Susie E. Wilton.

"The Tobacco of Quality"

Everybody Smokes OLD CHUM

It has that mellow richness that appeals to every smoker.

NISSOURI SHEEP ARE BOUGHT FOR JAPAN

[Special to The Advertiser.]

THORNDALE, Aug. 17.—N. Saito, agricultural commissioner for the Japanese Government, and T. Yasuda, New York purchasing agent for the Nowasa Company of Tokio, Japan, visited the farm of James H. Wheaton on Saturday and purchased eight fine Shropshire sheep for shipment to Japan, to be used for breeding purposes on experimental farms there.

These agents have spent a couple of weeks in Middlesex, and purchased 150 sheep in various sections. During the past few months they purchased 605 sheep for the Japanese Government. The types were Rambouillet and Shropshire.

Last year, while attending the exhibition at Salt Lake City the Japanese agricultural commissioner saw the fine exhibit of Canadian sheep by J. H. Patrick, Ilderton, and decided to tour Canada and purchase some of these fine animals.

Some cattle and horses have also been purchased in Canada. These two representatives left Canada this week.

GOVERNMENT JOBS ARE POPULAR NOW

Unusual Increase in Staff of Minister of Labor.

LONDON, Aug. 17.—(Candian Press Cable.)—From May 1 to June 1 there was an increase of 2,333 government officials, according to an official return issued today. The following increases by departments were given: Postoffice, 617; ministry of labor, 1,931; inland revenue, 89; ministry of health, 22; other departments, 74.

There were decreases in the ministry of pensions of 16, admiralty 36, war office 61, board of trade 45, food department 68, shipping department 32, agriculture and fisheries 27, commission for disposal and liquidation 96, ministry of air 19.

The total staffs now number 370,896, consisting of 264,363 men and 106,533 women.

The big increase in the staff of the ministry of labor is ascribed to the increase of unemployment.

MARRIED MEN BETTER RISKS THAN SINGLE

Beware of Man Who Is Led by Luxurious Wife, Says Expert.

FAT MEN SELDOM DEFAULT

Chinese Are the Most Honest Businessmen in World.

TORONTO, Aug. 17.—Addressing the Kiwanias Club today, Frederick N. Whithey, vice-president of the National Surety Company of New York, gave some figures, collected over a long period of years, which had led him to the conclusion that "as a rule the world is honest."

He said that out of seven million bonds which he had made out, only one per cent had gone wrong, and less than two per cent of those who had gone wrong had done so intentionally.

Are Better Risk.

Surety companies had found married men much better risks than single men, the ratio being 6 to 1. They had found that the "nut" or the "crank" could usually be trusted in money matters. The middle-aged man very seldom became a defaulter, but when he did it has usually been for large amounts. The man gifted with a fund of profanity and the fat mah were rated at very good risks. Also the man who saved and lived within his income was readily taken up by the bonding concerns. Mr. Whithey then voiced a few bewares.

Beware of These.

He would have his audience beware of the man who has a luxurious wife. Many men, both rich and poor, had been forced to go too fast a pace by their wives. Also beware of the employee who puts over little tricks in the interest of his firm. Men who steal for their employers will steal from their employers. Surety companies did little business in oil districts, because they had found that the oil country usually fostered oily men.

Mr. Whithey concluded that the Chinamen as a race were the most honest in business of any in the world.

GAS CONSUMERS WANT TO HEAR DRURY'S VIEWS

Expect Premier Will Go Into Charges At Rondeau Picnic.

[Special To The Advertiser.]

BLENHEIM, Aug. 17.—If Premier Drury when at Rondeau Government Park on Friday, Aug. 26, at the great U. F. O. picnic, does not refer to the gas question (which is the great question in this district at the present time), it will not be because he has not been appealed to through resolutions for assistance and redress by the consumers. There have been many meetings held throughout the county by consumers, especially in the rural communities, at which resolutions have been passed along the line of the copy given herewith and a copy directed forwarded at once to Premier Drury.

A Live Topic.

There will be many at the picnic who will be anxiously watching to see how the premier squares up to a matter of such importance to the constituency. If the premier and Hon. Mr. Doherty want to talk on a popular subject, they need seek no further than the great gas question, as it is touching the pockets of the consumers just now, as they have received their account cards for July and find the gas at 45 cents, meter rent 20 cents, and service charge $1.00.

