

CRYSTAL WHEAT

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 porridge by those who find ordinary boiled breakfast-foods unpalatable.

CEREAL 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 rich, aromatic flavor. It contains no harmful ingredients, and can be taken by the weakest stomach.

ZWIEBACK

Zwieback (Pronounced "Teeveebahk") 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 zwieback, 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.

FLAKED WHEAT 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 continue 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. No other food factory in England received such permission during the War. Flaked-Wheat Biscuit contains the whole wheat, and nothing but the wheat, cooked just enough to render it easily digestible, and pared into paper-thin flakes which render it suitable to the most delicate stomach. None

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 strongest man and the weakest invalid. There is probably no form of cereal food more universally useful and beneficial than Flaked-wheat biscuits.

FRUIT CRACKERS AND STICKS:

Fruit is the dessert which nature provides. Most of people like sweets, and the natural fruit sugars are the most easily digestible and wholesome which can be obtained. 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 cracker 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-chewed condition, moistened to much by some beverage. 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 dentistry bills will be less. Graham crackers are slightly sweetened.

WHOLE-WHEAT 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 delicate natural flavor of a pure wheat product whole-wheat crackers soon become a staple 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 soda or other chemical baking powder; yet they 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 lunch-cracker.

SANITARIUM BRAN BISCUIT:

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

and particularly suitable for pies, sandwiches, and on toast. Its food value is similar to that of Nut Cere, although its carbohydrate content is higher. Its use can be alternated with that of Nut Cere, and an almost infinite variety of vegetable viands thereby contained. Both Nut Cere and Nutaposa 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 teeth can manage. Its popularity as a breakfast-food is steadily growing.

GLYCOLLAX:

A large proportion of civilised mankind today suffers from constipation. Great relief can often be obtained by a simple lubricant, like mineral oil. The use of chemical cathartics is always to be deprecated because in the end they always leave the intestinal tract in a worse state than they were. Glycollax 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 dietary, will often overcome the most obstinate cases of constipation.

VEGEX:

This product, made solely from yeast, is highly valued because of its vitamin 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. ~~"VEGEX ALMONDS" are lightly roasted almonds flavored with this delicious extract.~~

UNPOLISHED RICE:

Since the discovery that the hulls of rice contain

