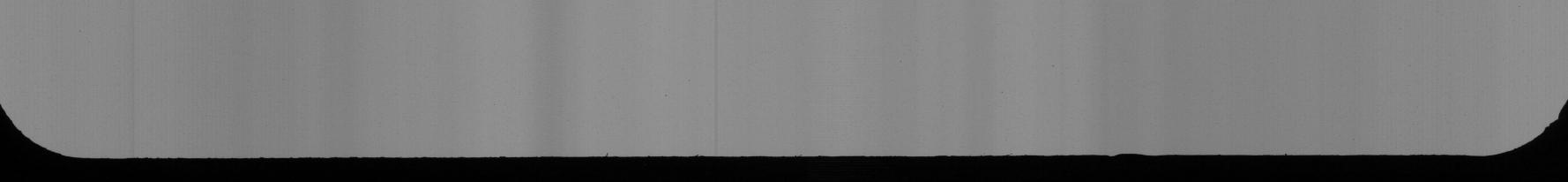
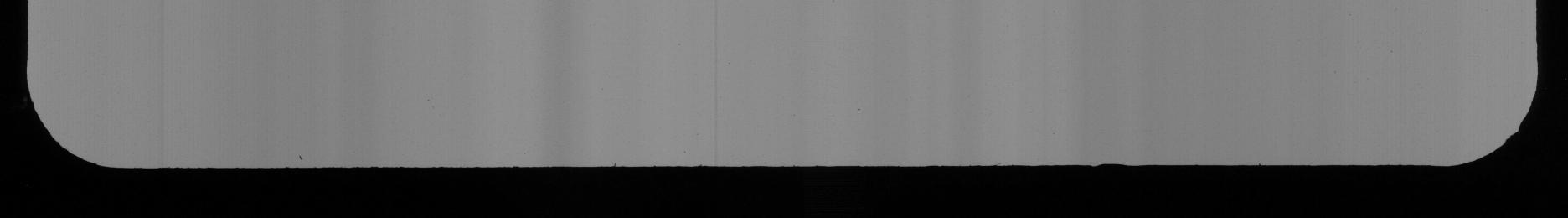
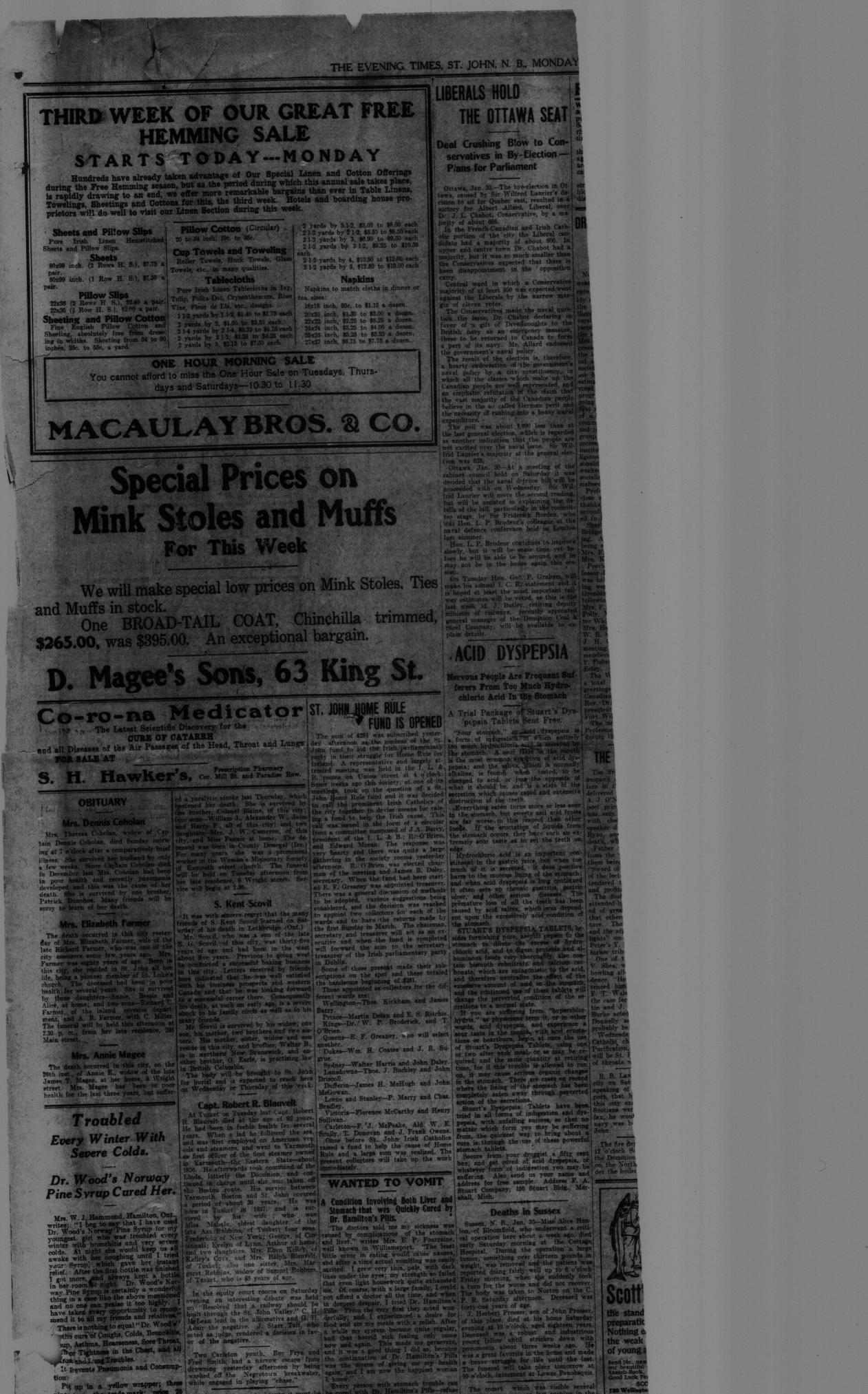
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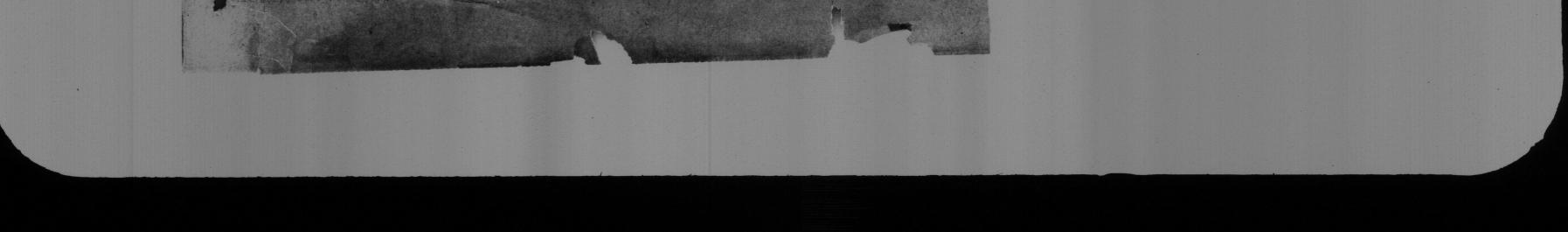