Previously in the country they were only paying from 15 to 20 cents per thousand feet, besides the meter rent. On Monday night a meeting was held at Guilds. Last night one was held at Shrewsbury, and meetings have been regular for some time, and resolutions passed as stated.

The Resolutions.

The resolutions are as follows:

Whereas, we have learned with regret of the course pursued by the gas referee at the recent sittings at Chatham on the 11th, 12th and 14th of July, 1921, and at Toronto on the 25th of July, 1921, and we have noted that the gas referee proceeded upon the assumption that the Union Company has established a rate of 76 cents for gas, based upon an alleged cost of 30 cents per thousand cubic feet for gas at the well, while there was evidence produced before the drainage referee to the effect that for six years and up until 1918 the cost to the Union Company of gas per thousand cubic feet at the well was only 4.38 cents, and counsel offered to produce further evidence to show a much lower cost to the producing company than 30 cents, and the referee declined to allow such further evidence to be given.

And, whereas, we are of opinion that the township franchises ought to be kept inviolate, and that the powers of municipal councils to grant franchises under the municipal act and the municipal franchise act should not be interfered with by the Legislature.

And, whereas, we are of opinion that the price fixed for gas by the gas referee at the recent hearing is excessive, and is in breach of the municipal franchises, which have been entered into and acted upon by the producing companies for many years, and enormous profits made by such producing company, while no additional profit has been received by the farmer, who owned the gas, and the Government has interfered through the legislation and the gas referee regarding the matter, viz., natural gas, which the Government did not and does not own, and has allowed franchises and contracts to be broken, without any benefit to the township or to the farmer, while the other party to the contract, namely, the Union Company, has reaped and is reaping all the benefit and no compensation has been allowed to the township or the farmer in respect of the breach and the additional price received by the Union Company.

Now, therefore, we protest most strongly against the present legislation in regard to natural gas and against the recent action of the gas referee in violating the franchises of the township and in raising the price of gas as he has done in his judgment and by refusing to receive the further evidence offered to be adduced by the council for the township to show that the figures put in by experts of the union company are absolutely unreliable and incorrect and we request the Government to take such steps to enact such measures or regulations as will effectually serve to protect the township franchises and the rights of the ratepayers thereunder to receive gas at the rate therein specified according to those franchises which have been acted upon for many years.

And we further protest against the legislature interfering with the powers of the municipal councils under the provisions of the "Municipal Act," and the action of the gas referee in proceeding to usurp the powers of such municipal councils as he has done in setting at naught the franchises may be varied or set aside by further regulations, order-in-council or legislation which will protect the township councils and the ratepayers therein to the extent of their powers and franchises granted or to be granted.

And we further request the Government, in view of the fact that the gas referee refused to receive further evidence tendered on behalf of the township to combat figures of the union company and to show that a higner price for gas is not necessary, do forthwith take steps to remove the gas referee from office and appoint a gas referee in whom the people will have confidence, and who will sit impartially as a judge of the Supreme Court of Ontario would sit and hear all evidence relating to the matter and dispose of gas matters with due regard to township rights and franchises and the powers of municipal councils thereunder.

ALLEGES ATTEMPT TO "PACK" MEETING

President Mosher Fears Railwaymen May Not Get Fair Deal.

OTTAWA, Aug. 17.—Alleging an attempt to flood the forthcoming meeting at Winnipeg of the Trades and Labor Congress of Canada with delegates adverse to his organization, Grand President A. R. Mosher of the Canadian Brotherhood of Railroad Employees, stated today that no special effort was being put forth by his executive to prevent the revoking of the C. B. of R. E. charter of affiliation with the congress.

The matter is one of the leading issues to be brought before the convention, which opens at Winnipeg on Monday.

"The attempt of Messrs. Moore and Draper to exclude us from membership in the congress has been fought as a matter of principle," said Mr. Mosher.

In reply to a statement emanating from Toronto labor circles and published in morning newspapers to the effect that he had aspirations for the presidency of the Trades and Labor Congress, Mr. Mosher declared that there was not an element of truth in the rumor.

"I would not accept the position even if elected," he stated.

