THTRODUCTORY STATEMENT:

was established primarily not for the purpose of making meney but to prepare foods which should be absolutely pure and entirely wholesome. While the advantages of palatability and appetising flavors are fully realised, no sacrifice of the more important qualities of foods is made in order to increase their attractiveness. No spice, essence, or flavoring matter which is known to be irritating or injurious to t) delicate tissues of the digestive organs or the functions of the human body in any way is used. It is the conviction of the manufacturers of Sanitarium health-foods that the inherent flavors of the natural foods are more delicate, appetising, and beneficially stimulating to the human organism than the strong, artificial tastes and oders imparted by many condiments. All the processes of health-food manufacture are therefore devised for the purpose of preserving and strengthening these natural flavors, and one of the shief objects of Sanitarium health-food propaganda is to cultivate an appreciation on the part of the general public for these undoubyr yet all-but-forgotten food values. It is possible, by the use of chemical baking-powders and objectionable shortening materials to prepare biscuits and crackers which may mis-educated palates of this over-civilised age than some of tem room-company has placed an absolute ban on materials of these classes, believing that patrons who are looking for . The users of Sanitarium health-foods may rest assured that they are receiving products which are as pure as scientific research and conscientious workmanship can make them, and are free from any added ingredient which is known to be in any way harmful to the human organism. It is now widely known that many modern manufacturing processes remove or destroy valuable constituents of the natural foods. The processes employed in the Sanitarium food-factory are carefully devised not to devitalise the natural foods in any way, but leave intact the mineral salts, bitamines, proteins, and surface-celluloses which experience has shown to

TRIGRADO

As its name implies, Trigrano is a blending of three cereals. It is thoroughly cooked, and delightfully flavored with malt, one of the most easily digestible sugars. Malt has a high reputation in the medical world as a tissue-building, fat-producing food, and is widely used for undermourished patients, both children and adults. Trigrano does not lose its crispness when eaten with milk or cream, but furnishes the teeth with healthful exercise, thus ensuring sufficient mastication for the adequate digestion of the food. In the starch in Trigrano is completely demornised, this food can be taken by dyspeptios who find that ordinary boilds portifics closes flatulence, sour-stomach, and other forms of in-

For those who prefer a boiled porridge, Crystal Wheat is ideal. It is pre-cooked, ensuring dextrinisation of the starch and consequent easy digestion, and thus need be boiled only a few minutes. It contains the most valuable parts of the wheat grain-the bran, the mineral salts lying just beneath the surface of the grain, and a high percentage of the tissue-building proteins. It may be eaten freely as gruel or parridge by those who find ordinary boiled breakfast-foods unstutable.

CERRAL BLEND

The deleterious effects of coffee, tea, cocoa, and other purine containing beverages are generally known; yet such is the force of habit that many still cling to these drinks, partly because they know of nothing else. Cereal Blend is an economical and delightfully flavored beverage which is free, not only from the nerve-irritating caffeine of tea and coffee, but also from the tannin which literally "tans" -- turns to leather -- the membranes of the digestive tract, and is one of the common causes of constipation. Cereal Blend is a mixture of various cereals with sugar, roasted sufficiently to bring out a righ, aromatic flavor. It contains no harmful ingredients, and can be taken by the weakest stomach.

ZWIEBACK

Zwieback (Pronounced "Tsveebahk") is simply twice-baked bread; but considerable care must be given to the quality of the bread in order to obtain good zwieback. It differs from toast in that it is baked "clear through", and is very easily digestible because of the thorough dextrinisation of all the starch. Those who cannot eat ordinary bread find a perfect substitute for it in swieback, and so delicious is its flavor that many others who can eat bread with impunity learn to prefer the twice-baked product. It is better in soup than the ordinary soup-crackers. It is excellent for the teeth, as it gives them good exercise. It necessitates thorough mastication, thus greatly promoting good digestion there are few foods which are so easily digestible and so generally serviceable in building up body-tissue, weight, and general habit.

FLARED WHEAP BISCUIT

This unique preparation has for many years been one of the most widely sold health-foods. It is manufactured not only in America, but in Europe, Africa, and Australia. It is a pure whole-wheat product, and during the War, when government regulation forbade the use of unblended wheat, the English food-factory near London received a special license to centinue the manufacture of flaked-wheat-biscuit because of the representations of the medical profession stating that many of their patients would die if this food were withdrawn from the market. Bo other-food factory in Ergiand received such permission during the war. Flaked-Wheat Biscuit contains the whole wheat, and nothing but the wheat, accept just samuch to render it satily digestible, and pared into paper-thin flakes which render it suitable to the most delicate stomash. Some

of the valuable food elements which make wheat a "Perfect food" are lost in the manufacturing process. Babies, even under a year old, usually benefit remarkably by the addition of Flaked - wheat-biscuits to their milk. Children like them, and thrive on them. They can be eaten with relish and benefit by the atrengest man and the weakest invalid. There is probably no form of cersal food more universally useful and beneficial than Flaked-wheat iscuits.