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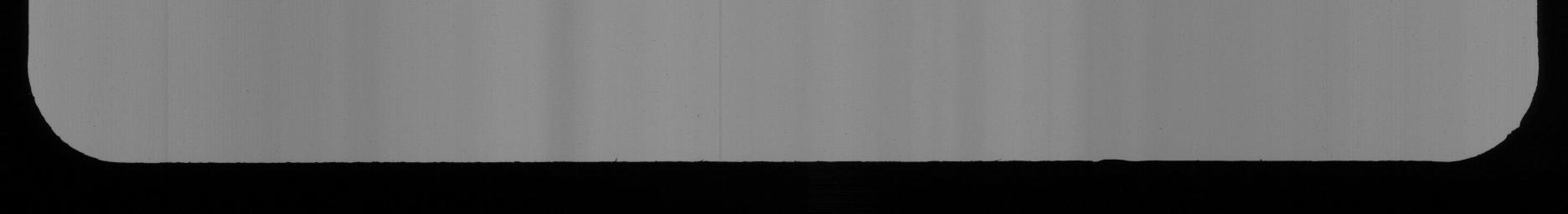




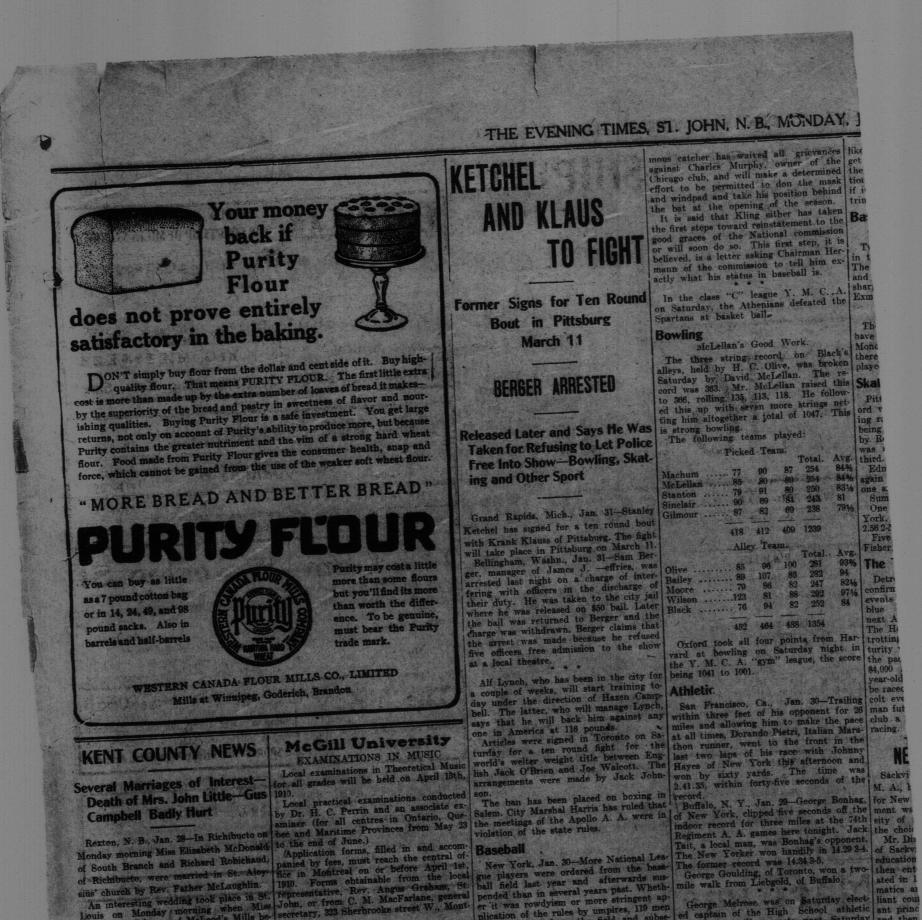
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The wide spread "shriek" about high prices for meat will induce people to plan meals with more reason and better judgment of food strength and cost.

Many of our strong men, college athletes and others, learned from actual experience that a vegetarian diet produced better results than a diet including meat.

Many famous names appear in the vegetarian list. Names whose owners are champions and prize winners in their chosen field of athletics.

After all the argument for and against any particular kind of diet, the question can best be solved for the individual by personal experiment.

Certain it is that those who have ne tried it, have some facts to learn by breakf ing this way: A LITTLE FRUIT ither fresh or stewed A dish of GRAPE-NUTS nd creat A cup of some hot beverage

Postum-- Tea-- Cocoa or Hot Milk Some bread and butter and there you are ---Plenty!

Plenty! **Plenty!** 

for a stro.

man, day worker or Brain Worker.

AS TO PRICE---One 15c. package of GRAPE-NUTS contains 14 portions, today as this food has always sold. No rise in price. There's a pathway to reaso

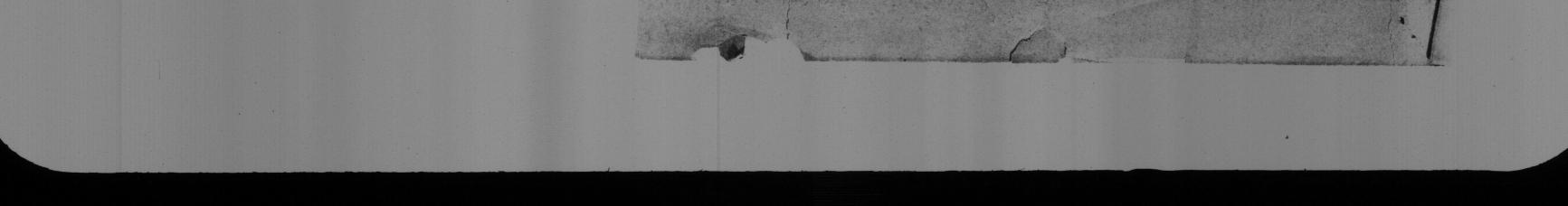
"There's a Reason" for Gra

Postum Cereal Company, Limited, Battle Cree.

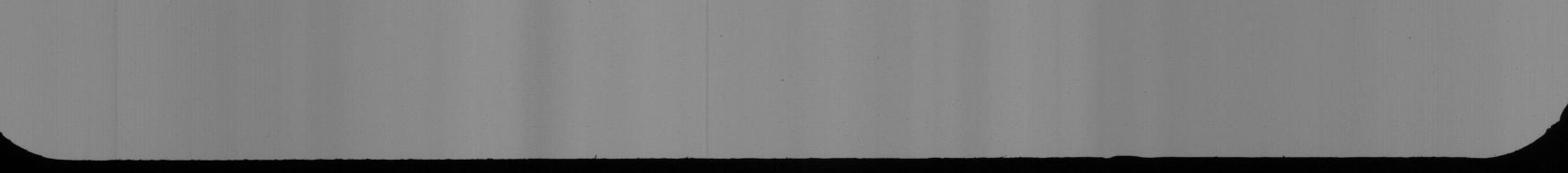


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