The Donaldsonville Chiof


 Our photograph stows Senator Bacon of Georgia pianting his tree, whit
Senater Ben Thlman of South Carolina watches nis colieague namide the
nd which I would like to mention be able to rise to the level oo
 the subject, and mat a people, any a strong advocate of the retention
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the nation.

## TO DIG FOR MONEY

$\qquad$ Massachusetts Hermit Believed


SEVILLE HOUSES MAY FALL
 Madrid.-An inquiry provored by
the recent collapse of a school build-
ing at Seville has revealed the fat



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In stametrer gemex:


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## If You

## Like

## a Little Quiet Fun

Ask some pompous person if Grape-Nuts Food helps build the brain.

## Chances are you get a withering sneer and a hiss

Then sweetly play with the learned toad.
Ask him to tell you the analysis of brain material and the analysis of Grape-Nuts.
"Don't know? Why, I supposed you based your opinions on exact knowledge instead of pushing out a conclusion like you would a sneeze."
"Well, now your tire is punctured, let's sit down like good friends and repair it

The bulky materials of brain are water and albumin, but these things cannot blend without a little worker known as Phosphate of Potash, defined as a "mineral salt. One authority, Geohegan, shows in his analysis of brain,
5.3 5.33 per cent total of mineral salts, over one-har being Phosphoric
Acid and Potash combined, (Phosphate of Potash) 2.91 per cent.

Beaunis, another authority, shows Phosphoric Acid and Potash (Phosphate of Potash) more than one-hal 101.07 . Analysis of Grape-Nuts shows Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the minera salts in the food.

Dr. Geo.W.Carey, an authority on the constituent elements of the body, says: "The gray inatter of the brain is controlled
entirely by the inorganic cell-salt, Potassum Phosphate (Phosphate of Potash). This salt unites with albumin and by the addition of exygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in
nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity
all things needed to manufacture the elixir of life" all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking pnnciple, and in molecular grain. To supply deficiencies-this is the only law of cure. Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumin and water Grape-Nuts contains that element as more than e-half of all its mineral salts.

FROM THE EDITOR.
He Forgot That He Had a stoma


Every day's use of brain wears away a little.
Suppose your kind of food does not contain Phosphate of Potash.
How are you going to rebuild today the worn-out parts of yesterday?
And if you don't, why shouldn't nervous prostration and brain-fag result'? Remember, Mind does not work well on a brain that is even partly broken
It is true that other food besides Grape-Nuts contains varying quantitit
Plain wheat and barley do. But in Grape-Nuts there is a certanty. And if the elements demanded
A. healthy brain is important, if one would "do things" in this world. A man who sneers at "Mind" sneers at the best and

Mind asks for a healthy brain upon which to act, and Nature has defined a way to mat healthy brain and renew it day by day as it is used up from work of the prev

## "There's a Reason" for

 Grape-NutsPOSTUM CERHAL COMPANY, LIMITED, BATTL: CREEK, MICHIGAN, U.S. A