PRUIT CRACKERS AND STICKS:

Pruit is the dessert which nature provides. Most of people like sweets, and the natural fruit augars are the most easily digestible and wholesome which can be phtained. Crackers filled with fruit therefore form an ideal dessert. The Sanitarium fruit crackers and sticks are filled with raisins, not only because of the sweetness and delicious flavor of this fruit, but because of its high iron content, which makes it a most valuable food in cases of undernourishment, anemia, and neurasthenia. Iron is also very important for growing children. For the school-lunch, the picnic, and the party fruit crackers are ideal.

GRAHAM CRACKERS:

Few persons now-a-days realize the necessity of thoroughly masticating cereal foods. The common graham eracker of to-day is heavily shortened and raised with chemicals until it offers almost no resistance to the teeth. It is therefore usually swallowed in a half-chawad condition, moistened to much by come baverage. Sanitarium graham crackers, on the other hand, are sufficiently hard to make mastication a necessity. They are also free from deleterious chemicals and fats. Give the children Sanitarium graham-crackers to chew on and they will not only be healthier and stronger, but their tentistry bills will be less. Graham crackers are slightly sweetened,

WHOLESWHEAT CRACKERS: (and STICKS)

Whole-wheat crackers differ from graham crackers in that they contain less bran, and are not sweetened. For those who enjoy the healthy exercise of chewing and can appreciate the deligate natural flavor of a pure wheat product whole-wheat crackers soon become a stable food. They are highly nutritious and easily digestible when thoroughly masticated, and are free from any deleterious ingredient.

SALEED, SPRAYS

The chief advantage of these over the ordinary soup-cracker is that they contain no eods or other chemical baking powder: yet the are as crisp and tasty as any on the market. They are thoroughly baked, and may be eaten with soup, cheese, or butter, like any luncheracker.

SANITARIUM BRAN BISCUIT:

The value of bran as a bulk-producing food for general nourishment and particularly in cases of constipation is now universely recognized. Those who eat their breads and coreals with the nature

ural bran usually require little or not added bran, but for those who have become chronically constipated the bran biscuit constitute an invaluable food. They are simply flaked-wheat biscuit containing added bran, and can be eaten with reliah as a breakfast food by all who use cereal breakfast-foods.

SANITARIUM LAXATIVE CEREAL:

This is a breakfast porridge, rich in bran, prepared for those who prefer a boiled breakfast food. It is palatable, nourishing, and highly effective in cross of constipation that have no gone too far. Being pre-cooked it can be prepared in a few minutes, and is much edsier to take then straight bran.

LAXATIVE BRAN CRACKERS:

These are prepared for those who require additional bran but prefer it in a form suitable for mastication. The brancrackers contain no sugar, and can be eaten with any other food.

COOKED BRAN:

Many sufferers from chronic constipation find it necessary to take bran once or twice daily. For these the Sanitarium food-factory prepares a cooked bran, the adherent starch of which is therefore textrinised and easily digestible. This bran can also be used for making parridge, bran breads, gems, etc. It can be eater directly with cream of fruit juice.

DIABETIC FOODS: Sanitarium Real:

This is a thoroughly cocked gluten preparation, containing 20% of pure, wheat gluten, and about 70% of carbohydrate. It is suitable for mild cases of diabetes, or for more severe cases under insulin treatment. In can be used as soup, gruel, porridge, or for making gems and other breads.

Sanitarium Diabetic Bran:

This is wheat bran from which most of the starch has been removed by thorough washing. It is not absolutely starch-free, but contains no small a percentage that it can be eaten freely by all disbetics requiring bran except those who are disting very strictly without insulin treatment on account of very low carbohydrate tolerance. For those who are receiving weighed rations of carbohydrate, the carbohydrate content of this bran may be calculated at 2%. Washed bran is even more effective than ordinary bran in cases of obstinate constipation. It can be used direct, or prepared in geme, gruels, porridges, etc.