SMITH TELLS OF STRIKE BLUNDERS

Acting President of Miners' Federation Deals With Situation Frankly.

LONDON, Aug. 17.—(Canadian Press Cable).—Herbert Smith, acting president of the Miners' Federation, said some frank things at the annual meeting of the federation today at Llandudno, condemning the blunders made in the recent coal strike.

"Owing to the economic position of the coal trade during the war," he said, "the sense of power and importance developed in the minds of workmen, which had not been altogether healthy, gave many men an exaggerated opinion of their power."

Alluding to the Government's sudden decontrol of the mining industry, Mr. Smith said this action made it virtually impossible to proceed with the negotiations then under way for an equitable distribution of wages and profits. The Government, for this act, if for no other, said Mr. Smith, should cease to hold office.

The federation leaders, however, continued Mr. Smith, lacked vision and enterprise in their subsequent actions. He said: "It was a wrong policy for the districts not to have concentrated on the wages question, upon which they had public support. It was a wrong decision to fight the pool issues. Withdrawal of "safety men" from the mines was another mistake, and the consequences are now seen in the physical breakdown of many mines."

Alluding to aspersions upon the loyalty of federation officials, Smith said they were too loyal to the so-called majority rule; too loyal to their colleagues while swallowing their convictions and better judgment, because they were outvoted by the usual narrow majority vote.

THORNDALE WOMEN HOLDING BEE TODAY

THORNDALE, Aug. 17.—The Woman's Institute have begun active community work in improving the cemeteries. On Thursday a bee will be held at Vining's Cemetery and men and women from all over the township of West Nissouri will assemble in the morning, bringing their lunch baskets and equipment for improving the cemetery, and spend the day there. Great interest has been shown in this movement.

TWO KILLED IN COLLISION.

EDMONTON Aug. 17.—Two men are dead and two others are suffering from injuries received when a gasoline speeder and a handcar collided near the Edmonton, Dunvegan and British Columbia railway yards here yesterday.

BANK BOOK SHOWS THAT INTERPRETER DEPOSITED $3,990

Interesting Evidence Submitted At Police Court Probe in Toronto.

TORONTO, Aug. 17.—The bank account of Alex. Markowitz, suspended police court interpreter, was produced at the police court probe this afternoon by Douglas Wright, manager of the Imperial Bank at the corner of Yonge and Queen streets, and it was shown that in less than six months in 1920 Markowitz had deposited $3,990. He had stated his occupation as that of "baker." Earlier in the day evidence had been given by the deputy court clerk that Markowitz was not paid for any work he did for the police, his only source of revenue from the city being his fees as court clerk.

A clerk from another bank attended with a statement showing Markowitz had deposited from December 1, 1917, to present month, sums ranging from $10 to $210, totalling $7,064.15, including interest. Before the public service commission Markowitz had testified that he did not make more than $2,500 a year from interpreting.

A statement from another suspended court interprtor, Mrs. Bagneto, was put in, admitting that she frequently revealed to the police confidential information which had passed through her as interpreter from prisoner to his lawyer. This information was used by the prosecution.

REILLY CHOSEN FOR ARBITRATION BOARD

YOUNGSTOWN, O., Aug. 17.—W. C. Reilly, general superintendent of the Youngstown Sheet and Tube Company here, has been elected as a member of the arbitration board which will hear a controversy between the Government of Nova Scotia and the Dominion Steel Company, involving claims totalling $5,000,000, it was learned here today.

Mr. Reilly will represent the Nova Scotian Government in the hearings, which begin August 24.

Here's a Case For Sherlock Holmes

[Special to The Advertiser.]

SIMCOE, Aug. 17.—Further evidence that the burning of County Constable Lewis Barber's barns last night was incendiary was offered today when a Windham farmer said he saw a man and woman walking hurriedly north through a plowed field at a time when crowds were hurrying to the fire. The woman is said to have been wearing a white "over all" apron.

Footmarks were traced from the scene of the fire, through a plowed field today, but ended when they came to a county highway.

What astonished the investigators was that the footsteps of the man were fully seven feet apart, suggesting almost a giant.

PAINFUL DIARRHOEA

CRAMPS IN STOMACH

Mr. Fred Funston, Craik, Sask., writes: "A year ago last harvest I was taken with a sudden attack of diarrhoea which completely laid me out, and in a few hours I had to quit work. The cramps in my stomach were dreadful, the beads of perspiration would stand out on my face at times, I was in such great distress. At last I got a chance to send to town for a couple of bottles of Dr. Fowler's Extract of Wild Strawberry. I used it according to the way I felt and soon obtained a great change for the better, for which I was very thankful. I don't know what the cause of my sickness was except the extremely hot weather and the active work of stooking the wheat.

"Several of my neighbors were taken the same as myself and had the doctor attend them, but they didn't get any great relief until I advised them to use 'Dr. Fowler's,' when they soon experienced a great change."

Dr. Fowler's Extract of Wild Strawberry has been on the market for the past 76 years and many cheap imitations are being offered to the public.

Be sure and get the genuine, put up only by The T. Milburn Company, Limited, Toronto, Ont. Price, 50c a bottle.

MANY LABOR CANDIDATES.

LONDON, Aug. 17.—Canadian Press Cable—A Reuter cable from its Melbourne correspondent says that 42 labor candidates are presenting themselves for election in the Victoria state elections, held August 30, this being a record nomination for the Labor party. Sixty-five constituencies will return one member each.

GOING TO STRATFORD.

STRATFORD, Aug. 17.—Margaret Langford of Thamesville has been appointed domestic science teacher here succeeding Miss Sinclair. She will receive $1,000.

WARNING

Unless you see the name "Bayer" on package or on tablets, you are not getting Aspirin at all. Made in Canada.

say BAYER Aspirin

SAFETY FIRST! Accept only an "unbroken package" of genuine "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 21 years and proved safe by millions for Headache, Earache, Toothache, Neuralgia, Colds, Rheumatism, Neuritis, Lumbago, and pain generally.

Handy tin boxes of 12 tablets cost but a few cents—Larger packages.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

MEN, Why Be Sick?

WHY SUFFER, DELAY AND GROW WORSE?
ENJOY LIFE—HEALTH—HAPPINESS
ARE YOU TIRED OF EXPERIMENTING?

Come to An Experienced Doctor for Men Only. Make No Mistake.

MEN OF ALL AGES, IN ALL WALKS OF LIFE WHO HAVE SMOKED AND DRANK TOO MUCH, WHO HAVE WORKED TOO HARD, WHO HAVE NOT WATCHED THEIR HABITS, DIET, THAT HAVE TRIED TO WORK ALL DAY AND PLAY ALL NIGHT, LET ME WARN YOU THAT YOU BETTER GO TO A SPECIALIST IN TIME. THAT ALMOST ALL DISEASES MAY BECOME INCURABLE AND THAT ANY AILMENT IS DANGEROUS CANNOT BE DENIED. SO WHY DELAY AND GROW WORSE? GET THE BEST TREATMENT AT ONCE.

Are Weak Nerves and Lack of Physical Strength Holding You Back in Life? Enjoy Pleasure of Strong, Steady Nerves. Get Well! Get the best treatment at once.

MEN OF ALL AGES COME TO ME

Because I Alleviate Them So Very Quickly of Long-Standing Conditions That They Never Thought Could Be Reached. Some of Them Had Been Trying for Months, Others for Years, But All in Vain. Some Were Sick and Tired of Life, Had No Hope of Ever Feeling Good. So Don't Give Up.

I USE SCIENTIFIC UP-TO-DATE METHODS

I WILL NOT TREAT YOU AT ALL UNLESS I FEEL SATISFIED I CAN ALLEVIATE YOU WHY BE SATISFIED WITH

Near—Vitality? Near—Health?
Near—Energy? Near—Success?

Men, You Can Get All in Buffalo

NO AMBITION ENERGY NERVE

To have no back pains, no nervousness, but with plenty of life, energy and strength, is the wish of any young, old, middle-aged man.

To be strong and healthy is the aim of every man, and yet how many we find who lack the strength which nature gave them? Instead of developing into the strong, healthy fellows that nature intended, they find themselves gloomy, despondent—no ambition to do anything. They struggle aimlessly along, sooner or later to become victims of that dread disease, NERVOUS PROSTRATION, their finer sensibilities blunted and their nerves shattered. Be warned in time.