20% Gluten Sticks:

These are rich in protein, with relatively low carbohydrate content, and are hard enough to be very satisfactory to the diabetic craving for bread, yet unable to eat more than a small quantity of starch. They are about 70% starch, and therefore unsuitable for cases of severe diabetics, unless insulin is being associated. 40% Gluten Sticks:

These are similar to the above, with the exception that they contain more protein and only about 50% of carbohydrates. They may therefore be used more freely than the above, even in diabetic cases of moderate severity.

20% Gluten Flour:

This is a pure wheat flour to which wheat gluten has been added. It is uncooked, and must therefore be baked or thoroughly boiled before use. It is suitable for making soups, gruels, gens, and other breads in cases of milk disbetes. Its carbohydrat content is about 70%.

40% Gluten Flour:

This is similar to the above, except for its higher percentage of gluten and relatively lower proportion of starch (about 50%). It is a very nutritious food, and can be used to advantages in cases of undernourishment, convalescence from wasting diseases, and for growing children.

Diabetic Vegetable Meat:

This is prepared specially for dishetics who prefer the regatarian regime. It is a very paletable and nutritions meat substitute, containing less than 2% of assimilable carbehydrates. It can therefore be satem freely by all disheties. It can be obtained in two modifications, "High calorie", containing about 8% or vegetable fats, and "Low calorie", in which non-assimilable oils are used, so that the patient can receive it in fair bulk without making the diet too rich. There is no other diabetic meat-substitute on the market which meats this need so satisfactorily as Sanitarium Diabetic Meat.

NUT FOODS:

But Caro:

This popular product, manufactured from nuts and whole protein, has all the nouriehing and sustaining properties of meat, with none of its disadvantaged. It contains both preteins and fats, with mineral salts, in an appeticing and easily disastible form, and entirely free from the contaminations from which most all forms of meat are inseparable. Its fibre gives it all the tootheomeness of meat-loaf. It can be eaten direct as taken from the can, or prepared for the table in a wide variety of ways. Toasted, baked, diced into vegetable soup, or as a filler for vegetable pas or sandwiches it is equally delicious. Pound for pound it is 50% more nutritious than the best basefatesk, and infinitely more wholesome.

BUTAPOSA:

Nut Cero has been called vegetable dark meat, and a nutapess vegetable white meat. It is fine and firm in texture

and particularly suitable for pies, sandwiches, and on toast. Its food value is similar to that of Mut Cero, although its carbohydrate content is Migher. Its use can be alternated with that of Mut Cero, and an almost infinite variety of vegetable viands thereby contained. Both Mut Cero and Mutaposa are highly concentrated foods, and should be taken with plenty of vegetables, fruits, bread, etc.

SANITARIUM ENTIRE WHEAT FLOUR:

Housewives who do their own cooking and baking welcome a genuine, reliable whole-wheat flour, which really contains the whole wheat, and nothing but the wheat. Wholewheat flour is the most suitable material known for wholesome bread, gems, biscuits, crackers, and other forms of bread.

COOKED WHOLE WHEAT GRAINS:

Wheat was probably eaten raw by the earlier races. Some of the hardiest tribes of the present day subsist largely on parched wheat. But most civilised races require their wheat ground, cooked, and flavored in various ways. Those who try for the first time Cooked Whole Wheat Grains are astonished at the delicious natural flavor of the whole wheat. Wheat prepared in this way is probably as near to nature as in any form which present-day jaws and teach can manage. Its popularity as a breakfact-food is steadily growing.

GLYCOLLAX:

A large proportion of vivilised mankind today suffers from constipation. Great relief can often be obtained
by a simple lubricant, like mineral oil. The use of chemical
cathertics is always to be deprecated because in the end they
always leave the intestinal tract in a worse state than they
were. Glycollar is an emulsified mineral oil, freely miscible
with water, kept sterile by a small content of glycerine, and
flavored with peppermint, a valuable agent in removing flatulence (gas in the bowels). It can be taken freely without
the slightest harm, and, in conjunction with a suitable distary, will often overcome the most obstinate cases of constipations

VEGEX:

This product, made solely from yeast, is highly valued because of ite vitamine content. It is also exceedingly useful as an appetizer, particularly for patients who are
trying to accustom themselves to a vegetarian diet. Its flavor
is very similar to that of meat. It can be used in soups, for
flavoring vegetable sandwiches, and in making vegetable bouillon.
For the latter purposes it can be obtained in suitable cubes.

77505X ALMONDS are lightly removed almonds flavored with this

UNPOLISHED RICE

the valuable anti-neuritic vitamin "B" the use of unpolished rice has become very popular. For those living on a rather limited dietary the consideration of vitamine content of food is of great importance. The Sanitarium Food Factory supplies a high grade of unpolished rice, with its full vitamin content.