My Experience in Ailments Such as Yours, With Fair Dealing, Honest, Candid Diagnosis and Treatment, Gets Results. Are you the Man You Ought to Be? Health and Happiness Can Be Yours.

MY SUCCESS AS A SPECIALIST IS DUE FIRST TO CORRECT DIAGNOSIS OF YOUR TROUBLE—I FIND OUT WHAT AILS YOU

The Glory of Man Is His Strength, and Strength of Character, Strength of Mind, Strength of Body Are Dependable Upon the Maintenance of Sound Physical Health of Each and Every Part, Function and Attribute of the Human System. Certainty of being restored is what you want. If you did not come to me first, then come now and I will benefit you as surely as you do. No experimenting, all necessary tests made scientifically.

MANY ALLEVIATED AFTER ONE VISIT

So, if you live out of town at a distance, you can leave home in the morning and return home the same day without any person knowing you have been to see him, and as you can only get his OPINION FREE for a limited time, better come today and see what can be done with your case before it becomes more aggravated and perhaps incurable.

Call Today for a Man-to-Man Talk If In Trouble or In Doubt. Why Suffer, Men? Get Well!

I Say to All Weak, Worn-out, Discouraged and Diseased MEN Avoid Cheap, Dangerous, Untried, Uncertain Treatment.
BE A MAN AGAIN AND FACE THE WORLD UNAFRAID AND HAPPY

DOCTORS FOR MEN ONLY

DR. R. H. ZAUNER AND ASSOCIATES.

633—MAIN STREET BUFFALO, N. Y.—633

Office Hours Daily From 9 A. M. to 8 P. M. Holidays and Sundays 10 A. M. to 2 P. M.
I HAVE 12 SEPARATE ROOMS FOR SECRECY AND PRIVATE TREATMENT

How Old Age Comes To Those Who Invite It

—"There's a Reason"

THERE are plain rules, well understood, about keeping a piece of machinery in repair and running smoothly.

Is the body as important as an automobile engine or a furnace?

Is it as reasonable to talk about the best ways of sustaining the body as it is to talk of proper care for the engine or the furnace?

Well, then—

The body is strengthened, warmed, sustained—kept young—in a very practical and scientific way.

Some Simple Facts

Food is heat and power and renewal for the body.

After all, there's nothing mysterious or magical about what food does in serving human need.

Nothing mysterious, but much that is interesting—and important.

Some foods are particularly good for the body.

GRAPE-NUTS is such a food.

Grape-Nuts is made from whole wheat and malted barley flour — product of the two grains which are richest in food elements for human need. Under the outer, or bran coating of the grain, nature has placed phosphates and lime which go to the making of bone, and the red blood corpuscles.

This may sound like physiology, but it works like health.

Hunger Not Cheated

All the richness of the kernel, together with essential mineral elements, are retained in the making of Grape-Nuts. Often, in the manufacture of foods, some of the most vital of nature's provisions are thrown away.

The long baking process (Grape-Nuts is the result of 20 hours continuous baking) partially pre-digests the food substances, develops the starches into dextrin and maltose—giving to Grape-Nuts its own natural sweetness—and produces a food which, when served with milk or cream, has been found by chemists to be almost perfectly balanced in qualities of nutrition.

The Enemies Within

Now, old age begins in the larger intestine.

This is what the scientists have found who know the human body as the mechanical expert knows his automobile engine.

No need to go into the particulars—it's enough to say that certain effects produced by food which is slow in digesting develop fermentation and other conditions which cause the bodily machine to slow down and wear out sooner than necessary.

Grape-Nuts digests quickly and wholesomely.

Much of this is due to the fact that the long baking has partly pre-digested the nutriment; partly to the fact that there is contained in Grape-Nuts the essential "roughness" to stimulate the action of the intestines.

Health's Splendid Champion

Grape-Nuts is a delightful food, for it is uniquely rich and sweet in flavor, and always crisp. It is unusually nutritious, for it has all the body-building elements of the most perfect food grains. It is a convenient and economical food, for it is ready to eat from the package, keeps in any climate, and is appetizing to the last bit.

It builds strength and vigor without taxing the digestion or leaving, within the body, elements whose familiar harm is really the beginning of "old age."

Grape-Nuts has been a favorite food, around the world, for nearly a quarter of a century—

And there is a reason!